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# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

June 5, 2013

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FREE

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# On Your Marks, Get Set, Go!

RCAF Run crosses the finish line with another successful year



The Half Marathon Runners set off on their trek at the start of the 2013 RCAF Run. This year's run was one of the biggest yet, and also had some of the nicest weather. Check out our extensive coverage in the middle portion of the paper in this extended, special edition of The Voxair. Photo: Mike Sherby

IN THIS ISSUE:

EXERCISE TRIDENT FURY

PAGE 2

VOLUNTEER APPRECIATION CHEQUE PRESENTED

PAGE 6

THE CANADIAN ARMED FORCES AT RED RIVER EX

PAGE 7

CPL DION COMPLETES 85 KILOMETRE RUN

PAGE 10

17 FIELD AMBULANCE AT TEDDY BEAR PICNIC

PAGE 12

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# A Day in the Life at Exercise Trident Fury



A 435 Squadron CC-130 Hercules gets prepared for a busy day of tanking at this year's Exercise Trident Fury. Photo: Capt Josef Sliwinski



crew members from 435 Squadron (L-R), Sgt Berry Martin, Capt Greg Mendes, Maj Terry Fascione, Sgt Bill Johnson, Maj Jeff Byam and Capt Josef Sliwinski, go over the day's flight plan. Photo: Capt Josef Sliwinski.

By: Capt Josef Sliwinski  
435 Squadron AAR Pilot

Exercise Trident Fury commenced on the 3rd of May with participation from the Royal Canadian Navy, Canadian Army, Royal Canadian Air Force, Canadian Coast Guard, United States Navy, Oregon State Air National Guard and the United States Coast Guard. Hosted by Maritime Force Pacific Headquarters, Trident Fury is a joint exercise that provides 435 Squadron the opportunity to work alongside NATO allies with a coalition environment. In addition to air-to-air refueling (AAR), 435 Squadron supported other training objectives such as; surface warfare training, command and control training and aircraft interoperability training.

Well, that's a very brief description of the exercise but what does it all mean for 435 Squadron? What does 435 Squadron do on an exercise such as Trident Fury? What happens during a typical day of operations during the exercise?

The daily AAR mission really starts the night prior when the planning part of the crew - the Tanker Commander (TC), First Officer (FO), and Air Combat Systems Officer (ACSO) - review the daily Airspace Coordination Order (ACO) and Air Tasking Order (ATO) to determine where and when the CC-130 Hercules is needed, and how much fuel is required to give to the receivers. The receivers in the case of Trident Fury were 409 Squadron CF-18 Hornet and US Navy EA-18G Super Hornets. The next morning the planning crew can begin preparing the mission in earnest. Concurrently, the Flight Engineer (FE) and Loadmasters (LM) arrive at the airfield roughly 2 hours before the flight to do pre-flight checks and fuel the aircraft if it was not already fuelled the night before. Ground crew technicians assist in starting, marshalling and ground checks and they carry out any repairs that need to be done between missions. The ground crew provides vital and continuous mission support and without them there would be no AAR mission. The TC, FO and ACSO then head to flight operations to do last minute coordination with the other aircrews and finalize their flight planning.

The ACSO plays a pivotal

role in determining the amount of fuel to 'offload' to the receivers and ensures there is enough transit fuel to fly out to the AAR area, wait for the receivers to arrive between their airborne tasks, and then fly back to the departure airfield to complete an approach and landing.

The FO has an important role determining if the weather is suitable for AAR, as well as at the arrival airport and alternate airport. If the weather is not suitable for landing at the arrival airport, a suitable alternate is chosen within a close enough range to land at. In addition to the weather the FO checks Notices to Airmen (NOTAM's). These NOTAMs give important information for aerodromes and airspace such as closed runways and restricted areas which are to be avoided. A Take Off and Landing Data (TOLD) card is calculated using a series of charts to obtain critical take off and landing information. Once the TOLD card is complete, a flight plan is completed, reviewed and submitted to Air Traffic Control (ATC) to notify them of the plan. Last but not least is the Combat Air Patrol (CAP) data card. This is used to keep track of important timings, radio frequencies for communication, and the call signs and projected offloads of the receiver aircraft.

When the Tanker Commander is confident that the flight planning is accurate and complete, a 'Front End' (or planning crew) brief is held to bring all elements of the plan together and to make sure nothing has been missed. The planning crew then walks to the aircraft to carry out an On Board Brief (OBB) with the FE and the Loadmasters. On completion of the OBB all crew members are fully aware of their roles and responsibilities for the mission and, with the help of the ground crew, the Hercules is started and is then taxied to position for take off.

Despite the amount of effort that goes into planning, an AAR mission the crew always has to remain flexible and prepared for change. There are many variables such as last minute changes to the number of fast jet receivers, weather in the AAR area, unserviceabilities and many other factors. Each of these variables can have an enormous effect on the mission. The complexities of how the refueling part of the AAR mission unfolds will be dealt with in another article so for now we will pick the story up with the Hercules on its way back to base.

Once the AAR mission has been completed, the crew brings the airplane back home and, if there is enough time and spare fuel they will carry out some approach and landing training. Upon landing and taxiing back in the ground crew and FE take over so the aircraft can be refueled and post flight checks/maintenance can be completed in preparation for the next flight. The entire crew thoroughly debriefs the mission and notes any lessons for the short, medium and long term. For Exercise Trident Fury, and in fact many exercises and operational tasks, at least two flights a day are flown.

During Exercise Trident Fury, 435 Squadron upgraded their newest TC, Capt Steven Hinks. He had his final check flight during the exercise and is now ready to command the C-130 Hercules and crew in the AAR and transport roles. In fact, learning never stops at 435 Squadron and all those involved in Ex Trident Fury gained valuable training throughout this extremely important joint exercise.

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# 17 Wing Helps Launch Winnipeg Goldeyes 2013 Season



Jet Stream vocalist Sgt David Grenon gets down into the appreciative crowd gathered taking in a concert by the members of the RCAF Band prior to the Winnipeg Goldeyes home opener on 27 May. Photo: Sgt Bill McLeod.



The Royal Canadian Air Force Band featuring Sergeant David Grenon and Sergeant Cindy Scott perform the national anthems at the Winnipeg Goldeyes Home Opening game on 27 May 2013. Photo: Sgt Bill McLeod.

By: Gloria Kelly

The Winnipeg Goldeyes celebrated the 2013 season home opener on May 26 with a bit of help and lots of luck from members of 17 Wing Winnipeg.

## CFSAS Honourary Colonel



Our apologies as in our last issue, the caption was correctly labelled but the headline wasn't. LCol Bradley Baker (L), the Commandant of the Canadian Forces School of Aerospace Studies (CFSAS), presents an HCol scroll to the incoming HCol, Doug Brown (R). Photo: Cpl Jean Archambault

As they arrived for the game the sell-out crowd of 7500 supporters and sponsors of the team were treated to a rollicking concert by "Jet Stream", members of the Royal Canadian Air Force Band under the direction of Captain John Fullerton. The band belted out songs by artists from British Columbia to Newfoundland and of course Manitoba. Vocalist Sgt David Grenon made his way through the crowd to sing directly to members of the audience during a couple of numbers, much to the delight of those gathered to appreciate the great music.

As those attending the game stopped to take in the music they also had the opportunity to tour a Royal Canadian Navy recruiting bus and many kids in the crowd crawled in, out and over an army G-Wagon on display.

Home opener night 2013 was extra special as members of the 2012 championship team received their rings and the special banner was raised over Shaw Stadium where the team plays. To start the festivities Captain David Lee, an instructor at 1CFFTS threw out the ceremonial first pitch, much to the delight of the appreciative baseball audience.

In keeping with the pomp and ceremony of a special evening for the team and its supporters a color party from 17 Wing Winnipeg marched the flags of Canada and the United States to centre field just before the game began while members of the RCAF Band played the two national anthems. The anthems were sung by band members Sgt Cindy Scott and Sgt David Grenon.

Just as the band marched off the field a C-130 Hercules aircraft from 435 Transport and Rescue Squadron, based at 17 Wing flew overhead to the applause of those in attendance.

Participation of the Canadian Armed Forces members in the home opener adds to the festivities and it provides an opportunity for the team to recognize members of the military, said Dan Chase, director sales and marketing for the Goldeyes Baseball Club. The participation of military members is very much appreciated.

As in past years many members of the military community and their families were in attendance at the game to cheer on the home team. And yes, the Goldeyes won by a score of four to one.

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# WCE Superintendant Enjoys Challenge

**Sgt Bill McLeod**  
17 Wing Photojournalist

"It's challenging every day. There's almost nothing that's repetitive. Whether it's making sure operations run smoothly or getting training going or just giving some young service members advice on what they should or shouldn't be doing, days go by pretty fast," says Warrant Officer Devin Whiting, a Wing Construction Engineering (WCE) Superintendant at 17 Wing Winnipeg describing the best part of his job.

A Superintendant in the Construction Engineers is a manager. The CE trades that are feeder trades to superintendant are Refrigeration Mechanical Technician (Tech), Water Fuel Environmental Tech, Electrical Generating Systems Tech, Electrical Distribution Tech, Plumbing and Heating Tech, and Construction Tech.

