



# THE VOXAIR

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## CFSAS UAVs Soar Over Prairie Skies



Major Tim McClure (left) observes as Frank Decker (right), Aerospace Course Systems Instructor at CFSAS, and Dennis Ward (centre), the UAV remote control pilot, trouble shoot on the Super Hauler after its first (and only) flight that windy morning. For more on the CFSAS's UAVs, check out our story on page 2. Photo: Martin Zeilig

IN THIS ISSUE:

MFRC  
COMEDY  
NIGHT  
TICKLES  
FUNNY BONES

PAGE 3

GET IN SHAPE  
FOR THE  
RCAF RUN  
ON MAY 31ST

PAGE 4

MGEN  
WHITECROSS  
BRIEFS CFB  
WINNIPEG ON  
ACTION PLAN

PAGE 5

QUILT OF  
VALOUR  
PRESENTED  
TO INJURED  
RANGER

PAGE 6

WIN FREE  
ADMISSION TO  
THE RED RIVER  
EXHIBITION!!

PAGE 9

CFB WINNIPEG  
MEMBER WINS  
GOLD AT  
NT'L SQUASH  
AND BADMINTON  
TOURNEY

PAGE 11

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# CFSAS Embraces UAV Technology

By Martin Zeilig  
Voxair Photojournalist

A Western Meadowlark's cheerful song trilled out across the windswept prairie fields as three members from the Canadian Forces School of Aerospace Studies (CFSAS) hunkered over an Unmanned Aerial Vehicle (UAV) parked on a grass runway by Tobacco Creek, just off Provincial Highway 336 near Roland, Manitoba, 70 kilometres southwest of Winnipeg.

Earlier that grey morning the UAV had been up for a test flight, but a 15-knot southeast wind had come up gradually, making any further flights of the CU-171 Super Hauler too risky.

Operational Test and Evaluation (OT&E) instructor Major Merrick Redden, who was sheltered inside a nearby cramped white trailer which was serving as the ground control station (GCS), said the winds were now outside safety limits based on the east-west oriented runway.

"The balsa and plywood UAV has a 12-foot wing span, a 100 cc combined gas and oil two-stroke engine, and can carry a payload of 30 pounds" said Frank Decker, an Aerospace Systems Course (ASC) instructor at CFSAS and the Air Vehicle Operator (AVO) that day.

The aircraft was purchased in 2012 and can achieve a top speed of 70 knots. It's been flown at an altitude of 5000 feet for a maximum of 90 minutes, and is protected by a blue MonoKote plastic skin over the wing structure, which gives the aircraft its aerodynamic lift.

The UAV's interior computer pilot is manufactured by MicroPilot, whose head office is in Stony Mountain, a

mere 10 miles north of Winnipeg.

Inside the control station, Maj Redden, Decker, and Sergeant Sebastian Dumont, a radar payload operator, are focused on the maze of charts, graphs, and other data related to the UAV test flight results. This information included readings from MONA-- the software for the Synthetic Aperture Radar used to provide imagery of the ground.

"What we're doing here is teaching students how to conduct tests and evaluations using a UAV," said Maj Redden.

A joystick on the trailer's table can be used by the radar payload operator to control the electro-optical/infrared camera.

"We had little bit of trouble sorting out the radar GPS signal earlier," Decker said, noting that the trailer is too small to hold all of their maintenance gear and the aircraft at the same time.

The team also had trouble that morning with EO/IR camera attached to the UAV's underbelly, which was not operating normally.

"The aircraft was flying fine, but we weren't getting the sensor data. Although the UAV has a computer au-

topilot on board, it can also be flown by manual control," Decker added.

Later that morning the team, including Major Tim McClure, also an ASC instructor, and Dennis Ward, a CU-171 remote control pilot, wheeled the aircraft off its green runway, removed the wings, and scrutinized the plane's interior systems trying to figure out why the radar link wasn't working during the flight.

"Just like any other aircraft, there's always some small situation that needs to be resolved, either a mechanical or an electrical issue," said Maj Redden, who added that the prairie landscape is ideal for CFSAS UAV flight tests because they can watch the aircraft fly for miles.



Inside the CFSAS mobile ground station: Major Daniel Zegarac (L), Training Support Flight Commander, and Maj Merrick (C, above), Director of Fight Evaluation, watch as Frank Decker (C, below), Aerospace Course Systems Instructor, sits at a laptop computer trouble shooting the communication link for the UAV's radar sensor. Photo: Martin Zeilig



Maj Daniel Zegarac (L) and Dennis Ward (C), the UAV remote control pilot, assist Frank Decker (R) in repairing the Super Hauler's radar GPS. Photo: Martin Zeilig

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# 17 Wing Women's Volleyball Places Second at CAF Nationals

By Martin Zeilig  
Voxair Photojournalist

Although they placed second in the gold medal game against CFB Kingston at the CAF Volleyball Nationals, the 17 Wing Warriors should still be considered champions – at least in the eyes of team members and their supporters. The tournament was held from April 27 to May at CFB Kingston.

