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Volume 71, Issue 5

17 Wing Winnipeg / 17e Escadre Winnipeg

25 May 2022



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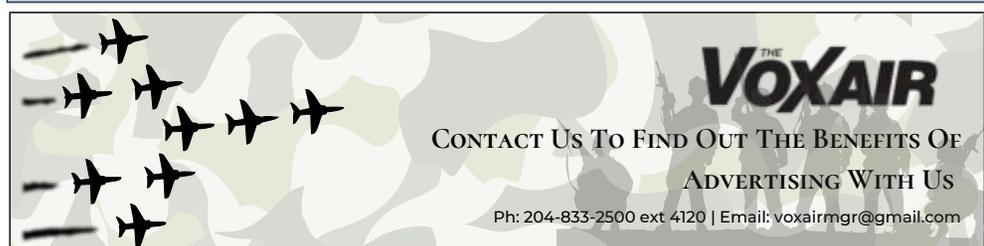


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Printed By

Derksen Printers
(204) 326-3421

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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

Pride Flag Raising/ Levée du drapeau de la Fierté – 27 May 2022 / 27 mai 2022

First Annual Mighty Moose Bean Bag Toss Tournament – 27 May 2022.

On Friday, 27 May 2022, little America (United States Air Force Det 1) will be hosting a Bean Bag Toss tournament. There will be two person team brackets for this tournament with a \$10 CAD entry fee per person. The \$10 will also cover pizza, chips and a drink. Come out, have fun and get to know your brothers and sisters in Arms! This event is open to DND civilian employees as well.

Please contact TSgt Davis and SSgt McMillan by COB May 18, 2022. Emails below:

MorganDaniel.Davis@forces.gc.ca
Derrian.Mcmillan@forces.gc.ca

Premier tournoi annuel de poche Mighty Moose – 27 mai 2022.

Le vendredi 27 mai 2022, le Det 1 de la United States Air Force organisera un tournoi de poche. Les équipes seront composées de deux personnes et les frais d'inscription seront de 10 \$ CA par personne. Les 10 \$ couvrent également la pizza, un sac de croustilles et une boisson. Venez vous amuser et apprendre à connaître vos frères et sœurs d'armes! Cette activité est également ouverte aux employés civils du MDN.

Si vous prévoyez de participer à cette activité, veuillez communiquer avec le TSgt Davis et le SSgt McMillan par courriel d'ici la fermeture des bureaux le 18 mai 2022 aux courriels suivants :

MorganDaniel.Davis@forces.gc.ca
Derrian.Mcmillan@forces.gc.ca

Stressed? Take Charge! – 31 May 2022.

This course provides a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants learn the "ACT" approach to creating change; discuss a stress management lifestyle involving time management and work/life balance; explore stress management tools, including building resilience; and create a lifestyle action plan. Contact james.dylan@cfmws.com for more information.

Pride Parade – 5 June 2022.

Meet at Legislature before 1100 hrs

Parade de la Fierté – 5 juin 2022.

Rendez-vous à l'Assemblée législative avant 11h00

WCOMD Golf Tournament – 9 Hole FRIDAY 3 JUNE. Starts at 0900hrs

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<http://bkk.cfmws.com/winnipegpub>

Entry Deadline: FRI 27 May

Questions? Sports Coordinator - Dawn.Redahl@forces.gc.ca

TOURNOI DE GOLF du Cmdt Ere – 9 TROU VENDREDI 3 JUIN. DÉPART 9 H

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<http://bkk.cfmws.com/winnipegpub>

DATE LIMITE : le vendredi, 27 mai

Avez-vous des questions? Communiquez avec la coordonnatrice des sports - Dawn.Redahl@forces.gc.ca

Sam Roberts Band at the Fort Gibraltar - June 3 at 5 p.m.

The Festival du Voyageur offers an outdoor music concert at Fort Gibraltar with Sam Roberts Band as headliner. Several concerts with Akiña, Attica Riots, Bobby Dove, Cassidy Mann, Fire & Smoke, Fowler, JD Edwards Band, Jeremiah & The Delicious Hounds and Toulouz, will take place throughout the evening. Visit heho.ca to purchase your ticket.

Sam Roberts Band au Fort Gibraltar - 3 juin à 17 h

Le Festival du Voyageur offre un concert musical extérieur au Fort Gibraltar avec en tête d'affiche Sam Roberts Band. Plusieurs concerts avec Akiña, Attica Riots, Bobby Dove, Cassidy Mann, Fire & Smoke, Fowler, JD Edwards Band, Jérémie & The Delicious Hounds et Toulouz, s'enchaîneront pendant la soirée. Visitez heho.ca pour acheter votre billet.

Bike Week – June 6 - 12

Bike to Work Day is Monday, June 6

Health Promotion is hosting a pit stop to celebrate Bike to Work Day. Hop on your bike and ride to our pit-stop on your way to work for some early morning treats. We will be set up on the corner of Silver Avenue & Wihuri Road from 0630 to 0900. We hope to see you there!

Guided Bike Ride to Fort Whyte is Friday, June 10

To end off Bike Week Health Promotion is leading a guided bike ride to Fort Whyte. Meet us at Bldg 90 at noon. Register on BookKing. Don't have a bike? Don't worry! You can sign one out from Comm Rec! For more Bike Week events check out: <http://bikeweekwinnipeg.com>

Positive Space Ambassador 4 hr Training – 7 June 0800 - 1200

Become a Positive Space Ambassador. Our next 1/2 day training for the Positive Space Ambassador program is June 7 in the morning. Learn the tools to be a PSA in your unit and promote inclusion in your workspace. Email: james.dylan@cfmws.com

Opening night of the Patio 340 – June 9 from 5 p.m. to 11 p.m.

The Patio 340 welcomes you for its opening night with Andrina Turenne and Les Surveillantes! The Patio 340 is Winnipeg's bilingual summertime pop-up cultural bar at 340 Provencher. Visit patio340.com for more information.

Soirée d'ouverture du Patio 340 – 9 juin de 17 h à 23 h

Le Patio 340 vous accueille pour sa soirée d'ouverture avec Andrina Turenne et Les Surveillantes! Le Patio 340 est le bar culturel pop-up, estival et bilingue de Winnipeg. Visitez patio340.com pour plus d'information.

Backyard Bash – 11 June, 2022 1300 hrs - 1700 hrs

Come and join us all for our Backyard Bash event! Registration required <https://bkk.cfmws.com/winnipegpub>

Backyard Bash – 11 juin 2022 13h00 - 17h00

Venez tous nous rejoindre pour notre événement Backyard Bash! Enregistrement requis <https://bkk.cfmws.com/winnipegpub>

Positive Space Ambassador Brief – 14 June @ 0830 - 1000

Learn how you can help foster an inclusive workplace with the Positive Space Program. This short brief will inform and allow you to develop a broader understanding of and appreciation for gender and sexual diversity. Email: james.dylan@cfmws.com

WCWO/PUBLIC SERVICE SLO-PITCH TOURNAMENT – FRIDAY 17 JUNE 0730 – 1400 HRS

MILITARY & DND CIVILIAN MEMBERS ONLY. FREE BBQ to follow! Lots of PRIZES! UNIT OPI'S REGISTER ON BOOKING <http://bkk.cfmws.com/winnipegpub> DEADLINE TO REGISTER: FRIDAY 3 JUNE Questions? Sports Coordinator - Dawn.Redahl@forces.gc.ca

TOURNOI DE BALLE LENTE DE L'ADJUCERE/FONCTION PUBLIQUE – LE VENDREDI 17 JUIN DE 7 H 30 À 14 H

MILITAIRES ET MEMBRES CIVILS DU MND SEULEMENT. Barbecue GRATUIT suivant l'activité! Beaucoup de prix à gagner! LES BPR DES UNITÉS INSCRIRONT LEURS ÉQUIPES DANS L'APPLICATION BOOKING <http://bkk.cfmws.com/winnipegpub> DATE LIMITE DES INSCRIPTIONS : LE VENDREDI 3 JUIN