"Sergeant is basically the highest rank in your trade," says WO Whiting. "Once you're promoted to Warrant Officer you go from being specialized in your trade to managing all the trades. The position I am presently posted into is 171 CEF Superintendant." 171 Construction Engineering Flight is a unit that comes together in the event the RCAF requires a deployed unit of engineers.

WO Whiting didn't begin his 26 year career in the RCAF. He originally joined the Army as a Combat Engineer and participated in some of the biggest domestic operations in Canada, during which he got a real sense of how the military defends, protects and aids Canadians.

"I deployed to Kuwait with them, to the Saguenay Floods, and the Ice Storm," says WO Whiting. "I really liked the aid to civil power operations."

He also credits the Combat Engineers for getting him interested in his trade as a Water, Fuel, and Environmental (WFE) Technician.

"When I was a combat engineer I took an advanced water supply course which turned me on to the WFE side of the house. We ran a reverse osmosis water purification unit during the Saguenay flood," he says.

"The combat engineers ran the unit and the WFE Techs actually went in and did



**Warrant Officer Devin Whiting, 17 Wing Construction Engineering and 171 Construction Engineering Flight Superintendant. Photo: Sgt Bill McLeod.**

all the fixing and inspections on it," he adds.

"As a Combat Engineer I would say you're a jack of all trades and a master of none," WO Whiting says laughingly. "Their were trade helper courses you could take like carpentry, electrical, a masonry course and one other I can't think of. I took two of those, carpentry and electrical."

Since becoming a WFE Tech in 2000, WO Whiting has deployed 3 times with the RCAF. Two of those deployments were to Canadian Forces Station Alert, in Nunavut but in 2011 he deployed with Operation Mobile, the Canadian component of Operation Unified Protector, the NATO led mission to enforce UN Resolution 1973. The resolution called for a no-fly zone over Libya.

"Once we got the word it was let's go, let's come up with a plan," WO Whiting says.

During the deployment the construction engineers also maintain the infrastructure of the camp, both the permanent and temporary structures. "I went with a one of pretty much of each trade," WO Whiting says. "There's a lot of teamwork that happens between trades. I might need 3 carpenters, but because I only have one he gets help from the others."

"They did a really, really good job over there," he says.

As the 171 CEF Superintendant WO Whiting is responsible for the deployable fly away kits and the readiness training of

tradesmen who must be ready for the next time the RCAF has to deploy but while at 17 Wing he is also the Operations and Training Warrant Officer for 17 Wing Construction Engineering.

"It's extremely busy here," he says. "I have to rely a lot on the people who under me. They are the ones who make this work."

As for the future he hopes to stay in Winnipeg a little longer. "My wife has had to follow my career for the last few years," he says. He is married to the Wing Foods Officer at 17 Wing, Captain Chantal Bellemare-Whiting.



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# LCol Wawryk Assumes Command of 440 Squadron



LCol Brophy (R) hands over command of 440 Squadron to LCol Wawryk (far L) as reviewing officer, 17 Wing/AFTC Commander, Blaise Frawley looks on. Photo: Submitted.

## Submitted

In what was a surprisingly warm day of 8 degrees on May 4 2013, LCol Vincent Wawryk assumed command of 440 (Transport) Squadron from retiring Commanding Officer LCol Desmond Brophy at the Squadron hangar in Yellowknife NT. 17 Wing Commander, Col Blaise Frawley, was the officiating officer as well as the reviewing officer at the Change of Command Parade.

LCol Brophy addressed the gathered crowd first and spoke of how much had been accomplished in the past two years. "When I took command of this Squadron I spoke of my three main priorities being mission, family, and future. In two years we have completed three(3) pilot OTF's, trained our new technicians, carried out a number of Flight engineer OTF's, 12 operations, and supported our primary customer Joint Task Force North when called upon. I would say mission completed. All of this as we were down to half of our assets due to avionics upgrade. As for our families we have had two opportunities to fly them on familiarization flights and together we have had Christmas parties, fishing days and BBQ's. To the families I thank you for your support when mom or dad had to deploy to such places as Inuvik, Kugluktuk and Resolute Bay. As for the future the Twin Otter fleet is almost finished an extensive avionics upgrade that puts it ahead of any flight deck in the RCAF."

One of the highlights of the parade occurred when LCol Brophy was presented the Queens Jubilee Medal for his extraordinary dedication to Canada and the Canadian Armed Forces by Colonel Frawley.

17 Wing Commander, Colonel Blaise Frawley spoke to how "440 (T) Squadron was a tactical squadron that had strategic importance. I have built strong ties with this Sqn even though they are 1500 kms away by being the first 17 Wing Commander to actually fly this aircraft on the invitation offered to me by LCol Brophy. I challenge LCol Wawryk to maintain these ties and not let 17 Wing forget about it's squadron in the North."

When LCol Wawryk took the podium to address the assembled audience he spoke of his past history with the Squadron. "As a first tour pilot on the Twin Otter I had the experience of not only flying the plane but working in Operations, as a Flight Safety officer, Training officer and was the Maintenance officer for awhile. I look forward to leaving that to the highly qualified professionals this time around and concentrating on the human resource side of the house getting to know all of the Squadron members and assisting where I can."

LCol Wawryk returns to the squadron after completing tours on E3 Airborne Warning and Control System (AWACS) in Oklahoma. This included a deployment to Op ENDURING FREEDOM in Afghanistan. Upon returning to Canada and working at One Canadian Air

Division Headquarters to help reorganize the directorate in response to CF Transformation, he also completed his Bachelor's Degree in Military Arts and Sciences through the Royal Military College of Canada. For his third flying tour, and as Aircrew Flight Commander, he flew the CC144 Challenger in support of VIP, MEDEVAC and utility missions. In this capacity he once again deployed to support International Security Assistance Force sustainment flights at the Allied mobility Coordination Centre in Eindhoven, Netherlands. After completing his second staff tour with the Canadian Expeditionary Force Command Headquarters from 2010-2012 he is currently completing the year-long Joint Command and Staff Program at the Canadian Forces College in Toronto. Upon completion LCol Wawryk will return to Yellowknife with his wife Danielle and their two young children to begin another Arctic Adventure.

440(T) Sqn is the only operational "North of 60". Its primary mission is to support One Canadian Air Division and Joint Task Force North throughout the Northwest Territories, Nunavut and the Yukon. The Squadron's establishment is 42 Regular force personnel and an Air Reserve Flight. The Squadron operates four DeHavilland Canada DHC-6 Twin Otter Aircraft and maintains the capability to operate on skis in the winter and tundra tires in the summer. Affording them the capability of landing on Arctic ice and unprepared improvised strips.

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## Volunteer Appreciation Cheque Presentation



John Clarey (centre), 17 Wing SISIP Branch Manager, presents a cheque for \$4,000 in support of the upcoming 17 Wing Volunteer Appreciation Night to MFRC Executive Director Don Brennan (left), and PSP Manager Richard Harris (right). The Volunteer Appreciation Night takes place on Sunday, June 9th, and The Voxair will be there to bring you all the details.

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## Grade 5 Student Receives an Exclusive Tour of 435 Squadron



Capt Danny Vanderbyl(L) poses with the Gr. 5 winner of the Strathmillan School Heritage and Science Fair, Erik Sigurdson, who presented his project on the Avro Arrow to members of 435 Squadron. Photo: Submitted

### Capt Danny Vanderbyl 435 Squadron Pilot

On May 1st, 435 Squadron was treated to a presentation by young aviation enthusiast, and Hercules-pilot hopeful Erik Sigurdson. Erik is a grade five student at Strathmillan School. Strathmillan School (located just a stone's throw away from 17 Wing on the approach path to Runway 36) recently held a Heritage & Science Fair, and Cpl Bothe, of 435 Squadron Servicing, was a judge. Erik's project won the Fair and will go on to the division finals, and thus he was honoured to present his work to the Squadron in exchange for an exclusive tour.

Erik's Heritage Fair project was on the CF-105 Avro Arrow. He explains the motivation behind his Avro Arrow research project: "I had heard about the

Avro Arrow, and I wanted to learn what it was, and why it was cancelled." Erik presented a brief history of the A.V. Roe Company, including its famous Avro Lancaster, and familiarized the audience with the persons involved, including former PM John Diefenbaker and the Arrow's test pilot, Russian-born Janusz Zurakowski. Finally, Erik detailed the impressive characteristics of the aircraft, and the announcement of its cancellation. This writer was impressed to learn that the Arrow was spec'd to handle 2G turns at Mach 1.5 at 50,000 feet., with no loss of speed or altitude. Afterwards, Erik took questions from his captivated audience, and wasn't afraid to provide some informative and humorous answers.

In appreciation of Erik's enthusiasm, Erik received a tour of 435 Squadron, including the Hangars, the Air-to-Air refuelling aircraft, and the SAR Tech Shop. He also got a chance to try his hand at walking while wearing a hundred pounds' worth of parachute, helmet, and SAR-PELS. On the tour, he asked great questions and learned a lot about the diverse nature of military flying operations. There are many jobs, and many hands that make a flying operation happen. Erik was also given a commemorative Squadron photo, and one of 435 Squadron's Challenge Coins.