"It feels excellent," second Second Lieutenant Karina Dabolins, who despite standing just 5'2" tall played the power position for the Warriors, 17 Wing's Women's Volleyball team.

"This was my first real experience in CAF Sports. The sets were very close in the championship game. I was impressed by the high calibre of play demonstrated by all teams throughout the tournament. I'm really happy with what our team accomplished this season."

Master Warrant Officer Heidi Twellmann, who also played power for the Warriors as well as serving as the coach, praised the efforts all of team members, especially those of team captain Captain Julia Rantz.

"She has a tremendous amount of experience, and has been involved with 17 Wing's volleyball team for many years," she said.

"She's a great person to discuss strategy with and to rely on. She gave me honest feedback about myself. I admire her a lot and I have a tremendous amount of respect for her volleyball knowledge."

This is MWO Twellmann's 15th season playing CAF volleyball.

"For me taking silver at the Nationals, stands out in particular because of how supportive the players are to each other," she says. "We want each other to be successful."

She said that players who weren't in a particular game were still supporting their teammates from the

sidelines.

"We were all committed to the team concept, and even though some didn't play as much as others, they were still very valuable to the team," MWO Twellmann added.

During the regular season, the team competes in the Winnipeg Women's Volleyball League once a week from October to April, she said.

"Our team manager, Major Lauren Banks, who also plays libero on the team, kept us organized, coordinating all the administrative and logistical details of running a team," MWO Twellman said. "She filled an invaluable role, ensuring I could focus on the coaching."

The Warriors started this season in the league's 9th tier, but had battled their way up to 8th tier by the end

of it.

"We have a ton of fun on and off the court. It's a long season, but it feels short when you're having such a good time. We support each other both on and off the court whether it's to do with work or personal situations. This really solidifies the team experience."

All of that practice in the Women's Volleyball League really paid off once the team arrived at CFB Kingston for the championship. MWO Twellman says the team was very happy with the tournament as a whole.

"I found the women's competition at the Nationals to be really strong. There were a lot of talented athletes on all the teams. It's a lot more fun and more interesting for spectators too, when the competition is tight. It's been a tremendous season and I couldn't be more proud of the team and what we've accomplished."



Members of the 17 Wing Women's Volleyball Team return a volley at the CAF National Volleyball Tournament held at CFB Kingston. The team finished in second place after a tremendous showing throughout the tournament. Photo: CAF National Sports.

# Elvis Leaves The Building Laughing At MFRC Comedy night

By Martin Zeilig  
Voxair Photojournalist

Professional comedians Dan Goldberg, Dan Glasswick, Mike Green, Chad Anderson, Gerry "The Big Bear" Barrett, Ryan Ash and Heather Witherden had the crowd of some 60 people laughing, sometimes uproariously so, at the 17 Wing Comedy Night on Friday



Elvis AKA Gerry 'Big Bear' Barrett brought the house down with his rendition of Don't Be Cruel. Photo: Martin Zeilig

evening, May 8 in the Junior Ranks Mess.

"We all had a really good time doing the show," said Witherden, the event organizer, who's a receptionist at the Military Family Resource Centre when she's not busy doing stand-up.

"All the guys were very funny."

The adoration went both ways, and comedians were impressed by the crowd size and response.

It was an extra special night for me, as I also performed my first stand-up routine before a live audience.

After Witherden introduced the evening's line-up, I did a brief stint in front of the microphone to warm up the crowd. I focussed on the Mike Duffy Senate finances scandal, and received some laughs and positive comments afterwards.

Apart from his hilarious comedy routine, which included some sharp humour about his First Nations heritage, Gerry Barrett also provided a rousing impersonation of Elvis Presley, singing Don't Be Cruel.

"The sound is great, and the audience is great too," Barrett, who has a role in an upcoming Star Trek movie that will soon go into production in Vancouver, said after the show.

"It's a smart audience. They get all the Canadian references."

It was definitely fun both as an onstage participant and an audience member. But I won't be quitting my day job with The Voxair anytime soon.

## Corrections

In our May 6th Story 'RCAC Run Village Builds Community Bonds' the Voxair made the following errors: 1) using the outdated term Society of Automotive Engineers instead of the correct SAE. 2) Not all students on the team are engineers. 3) The aircraft is not a scaled down version of another plane. At the Voxair we strive to make sure there are no errors in our stories, and we apologize for not meeting those standards on this occasion.

Michael Sherby,  
Manager, The Voxair

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# Looking Forward to the RCAF RUN 5 Tips To Help Your RCAF Run Be a Success

By Enver Naidoo

Community Recreation Run Team Instructor

Whether you are a regular runner or just starting out, the warming weather is an inviting time to get your shoes laced up and hit the pavement. Running can be a great way to stay in shape physically and recharge mentally.