Avez-vous des questions? Communiquez avec la coordonnatrice des sports - Dawn.Redahl@forces.gc.ca

Longest Day of Play - Disc Golf Tournament – 21 June

Celebrate the longest day of play by participating in our Disc Golf Tournament. Sign up as a team or individually and join us for 18 holes of disc golf. There are 2 tee times available. The morning session will start with a clinic for beginners @ 0830 then the shotgun start at 1000. The afternoon session gets started at 1330. Cost for the event is \$10 per person to cover refreshments and prizes. Discs will be available to sign out. Register on BookKing. <http://bkk.cfmws.com/winnipegpub>

Become an Ally to the LGBTQ2+ Communities

by Defence Team Pride Advisory Organization



Pride Flag / Le drapeau de la fierté (photo: Emily Nakeff, Citoyen Borden Citizen)

May 17 is a symbolic date for the LGBTQ2+ communities. Homosexuality was removed from the World Health Organization (WHO) list of mental illnesses on May 17, 1990. This date was thus chosen to become the International Day against Homophobia, Transphobia and Biphobia. Despite many advances, there are still barriers when it comes to the concrete inclusion of trans people and LGBTQ2+ members in organizations such as the Defence.

To mark the occasion, the Defence Team Pride Advisory Organization (DTPAO) invites you to listen to the webinar "Become an Ally to the LGBTQ2+ Communities" which aims to equip leadership

and the Defence Team to become better allies, an important step contributing to the culture change efforts underway in many organizations.

We encourage you to view the recording available on the Defence Team Pride Advisory Organization (DTPAO) intranet site (mil.ca) (accessible on RED only). Through the journey of Major John McDougall and the experience of guest speakers, the virtual discussion offers some insights and solutions to ensure inclusive and caring workplaces for all people.

The status of LGBTQ2+ people is eroding around the world. May 17 is a day that should be highlighted because homophobia, transphobia and biphobia have no respite.

"It is important to remember that economic, health and social crises often have a negative impact

on minorities and vulnerable populations. This is why our team is working to develop a unifying awareness campaign that will highlight this important day for our communities and allow us to pursue our mission to improve diversity and inclusion in the CAF and DND," says Major André Jean, military co-chair of the DTPAO.

The theme of this day's international campaign confirms this crumbling: Every second, intolerance cuts lives short. Around the world, physical, psychological, sexual, medical, and institutional violence are reducing the life expectancy of LGBTQ+ people.

"Now more than ever, it is important to stand together and be kind to those closest to us and those around us. Love is essential and should not depend on a person's sexual orientation, gender identity, or gender expression," says Major André Jean, who hopes you will help him promote this day again this year by flying the Pride flag across the country to show your support and solidarity for LGBTQ2+ members of the Defence community, and to reinforce the message that everyone has a place. Feel free to share the event on your social networks.

Activists and allies in DND and the CAF have made this progress possible and are still working on it.

"Being yourself at work should not be optional, yet many testimonies show that situations of discrimination and harassment continue to occur despite offi-

cial policies that condemn them. This is why the fight against homophobia and transphobia must continue. Coming out may provoke negative reactions – verbal or non-verbal – from some people. This doesn't mean that you should give up, but it does emphasize the importance of celebrating May 17," adds Luc Mader-Chartier, civil co-chair of the DTPAO.

Studies confirm that a work environment where people can be themselves and develop authentic relationships with their colleagues is strongly linked to well-being at work. Daily life is much easier when you don't have to hide your personal life, your authentic self. This day is to educate everyone: "Be open-minded, and ask questions instead of discriminating. We need to understand that some people's normality is not necessarily yours," says Mader-Chartier.

"We need your experience, your voice and your energy to make the organization effective and a positive force for everyone. DTPAO is always looking for members of the CAF and DND to join forces and lead the discussion at the national and local levels. If you are interested in joining DTPAO, please contact us to see how you can play a role in creating lasting positive change in diversity and inclusion throughout the Defence Team," concludes Maj Jean.

For more information, visit the new DTSO intranet site: Defence Team Pride Advisory Organization (DTSO) (mil.ca) (accessible on ADR only).

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Resolving Harassment Complaints through ADR

by CCMS (Conflict & Complaint Management Services)

Dear CCMS,

I filed a harassment complaint and now my CO has encouraged me to go to ADR. I am concerned the CoC is not taking my complaint seriously. What will happen to my complaint if I agree?

The short answer is that your complaint will be placed on hold pending the outcome of the Alternative Dispute Resolution (ADR) process. This means the administration of the complaint will temporarily stop to allow you the opportu-

nity to try ADR. It is important to note that choosing to try ADR does not change to the CO's ultimate responsibility to administer the complaint in accordance with the Harassment Prevention and Resolution Instructions. If ADR does not resolve your concerns, the CO must continue with the complaint where it left off.

Your CO has likely recommended you try ADR as this is often the best way for you to have your complaint addressed on your own terms. ADR is grounded in the

belief that the people experiencing the concern are the best people to determine what resolution looks like; this is called the principle of self-determination. The complaint will only be resolved if you agree on the terms. Also, ADR can be used whether the allegations are founded or unfounded.

The best way to determine if ADR makes sense for your situation is to have a confidential consultation with your local CCMS centre representative.

CCMS Winnipeg 204-833-2500 ext 6405

Intranet :
<http://intranet.mil.ca/en/organizations/vcds/iccm.page>

<http://intranet.mil.ca/fr/organisations/vcmd/gicp.page>

Internet:
Canada.ca/forces-conflict-management

Canada.ca/gestion-conflict-forces

Résoudre les plaintes de harcèlement par le biais des

by CCMS (Conflict & Complaint Management Services)

Chers SGCP,

J'ai déposé une plainte de harcèlement et maintenant mon Commandant m'encourage d'essayer un mode alternatif de résolution de conflit (MARC). Je crains que la chaîne de commandement ne prenne pas ma plainte au sérieux. Qu'arrivera-t-il à ma plainte si j'accepte?

Brièvement parlant, votre plainte sera mise en attente en attendant le résultat du mode alternatif de résolution de conflit (MARC). Ceci dit, l'administration de la plainte sera temporairement suspen-

due durant la période que vous tentez un MARC. Il est important de noter que choisir d'essayer le MARC ne change pas la responsabilité du Commandant d'administrer la plainte conformément aux Directives de la prévention et la résolution du harcèlement. Si le MARC ne résout pas vos préoccupations, le Commandant doit poursuivre la plainte là où elle en était rendue.

Votre Commandant vous a probablement recommandé d'essayer le MARC car c'est souvent la meilleure façon pour

vous de faire traiter votre plainte selon vos propres conditions. Le MARC repose sur la conviction que les personnes confrontées au problème sont les meilleures pour déterminer à quoi ressemble une résolution; c'est ce qu'on appelle le principe de l'autodétermination. La réclamation ne sera résolue que si vous acceptez les conditions. En outre, le MARC peut être utilisé, que les allégations soient fondées ou non.

Contactez vos SGCP locaux afin de déterminer si un MARC est idéal pour votre

situation. Votre consultation est confidentielle.

SGCP Winnipeg 204-833-2500 poste 6405

Intranet :
<http://intranet.mil.ca/fr/organisations/vcmd/gicp.page>

<http://intranet.mil.ca/en/organizations/vcds/iccm.page>

Internet:
Canada.ca/gestion-conflict-forces

Canada.ca/forces-conflict-management



Lieutenant-Colonel Kevin Diduck (left), Commanding Officer, Regional Cadet Support Unit (Northwest), welcomes Chief Warrant Officer Tony Svard (right) to the Unit as the Unit Chief Warrant Officer at 17 Wing Winnipeg on April 26, 2022. Photo Credit: Captain Morgan Arnott, Regional Cadet Support Unit (Northwest).