Congratulations again to Erik for his hard work- keep it up; and thank you to the St. James-Assiniboia School Division and Strathmillan School for supporting an interest in aviation and the Royal Canadian Air Force!

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# Experience the CAF Again



Kaden Spooner gets a temporary Royal Canadian Navy tattoo from Leading Seaman Jorgen Gleerup at the 2012 Red River Exhibition Canadian Armed Forces display. Photo: Sgt Bill McLeod.

**Sgt Bill McLeod**  
17 Wing Photojournalist

Canadians will once again get a chance to experience the Canadian Armed Forces at the Red River Exhibition, 14-23 June 2013, at Exhibition Park next to the Assiniboine Downs, near the western junction of the Transcanada and Perimeter Highways.

Visitors to the Ex will see the military equipment of the three elements. The Canadian Army will display artillery, infantry vehicles,

and support equipment, the Royal Canadian Navy will have specialized boats on display, and the Royal Canadian Air Force will have a CF-18 cockpit visitors can tour.

As well, military members will interact with visitors and answer any questions about what they do and interactive recruiting displays will also help visitors understand some of the different jobs in the Canadian Armed Forces.

For military members the Red River Ex will hold a Hero's Day on Thursday, June 20. Any military

member, as well as police and firefighters, will be allowed to enter free after presenting their identification. Family members will still have to pay admission, but discounted tickets will be available at the 17 Wing Military Family Resource Centre.

The tickets can be purchased in person at the reception desk at Building 90 Fitness and Recreation Centre by Wednesday, 12 June 2013.

# New Wing Chaplain Rides Onto 17 Wing

**By: Mike Sherby**  
Voxair Manager

The 17 Wing Chaplain's office recently welcomed a new Wing Chaplain, and you could say he's a real holy roller. LCdr John Barrett is a little hard to miss as he cruises into the chapel on Sunday morning on his motorcycle, complete with Chris Moose [say it fast], his stuffed moose on the back.

He says that he's been riding a motorcycle for a number of years, and he enjoys the reactions he gets when people find out.

"People think that just because we're pastors, that we don't have a life," he says. "They think we don't enjoy the same things that 'normal' people do, but we're

just like everyone else, with the same basic flaws and strengths."

LCdr Barrett, who was previously posted to CFS St. John's as its sole Chaplain, says that he is looking forward to the challenge of working in 17 Wing.

"It was a one person show [at CFS St. John's], so I'm looking forward to working with a larger group."

LCdr Barrett is coming up on his 28th year in the RCN, and his 14th year as a Chaplain. He joined the Chaplaincy after he felt a calling towards becoming ordained in the Anglican Church. Unfortunately, at that time in the 90s, LCdr Barrett says that there was no training budget for Chaplains so he was forced to

leave the military.

After being ordained and working in a civilian parish for a few years, he reenlisted in 1999 and was excited to be accepted back into the RCAF. LCdr Barrett says he's always felt an affinity towards the military.

"I joined the military when I was 17 years old, and coming back into the military was like coming home," he says. "I was very comfortable with the environment, comfortable with the people, and the type of work that it would entail. The ethos of the military is something that I can fully understand and appreciate."

There's a real difference between being a priest in a civilian parish and a chaplain in the military he says. While the military congregation doesn't go to church as

much as civilians might, military Chaplain's have a much greater ability to reach their congregates in the workplace.

"We're more of an industrial chaplaincy, so we visit people at their work site. We have the ability and the respect to influence people's careers, and to support them in their careers and in their work environment. Civilian clergy people just do not have that access."

LCdr Barrett says that his role as the Wing Chaplain is to support 17 Wing's other chaplain in their work, to provide direction for the team, and to act as a bridge between the Chaplains and senior personnel. "I'm kind of the pastor of the pastors," he says.



# A Logistical Promotion

2Lt Kim Egert was promoted to Lt on 21 May 2013. She is a Logistics Officer, Finance specialty and she works in the 1 CAD A8. Photo: Submitted



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# Flying Tigers Swim Team Makes a Splash at the Golden Plains Invitational

Submitted by: Sgt Michelle Neilson  
Flying Tigers Swim Team

This past weekend, 24-26 May, was the championship Golden Plains Invitational (GPI) meet, held in the Main Tank at Pan Am pool. There were 350 swimmers in attendance, from Manitoba, Ontario, and Minnesota, ranging in age from 9 to 22. Despite the fast qualifying times required, our team had 6 swimmers qualify to attend!

The competition was fierce with other teams' swimmers earning Senior National and Age Group times, and breaking Manitoba records. But our little group stayed strong and positive, and used the opportunity to race in a fast pool against competitors that they are not usually matched with in regular season events.

SYDNEY was one of only twenty 10& under swimmers at the meet! Qualifying times for this age group fell into the 12& under category which meant that even earning a QT was a huge achievement. She proved once again that her breast stroke is strong when she obtained PBs in both her 100m and 200m breast.

This was MAKAEELA's second appearance at GPI and she was the first of the team this weekend to earn a second swim! With the championship formatting, her 200m Breast was



Shaylin Hurtubise dives into the pool at the Provincial meet at the Can Am Pool back in March. Photo: Alison Boates

fast enough in the morning preliminaries to bring her back for the evening finals events! She also capped off the weekend by taking over 6 seconds off of her 200m IM.

SHAYLIN continued her strong season by earning her 3rd 'AA' ManSask entry, this time in her 100m Backstroke. She obtained 5 PBs throughout the meet including taking off almost 14 seconds off of her 200m Freestyle and over 5 seconds off of her 200m IM.

This was EMILY's first meet ever in the Main Tank. And while she might have been a bit apprehensive at the beginning, her swimming did not suffer at all. She obtained 4 PBs which included knocking an impressive 16 seconds off of her 100m Backstroke and almost 10 seconds off of her 200m IM. Welcome to the championship team, Emily!

HALEY shattered team records this weekend. She set new Club records for LC Women in 50m Free, 100m Free, and 100m Fly as well as a new age record for 17 & over LC Women in 200m Free. Her PB in 50m Free saw her obtain her first 'AA' ManSask time, and her 100m Fly put her in Finals swim where she earned a point for the team!

RYAN is a veteran to meets in the Main tank yet this was his first in the 15 & over Men's category. Despite this, he swam hard to 100% PBs. Taking almost 6 seconds off of his 200m Back in prelims gave him a berth in the Finals swim where he also earned a point for the team. Overall, he saw 3 top twenty finishes.

Still upcoming are qualifying meets: Jr. Provincials (21-23 June) and ManSask (4-7 July), as well as a fun meet in Fargo, ND (7 June).

## Unwind and Recharge! Enjoy the Benefits of Recreation

Get a kick start now to prep for the June is Recreation Month campaign. Personnel Support Programs (PSP) is celebrating recreational activities that may feel like time-off, but are actually an essential part of a healthy, well-balanced lifestyle.

Use these tips to add more recreation to your routine, and stay active throughout postings, deployments, and everything in-between.

Going through a stressful time? Schedule in some fun

Unlike other activities that may strip us of our energy, engaging in things we enjoy actually gives us more energy to manage stress. During stressful times like deployments, families can stop having fun due to a lack of time or a decreased interest; yet, it's even more important to schedule positive activities into stressful days to effectively manage the demands in our life.

Whether it's a morning walk with a neighbour or a Tuesday evening softball game, when life gets busy, block off some non-negotiable time for recreational activities you enjoy.

Choose your Unique Path to Relaxation

Recreational activities should encourage stress reduction, not stress creation! Choose activities that relax you – whether that's rock-climbing or meditation, samba lessons or band practice. There are no wrong answers – if you're clearing your mind and moving your body, recreation will leave you feeling rejuvenated.

Help Children Reduce Stress Through

Passions and Pastimes

To help children and teens unwind and keep active during stressful periods, PSP Recreation Programs are available in Canadian Armed Forces communities from coast-to-coast. Parents, take note: PSP recreation employees are also certified in HIGH FIVE® Healthy Minds for Healthy Children, which equips them to recognize common mental health challenges children may face, and nurture resiliency to help children stay strong and healthy in body and mind.

Put Excuses Away – Join in on the Fun!

Schedule too packed for a regular activity? Attend a special event instead. Family days, barbecues, dances, race days... there are no shortage of options at your local base or wing. The next time an event sparks your interest, put excuses aside and say "yes". You'll meet new people and build a stronger community, just by taking part. Visit [www.cfgateway.ca](http://www.cfgateway.ca) to learn more about local events.

Reconnect with a Family Getaway

A vacation doesn't have to be an elaborate or expensive affair. Get away with your family for a day, a weekend or longer and take the time to strengthen family bonds. The CF Appreciation Program offers a variety of discounts for military families on local and international attractions, accommodations and activities. Whether you want to rent a canoe or ride a rollercoaster, [www.CFAppreciation.ca](http://www.CFAppreciation.ca) can help you plan your affordable recreation adventure.