With the upcoming RCAF Run, excitement is brewing as more and more runners are getting ready to participate in the 3km, 5km, 10km, half marathon relay, or half marathon. Currently a regular running group organized through PSP are meeting on Tuesdays at 12:00 and Thursdays at 15:15 to prepare for the run.

Here are 5 tips the group uses that may benefit you:

## 1. Getting started

For beginners start slowly and don't worry about time or pace. Your goal is to complete your run injury free. Interval training can be useful to build endurance. As you progress you can then focus on other goals and being consistent.

For regular runners, you may want to have a goal of increasing distance or decreasing completion time. Choose to focus on one goal and not both in the same run. Then train for that specific goal.

## 2. Good gear

Proper fitting shoes for your feet are essential to prevent injury and ensure comfort. Not all shoe companies running shoes may be the right fit for you. Even if it is

the correct size, there are other factors to consider such as arch support, width, and running style. Combined with good shoes should be clothing that breathes well and has good properties to regulate your body temperature depending on the conditions you are running in.

## 3. Be injury free

Rest days are just as important as training days. You can complement your running program with low impact cardio like swimming or cycling or resistance training like weights. One form of exercise that is really gaining popularity among runners is aquafit as it is a great environment to get both a cardio and resistance workout in a low impact environment. To prevent running injuries

you want to avoid over training and also look for opportunities to improve your flexibility.

## 4. Running Buddy

Having a group or one person to run with can have many benefits. It can be more fun, and on days when you are not feeling like running you can have that added motivation to get you to just show up, or keep you taking one more step to the finish line.

## 5. Mind body connection

Focus on being as efficient as you can when you run. Think of relaxed shoulders, easy breathing, and upright body instead of hunched over. A little bit of nerves is normal, but half the battle is just showing up on run day, so

stay positive and enjoy the run rather than fearing it.

On run day, keep a similar pre-run routine as you usually have during training. A light warm up with dynamic stretching can be very beneficial to prepare your body for the demands over the run. If you are looking at longer distances consider some carb loading a few days before the run to provide the body with much needed fuel.

Lastly, enjoy your run whatever your results. Consider this part of a journey rather than a destination.



According to Community Recreation Run Team Instructor Enver Naidoo, having the proper footwear for your run is a key factor in preventing running injuries. Photo: Mike Sherby

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## Looking Forward to the RCAF RUN Fuel Up Properly For The RCAF Run

By Mike Sherby, Voxair

If you were going on a long trip, you'd want your car to be in top condition, and you'd want to put nothing but the best fuel in there. Why would you think of doing anything different with your body before a run? This is the message that Kathy Dmytrisin, Manager, Health Promotion at 17 Wing Winnipeg, wants to drive home.

With the RCAF Run less than two weeks away, how you fuel your body is going to have an impact on your race performance. And Nutrition for physical activity should be integrated into a healthy lifestyle that includes quality food choices.

"When it comes to nutrition for physical activity, everyday eating is going to be important," Dmytrisin says. "If we just change the way we eat on race day, chances are it's not going to have the most beneficial impact."

She recommends the 80/20 rule when it comes to nutrition. 80 per cent of the time we should be making healthy food choices allowing us the flexibility of the other 20 per cent, where we can treat ourselves a little more with those occasional indulgences.

So what kinds of things should we look at before a run? Hydration is the number one consideration, with plain old water typically being the best, depending on the length of our physical activity. After that, the best fuel to put into your body pre-race would be carbohy-

drates.

"People get scared when they hear carbohydrates," Dmytrisin says. "But they're all not created equal. I'm not talking about donuts or cookies. Carbohydrates are found in basically every food except for meat."

She recommends choosing good, healthy carbs like brown rice or pasta, oats, barley, wild rice. She also encourages you to skip the traditional quantity based carb-load the night before an event, and instead choose to focus on increasing the amount of carbohydrates you eat the week before the race by one or two servings more than you would eat on a regular day.

"Carbo-loading the night before can actually make you too full, and so then you'll wake up with muscles that are sore or tight, and your performance may actually decline," she says. "You can still have pasta the night before, but it doesn't need to be that big of a portion. And make sure you eat a something before your race or you won't have and fuel in your tank."

During the race, Dmytrisin says that if you're running for an hour or less, than you should only have to worry about drinking fluids. Plain old water is fine, no food or sports drinks are required. For runs longer than an hour, you can want to consider taking in some carbohydrates, and this is where sport drinks might come in.

"Sipping water instead of gulping during the run is a good idea. It prevents cramping and helps with absorption. And if you're using any gel packs or supplements during activity, make sure you're taking in water as well, because otherwise those carbohydrates are just going to sit in your belly and not be a useable form of energy."

Once your run is over, it's time to think about rehydrating, and getting some nutrients, specifically carbs and protein into you. Dmytrisin says that chocolate milk is one of the better recovery fluids to choose, because it has all 3 of fluid, carbohydrates and protein.