Scan here to access Around The Wing online

VOXAIR

The Military to Civilian Transition (MCT) Process

by LCol A.M. Keeping, CO TU MB/SK

The Canadian Armed Forces (CAF) is reinventing the transition process and this change is coming to Winnipeg.

What exactly is this new MCT process? This new transition process is characterized by using a personalized, professional, standardized, and humanistic approach in supporting members and families to prepare for and plan the transition to civilian life. A key dimension of this new approach is to ensure wellness along the seven domains of well-being: Purpose, Finances, Health, Social Integration, Life Skills, Housing and Physical Environment, and Cultural and Social Environment.

The MCT Process as a Member-Centric approach; you will be supported during your transition. CAF members may have many questions as they move from familiarity with and dependency on the military system toward the relative independence and autonomy of civilian life in all its dimensions. Therefore, the Canadian Armed Forces Transition Group (CAF

TG) team's mission is to support transitioning members during this significant change, gathering together a support network of specialists focused on guiding the member and their family through the transition process.

Who else is involved? The CAF TG is collaborating with service partners, including Veterans Affairs Canada and Military Family Services under Canadian Forces Morale and Welfare Services to ensure more CAF members and their families can benefit from this member-centric transition process and succeed in their way forward, whether that's another opportunity within the CAF or within civilian life. Together, they are committed to making the transition to life after service seamless and smooth.

The MCT process provides options for internal transition (i.e., retention). Where possible, the CAF is committed to offering excellent internal transition opportunities for our people. Whenever someone is considering leaving the military, or is

medically incapable of meeting the requirements of their current occupation, they should understand that there may be more options available to them besides leaving the CAF. The MCT process will assist members in exploring options for how they might be able to remain in the CAF. Transition Advisors will refer members to the Personnel Selection Officers (PSO) to explore internal transition opportunities. The PSOs will guide the members toward the best option to remain in the CAF and pursue new challenges.

Who can benefit from the new MCT process? By March 2024, the MCT process will be available to all CAF members releasing from the Regular Force. The MCT process will also be expanded to the Reserve Force, and it may also be used in augmenting existing supports for our Ill & Injured members. Here at 17 Wing, the team and Transition Centre Winnipeg will be here to guide members to the right resources and ensure that members

are supported in this important journey.

Plan your transition early in your career. The future is unpredictable and it is important that CAF members are prepared for when the time comes to transition to civilian life – whether it is an opportunity in the civilian workplace, the final retirement, an injury that prevents them from pursuing their career, or otherwise. Be proactive: access transition information, get transition guidance, and focus on seriously developing/executing your Transition Plan at least 12 months prior to your intended Date of Release to ensure you are ready when the time comes.

For more information, please contact us by phone at local 6040, visit us in person at the Winnipeg Transition Center located above the Canex, or consult the My Transition Guide: <https://www.canada.ca/en/department-national-defence/corporate/reports-publications/my-transition-guide.html>

Le Processus de Transition de la Vie Militaire à la Vie Civile

by LCol A.M. Keeping, CO TU MB/SK

Les Forces armées canadiennes (FAC) réinventent le processus de transition et ce changement s'en vient à Winnipeg.

En quoi consiste exactement ce nouveau processus de transition de la vie militaire à la vie civile? Le nouveau processus de transition se caractérise par l'utilisation d'une approche personnalisée, professionnelle, uniformisée et humaine pour aider les militaires et leurs familles à préparer et à planifier leur transition vers la vie civile. Une dimension clé de cette nouvelle approche est la prise en considération des sept domaines du bien-être suivant : utilité, finances, santé, intégration sociale, aptitudes à la vie quotidienne, logement et environnement physique, et environnement culturel et social.

Le processus de transition de la vie militaire à la vie civile est une approche axée sur les militaires qui vous permettra d'obtenir tout le soutien dont vous avez besoin pendant votre transition. Les membres des FAC peuvent se poser de nombreuses questions alors qu'ils passent de la familiarité du système militaire, et de leur dépendance sur celui-ci, à l'indépendance et à l'autonomie relatives de la vie civile dans toutes ses dimensions. Par conséquent, la mission de l'équipe du

Groupe de transition des Forces armées canadiennes (GT FAC) est d'appuyer les militaires en transition pendant ce changement important, en réunissant un réseau de spécialistes de soutien chargé de guider le militaire et sa famille tout au long du processus de transition.

Qui sont les autres intervenants? Le GT FAC collabore avec des partenaires de service, dont Anciens Combattants Canada et les Services aux familles des militaires relevant des Services de bien-être et moral des Forces canadiennes (SBMFC), pour s'assurer qu'un plus grand nombre de membres des FAC peuvent bénéficier, avec leurs familles, de ce processus de transition axé sur les militaires et entamer leurs prochains projets avec succès, qu'il s'agisse d'un autre poste au sein des FAC ou d'une réinsertion dans la vie civile. Ensemble, ils s'engagent à rendre la transition vers la vie après le service aussi harmonieuse que possible.

Le processus de transition de la vie militaire à la vie civile offre des options de transition interne (c.-à-d. de maintien en service). Dans la mesure du possible, les FAC s'engagent à offrir d'excellentes occasions de transition interne à leurs membres. Chaque fois qu'une personne envisage de quitter les FAC ou qu'elle est

médicalement incapable de satisfaire aux exigences de son emploi actuel, elle doit comprendre qu'il peut y avoir d'autres options qui s'offrent à elle, outre celle de quitter les FAC. Le processus de transition de la vie militaire à la vie civile aidera les militaires à explorer les différentes options pouvant leur permettre de continuer de travailler dans les FAC. Les conseillers en transition inviteront donc les militaires à rencontrer les officiers de sélection du personnel (OSP) afin d'évaluer les différentes possibilités de transition interne. Les OSP les aideront à trouver la meilleure option qui leur permettra de rester dans les FAC et de relever de nouveaux défis.

Qui peut profiter du nouveau processus de transition de la vie militaire à la vie civile? D'ici mars 2024, le processus de transition de la vie militaire à la vie civile sera accessible à tous les membres des FAC procédant à leur libération de la Force régulière. Son accès sera aussi élargi pour inclure la Force de réserve, et le processus pourra être utilisé pour accroître les services de soutien existants pour nos militaires malades et blessés. Ici, à la 17^e Escadre, l'équipe et le Centre de transition de Winnipeg seront là pour guider les militaires vers les ressources

appropriées et s'assurer qu'ils reçoivent le soutien nécessaire tout au long de ce parcours important.

Planifiez votre transition dès le début de votre carrière. L'avenir est imprévisible et il est important que les membres des FAC soient préparés lorsque vient le moment de faire leur transition vers la vie civile – que ce soit en raison d'une offre d'emploi civile, d'une retraite définitive, d'une blessure qui les empêche de poursuivre leur carrière ou pour toute autre raison. Soyez proactifs : accédez aux renseignements sur la transition, obtenez des conseils sur la transition et prenez soin d'élaborer/exécuter votre plan de transition avec sérieux au moins 12 mois avant votre date de libération prévue afin de vous assurer d'être prêts le moment venu.

Pour plus d'informations, veuillez nous contacter par téléphone (poste 6040), en personne au bureau 106 au premier étage du bâtiment 64, ou consultez Mon guide de transition: <https://www.canada.ca/fr/ministere-defense-nationale/organisation/rapports-publications/mon-guide-de-transition.html>

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Asian Heritage Month

by Marie-Christine De Tilly, Communications Advisor, Stakeholder Engagement Office Eastern Canada



Be authentic, be your own person, and don't try to fit into a mold. It's better to be yourself.

May is Asian Heritage Month in Canada. It aims to highlight the culture and history of Asian Canadians. The Strategic Partners Engagement Office invited two members of Asian descent to share their stories and provide advice to new

members in the Canadian Armed Forces (CAF).