## Détendez-vous et faites le plein d'énergie!

Commencez dès aujourd'hui à vous préparer à la campagne « Juin est le mois des loisirs ». Pour ce faire, les Programmes de soutien du personnel (PSP) vous invitent à prendre conscience de l'importance des loisirs qui, même s'ils ne semblent être que du temps libre, jouent un rôle crucial dans l'adoption d'un mode de vie sain et équilibré.

Lisez les conseils ci-dessous, qui vous aideront à consacrer du temps aux loisirs dans votre routine, ainsi qu'à demeurer actifs tout au long de vos affectations, de vos déploiements et de votre quotidien.

Vous vivez une période de stress? Prévoyez du temps pour vous amuser.

Contrairement aux autres activités qui peuvent saper notre énergie, faire des choses qui nous rendent heureux nous donne en fait plus d'énergie pour gérer le stress. Pendant des périodes angoissantes, comme les déploiements, les familles risquent de moins s'amuser parce qu'elles ont moins de temps à consacrer aux loisirs ou parce qu'elles s'y intéressent moins. Pourtant, il est aussi important de prévoir du temps pour les activités amusantes pendant des périodes de stress afin de pouvoir gérer efficacement les exigences de la vie.

Que ce soit faire une marche le matin avec un voisin ou jouer au softball le mardi soir, quand la vie devient mouvementée, réservez-vous du temps non négociable pour faire les loisirs que vous aimez.

Comment vous détendre? À vous de décider!

Le but des loisirs est de réduire le stress et non de l'accroître! Choisissez des activités qui vous détendent, qu'il s'agisse d'escalade, de méditation, de leçons de samba ou de répétitions de musique. Il n'y a pas de mauvais choix: si vous vous changez les idées et faites bouger votre corps, les loisirs vous revigoreront.

Aidez les enfants À réduire leur stress grâce À leurs passions et à leurs loisirs.

Les PSP offrent des programmes de loisirs dans les collectivités des FAC partout au pays pour aider les enfants et les adolescents à se détendre et à demeurer actifs en temps de stress. Parents, sachez que les préposés aux loisirs des PSP ont suivi le programme HIGH FIVE® à l'intention des enfants, ce qui leur permet de reconnaître les difficultés communes en santé mentale que les enfants risquent d'éprouver et de renforcer leur capacité d'adaptation pour qu'ils puissent demeurer sains, tant physiquement que mentalement.

Vous n'avez plus d'excuses, alors amusez-vous!

Vous ne pouvez vraiment pas inscrire une activité régulière à votre horaire chargé? Qu'à cela ne tienne, assistez plutôt à une activité spéciale. Les journées familiales, les barbecues, les jours de course... les possibilités sont nombreuses à votre base ou à votre escadre. La prochaine fois qu'une activité piquera votre intérêt, chassez toute excuse de votre esprit et allez-y. Vous rencontrerez de nouvelles personnes et renforcerez votre collectivité. C'est simple : il suffit de participer. Visitez le [www.portailcommunaautairefc.ca](http://www.portailcommunaautairefc.ca) pour connaître les activités qui se déroulent dans votre région.

Renouez avec votre famille : faites une escapade.

Partir en vacances n'a pas besoin d'être compliqué ni de coûter cher. Partez en famille pour la journée, la fin de semaine ou plus longtemps, et prenez le temps de renforcer les liens familiaux. Le Programme de reconnaissance des FC offre aux familles militaires une variété de rabais sur des attractions, l'hébergement et des activités locales et à l'étranger. Que vous souhaitiez louer un canot ou faire un tour de montagnes russes, le site [www.ReconnaissanceFC.ca](http://www.ReconnaissanceFC.ca) peut vous aider à planifier une aventure récréative abordable.

# RCAF Run a Success for the Fifth Year!



The 402 Pipes and Drums kicked off each of the different segments of the run by leading the participants to the start line. Photo: Alison Boates



Clearly, this runner was in good spirits after crossing the finish line as he was captured giving a high five to a cadet volunteer. Photo: Mike Sherby



Participants in this year's run were treated to quite the static display as they ran or walked along the flight line. Some of the aircraft on display included 435's Hercs, 402's Dash 8 and the Snowbirds. Photo: Alison Boates



The Winnipeg Jets mascot, Mick E Moose was once again out to cheer on participants in the RCAF Run. Photo: Alison Boates

By David Elias  
1CAD Public Affairs

On Sunday, May 26, hundreds of runners, walkers and families streamed down the flight line at 17 Wing Winnipeg, Man., during the fifth annual RCAF Run. Among them were members of the command teams from 1 and 2 Canadian Air Divisions as well as commanders and chief warrant officers from all RCAF wings across the country.

They joined more than 2,000 civilians and service members of all ages to celebrate the Canadian Armed Forces culture of fitness and to support troops and their families.

"Connecting with the people we serve is essential for building awareness and support for what we do," said Major-General Pierre St-Amand, commander of 1 Canadian Air Division who ran the half marathon. "This event helped us achieve this in a family-friendly way. It was also a great time to bring our leadership together at the home of the RCAF to show the importance of this event."

Proceeds from registrations and corporate

support raised thousands of dollars for the Soldier On and Military Families Fund (MFF). While exact tallies are being finalized, it is estimated that over \$35 thousand was raised.

"This was the most successful RCAF Run to date," said Colonel Blaise Frawley, 17 Wing commander who ran the half marathon with his wife. "The hard-working organizers executed an outstanding event and I expect they, along with our dedicated volunteers, will continue attracting more of our neighbours in future years."

Racers from all categories were led to the starting line by pipers and drummers from the 402 "City of Winnipeg" Squadron Band and the RCAF Band. After completing their respective courses, participants were greeted at the finish line by members in uniform who presented them with Olympic-style medals.

That morning Corporal Jean-Francois Dion of 17 Wing Construction Engineering ran the equivalent of two consecutive marathons (85 kilometres) and crossed the finish line at around 11 a.m. Cpl Dion began his run shortly after midnight and ran along Manitoba's Highway of Heroes through the night to raise funds and awareness for Soldier On and the Canadian Cancer Society.

Organizers received impressive support from event sponsors. One example was advertising by two of Winnipeg's largest radio stations 103.1 Virgin Radio and QX 104. Applebee's provided an after-race barbecue and the Running Room, Winnipeg Airports Authority, King's Septic and CAE all made notable contributions.

Soldier On empowers serving and retired CF personnel with injury or illness by providing resources and opportunities to participate in physical, recreational, and sporting activities. The fund also supports former personnel, and families of ill and injured personnel.

The Military Families Fund – also supported by the RCAF Run – was established to provide emergency support to military families when events related to conditions of military service disrupt normal life. Like Soldier On, the MFF exists through the generous donations from Canadians.

To learn more about the RCAF Run, visit [www.RCAFRun.ca](http://www.RCAFRun.ca)

To learn more about Cpl Dion's Highway of Heroes Run, visit [www.HighwayofHeroesRun.ca](http://www.HighwayofHeroesRun.ca)

Results from the RCAF Run can be found at <http://rcafrun.ca/results/?lang=en>

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# RCAF Run Photos Cont'd...



The 2013 17 Wing Nijmegen team were in high spirits as they took to the course to march the 1/2 marathon. Photo: Mike Sherby



A group of participants in the Family Fun Run and Walk crossed the finish line at the 2013 RCAF Run held at 17 Wing on May 26th. Photo: Alison Boates.

# Cpl Dion Completes Hwy of Heroes Marathon



Quite a crowd gathered along the finish line fence to cheer on Cpl Dion who finished his 85 KM run in 10 hours and 10 minutes. Photo: Mike Sherby.

**Alison Boates**  
Voxair Photojournalist

There was a special guest crossing the finish line at this year's RCAF Run. Cpl Jean-François Dion of 17 Wing CE began his 85 kilometre run around midnight on May 25th from the Canadian Forces Flight Training School in Southport, MB in support of the Soldier On Fund as well as Cancer research.

85 Kilometres is the equivalent of two consecutive marathons and Dion decided to challenge himself with the feat after the passing of his friend from cancer, "I told his wife that I would do something in his memory," said Dion.

Dion only started to run seriously approximately a year and half ago and previously has only ran one marathon. He used to be an infantry soldier and served in Afghanistan for seven months in 2007 and 2008 and as part of his return to Can-

ada and to cope with emotional and psychological challenges he started running.

And just when you can't believe the feat that Dion accomplished by finishing this run in 10 hours and 10 minutes, he informs you that he is also a part of 17 Wing's Nijmegen Team, "I trained as much as I could for about nine weeks but that was also combined with the team marches in the mornings," he said.

Dion is quick to point out that this was not a sole venture, he had an amazing team to help him complete this challenge. He wanted to make sure to thank his volunteer team which included: MCpl Stephane Carignan, MCpl Sylvain Le-Boeuf, Cpl Alberto Cohen, Pte Brendan Petz, Pte Gabriel Desharnais, Cpl Edmond Lebrun, Sgt Nicole Cloutier and David Elias. "I also have to thank Cpl Frederic Heppell who was the one who rode his bike alongside me and kept me motivated for the run," said Dion of his friend who also served with him in Afghanistan.

He is also very thankful for all of the support from the 17 Wing community and says that people can still donate on his website: [www.highwayofheroesrun.ca](http://www.highwayofheroesrun.ca).