"You want to get a 4:1 ratio of carbohydrates to protein, so with the extra sugar in chocolate milk, it makes it a good option."

For more information about choosing the best options for nutrition, contact the 17 Wing Health Promotion office for information on "Top Fuel for Top Performance" at 204-833-2500 ext 4150.



Photo: Carlos Porto via FreeDigitalPhotos.net

Kathy Dmytrisin, Manager, Health Promotion, recommends eating more healthy carbohydrates, such as whole wheat pasta, in the week before the RCAF Run.

# CFS Met Looks at RCAF Run Climatology

By Mike Sherby  
Voxair Manager

*Climate is what we expect, weather is what we get – Mark Twain*

With the RCAF run upon us in just a little over two weeks as of the writing of this article, The Voxair thought it would head down to the CAF School of Meteorology and see if they could give us an idea of what kind of weather we could expect for the day.

Sgts Caroline Linteau and Stephen Manning, who instruct the Tactical Weather Specialist for Jr course at the school, were nice enough to sit down with us and explain the processes that weather forecasters go through when coming up with their predictions.

It turns out that 10 days is about the maximum



Sgt Manning (left) and Sgt Lindeau (right) Show off one of the boards they use to teach students in the Tactical Weather Specialist for Jr Course. Photo: Mike Sherby

time limit when it comes to predicting the weather with any accuracy, so their predictions about the RCAF Run should be taken with a huge grain of salt.

After ten days, according to Sgt Linteau, they really only have climatology to go on when making their forecast. Looking at weather patterns over time, forecasters can take data from previous years and come up with an estimate of what the weather will look like.

“May 31st is a bit far out, but we looked at the climatology from the past 10 previous years, and what we got is rain in the morning, and clearing at around 10 or 11 in the morning. That’s what it’s been historically.”

But don’t get out your swim suits and snorkels just yet, because as Sgt Manning says, the weather gets harder and harder to predict after 48 hours, and the accuracy gets very low after more than 10 days.

“Ten days is really the max, and even that’s a little sketchy. You can see that with the extended forecasts as they go along. Two days is pretty good, and the further out you go its more computer generated, and it will get altered as the day gets closer.”

Forecasters have a variety of tools at hands to predict how the weather will be turning. Within 48 hours they can use a regional model that is quite in-depth and localized to the environment. For between 2 and 10 days the model is more global, so less accurate. This information is pulled from satellites and a nationwide network of weather balloons that monitor the upper atmosphere. These tools are used in conjunction with computer model data to come up with a forecast for the weather.

“Within 48 hours we’re mostly looking at pressure systems. What’s going through, lows, and highs. It’s a lot to do with pressure systems and moisture,” Sgt Manning says. “No moisture, no clouds, no weather. So you kind of start flagging systems. For example if you see a low

pressure system in Alberta, and it’s tracking along at 20 knots, and it stays consistent, it’ll be here in x amount of time.”

Another big factor in determining the weather is local terrain. Lakes, mountains, and anything like that will have an impact in determining a weather forecast.

“Everything can change depending on terrain, so we have to pay attention to those things,” Sgt Linteau says. “We’re in a valley for example, so that’s going to influence our winds, and we’ve also got two huge water bodies to the north.”

The CFS Met Tactical Weather Specialist and Forecaster courses run roughly six months each, and the courses have a max load of 20 for the Jr course and 12 for the Senior one. Students also participate in extensive on the job training at CFB Gagetown before graduation.

After they finish their initial Jr course, MET Techs may take on jobs as weather observers and briefers. Observers take hourly readings and observations at Wings and Bases across the country, and these reports are then sent to a circuit where they can be used by the CAF. They also do special observations if the weather suddenly changes. Briefers work mainly but not exclusively in Gagetown, and are responsible for briefing air bases across Canada remotely.

The job of Met TECHS is incredibly important, as Commanders and COs from across Canada rely on the information they provide in order to make decision with regards to sending out missions and flights.

“It’s all about tailoring to their needs,” says Sgt Manning. “A helicopter needs different kinds of weather than a Hercules. So depending on who you’re briefing, you’ll alter what you tell that person. And depending on what they brief, commanders may decide to postpone missions or ops.”

## Strategic Response Team Unveils Plan To Deal With Sexual Misconduct in the CAF

By Martin Zeilig  
Voxair Photojournalist

Major-General Chris Whitecross, commander of the new Canadian Armed Forces (CAF) strategic response team on sexual misconduct (CSRT-SM), was at 17 Wing Winnipeg on May 8 to meet with Canadian Armed Forces members to explain the Chief of Defence Staff’s (CDS) new action plan to deal with sexual misconduct in the CAF.

The action plan was prompted by the April 30 release of a report by former Supreme Court Justice Marie Deschamps. Her report found a “sexualized culture” in the Canadian Armed Forces that, as The Globe and Mail stated, “disproportionately affects lower-ranking female members.”