Sergeant Mingxin Li was born in Nanjing in the Republic of China and arrived in Montreal with his parents at the age of one and a half. The birth of his younger

brother, Cpl Jeff Li, completed the family and they both grew up in Mont-Royal.

Both Li brothers enlisted in the CAF within a year of each other in 2013 and 2014, and have since contributed to several domestic and overseas operations, including Kuwait in 2015 and Iraq in 2018 for Sgt Li. Their desire to learn new skills combined with the opportunity to help their community convinced them to answer the call and join the Primary Reserve. Cpl Li says, "As a university student, employment in the Primary Reserve of the Canadian Armed Forces also offered an interesting challenge and provides significant flexibility to successfully complete one's education."

During their last few years in the Forces, the two brothers were able to assist their community by responding to the several spring flooding incidents as part of Operation LENTUS. "Canada is where I was born and raised. I am very proud to serve my country and grateful for all the opportunities the Canadian Armed Forces have given me," said Cpl Li. When he is not in uniform, he practices as a business lawyer with Stikeman Elliott.

Sgt Li enlisted as a reservist as a military intelligence specialist with 4th In-

telligence Company after completing his bachelor's degree in political science and economics. "I came to Montreal at a young age and was able to discover and keep my roots while being exposed to many other cultures. I owe part of my success to my education, my values and the incredible support of my family."

In addition to his many deployments, he has taught several intelligence courses as well as a recruit course. He adds, "Our diversity and experiences are part of our unique contribution to the discussions. I realized early in my career that my life experiences, cultural background, and values were a very strong complement to the excellent core skills I had learned in the Forces. I have continued to add strings to my bow and keep my knowledge current through training, experience, and seeking additional professional designations." He works full time with the Montreal Police Department in an investigative support position.

Both brothers agree, "Be authentic, be your own person, and don't try to fit into a mold. It's better to be yourself. Let's pay special attention to the stories of our sisters and brothers and friends of Asian descent, as they are an essential part of our history, present and future."

Mois du Patrimoine Asiatique

by Marie-Christine De Tilly, Conseillère en communication, Bureau de l'engagement des partenaires stratégiques Est du Canada

Mai est le Mois du patrimoine asiatique au Canada. Il vise à mettre en valeur la culture et l'histoire des personnes d'origine asiatique. Le bureau de l'engagement des partenaires stratégiques a invité 2 militaires d'ascendance asiatique à raconter leur parcours et à donner des conseils aux nouveaux membres des Forces armées canadiennes.

Le sergent Mingxin Li est né à Nanjing en République Populaire de Chine. C'est à un an et demi que ses parents et lui sont arrivés à Montréal. Au pays, la naissance de son frère cadet, le Cpl Jeff Li, a complété la famille et tous deux ont grandi sur le Plateau Mont-Royal.

Les deux frères Li se sont enrôlés à un an d'intervalle en 2013 et 2014 et depuis, ils ont contribué à plusieurs opérations domestiques et outre-mer, dont le au Koweït en 2015 et l' en Irak en 2018 pour le sgt Li. Leur désir d'apprendre

de nouvelles connaissances conjuguées à l'opportunité d'aider leur communauté les ont convaincus de répondre à l'appel et rejoindre la Première réserve. Le cpl Li mentionne « qu'à titre d'étudiant universitaire, un emploi dans la Première réserve des Forces armées canadiennes offrait également un défi intéressant et une flexibilité importante pour compléter avec succès ses études. »

Au cours des dernières années dans les Forces, les deux frères ont pu porter assistance à leur communauté en répondant aux différentes Opérations Lentus en lien avec les inondations dues aux crues printanières. « C'est le Canada qui m'a vu naître et grandir. Je suis très fier de servir mon pays et reconnaissant pour toutes les avenues que les Forces armées canadiennes m'ont ouvertes. », mentionne le cpl Li. Par ailleurs, lorsqu'il ne porte pas l'uniforme, il pratique le droit à titre

d'avocat en droit des affaires au sein du cabinet Stikeman Elliott.

De son côté, le sgt Li s'est enrôlé comme réserviste en tant que spécialiste du renseignement militaire à la 4e Compagnie du Renseignement, après avoir complété son baccalauréat en science politique et économie. « Je suis arrivé très jeune à Montréal, et j'ai pu découvrir et garder mes racines tout en étant exposé à plusieurs autres cultures. Je dois une partie de mon succès à mon éducation, à mes valeurs et à l'incroyable soutien de ma famille. »

Outre ses nombreux déploiements, il a enseigné plusieurs cours de renseignements ainsi qu'un cours de recrue. Il ajoute que « notre diversité et nos expériences font partie de notre apport unique aux discussions. J'ai compris en début de carrière que mon vécu, mon bagage culturel et mes valeurs étaient un com-

plément très solide aux compétences fondamentales que j'avais acquises dans les Forces. J'ai continué à ajouter des cordes à mon arc et à tenir mes connaissances à jour en suivant des formations, en acquérant de l'expérience et en allant chercher d'autres titres professionnels. » Il travaille à temps plein au sein du Service de Police de la Ville de Montréal dans un poste de soutien aux enquêtes.

Les deux frères sont unanimes : « Soyez authentique, assumez-vous, et ne cherchez pas à entrer dans un moule. Aidez les autres si vous en avez la chance, c'est le plus cadeau que vous pouvez vous offrir et donner. » Prêtons une attention particulière aux témoignages de nos consœurs et confrères et de nos amis d'origine asiatique, car ils constituent une part essentielle de notre histoire, actuelle et future.

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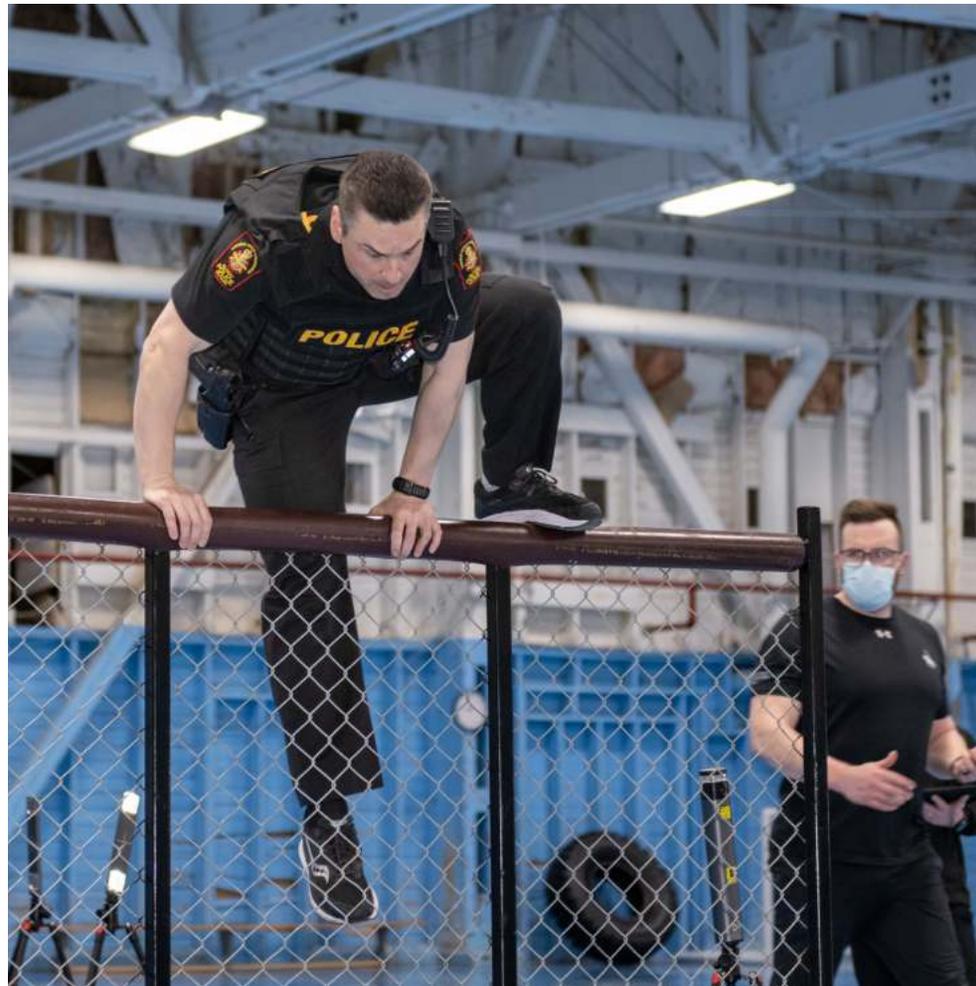
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by: CWO/ADJUC STRAIN, Harold, CD2