As for his next challenge, he says he's going to focus on the upcoming Nijmegen march happening in July while he decides on what his next marathon will be.

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## 17 Field Ambulance Lends a Hand at Teddy Bear Picnic



Members of 17 Field Ambulance patch up children's teddy bears as part of the Children's Hospital Foundation's Annual Teddy Bear picnic held on May 26th at Assiniboine Park. Photo: Alison Boates.



The field hospital set up by 17 Field Ambulance, who describe themselves as, "MASH," was a popular stop for guests at this year's Teddy Bear Picnic. Photo: Alison Boates.

## 17 Wing Members Help Keep the Base Clean



Military members from Wing Compt Branch help to keep the base clean on the annual base clean up day on May \_\_\_\_\_. Photo: Mike Sherby



PSP staff members helped to ensure the Ness sports fields were spic and span. Photo: Mike Sherby

## Mommy Goose and her Family



Eat your heart out Ryan Gosling. These goslings, 17 Wing's newest recruits, are way cuter. These photos, provided by Julianna Fillion, Administrative Assistant, Wing General Safety Office, show a momma bird watching over her 6 babies from her nest, located just outside of the WHQ building. The photos were taken on May 21st, and the birds appear to have moved on to a safer location. Thank you Julianna for sending us your photos, and if you ever have something you want to submit, just drop us a line at [voxair@mymts.net](mailto:voxair@mymts.net).



# RCAF History

By: Maj W.A. March



## Amelia Earhart - A Canadian Aviation Protégé



If there is a candidate for a “poster child” highlighting women in aviation, one of the prime contenders would be Amelia Earhart. This well-known American aviatrix made a name for herself in the field of aviation during the 1920’s and 30’s through a series of “firsts” of which perhaps the most famous was being the first woman to fly solo across the Atlantic Ocean in 1932; a feat for which she received the Distinguished Flying Cross from the United States Congress. An author, aviation pioneer and champion for woman’s rights, she disappeared at the height of her fame, along with navigator Fred Noonan, during the trans-Pacific leg of a round-the-world flight in July 1937.

Earhart was not the only woman breaking barriers in aviation during this period, but she certainly benefited from wide-spread publicity, much of it generated by publisher and promoter George P. Putnam whom she married in 1931. To a large extent the “mysterious” circumstances surrounding her disappearance gave rise to several theories (ranging from alien abduction to execution at the hands of the Japanese) and served to cement her place in popular culture. There have been numerous articles, books, movies, and websites dedicated to Amelia Earhart, including an episode of the television series *Star Trek: Voyager* entitled “The 37’s” (1995). Given her status as an aviation icon, it is interesting to note that she may have been bitten by the flying “bug” in Canada.

Earhart grew up in the American mid-West, with her family’s fortunes dependant upon a father who had a drinking problem. While attending junior college at Ogontz School in Rydal, Pennsylvania, she decided to visit her sister Muriel, who was attending St. Margaret’s College in Toronto over the Christmas holidays in 1917. It was while strolling down King Street with her sister, that Amelia was first exposed to the human cost of the European war that America had so recently joined (April 1917). An athletic “tom boy”, Amelia was immediately struck by the plight of the large number of wounded soldiers: “There for the first time I realized what the World War meant. Instead of new uniforms and brass bands, I saw only the results of four years’ desperate struggle; men without arms and legs, men who were paralyzed and men who were blind. One day I saw four one-legged men at once, walking as best they could down the street together.” When the holiday break was over she returned to Pennsylvania, remaining there

only long enough to pack her things and withdraw from school.

Returning to Toronto, she volunteered as a member of a Voluntary Aid Detachment working where required in the Spadina Military Hospital, located in what is now part of the University of Toronto. Often working twelve hour shifts, Earhart went wherever an extra pair of hands was required. During her infrequent days off she often visited a nearby stable where she won the trust of a spirited horse named “Dynamite” which the owner proceeded to let her ride for free. It was during these outings that she met several pilots attached to the Royal Flying Corps Canada (RFCC). Captivated by the vivacious young American, they invited her to visit them at their aerodrome at Armour Heights.

Canada did not establish a flying corps of its own until the end of World War I. Therefore, Canadians who flew in combat did so as members of either the Royal Flying Corps (RFC) or Royal Naval Air Service (RNAS) until 1 April 1918 when both of these organizations were combined to form the Royal Air Force (RAF). During the first two years of the war, the importance of military aviation had grown exponentially to the point where, by the end of 1916, virtually all of the functions that we take for granted in a modern air force (surveillance, targeting, bombing, counter-air, ground-attack, etc.) were being undertaken. The increased need to “control the air” brought with it both the requirement to expand the RFC and RNAS and to deal with the horrendous losses, or “wastage”, experienced at the front. In December 1916, it was finally decided to establish a training organization in Canada that would be self-sufficient, tap into a pool of “air-minded” Canadian youth, and take advantage of the abundance of space and resources available. Eventually, the RFCC would grow to 20 Canadian Training Squadrons (CTS), plus schools, repair parks and supporting units, located primarily at Borden, Leaside, Deseronto, downtown Toronto and Armour Heights - all in Ontario.

At Armour Heights, Amelia would have been the guest of No. 21 CTS which during the winter of 1918 was the only squadron left in Canada. All of the rest, and a sizeable portion of the support elements, had been temporarily shifted to Texas as part of a reciprocal agreement with the United States Government. As a new combatant, the US was anxious to expand its Air Service and wanted to take advantage of British expertise. The British, not quite sure how flying train-

ing would be effected by the Canadian winter, wanted a warmer climate under which to continue training. By mutual agreement, the RFCC would use Texas airfields from November 1917 until April 1918 for which the British would train the equivalent of 10 squadrons for the Americans. No. 21 CTS was tasked to experiment with winter flight training.

It is hard to imagine what Amelia would have thought of her visit. Although flying was still a new and exciting undertaking, flying with the temperature below zero was an exercise in endurance. The principle training aircraft of the RFCC was the Curtiss J.N. 4, affectionately known as the “Jenny”. A two-seater, open cockpit biplane, the Jenny was just being “introduced” to skis at Armour Heights. The pilot and student, bundled up against the cold to the point where they could barely move, would have waddled to their aircraft for a training flight. Climbing with difficulty into their respective seats, attended by ground-crew jumping up and down to stay warm, pilot and student would have made last-minute adjustments to their wraps prior to the roaring cough of the engine. Using hand signals, radio communications were not a regular feature yet, the instructor directed the student to takeoff straight ahead, across a field that had been cleared of the night’s snow either by hand, or via horse-drawn snow plough. With the skis bucking over various ruts and bumps, the Jenny was finally airborne to the relief of the instructor, the thrill of the student and the amazement of the onlookers.

Amelia was thrilled and wrote of her experience: “Though I had seen one or two [airplanes] at country fairs before, I now saw many of them, as the officers were trained at the various fields around the city. Of course no civilian had a chance of going up. But I hung around in spare time and absorbed all I could. I remember the sting of the snow on my face when it was blown back from the propellers when the training plan took off on skis.” Later in life, as Amelia began to take an active interest in learning how to fly, she credited “the interest aroused in me in Toronto led me to all the air circuses in the vicinity.” As one such field in California she made her first flight and the rest, as they say, is history. But you have to wonder, if she had closed her eyes in the balmy Californian sky, did she think of a cold winter’s day at Armour Heights and a Jenny on skis.

# Sudoku

## My Sudoku

Rated: **Advanced**

	5	3			7			
9	2		5					7
	7	6			9			8
6				9	8			
			1		3			
			6	5				9
	9		3			5	2	
	6				1		3	4
			7			1	9	

Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as :  
Beginner \* Advanced \* Master

# Crossword

## Canadiana Crossword

An Artful Adventure

By Bernice Rosella and James Kilner

**ACROSS**

- 1 Streetcar
- 5 Do a deck?
- 9 Beak, in Beupre
- 12 Particle
- 13 Roman bath wear
- 14 Irish paramilitary org.
- 15 Equal
- 16 1994 or 1876
- 17 Letters denoting clairvoyance
- 18 Levy
- 20 Confections
- 22 Himalayan heavies?
- 25 Specification, for short
- 27 Portents
- 28 Alberta community
- 32 A kind of rummy
- 33 Audition
- 34 Caustic
- 35 Saskatchewan community
- 38 Clever
- 40 Like this puzzle, in a way
- 41 Window parts
- 42 Core
- 45 Tavern
- 46 Plant part
- 47 Inheritor
- 50 Jog
- 54 Soak
- 55 Fruit
- 56 Libertine
- 57 TSX precursor
- 58 Part
- 59 French verb to be

**DOWN**

- 1 Gratuity
- 2 Fish eggs
- 3 Chowd down
- 4 Newfoundland bay
- 5 Mythological river

1	2	3	4	5	6	7	8	9	10	11		
12				13					14			
15				16					17			
			18	19			20	21				
22	23	24			25	26						
27					28				29	30	31	
32					33				34			
35			36	37			38	39				
			40				41					
42	43	44				45						
46				47	48	49			50	51	52	53
54				55					56			
57				58					59			

- 6 Misery
- 7 Turkish title
- 8 Trade
- 9 Funeral feature
- 10 In the past
- 11 Tams or tuques
- 19 Fool
- 21 Emote
- 22 Hinduism
- 23 Eastern leader
- 24 Marquee
- 25 Suspicious
- 26 Golf score
- 29 Verve
- 30 Harp
- 31 Why don't we?