In response to Deschamps’ report, the CDS directed the creation of the response team in February 2015. The mandate of the team, which is made up of 25 military and civilian personnel, is to conduct a detailed review of the final report, and to develop an action plan to address the report’s recommendations.

It’s a plan that MGen Whitecross, the highest ranking female in the CAF, is taking seriously. When she first joined the Canadian Armed Forces 33 years ago as part of the engineers, it was not uncommon for her to face behaviour or to hear words that made her feel uncomfortable because of her sex. “But the fact is back then I almost tolerated it because I believed I had to. But that’s not the case today. We’ve made changes in the last 33

years, but the reality is we haven’t made changes fast enough,” she says.

MGen Whitecross, who was accompanied to 17 Wing by Chief Warrant Officer Helen Wheeler and several other CAF representatives, has been crossing the country to brief CAF members on the team’s findings and plans.

“I honestly believe the Chain of Command is doing the right thing,” says MGen Whitecross. “We’ve taken a lot of people out of the Canadian Armed Forces for not doing the right thing. But that fact is -- and as Madame Deschamps has identified in her report -- there are people that are not. We really need to turn that around. Ultimately, it’s about treating people with dignity and respect.”

During her discussions, MGen Whitecross also stressed that Deschamps’ study has provided an opportunity for the CAF to move the yardstick forward on dealing with and preventing sexual misconduct within the CAF.

“It has an impact on cohesion of our group and operational readiness of the military,” MGen Whitecross says. “We need to set the standard higher, and we need to address the issue immediately and effectively.”

Some of the highlights of the action plan are:

- Engaging leadership at all levels to support and engage in the changes required;
- Examining what structure is required to centralize the responsibility for prevention, training, victim support, research, and reporting of inappropriate sexual behaviour;

- Assessing existing inappropriate sexual behaviour reporting processes with the aim of encouraging increased reporting by making the process easier to navigate for victims;

- A comprehensive review of all language and definitions associated with inappropriate sexual behaviour;

- Conducting a comprehensive review of all

relevant policies associated with inappropriate sexual behaviour, with the objective of integrating them more coherently;

- Developing options to better inform victims of the complaint processes that are currently in place;
- Examining the delivery of support to members who come forward with allegations; and,
- Updating the education and training curriculum both in terms of content and delivery.

Aside from visiting military bases in Canada, MGen Whitecross will visit allied militaries, including those in the United States and Australia. During these visits MGen Whitecross and her team will examine their policies and practices to identify what programs and processes they have in place that might be applicable to the CAF’s response to sexual misconduct.



MGen Whitecross speak with reporters in the 17 Wing Theatre about her team’s action plan. Photo: Martin Zeilig

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• Always keep your eyes on the child or children. Designate a child watcher, whether you or someone else, when you attend a party or have friends or family over.

• Talk with baby-sitters about pool safety, supervision and drowning prevention.

• Post rules such as "No running," "No pushing," "No dunking" and "Never swim

alone." Enforce the rules.

• Don't rely on swimming lessons or "floaters" to protect your children in the water.

• Don't assume that drowning or a drowning incident couldn't happen to you or your family.

• Don't have a false sense of security just because you think your pool area and home are secure. Always watch your children, whether in the house or outside.

• Attend a CPR class. Make sure your baby-sitter knows CPR.

• For the nearest cardiopulmonary resuscitation class, Red Cross or hospital.

• Encourage your neighbours to follow pool safety guidelines, including keeping their back gates and doors locked, and their pool gates securely closed and latched.



# Gift of Quilt Warms Ranger's Heart



**Pte Sata Kidlapik (centre), surrounded by his family, receives his quilt from Frank Emond (left). Photo: Supplied**

**By Frank Emond  
Services Manager IPSC Winnipeg**

On May 6th, Rick Carleton from IPSC Winnipeg and myself went to Deer Lodge to make a presentation to Ranger Pte Sata Kidlapik from Repulse Bay, NU.

Pte Kidlapik of the 1st Canadian Ranger Patrol Group was on patrol around Resolute Bay when he lost control of his LOSV, fell off and was overrun by the trailing/towed sled. He suffered some serious injuries and had to be medevaced to Winnipeg 10 Mar 15. He was treated at HSC Winnipeg and was later transferred to Deer Lodge Hospital for therapeutic assessment. Pte Kidlapik recovered and was able to return to Repulse Bay on Friday 8 May 2015.

I went over to make a presentation to him on behalf of the Quilts of Valour, a charity organization. Pte Kidlapik was there with his wife, daughter-in-law, son,

and daughter.

Quilts of Valour - Canada Society is a charitable organization with a single purpose - to deliver quilts of comfort to Canadian veterans. They rely on a dedicated team of volunteers across the nation and support from many individuals and businesses to fulfill their mission which is "Supporting our Canadian Armed Forces members, past and present with quilts of comfort in their time of needs."