Air Force Military Police Commander, Lieutenant-Colonel Robert Wuskynyk, participates in a fitness evaluation with the Royal Canadian Mounted Police Fitness Trainers, at 17 Wing Winnipeg, on April 11, 2022. Photo: Sailor 2nd Class Megan Sterritt, 17 Operations Support Squadron Imaging, Winnipeg

The RCMP recently started the evaluation stage for future implementation of their new physical fitness evaluation for its members. The ongoing research draws on the expertise, the experience, and the broad diversity of members across the force. The gradual introduction of the new Physical Fitness Test (PFT) will aim to begin in 2022 and will replace the current Physical Abilities Requirement Evaluation (PARE) which has been in use since 1990. The purpose of this project is to develop a test which requires a minimum of equipment, is easier to administer, and is easily accessible. The test will assess the minimal effective performance level required to safely execute the essential tasks of operational policing. A Gold Standard was developed which looks and feels like the job. In order to best meet the demands of the RCMP workplace geographically, a field version was also developed and 17 Wing Winnipeg was one of the locations selected to test both of these versions. The CAF and RCMP PSP members have solid collaboration in this project and the unity of the two organizations was on display during the first two weeks April 2022.

LCol Wuskynyk, Commander of the Air Force Military Police Group, has strong ties to the province of Manitoba where he was born and raised. He also has close personal ties to many of the RCMP members in Manitoba. As such, the RCMP in D division personally reached out to challenge LCol Wuskynyk to participate in the trial.

There were two tests: a gold standard for recruits and a modified field test standard designed for remote locations. All testing was done with 20 pounds of gear comprised of a full duty load and tactical vest with accoutrements. All testing phases were designed around real-life scenarios provided by active members within the RCMP. Phase 1 was a run

of 500 meters with changes in direction and climb over a 5 foot wall. Phase 2 involved a vehicle load and simulated helicopter load with 15 different objects all 50 pounds in weight. Phase 3 involved a weighted carry of a 92 pound dead lift bar and intermittent running of 6 x 50 meters to simulate stretcher carries. Phase 4 was a diagonal sled push and pull and then a takedown of a weighted dummy. The field test simulated these same criteria but with the use of specially designed sand bags and medicine balls.

The new standard is designed to simu-

late real-life scenarios in order to get a better assessment of members' true fitness capabilities while employed in policing duties. LCol Wuskynyk's personal and professional command philosophies of "courage", "competence", "communication", "absolute ownership", and "leadership as a service" certainly attributed to his success with this fitness test and to paving a successful road with his career.

On Tuesday 12 April 2022 (despite inclement weather in situ and Command responsibilities) LCol Wuskynyk was cheered on by both 17 MP Flight and AF

MP Gp HQ members, thus representing the Military Police community with pride, and setting a high standard to follow for our fellow RCMP brethren, that were proud to see our commitment to this worthy endeavour. LCol Wuskynyk certainly embodies his favourite quotation, "It is hard to be fit physically, mentally, and spiritually...It is hard to be unfit physically, mentally, and spiritually... chose your hard".

Leadership, mental fortitude, discipline by example, LCol Wuskynyk, well done!





VETERAN AND VETERAN FAMILY MENTAL HEALTH REMAINS UNCHARTED TERRITORY



“Most Canadians don’t know what it’s like for a lot of Veterans just to try and function through a day.”

– Warrant Officer (Ret’d) Brian McKenna, National Strategic Advisor with the Atlas Institute for Veterans and Families

For decades, Veterans, and their Families have voiced concerns about how hard it can be to find support services that reflect their military experiences and provide real ways to help. Finding the right services in the right place and at the right time is not always easy. Additionally, civilians are often unaware of the physical, emotional, and mental stressors that Veterans, and their Families experience, leading to feelings of isolation and loneliness. Enter the Atlas Institute for Veterans and Families. We were named in 2017 as the Centre of Excellence on PTSD, to increase awareness of Veteran and Family mental health needs, and to improve the quality and availability of trauma-informed care and supports that will make daily life a little easier.

Nothing about us without us

Our work is guided by the expertise of those with lived experience. Our four lived experience advisors—two CAF Veterans and two CAF Family members—build trusted relationships with Veterans and Families to ensure the information we develop and share is tailored to their needs. Across our various projects, we also engage with communities, receiving and sharing information that will improve supports and services for mental health and wellbeing.

“We embed lived expertise in our staff and into our processes. We regularly engage with Veterans and Families, former RCMP members, researchers and service providers, to ensure that our work is guided by and reflective of—the people we serve. It’s also important for RCMP Veterans and their Families to know they are part of our remit, that we are here to respond to their needs, too,” says Laryssa Lamrock, National Strategic Advisor, Families with the Atlas Institute.

Our goal, says Fardous Hosseiny, President and CEO of the Atlas Institute, is to ensure that Veterans and their Families have access to the best possible supports and care. “While we do not offer direct services, we aim to identify the best mental health treatment approaches,” says Hosseiny. “Veterans and Families have dedicated their lives to serving Canada. Now, it’s our time to give back.”

Mental health challenges are common

Roughly one in four Veterans experiences mental health problems. Many of these problems are hard for service providers to understand and treat, due to lack of clinical research.

“It can be challenging to find up-to-date research on Veterans and their Families,” Hosseiny says. “One of our goals is to use new and existing research to inform treatment options and policies that support improvements in trauma-related mental health care,” he adds, referring to the Atlas Institute’s research work with both Canadian and international partners. He also points out that sharing research is key to getting current and relevant knowledge into the hands of service providers and Veterans and Families alike.

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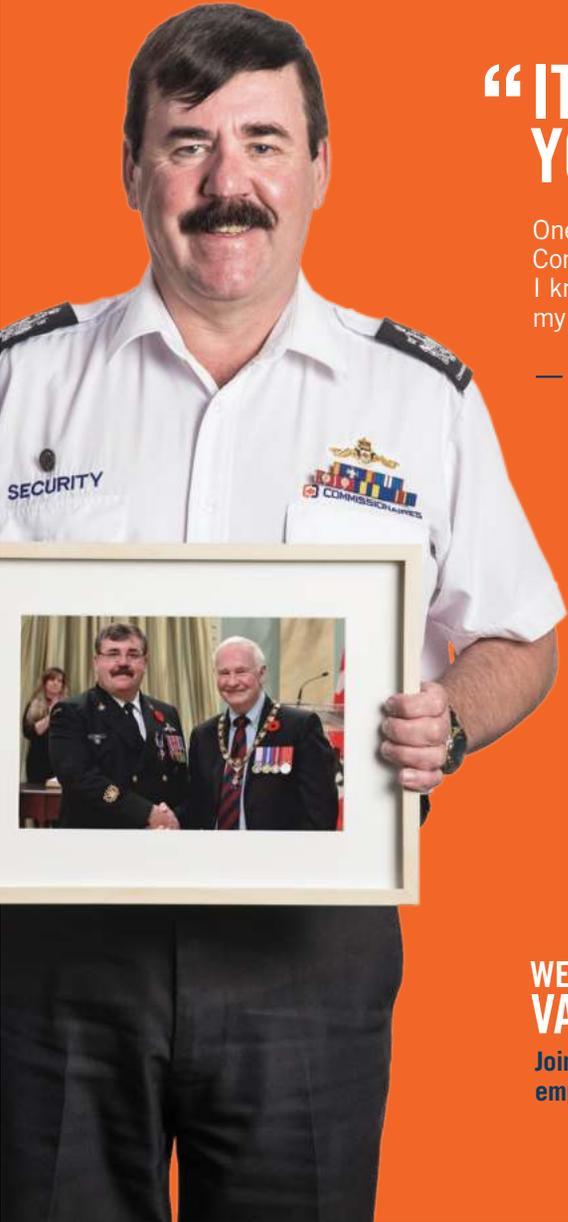
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Platinum Status in FORCE Fitness

by Martin Zeilig, Voxair Photojournalist

The Voxair celebrates its 70th anniversary this month.