- 33 Port or cog ender
- 36 Roman household god
- 37 Ontario community
- 38 Baden Baden, for one
- 39 With Mont, Saskatchewan community
- 42 Manitoba mountain
- 43 Female sheep
- 44 Feed the pot
- 45 Choice cheese
- 48 Persona
- 49 Unwell
- 51 Decay
- 52 Yours and mine
- 53 To a \_\_\_\_\_

## Philatelist's Corner with Alf Brooks

### Sweden: Hockey Stamps

In March Sweden issued a block of four stamps picturing "Hockey Heroes," men who have played for their national team. The stamps are issued in advance of the Ice Hockey World Championships to be held in Stockholm and Helsinki Finland in May.

Sweden's national team played its first games in the Antwerp Olympics of 1920. Since then the team has been a consistent contender and has

been the winner of international competitions on a number of occasions.

Many reading this will recognize the names of the players shown, as all have played in the NHL.



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# PERSONAL CLASSIFIEDS

## HOUSE FOR SALE!

Perfect family 3 bedroom bungalow just minutes from 17 Wing with double unattached garage in quiet St James/Crestview on a 124 X 60 foot lot. This 1152 sq ft, smoke free and pet free home features, 3 bedrooms on the upper floor and 1 in the basement, 2 full baths with walk in shower and jacuzzi tub, master bedroom with 2 pc ensuite, finished basement with fireplace and workshop. For more information or a showing call Christine at 204-803-9204. List price \$309,000.

## For Sale!

Two present Air Force uniforms - Tunic & Trousers Tunic size 7346 and Trouser size 6740 Tunic size 7648 and Trouser size 7040 Both have Sgt stripes and are in like new condition. \$25 each or both for \$40 One pair of Air Force work dress pants size 6734. Like new. \$5 Phone: 204-885-2905

## House For Sale!

1680 sq ft 2 storey, 4 bedroom. Huge pie shaped lot in one of the best neighborhoods in Winnipeg, 10 minutes to 17 Wing, walking distance to all levels of school. Please call Chantalle at 1-204-720-4858 for a showing. See comfree ad 416927 for 302 Whitegates Cr.

## For Sale!

2012 Coachmen Freedom Express Maple Leaf Edition RV! Excellent Condition as it was only used for two months! Fully transferable 6 year extended warranty. For more info. Call: (204) 999-4148.

Send us an e-mail today to place your FREE Classified ad at: voxair@mymts.net

# Taroscopes

BY NANCY

**Aries (March 21 – April 19):** You may feel pressured to make amends for something you said. You'd rather let the past be and move on to new places and new things. Propose a fresh start. Opportunity lies ahead so focus on the future. Deal with what is real and immediate. Be constructive. Take action.

**Taurus (April 20 – May 20):** When surprises pop up, deal with them. Life is full of learning curves. The more you tackle now, the easier it gets to manage future challenges. There is also freedom in structure so don't rebel for the sake of rebelling. Assess before reacting. Avoid temptation. Honor commitments.

**Gemini (May 21 – June 21):** You are tired of having to deal with passive aggressive and outwardly hostile people. You don't have to accept this treatment. You have the ability to do more and say more. Though the task may seem daunting as you're already worn out, take a deep breath and just do it.

**Cancer (June 22 – July 22):** You see now how much things have changed, and how much some things haven't. Still the vitality of others gives you renewed hope. Someone's natural talents may seem amazing but don't put them on a pedestal. You have talents too. Be proud of your own accomplishments as well.

**Leo (July 23 – August 22):** You like the feeling that comes with being in charge. Seek a promotion or promote yourself. Still, don't go overboard. Only make promises you can deliver on. Don't assume you are beyond judgment. Be above board at all times. Show you are honest and straightforward.

**Virgo (August 23 – September 22):** You may feel as if you've been left with the lion's share of the work. Consider this a chance to learn how to work smarter, not harder. There are options but you must look for them. Watch your assumptions. Be creative in finding ways to honour your own needs and desires.

**Libra (September 23 – October 23):** With effort comes good luck. You're appreciated for all you have to offer. You're seen as an asset. Test your skills further. Show others that you've reached a new level of expertise. A gift is more useful than you realize, so accept it in the spirit from which it is given.

**Scorpio (October 24 – November 21):** Listen to your heart. Learn to understand what gives rise to your feelings for they are influencing important decisions you're making now. Organize better. Find time saving methods of doing things so you have more free time. Be proactive – embrace self-care.

**Sagittarius (November 22 – December 21):** Something you thought you'd dealt with keeps cropping up again. Harsh judgments of yourself and others only get in the way of progress. When you opt out of worrying about what other people think you'll feel more freedom to express all aspects of yourself.

**Capricorn (December 22 – January 19):** You may find your usual group isn't available right now but use the time for introspection. You'll find you enjoy being alone. Many face times when their life isn't in sync with their peer group. Share how you feel with another; pay attention to the wise counsel offered.

**Aquarius (January 20 – February 18):** Wait and see what happens next. Rest, regroup and reconsider what feels right for the future. Consider branching out. Share expertise and learn from others. Network but don't spend so much time out and about that you're too weary to deal with essential tasks.

**Pisces (February 19 – March 20):** Apply new ideas to a long-standing effort and you'll finally see results. Your personal success, and the success of others, motivates you. Find time to do more of what you love. Journal - keep track of what works for you, your methods and progress so you can replicate the process.

**FOR APPOINTMENTS CALL 775-8368**

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DANCING: Friday & Saturday evening 8:00-12:00 pm  
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm  
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HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

# Leave Your Car at Home!

Try something new this June with any one of our three active living activities:

## 1. Commuter Challenge – June 2-8

The Commuter Challenge is an annual friendly competition that encourages individuals and workplaces to explore greener transportation options for personal, environmental and community health. Commuter Challenge will take place this year the week of June 2-8, 2013. ... And, there are prizes!

Register and then walk, run, cycle, skate, paddle, bus, carpool, telecommute or participate in any form of green commuting during the week. There are prizes for individuals, or get your whole workplace to register – the workplaces with the highest participation rates in their population category are also rewarded!

Visit: [www.commuterchallenge.ca](http://www.commuterchallenge.ca)

Register as an individual under 17 Wing Winnipeg Health Promotion and have fun getting healthy and saving money!

## 2. Big Bike – June 20

The Heart&Stroke Big Bike is a team event geared towards community organizations, companies and groups. Teams made up of 29 enthusiastic riders committed to raise a minimum of \$50 each. A driver is provided by the Foundation and riders pedal around the Legislative Grounds in support of heart disease and stroke research. Transportation will be available from 17 Wing to the ride. Join us for this 11th year of participation; let's

show our colours for a good cause!

Mark your calendar for June 20th @ 2:00pm and come out for a great cause! Contact (204)833-2500 ext 4150 to register and start fundraising!!

## 3. Bike to Work Day – June 21 \*FREE\*

Bike to Work Day is held annually in Winnipeg. The goal of the one-day celebration is to promote the bicycle as everyday transportation. The event celebrates cycling culture, encourages commuters to choose active transportation and advocates for the continued development of bike friendly infrastructure.

The day begins when pit stops all over the city open to welcome commuters on their way to work. Bike to Work Day provides commuters with prizes, snacks and refreshments when they visit a pit stop. Join us at the corner of Whyteford & Silver for our 17 Wing Pit Stop with entertainment from the RCAF Pipes & Drums.

After work, all registered riders are invited to The Forks for a free BBQ and party featuring a free bike valet service, basic bike maintenance, live music and prizes. Past prizes have included free bikes and free bike makeovers, plus commuter cycling gear.

Register at [www.biketoworkdaywinnipeg.org](http://www.biketoworkdaywinnipeg.org)

For more information about any of these activities or other ways to get active please contact Health Promotion at (204)833-2500 ext 4150 or [HealthPromo@intern.mil.ca](mailto:HealthPromo@intern.mil.ca)

See you outside your car!!