I felt on behalf of the Quilts of Valour that Pte Kidlapik was very much deserving of this Quilt of Valour. At 70 years of age he has for nearly 24 years served with the CAF in the north. This was an unfortunate accident but from what I saw of him, he will do well when he returns home. We should all be proud for those who are willing to do what they do to protect our sovereignty.

## About The Canadian Rangers

The 1st Canadian Ranger Patrol Group (1 CRPG) encompasses Nunavut, Yukon, Northwest Territories, and Atlin, B.C. which account for about 40 percent of Canada's land mass. 1 CRPG has over 1750 Rangers in 60 patrols and more than 1600 Junior Canadian Rangers (JCR) in 41 communities across the north. 1 CRPG headquarters is located in Yellowknife, Northwest Territories.

The mission of the Canadian Rangers is to provide lightly equipped, self-sufficient mobile forces in support of Canadian Forces sovereignty and domestic operation tasks in Canada.

In the north, these main tasks include; participation in Northern Operations, conduct North Warning Site patrols, report suspicious and unusual activities, assist in Search and Rescue when tasked and collect local data of military significance.

Canadian Rangers are easily identified by their distinctive red t-shirt, red

sweatshirt, combat pants and ball cap emblazoned with the Ranger crest.

They are the eyes and ears of the Canadian Forces in the North, hence their motto VIGILANS - "the watchers." Many Canadian Rangers in 1st Canadian Ranger Patrol Group are Inuit and speak Inuktitut as their first language. Others speak Dene or other native languages.

The Canadian Rangers have a tremendous impact on the lives of people in their hamlets. A significance number of Rangers hold leadership positions as mayors, chiefs or Ranger sergeants.

From helping to recover lost persons to representing the Canadian Forces to setting a positive example for the youth, Canadian Rangers in the north are always ready to participate. Rangers are active community members who have a positive influence on their peers and are often seen as role models for young people.



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"...Her dedication, knowledge on the Ottawa market and understanding of the realities of a relocating military family (her father was in the military) are exceptional. I could not have done it without Bev's support. She is the best!"  
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# 435 Sqn Shows the Flag in Key West

By Sgt Bill McLeod  
Wing Public Affairs Photojournalist

A Canadian Search and Rescue (SAR) team demonstrated their skill in a series of friendly competitions that took place in at a Search and Rescue Exercise (SAREX) at Key West, Florida, from May 7-10, 2015.

The SAR crew, consisting mainly of 435 Transport and Rescue (T&R) Squadron (Sqn) members based at 17 Wing Winnipeg, was also joined by two SAR Technicians from 442 T&R Squadron based at 19 Wing Comox. The Canadian team won the overall trophy, besting 39th Rescue Squadron (RQS), from Patrick Air Force Base in Florida.

Canadian and American pilots, each flying versions of the Hercules aircraft, were judged on the precision of their landings. Navigators, flight engineers, and loadmasters were tested for their accuracy in dropping equipment bundles from the back of the Hercules and SAR Techs and USAF para-jumpers (PJs) squared off in a landing competition.

Aside from testing their skills in friendly competition, the teams also practiced their interoperability by working together to complete simulated rescue scenarios. In one such scenario, SAR Techs and PJs jumped into the Gulf of Mexico to help a dozen casualties helplessly floating in a spread out area as part of a simulated aircraft



Loadmaster Corporal Sean Hancock prepares to drop streamers from the back of a 435 Squadron CC-130 Hercules on May 9, 2015, during the Key West SAREX the squadron participated in. Photo: Sgt Bill McLeod

crash. In the scenario, the Gulf represented the Horn of Africa while Key West Naval Air Station stood in for Camp Lemonnier, Djibouti. The SAR Techs and PJs also participated in an overnight medical and survival exercise after jumping into the Dry Tortugas, a series of small islands south of Key West.

While deployed on the exercise, the Canadian Detachment Commander and Aircraft Commander for the 435 Sqn crew, Major (Maj.) Adam Pentney, took the opportunity to run concurrent SAR pilot training by having Captains Matt Adams and Mike Carey run search patterns at sea and conduct multiple approaches to the Key West Naval Air Station at Boca Chica.

Maj Pentney says the SAREXs like this are invaluable for both countries.

"The primary value of this exercise for us is the intensive training based on realistic scenarios," said Major Pentney. "During the course of the exercise we work side by side with our US counterparts and develop a sense of teamwork and camaraderie."

39th RQS and 435 Sqn have been developing this sense of teamwork and camaraderie for a decade now. Lieutenant Colonel (Lt Col) Dan Byers of the 39th RQS has been responsible for organizing the Key West SAREX since 2005. During the same time period 435 Sqn has hosted the American crews at their own SAREXs, which have occurred in Red Deer (Alta.) and Yellowknife (N.W.T.) in recent years.