Platinum is the metal that is traditionally associated with such auspicious occasions. We are marking our special anniversary with this story on the platinum level of achievement in FORCE Testing—the required yearly physical fitness testing of CAF members.

In July 2021 Chief Warrant Officer Robert Valenti, the Senior Occupational Advisor for the Search and Rescue Technicians, achieved the platinum level award at the yearly FORCE Evaluation testing in Building 21.

He was also one of the oldest individuals to take the test at the time.

He was one of only three CAF members at 17 Wing to achieve that exalted status last year. So far this year, five personnel have attained the platinum status.

All testing, which is administered by PSP fitness instructors, is done in Building 21.

Leeona Bond, Fitness Coordinator PSP, noted that it's quite rare for a member to receive Platinum status in the FORCE test.

She explained that the FORCE acronym stands for "Fitness for Operational Requirements of CAF Employment."

"It was the first time I'd achieved such status," CWO Valenti, now a 31 year veteran of the CAF, said during a telephone interview on May 6.

"They told me right away. It felt pretty good. I did it with some younger fellow SAR Techs. We pushed each other. The camaraderie helped. We cheered each

other on."

The FORCE Evaluation is a reflection of the CAF minimal physical employment standard related to common defence and security duties known as the Universality of Service principle, notes the CFMWS website.

"Some trades within the CAF require higher levels of fitness or operational readiness, but the minimum standards for the FORCE Evaluation are meant to reflect the baseline CAF physical employment standard that everyone must meet," says the online information.

"The FORCE Evaluation is designed to capture the movement patterns, energy systems, and muscle groups recruited in the performance of the Common Military Task Fitness Evaluation (CMTFE).

"All pertinent information with regards to registration of the FORCE Evaluation will be managed locally."

The FORCE testing consists of 20 metre Rushes, Sandbag lifts, Intermittent Loaded Shuttles and Sandbag drag.

"These components are linked to the Common Military Tasks Fitness Evaluation (CMTFE) and used to predict one's ability to meet or exceed the minimal physical demands of military service," says the CAF website.

Each of the four components of the test are scored out of 100 points each, notes Ms. Bond.

"They're also awarded a lesser operation fitness, and also awarded points for their health derived fitness which is a combination of waist circumference and how they do on the intermittent loading



1 Canadian Air Division (1 CAD) Commanding Officer Major-General Eric Kenny, along with 1 CAD Headquarters Chief Warrant Officer, CWO Frost, along with 17 Wing PSP staff, presents the Platinum Force Evaluation award to CWO Valenti, at 1 CAD, 17 Wing, Winnipeg MB, on 1 November 2021. Photo credit: 17 OSS Imagery

shuttles.

"That plots you on a certain point in the profile. So, based on where you plot and how high your standings are, you'll attain either the passing level or you'll get bronze, silver, gold or platinum. It's based on the different percentiles."

She stressed that receiving platinum puts a person at "the top of the top."

CWO Valenti will be doing the same FORCE Fitness tests this year.

"And, I'm going to go out and get Platinum again," he said.

He added that he keeps fit by studying

Brazilian jiu-jitsu and going to the gym everyday.

"It's part of my life," he said.

"The occupation we belong to takes pride in staying as fit as we can to do the operations across Canada."

The other FORCE Testing Platinum award winners are LCol John Coffin (2022); LCol Jennifer Morrison (2021); 2Lt Joshua Register (Sept 2020); Sgt Marie-Per Laflamme (2021); Sgt Reagan Kruger (2022); Sgt Dylan Weller (2022); MCpl Jonathan Boucher-Kovacs (2022); Cpl Jeremy Poitras (2022)

2022 Wing Commander's Volleyball Fun Day

by Martin Zeilig, Voxair Photojournalist



17 Wing members, civilians and PSP staff participate in the annual Wing Commander's Volleyball tournament on April 29, 2022 at 17 Wing, Winnipeg, Manitoba Photo: MCpl Justin Ancelin, 17 Operations Support Squadron Imaging, Winnipeg

Warrant Officer Maria Toone expressed a sentiment shared by so many others at the Wing Commander's Volley-

ball Fun Day on April 29.

The echoing cheers and cries of encouragement from the participants blend-

ed with the sounds of volleyballs being spiked and volleyed, along with rock music blasting from a large speaker set up along a side wall.

The competition, which was organized by PSP Sports Coordinator Dawn Redahl, featured 16 teams in two divisions—Competitive, six squads, and Recreation, 10 teams.

The teams were co-ed and many had a mixture of both military members and civilian DND employees. Wing Commander Colonel David Proteau greeted the participants at the opening ceremonies at 0745 hours. Matches were 15 minutes with a five minute changeover for each division.

There were also four challenges for players to take part in with a chance to win lots of prizes. PSP staff refereed and kept score. Healthy snacks and beverages were available for participants.

"It's nice to be back on the court after two years of COVID," WO Toone said, while taking a break from the match between her team, You've Been Served, and a squad called, The Thunder Chickens.

"It's a lot of fun, and nice to be back playing with friends. A lot of us are on the base team. And, it's the first competition we've been able to do since COVID."

Dylan James, Administrative Assistant Health Promotion, PSP, who was on the Odds and Sods squad, said he wasn't "much of a volleyball player" but that was beside the point at the Fun Day event.

"It's great to come out on a day like this and play competitively, but also for fun," he added, while seated on the team

bench waiting to be called back onto the court.

"It makes you try and perfect your skills. It's a super way to get together and meet some new people and have some fun."

Captain Rebecca Wheaton-Sparkes, who works at 1 Canadian Air Division, stressed that she was "absolutely" enjoying herself.

"When I first saw the poster for the fun day, I wrangled the rest of this team together," she said.

"Most of us play on the base team. Any opportunity to play with them is a great day."

She also praised PSP for always doing "a great level" of organizing.

"So many different units are getting reconnected and sitting with each other after every game," Ms. Redahl said.

"It's an individual challenge for them. You can see there is lots of laughter and camaraderie, people cheering and team spirit. People are enjoying it.

"There's a lot of lightness. Lots of fun. No seriousness. A lot of great attitude."

Captain Hilarie Caverly, an ACSO instructor at 402 "City of Winnipeg" Squadron, was relaxing in the downstairs theatre with other members of her team, You've Been Served, before their next game.

"It's fun," she said.

"I'm coach of the base volleyball team right now. So, a lot of people that I play with are here. Any day that you get to play volleyball is a good day. The atmosphere today is great."

Why Does My Dog Chew So Much?

by Kelley Post, Riplee's Ranch



Karen Van Helvert with Rex, Beau and Charlie. Photo credit: Paul Van Helvert

Puppies love to chew and so do most adult dogs. However, there can be good chewing habits and bad chewing habits. Fortunately, there is a lot that you can do to enhance the good chewing habits and a lot that you can do to deter the bad chewing behavior.

Good chewing happens when your puppy is calm, comfortable, and content and the puppy has something appropriate to chew on. Bad chewing happens when the puppy is in pain, upset, scared, or bored. When a young pup is just getting their new teeth, the pain that they go through is intense and it is instinctive for the puppy to chew to relieve some of the pain that is associated with teething. However, left unattended the pup may start to chew on many different inappropriate items such as chair legs, decorative baskets, and planters, just to name a few.