# 17 Wing Soccer Camp August 19th - 23rd at 17 Wing Winnipeg

Camp includes FREE ball & t-shirt  
PLUS – Sign up 'online' 45 days before camp and receive a Free Replica Jersey

<b>8.00am – 9.30am</b>	<b>Mini Soccer:</b>	<b>ages 3-6yrs</b>	<b>\$127</b>
<b>9.30am – 12.30pm</b>	<b>Half Day:</b>	<b>ages 7-10yrs</b>	<b>\$167</b>
<b>1.30pm – 4.30pm</b>	<b>Half Day:</b>	<b>ages 11-16yrs</b>	<b>\$167</b>
<b>9.30am – 4.30pm</b>	<b>Full Day:</b>	<b>ages 8-16yrs</b>	<b>\$225</b>

**All DND employees receive a \$20 discount!!**

Sign up @ [www.challengersports.com](http://www.challengersports.com)  
"Online Registration Only"

"FREE online jersey offer deadlines July 5th"

For More Information – Please contact: **Christina Bailey**  
Tel: 204 833 2500 x 2059 or email: [christina.bailey@forces.gc.ca](mailto:christina.bailey@forces.gc.ca)

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For more information or to register contact Health Promotion local 4150

Pour s'inscrire ou pour de plus amples informations, communiquez avec le bureau de promotion de la santé le 4150

ANNUAL SISIP VOLUNTEER APPRECIATION  
ÉVÉNEMENT ANNUEL DE RECONNAISSANCE DES BÉNÉVOLES DU RARM

17 WING WINNIPEG VOLUNTEER CELEBRATION 17<sup>e</sup> ESCADRE WINNIPEG

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**CÉLÉBRONS**  
LES BÉNÉVOLES

DO YOU KNOW SOMEONE WHO VOLUNTEERS AT 17 WING?  
CONNAISSEZ-VOUS QUELQU'UN QUI FAIT DU BÉNÉVOLAT À LA 17<sup>e</sup> ESCADRE ?

ARE YOU A VOLUNTEER AT 17 WING?  
ÊTES-VOUS UN BÉNÉVOLE À LA 17<sup>e</sup> ESCADRE ?

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NAME / NOM  
PHONE NUMBER / NUMÉRO DE TÉL.  
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2 JUNE 2013 - 7 JUNE 2013

CONTACT / COMMUNIQUER AVEC :

MFCR/CRFM : 204.833.2500 ext/poste 4500 \* [barb.volunteercoord@gmail.com](mailto:barb.volunteercoord@gmail.com)

PSP Community Recreation/Centre récréatif PSP : 204.833.2500 ext/poste 5130 \* [christina.bailey@forces.gc.ca](mailto:christina.bailey@forces.gc.ca)

**Bike To Work Day**

[www.biketoworkdaywinnipeg.org](http://www.biketoworkdaywinnipeg.org)

**Friday, June 21**  
Join us on the Yellow Ribbon Trail  
@ Whyteford & Silver  
0630 – 0900 hours

**Journée "Au travail à vélo"**

**Vendredi le 21 juin**  
Joignez-vous à nous sur la piste  
"Yellow Ribbon Greenway",  
@ Whyteford & Silver  
de 6h 30 à 9h

**Alcohol, Other Drugs and Gambling: Supervisor's Training**

13 June 2013  
0830-1600 hrs

Recognize and respond to early warning signs and develop effective interview skills.

This training is course coded and is required for all military in a supervisory role. DAOD 5019-7

**Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif: formation des superviseurs**

13 Juin 2013

Reconnaître les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces.

Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code. DAOD 5019-7

To register, contact Health Promotion at local 4150

Pour s'inscrire, composez Promotion de la santé le 4150

**Managing Angry Moments (MAM)**

12 & 19 June 2013  
0830 - 1600 hrs

Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanisms that will work for you.

**Gérer les moments de colère**

12 et 19 juin 2013  
0830h à 1600h

Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptati qui vous conviennent.

**(ANGRY)**

**(DE COLÈRE)**

For more information or to register contact Health Promotion at local 4150

Pour s'inscrire, composez Promotion de la santé le 4150



## Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

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

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

### UPCOMING MFRC PROGRAMS

For more information about MFRC programs, please visit our Facebook page: [www.facebook.com/winnipegmfrfc](http://www.facebook.com/winnipegmfrfc).

#### ADULT PROGRAMS

##### CREATIVITY CAFÉ

Tuesday, May 21 from 9:30 to 11:30 a.m.

Registration deadline May 17

\$5 for four cards

Come learn how to make your own greeting cards on a budget. We'll be making four cards, two of each design. No previous papercrafting experience is needed. Please bring your own adhesive (double sided tape, glue stick, etc). If you don't have your own, some will be available. Samples are posted on Facebook and will be available at the MFRC.

##### PAUSE-CAFÉ FRANCOPHONE

Tous les mercredis de 10 h à 11 h

Joignez-vous à nous tous les mercredi matins pour prendre le café et jaser entre francophones ! Amenez vos enfants, nous offrons le service de garde gratuitement.

##### COFFEE AND CONVERSATION

Every Tuesday at 2 p.m.

This event enables volunteers, members of the community and MFRC staff to get to know one another and discuss programs and services offered by the MFRC.

##### LADIES' NIGHT OUT

Wednesday, May 29 from 6:30 to 9:30 p.m.

Registration deadline May 23

Come out and have some fun with friends at our May Ladies Night Out. This month we will be having a games night. Bring in a snack for the group to enjoy while we play a few games and have a lot of fun. Registration is required.

#### PARENTING PROGRAMS

##### NEXT CHAPTER

Thursday, May 16 from 9:30 to 11:30 a.m.

Do you have school aged kids, and are looking to socialize with other parents? This group will help you as you go through the middle years before the teen years. This program is designed for parents with children ages 6+. Child care is provided for younger children.

#### A PARENT COMMUNITY

Every Friday from 9:30 to 11:30 a.m.

Free childcare for children 18 months to five years

A community of parents will discuss topics related to parenting children of all ages. Stop by the MFRC and have a coffee while your children socialize with others. The public health nurse will be here on April 5 to answer questions.

#### CHILDREN'S PROGRAMS

##### EVENING CHILDCARE

WESTWIN CHILDREN'S CENTRE, 642 WIHURI RD.

Wednesday, May 15 from 5 to 7:30 p.m.

Children under 2, \$12, over 2, \$10.

Register by May 9

Children ages 1-5 years can receive quality care while you and your spouse/partner/friend go for dinner, a long walk, or simply have some time for yourself! Call 204 833-2500 ext 2491 to register.

##### MOTHER GOOSE

300 CARPATHIA RD

Tuesdays from 9:30-11 a.m.

This program is for parents/caregivers and their children infant to 5 years old.

Discover the power and pleasure of rhyme and song in a casual friendly setting. Parent participation required. For more info call 204 833-2500 ext 2491. This program is funded by Families Forward.

##### CREATIVE TOTS

WESTWIN CHILDREN'S CENTRE, 642 WIHURI RD.

Thursdays from 9:30 to 11 a.m.

Parent participation required

Parents/caregivers and children 0-5 come and join us for free play, art, songs and stories. This drop in program is a great way to meet others and introduce your child to a group setting. Please bring a peanut free snack for your child. For more information, call 204-833-2500 extension 2491.

##### FUNTASTIC SUMMER CAMP

102 COMET STREET

July 15-19 from 1 to 4 p.m.

\$60 per week per child

Register by June 21

Children 3-5 years old can join Alex for a week of cool science and outdoor fun. Call 204-833-2500 extension 2491 for more information and to register.

**Dimanche le 23 juin 2013**

**ON FÊTE LA ST-JEAN-BAPTISTE AU FORT GIBRALTAR!**



#### Venez souligner la Fête de la St-Jean-Baptiste entre francophones, en plein air!

**Quand :** Dimanche le 23 juin 2013 à compter de 11 h 30

**Où :** Au Fort Gibraltar à Saint-Boniface (866, rue Saint-Joseph), à l'aire de pique-nique située à l'extérieur du Fort. La tente blanche du CRFM y sera installée.

**Repas :** Un repas BBQ (hamburgers et hot-dogs) vous sera servi gratuitement. Apportez un plat de votre choix à partager avec les autres. N'oubliez pas d'apporter vos chaises!

**Activités :** Maquillage et jeux pour enfants, création d'une bannière de la francophonie (enfants et adultes), musique française et présence de la Compagnie de La Vérendrye.

Veillez SVP confirmer votre présence auprès de Mélanie Lyrette, coordonnatrice du service de langues secondes, à [melanie.lyrette@forces.gc.ca](mailto:melanie.lyrette@forces.gc.ca) ou 204-833-2500 poste 4515, au plus tard le 20 juin.

**Venez célébrer, venez vous amuser, venez vivre le dynamisme de notre culture francophone! On vous y attend!**

En cas de pluie, l'événement sera annulé.  
Une invitation du Centre des ressources pour les familles de militaires de Winnipeg.



## MFRC BBQs

Join us on July 9, 23 and August 13 and 27 at 11:30 in the south parking lot of the MFRC. Everyone is welcome.

Hamburger and Drink	\$4.00
Smokie and Drink	\$3.00
Hot Dog and Drink	\$2.00
Drinks	\$1.00

## Kids Care Casual Care

The Military Family Resource Centre offers child care on a casual basis for children 6 months - 5 years old. If you need some time for yourself to work out/run errands/etc, we can help.

**Hours:** Tuesday & Thursday 9 a.m. to 12 p.m. ~ 9 a.m. to 4 p.m. ~ 1 to 4 p.m. ~  
**Hourly Fees:** \$5/hour or: children under

2 years: \$12/3hours; \$28/7 hours;  
siblings ½ price children over 2 years:  
\$10/3 hours; \$24/7 hours; siblings half price.