While both the American and Canadian squadrons fly versions of the Hercules aircraft, 39th RQS, part of the 920th Rescue Wing out of Patrick Air Force Base, also flies the Pave Hawk helicopter. During a long search, the helicopters can be refueled from the Hercules.

Lt. Col Alexander DeGracia, Commanding Officer of the 39th RQS, finds the differences between the two



The Canadian crew from 435 Squadron poses for a group photo with the trophy before leaving the Key West SAREX on 11 May 2015. The Key West SAREX (Search and Rescue Exercise) was held at Key West Naval Air Station from May 7-10, 2015, and consisted of American and Canadian SAR crews honing their skills. Photo: Sgt Bill McLeod

squadrons give interesting insights into how the two countries operate. Although the Canadians and Americans fly a similar type of aircraft, the Americans typically conduct combat search and rescue, which is aimed at rescuing downed air crew from potentially hostile environments. Canadian SAR missions, on the other hand, are aimed at assisting Canadians in distress within Canada's borders and within Canada's maritime and aerospace jurisdiction.

"I told someone at the drop zone that it was the Canadian Hercules lining up," said Lt Col DeGracia. "They asked how I could tell and I said it was easy. The Canadians had made three passes already and might make three more before they drop anything."

Lt Col DeGracia said that because the Canadians took their time they were generally more accurate than his teams.

"Our guys learn to do it as quickly as possible in case someone is trying to shoot at them," he added.

"In our world we don't want the SAR Techs having to struggle through the bush for three hours to get the equipment we dropped to treat someone," explained Maj Pentney.

## 17 Wing Members Break Bread With Transcona Legion

By Martin Zeilig  
Voxair Photojournalist

Private Melissa Bay and Master Corporal Adrian Halpert hung on every word that Tom Panting, 89, shared with them about bailing out over the Baltic Sea after his Lancaster Bomber caught fire during the dying days of World War II.

Pte Bay and MCpl Halpert, who both work in the Wing Orderly Room at 17 Wing, were just two of a total of 30 personnel from 17 Wing having lunch at the Transcona Legion on May 13 with 31 veterans, including 23 from Deer Lodge Centre and eight individuals from Park Manor Personal Care Home in Transcona.

The event is a twice yearly event that has been organized by the Transcona Legion as a way to "give back to the veterans with a social event," said Darryl Woloschyn, an executive member of the Legion and a liaison with Deer Lodge.

"We like to give back to those that were in the service," he said during the luncheon, which featured sandwiches, pickles, dainties, along with coffee and tea, prepared and served by the dedicated Branch Ladies Auxiliary: Vera, Lil, Alma, Emily, Sylvia, Louise, Joan, and Shelby.

"This gathering is done in gratitude to the vets. We are so thankful to them, and pleased and honoured to be able to give back and let them know that we appreciate and care for them," Woloschyn said.

Lieutenant Colonel Danielle Clouter, the 17 Wing Administration Officer, said that 17 Wing has been affiliated with the Transcona Legion for several years now. The Wing holds several other events with the Legion

throughout the year, including parades, a Remembrance Day ceremony, and a wreath-laying in early June at the Transcona Cemetery Field of Honour.

"This is an ongoing thing for the Wing," said Chief Petty Officer 2nd Class Mike Jarrett, the Wing Messes and Accommodations Officer, adding that the Transcona Legion and 17 Wing adopted each other.

"It's an excellent opportunity for young people to spend time with people who have preceded them in the military. Once you're a vet, you're always a veteran because we're a band of brothers in the Canadian Armed Forces."

Warrant Officer Krista Semenchuk, who was sitting with colleagues at another table set up in the dining hall, added that "This is the kind of event that we need to do more of, having those currently serving mixing with the vets."

She said that the younger generation needs to hear the stories of these veterans who did "incredible things" during the war.

During lunch Mr. Panting painted a vivid verbal image for his listeners of his experience on that day over

the frigid, menacing sea.

"I was the rear gunner, and on my 24th flight when we had a mechanical failure, which started a fire," recounted the retired CN Rail employee, who has two children and five grandchildren.

Mr. Panting and his crew mates eventually ended up in neutral Sweden.

"It was two months before the end of the war, and eventually we made it back to England," he said.