Chewing is also a way for the dog to explore their environment. The dog chews on an item to see how it smells, tastes, and feels and helps the dog to understand

the world around them. Chewing on your slippers or other items that have the owner's scent on them, may give the dog a feeling of being close to you, which may give the dog comfort. However, shredding a slipper is not appropriate behaviour.

Karen Van Helvert and her family have three dogs; an 11-year-old German Shepard named Rex, a 6-year-old Shihtzu named Beau and a 2-year-old Sheltie named Charlie. Karen shares that Rex is a 90lb suck-a-baby who is very smart and a fast learner, who also loves to play Frisbee. Rex had an incident with a clear plastic baby gate. Rex did not appreciate the separation between him and the family, so he chewed his way through the gate. When Karen found the damaged gate, she was very careful to make sure that Rex had not ingested small pieces of plastic that could have caused severe injury to Rex's inner organs such as the esophagus, stomach, and intestines.

Beau, the 6-year-old shihtzu is the smallest of the three dogs, but he is the alpha male. He calls the shots and keeps the other two in line. Beau is food driven and chew-toy possessed. Beau loves to hoard all the toys and treats that

he can find. When buying chew toys, Karen makes sure that the toys are made of a durable fabric, have triple seams that are hidden and that there are no external parts like buttons or eyes that could be pulled off and swallowed.

Charlie, the 2-year-old high energy sheltie, is a sweet, gentle cuddler. Charlie gets nervous about Beau and that sometimes causes Charlie to engage in behavior that is not appropriate. Such as the time Charlie pulled a thread on the stair carpet runner, that ran up a few stairs before Karen caught him. This could have resulted in a very tragic outcome if Charlie had ingested the thread.

To enhance the good chewing behavior Karen trades the inappropriate items that the dogs should not have for more appropriate items such as dog bully sticks or well-made dog chew toys. It is easier to correct the inappropriate chewing behavior if you catch the dog in the process. If the dog chews an item in the morning after you have left for work and you don't find it until you get home from work at the end of the day, getting angry and upset at the dog will not have any benefit. The dog will not associate your anger with the damaged item. Instead, this may cause fear and anxiety in the

dog which may result in the dog chewing on another inappropriate item to calm themselves down.

Karen shared that one of the best things she does with her dogs when they are going to be left alone is to put them in their kennels. This is a safe place where they will probably sleep most of the day. They can't get into anything; they won't hurt themselves and it gives them a sense of comfort and peace.

Karen and her husband Paul make sure that their dogs are not bored by taking them for regular walks every day and making sure that their minds are stimulated with play and regular interaction. Rex and Charlie are play buddies and they love a good game of tug-a-war. Beau is more of a people dog who loves to spend time with the family. Taking basic steps to protect your dog from inappropriate chewing could end up saving their lives, and several slippers

Karen Van Helvert has just retired from 17 Wing after 32+ years in Supply. Karen will be missed at 17 Wing but she will have a bit more time to spend with her loveable dogs.

Would you like to share your pet story here in the VoxAir? Contact Kelley at ripleesranchwpg@gmail.com



Kelley Post

Kelley and Larry Post are the owners of Ripplees Ranch Winnipeg and are pet parents to three dogs, Peachy, Chewy and Penny.

Kelley is the author of the book, "The Pet Affection", she has worked in the social work field for more than thirty years and understands the importance of the relationship between people and their pets. For more information check out their website at <https://petaffection.ca>



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Back to factory settings. Comes with power cord. You will need your own controllers.
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Styles: Fat Tire, Mountain, Cruisers
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rambotoba@protonmail.com
ig: rambotoba_ebiking
204-995-0403

We are offering a pre-purchase special of up to 500 dollars on our ebikes to veterans, their direct families, and base employees until 15 April 2022. 500 dollar deposit required, full payment due mid May or prior to pick-up; whichever comes first. We specialize in ebikes only and have a certified ebike mechanic. Veteran Owned business.

Brand New Resin Park Bench
(five ft wide); paid \$600.00, asking \$200.00
Contact Marc (French or English) at: marcpozzodiborgo@gmail.com

1/35 T-90s Modernized with a figure of Vladimir Putin; \$35.00
Contact Marc (French or English) at: marcpozzodiborgo@gmail.com

MISTY MOUNTAIN SPRING/FALL JACKET - Asking \$35.00
Euc. Ladies medium
Contact patriciawest2012@gmail.com

Russell Peters show
2 floor seat tickets row 22 for Russell Peters show at Canada Life Centre on July 4th (Monday) @ 8 p.m. Asking \$200 for the pair (paid \$235), can't go now due to going on deployment.
Contact sbarb11@hotmail.com

Air Conditioning Units for Sale
Portable Frigidaire 12000 BTU - \$300
Window Frigidaire 12000 BTU - \$200
Window Frigidaire 8000 BTU - \$150
Window Noma 5000 BTU - \$100
Will sell as a group for \$600 firm.
All tested this morning, all work great.
Contact David: 519-404-7207
Kijiji Ad ID: 1617674999

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Coming to market Oct 1/2022 - 47 Jameswood Dr. very close to 17 Wing -fridge, stove, microwave, washer, dryer, air conditioning, modern upgrades, vinyl flooring throughout, large garage and parking, fenced back yard with deck and cover
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Contact Gary at gwayko@hotmail.com
Ph. 1-204-896-0859

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Don't Miss Great Location!
Your new home awaits you in Old St. Vital. Be the first to live in this brand new 2 bedroom, 1 bath, lower floor suite of this newly built duplex. modern, open concept design with clean lines and higher ceilings
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own laundry, private entrance with ample street parking - *NO smoking NO pets*
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Contact Laurie at: journey2adventure@hotmail.com
Phone: 2047861679 or go through messenger https://www.facebook.com/marketplace/item/687110839197554/

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Visit <https://www.cafconnection.ca/National/Programs-Services/Employment.aspx> for the latest job postings.

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I am Mom to two wonderful adult sons, a senior Havanese doggy, Mia, and two energetic Yorkshire Terriers, Tito and Koko!

I work part time. After that...the needles are clicking. It's what I love. I will return any shipping fees to customers who prefer to pick up from our home in the South Q's. Just leave me a note when making the purchase on Etsy.
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Contact by email: chantelcheyne@gmail.com
Visit online: chantelcheyne.norwex.biz/
Or call: 204-391-7193

Hey, my name is Chantel, I'm the creator of Marie Malcolm label. Currently, a wooden bead craft line (though projects are always in the works). Wooden bead garland, book marks, coasters and more. Find me on Instagram.
Find me on Instagram: @Marie_malcolm.label
Or email: mariemalcolm.label@gmail.com

Do you want to downsize? Do you have handcrafted items to sell? Do you have space for rent? Do you offer a service? If you said yes to any of these questions and are part of the 17 Wing Community, we would like to help you advertise those items. Our publication has a classified section in The Voxair newspaper and a page on our website www.17wingvoxair.com where we will post your ads free of charge, a nominal fee may be charged for ad submissions by those not affiliated with 17 Wing directly. Please contact voxairmgr@gmail.com for more information or to submit your listing.

RCAF Band's Spring Recital

By MCpl Jamie Henderson



Cpl David Fraser performs, photo by MCpl Jamie Henderson

For the second time in as many years, the Royal Canadian Air Force (RCAF) Band has produced a Spring Recital to showcase music for smaller groups. This project gives members of the RCAF Band an opportunity to share some of their favourite musical moments with Canadians and people around the world.

It has been more difficult in the last two years for the RCAF Band to perform live for the public, so this project opens a window into another way of connecting with the community. The largest group featured this year is the RCAF Band's brass quintet, Command Brass. Group leader and trumpeter MCpl James Lantridge commented on the experience of recording, "I think just the joy, the satisfaction of sitting in a room with people again and playing live music together comes through."