**Location:** 630 Wihuri Rd  
**Register:** 204 833-2500 extension 2491  
(min 24 hours in advance)

## Community Needs Assessment

The Winnipeg MFRC is conducting a COMMUNITY NEEDS ASSESSMENT (CNA) from May 15 to June 7, 2013. Everyone's feedback is valuable. The online CNA will take about 20 minutes of your time. It is confidential, and no identifying information will be associated with the survey. Please visit <http://fluidsurveys.com/s/WinnipegMFRC2013/>.

## Évaluation Des Besoins Communautaires

Le CRFM de Winnipeg procède à une évaluation des besoins communautaires (ÉBC) du 15 mai au 7 juin 2013. La réaction de chacun est précieuse. L'ÉBC en ligne prendra environ 20 minutes de votre temps à compléter. Il est confidentiel et aucune information d'identification ne sera associée au sondage. Veuillez visiter <http://fluidsurveys.com/s/WinnipegMFRC2013/>.

# Chaplain's Corner

## Spiritual Integration: A Chaplain's Perspective

A Chaplain's skill sets are developed in process. At EX Maple Resolve the first step in developing relationships is to join and accommodate. In Joining we seek to make our selves a member of the other's family unit. We seek to share some familiar traits with the individual, thus we appear to be similar and so more acceptable as someone who can walk with the individual. By Accommodating, we set up an alliance with the individual. As a whole, the process is intentional. The best pastoral counseling is done not unlike the genial gentle "long lost relative".

The Chaplain is invited into a relationship that is honoured. Even though we utilize methods that bring us closer to the members trust, we must be careful to hold our own boundaries. It is stressed that we are not the individual's blood relative. In honouring the person's true history, we must be careful to clearly identify our own person. Further, we are not specifically therapists but Chaplain's who are employing a technique to help our soldier through demanding times of stress.

While at Ex Maple Resolve the Chaplain attends to a large group of people. We have cooks that prepare the food, supply personnel that provide support, and many other trades that support its main goal of mounting an effective deployment. As a goal, I determined that I would travel throughout the field visiting the units daily. People grow comfortable with things that they know will happen, hence why many people enjoy rituals because they establish a norm to our lives. As I moved, commonly, I pitched in to help with the physical labour. Such times provide a more direct connection with people and their toil.

We integrate within the vibe of the whole experience. It is in the first steps of commonality that we do our best work. For instance the general duty staff at Ex Maple Resolve work very hard. They perform all the dirty duties necessary for the kitchen to feed over 600 people. They wash a mountain of pans and pots. Clean up all spills. Unload all food stuffs. The work is thankless and because it is thankless it is sometimes overlooked. One day I helped to unload a truck. They saw me lending a hand and then I became a person sharing the load and not just an observer. I became one of their team who was coordinating with them. As a result I became approachable as someone who can understand. It helped individuals to come forward and share some of their struggles. Later, the unit Warrant officer thanked me for my presence in helping his people work through their difficulties. Morale was improved.

In my time at EX Maple Resolve I performed support as a member of the AEW community. We all come from different backgrounds such as Signal regiments, Air Squadrons, and Supply, just to name a few, and the Chaplain must integrate with each unique perspective. The Chaplain becomes a familiar gentle place of support that enables many to discover the value found in unity. We become a different type of family that is not held together by blood, but by our mutual goals. I have enjoyed this work as the Air Expeditionary Wing Chaplain because I have used my skills sets of joining and accommodating to the best of my abilities, for they have afforded me a view into the high quality of people that we have recruited for this great adventure.

## Together in Church

### CATHOLIC

#### CHAPLAINS

**Padre Ray Laudenerio**  
Roman Catholic Office 833-2500 ext. 5272/6914

**Padre Frederic Lamarre**  
Roman Catholic Office 833-2500 ext. 5956

#### Masses (English only)

Tues, Weds, Thurs 1210 hrs  
Sunday 1100 hrs

Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information.

Confessions The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

Baptisms We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Marriages Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required.

Catholic Women's League meets in the Chapel Annex the third Monday of each month at 1830hrs.

### PROTESTANT

#### CHAPLAINS

**Padre Jack Barrett (Wing Chaplain)**  
Anglican 833-2500 ext 5417

**Padre Will Hubbard**  
(Anglican) Office 833-2500 ext 5349

**Padre Darryl Levy**  
(Baptist) Office 833-2500 ext 5785

**Padre Frank Staples (UCC)**  
Det. Dundurn. Office 833-2500 ext. 4299

**Sunday Services (English Only)** 0900 hrs

**Sunday School** is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

**Marriages** Contact the chaplain at least six months in advance. A marriage preparation course is a requirement.

**Baptisms** The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

**Protestant Chapel Guild** meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

#### FOOD BANK

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

#### EMERGENCY CHAPLAIN

After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

#### OTHER PHONE NUMBERS:

For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.



Put your heart into it  
Join "WINGIN IT"

Mettez-y du Coeur  
Joignez-vous à l'équipe "WINGIN' IT"

**Date: Thursday, 20 June 2013**  
**Time: 1400**  
**Where: Legislative Bldg**

**Date: Jeudi, 20 Juin 2013**  
**Heure : de 14 h 00**  
**Endroit : Palis législatif du Manitoba**

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# Canada Welcomes International Forces to Exercise Maple Flag 46 in Cold Lake, Alberta



Belgian Air Force F-16 fighters (front) and Colombian Air Force Super Tucanos (back), participating in Exercise Maple Flag 2013 (JOINTEX 13), are lined up on the tarmac at CFB Cold Lake, Alta., on May 24, 2013. Photo: MCpl Marc-André Gaudreault.



An RCAF CC-130J Hercules aircraft takes off during Exercise Maple Flag 2013 (JOINTEX 13) at CFB Cold Lake, Alberta, on May 27, 2013. Photo: MCpl Marc-André Gaudreault.



A British Royal Air Force C-130 Hercules, participating in Exercise Maple Flag 2013 (JOINTEX 13), arrives at CFB Cold Lake, Alta., on May 24, 2013. Photo: MCpl Marc-André Gaudreault.



Paratroopers from 3rd Battalion, Princess Patricia's Canadian Light Infantry, wait for departure onboard an RCAF CC-130 Hercules aircraft during Exercise MAPLE FLAG 2013 (JOINTEX) in Cold Lake, Alta., on May 28, 2013. Photo: MCpl Marc-André Gaudreault.

## Air Force News

Aircrews from Canada's allies and partners will fly alongside the Royal Canadian Air Force in Exercise Maple Flag 46. This large-scale, international air combat exercise is hosted annually at 4 Wing Cold Lake, Alta., and is taking place this year from May 27 to June 21.

"Exercises such as Maple Flag make an enormous contribution to improving the interoperability between the Royal Canadian Air Force and the armed forces of partner nations," said Defence Minister Peter MacKay. "This major exercise contributes to the high level of coordination and cooperation between Canada and her allies, and ensures our combined readiness to respond to the evolving security environment."

Exercise Maple Flag is one of the largest and most advanced air combat exercises in the world, and is just one of the ways the Royal Canadian Air Force contributes to increasing military interoperability between Canada and her allies and partners. It was developed to enhance the survivability and improve the performance of junior Canadian and allied aircrews by providing them with their first 10 combat missions in a structured, academic setting.

For the first time, Maple Flag will also be integrated into JointEx 13, a Canadian Armed Forces exercise that changes how we fight, develop, and train the future force.

"This exercise is essential to maintaining the operational readiness of the Royal Canadian Air Force, and augments our ability to implement joint capabilities within the Canadian Armed Forces," said Lieutenant-General Yvan Blondin, commander of the Royal Canadian Air Force. "It gives us the opportunity to train in a combined

and joint setting, while implementing lessons we have learned from recent operations overseas, such as Afghanistan and Libya."

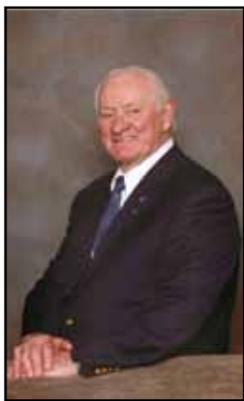
Canadian Armed Forces units from across Canada will take part in this year's Maple Flag 46, along with forces from Belgium, Colombia, Germany, the Netherlands, the Republic of Singapore, the United States, and the United Kingdom. In addition, nations participating in an observer capacity include Chile, India, Oman, Peru, South Africa, South Korea, and Ukraine.

During exercise Maple Flag 46, participants will use the Cold Lake Air Weapons Range. The range covers 1.17 million hectares (11,600 square kilometres), and is the only tactical bombing range in Canada. The vast, unrestricted airspace, with no civilian air traffic and more than 640 targets, makes it an attractive training area for allied air forces.

"Exercise Maple Flag 46 provides a valuable training opportunity for us and our training partners," said Colonel Patrice Laroche, commander of 4 Wing. "The Cold Lake Air Weapons Range provides excellent airspace and modernized training facilities that will give our aircrews and those of our participating allies an outstanding and realistic training experience."

During the four-week exercise, 4 Wing, the city of Cold Lake, and surrounding communities will see an influx of more than 1,100 Canadian and international military personnel, and more than 30 additional aircraft. On Saturday, June 15, 4 Wing will host the Maple Flag open house, giving the local community and public a chance to meet members of the participating nations, and observe the various aircraft involved in the exercise.

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