RCAF Band pianist Cpl David Fraser has been an integral part of the project, not only performing as a soloist, but also as a collaborative pianist in two pieces with other members of the unit. "It's been really gratifying," said Fraser about the project. "There's something about working as a collaborative pianist and making music with other people that is just so rewarding. It speaks to the core of what music making means to me, and I'm really happy that I get the opportunity to do that kind of work here on occasion."

Behind the scenes, this project allowed the band's Production Department to

hone new skills in video production. Cpl Mikolaj Debowski took on various roles over the course of the project, including director, screen writer, camera operator, director of photography, lighting designer, and last, but not least, trombonist. "It was stressful but fun," Debowski said of the project. "When you juggle different roles, you end up putting a lot more pressure on yourself. I'm really happy with how the recordings look and sound, and everyone involved should be proud of the result."

This year's Spring Recital project will be released on the Winnipeg MFRC's YouTube Channel. A gala opening featuring interviews with the performers and the full program of music streams at 1400 Central Time on Sunday, 22 May, followed by the release of each piece in order:

□ Tuesday, 24 May: Cpl David Fraser, piano, performs "Go With the Flow", by Giovanni Allevi

□ Wednesday, 25 May: Sgt Marie-Pier Laflamme, flugelhorn, performs "Song for Jaco" by Peter Erskine, with Cpl David Fraser, piano

□ Thursday, 26 May: Sgt Katrina Limberatos, flute, and Cpl Anna Sprange, clarinet, perform "Tarantelle, Op. 6" by Camille Saint-Saëns with Cpl David Fraser, Piano

□ Friday, 27 May: Command Brass performs "Selections from West Side Story" by Leonard Bernstein.



Cpl Ariane Côté directs video from the booth, photo by Sgt Cindy Scott



Cpl Mikolaj Debowski operates the camera, photo by Cpl Ariane Côté

Last year's Spring Recital is also available for viewing any time on the Winnipeg MFRC's YouTube channel.

The RCAF Band, based at 17 Wing

Winnipeg, is the Royal Canadian Air Force's only Regular Force band. For more information about us, please visit our website at RCAFBand.ca.

Boomer's Legacy Friendship March

by Camille Douglas, Totem Times



Boomer's Legacy Bike Ride 2019 Photo credit: Lookout Newspaper

As summer approaches and the weather begins to warm, Boomer's Legacy invites Canadians to the Boomer's Legacy Friendship March, taking place until July 31.

"Boomer's Legacy was founded in memory of my son Cpl Andrew Eykelboom," says Maureen Eykelboom. "We assist Canadian Armed Forces members fund their humanitarian efforts both at home and abroad."

Boomer's Legacy Friendship March hopes to reinforce the theme of friendship brought to light by the Nijmegen Marches and last year's Victory March.

"The celebration of the liberation of the Netherlands by our Canadian troops is extremely meaningful to our family. My husband, and Andrew's father was born in Arnhem, Netherlands in 1943. Their family experienced hardship in those early years, especially with his father serving as an Army officer in Indonesia. Our Canadian soldiers and their actions positively persuaded many of

the Dutch to make the decision to come to Canada. The Eykelbooms came to Canada in 1953."

Celebrating friendship

The Boomer's Legacy Friendship March celebrates friendship.

"Our soldiers gave the Dutch children and people all that they could; my son, Andrew "Boomer", did the same for the Afghan people, the children especially. He told me that putting a smile on a child's face was the most important thing about his tour."

The intent of the march is to participate wherever and for however long you would like, as long as you focus on your desire to do good in the world. The Boomer's Legacy donation page can be shared with family, friends and colleagues to support Canadian Armed Forces members in their humanitarian efforts at home and abroad: boomerslegacy.ca.



The Chaplain's Role and the Connection between Spiritual Resilience and Operational Effectiveness

By Lt(N) Dave Godkin

These past two years have been a most challenging time for members of the Canadian Armed Forces and their families and for people all over the world in general. As we begin to resume a somewhat normal tempo in the CAF and in day-to-day life in 2022, we realize the effect that the isolation due to the pandemic has had and continues to have on the spiritual and mental well-being of individuals.

The need for spiritual resilience and well-being in these trying times has become increasingly apparent and CAF chaplains play a vital role in this endeavour. The ultimate goal of achieving spiritual resilience is to enhance the operational effectiveness of members in their various vocations in the military.

It is important to note that some of us are religious but all of us are spiritual. The role of the chaplain is to support the spiritual needs of all. In fact, the Royal Canadian Chaplain Services ministers to its own, facilitates the worship of others and are servants of all.

The chaplain is in the unique position to journey with aviators, soldiers and

sailors and walk with them in their day-to-day vocations. This often presents opportunities to build trust and rapport so that if a crisis or emergency arises, members are comfortable in reaching out for chaplain support.

One of the great advantages is that there is no stigma to speaking with the padre. In fact, because padres are on the ground they oftentimes have a good sense of the morale of a unit and as they check-in on members, they are able to address potential issues before they escalate.

Chaplains speak of a "ministry of presence". Simply being with and journeying with members is an extension of God's care for souls. You might say this is loitering with intent and the intent is to meet people where they are and support their spiritual needs and enhance their spiritual resilience. The ultimate effect of caring for members is to enhance their operational effectiveness in their military vocations. In this respect chaplains support the chain of command in providing these vital spiritual needs.

Chaplains play a vital role in the af-

termath of a crisis as well, as they help equip members for those critical events and aid in making them more effective in their tasks and duties. In fact, establishing resilience among serving members is as relevant during times of peace as during a high-stress operation.

So what is the definition of spiritual resiliency? Essentially, it is the ability to recover the emotional, psychological and physical strength required to adjust to adversity or a traumatic change. It means having the inner spiritual fortitude to bounce back from difficult experiences.

On the Spiritual Health and Well-Being Continuum, the goal is to stay "in the green" where one can make sense of situations that occur in life and gain a sense of purpose for living. It includes being connected to ourselves and others and having an awareness of the transcendent, something that is greater than oneself. It also involves having established morals and core values and beliefs. The ultimate result of having this spiritual well-being is that one is more fully grounded so they

can perform their duties with greater effectiveness.

While chaplains do provide religious services for members and their families, this is one aspect of the larger role of chaplains, which is to support and develop spiritual resiliency among members. For the spiritual dimension of resiliency is vital to the overall operational effectiveness of CAF members in their vocations.

PADRE GODKIN



Padre Godkin has served as a Military Chaplain in the Air Force, Army and Navy and is currently the RCAF Divisions Chaplain Staff Officer at 1 CAD HQ.

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

Capt Katie MacIntosh
Unit Chaplain (BTL)
B100, Rm 122D
Phone ext 6914

Capt Sean Major
AR Flt Chaplain (BTL)
B100, Rm 122C
Phone ext 4994

Capt Stephen Neil
Clinic Chaplain
B62, 3rd Floor
Phone ext 5086

Capt Greg Lutz
Detachment Base Chaplain
Dundurn, Sask
Phone 306-492-2135 ext 4299

✝ Good Shepherd Protestant Faith Community
Sunday Service: 1300 hrs, or check with a Chaplain

✝ Ste Marguerite Bourgeois Roman Catholic Faith Community
Sunday Mass: 1500 hrs, or check with a Chaplain

MORE INFO

Administrative Office
204-833-2500 ext 5087
Building 64, Ground Floor, North End

Emergency Duty Chaplain
Contact via MP Dispatch ext 2633

Information Phone Tree
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 your unit Chaplain for further information

Sentinel Training
Contact your unit Chaplain for further information



The 17 Wing Spiritual Well-Being Centre
2235 Silver Ave
(West off Whytewold/Wihuri Road)



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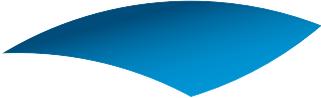
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