Sgt Sedaway (left) trades stories with a veteran at the Transcona Legion. Photo: Martin Zeilig

# Storm Batters 17 Wing



The wild weekend weather took its toll on Winnipeg during the May long weekend, and 17 Wing was not exempt. This sign, which was snapped like a twig by the high winds, was just one of the storm's casualties. Photo: Mike Sherby

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# Sr VP of PSP Enjoy's 17 Wing's Hospitality



Mr Peter Atkinson, Sr VP of PSP, met with 17 Wing Winnipeg PSP Staff last week, where he discussed a proposed FORCE Fitness Evaluation Incentive Program. Photo: Mike Sherby

# Wing TISS Hosts Wing Commander's Coffee Break



A relaxed and good humoured atmosphere was evident as personnel gathered in small groups for coffee, cake and fruit slices (and some other treats) during the Wing Commander's Coffee Break at the Wing Telecommunications and Information Services Squadron (Building 136) on May 12. Members of the RCAF Brass Ensemble provided musical accompaniment. Photo: Martin Zeilig

# RCAF Brass Band Plays Free Mother's Day Concert at MTYP



The RCAF Band's Brass Band treated delighted mom's to a Mother's Day treat when they played a free concert at the Manitoba Theatre for Young People at the Forks. The afternoon concert was a lovely way for mom's to unwind to some of the best music Winnipeg has to offer. Photo: Cpl Archambault

# Win a Trip to the Red River Ex For You and Your Family

Courtesy of 17 Wing PSP

To win gate passes to this year's Red River Ex (June 12-21) simply email [news@forces.gc.ca](mailto:news@forces.gc.ca) with you name, local, and the answer to this question, which can be found somewhere in this issue of The Voxair: **WHAT IS THE TENTATIVE FORECAST FOR THIS YEAR'S RCAF RUN ON MAY 31ST?**

Entries must be received by end of day June 1st, 2015.



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# Wing Admin Branch Holds Promotion Ceremony

On Thursday, May 14th, staff from 17 Wing Admin Branch held a brief reception to present promotions to 3 deserving members. All photos: Mike Sherby



Phil Dawes (centre) receives his promotion to Major from Wing Admin O LCol Daniel Clouter (left) and Admin Branch CWO Sandra Spragg (right).



Kim Egert (centre) receives her promotion to Capt from Wing Admin O LCol Daniel Clouter (left) and Admin Branch CWO Sandra Spragg (right).



Caitlyn Clement (centre) receives her promotion to 2Lt from Wing Admin O LCol Daniel Clouter (left) and Admin Branch CWO Sandra Spragg (right).

## Red River Ex Tickets Available at Bldg 90

Once again, 17 Wing Community Recreation has obtained tickets for the 17 Wing Military Community for the Red River Exhibition that will be held from 12 Jun – 21 Jun 15.

The tickets are available to Military members and their families and to DND/NPF civilian employees and their families and Community Recreation Association members.

Tickets available and the cost to members for each

## Billets pour le Red River Exhibition

L'Association des loisirs communautaires de la 17e Escadre a de nouveau obtenu des billets pour les membres de la collectivité de la 17e Escadre pour la foire Red River, qui aura lieu du 12 au 21 juin 2015.

Les militaires et leur famille, les employés civils du MDN et leur famille, ainsi que les membres de l'Association des loisirs communautaires peuvent se procurer des billets.

ticket (including GST) are as follows:

1. Gate Admission: \$7.00;
2. 12 ride Ticket: \$22.00;
3. Pay One Price (one day gate admission and all you can ride): \$33.00

These prices are very comparable to other advance prices being offered. Note: Children 6 & under are admitted free. On 15 Jun 15, personnel with a military ID will be admitted into the EX free of charge.

Those personnel who are interested in obtaining Red River Ex tickets must purchase them in person from the reception desk, Building 90 Fitness and Recreation Centre by Wednesday, 10 Jun 15.

POC is Community Recreation at local 5139, local 5976, or local 2057.

For more information visit: [www.redriverex.com](http://www.redriverex.com)

Les billets seront vendus aux prix suivants (TPS incluse) :

1. Frais d'entrée : 7 \$
2. Billet pour 12 tours de manège : 22 \$
3. Billet tout compris (frais d'entrée pour une journée et accès illimité à tous les manèges) : 33 \$

Ces prix sont comparables à d'autres offres de vente préalable. Remarque : Les enfants 6 & sous sont admis libre. Sur le 15 juin 2015 personnel avec l'identification militaire sera avoué l'exposition gratuitement.

Ceux qui s'intéressent à acheter des billets doivent venir à la réception du Centre de conditionnement physique et de loisirs (bâtiment 90) avant le mercredi 10 juin 2015.

Si vous avez des questions, veuillez communiquer avec les employés de l'Association des loisirs communautaires au poste 5139, 5976, ou 2057.

Pour plus d'informations visiter: [www.redriverex.com](http://www.redriverex.com)

## CFB Winnipeg Golf Club says 'goodbye' to Longtime Manager

CFB Winnipeg Golf Club had a BBQ Lunch on May 16th, 2015, to say goodbye to longtime manager Darlyne Fathers. Darlyne, who retired at the end of the last golf season, was touched by all the people who came out to wish her well on her retirement. As one final gift, the club presented her with a brand new set of golf clubs, which she'll hopefully have lots of time to use now.



Things got a little emotional as Darlyne (centre in purple) made her way around to talk to old friends. Photo: submitted



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# CFB Winnipeg Causes a Racket at CAF Squash and Badminton Nationals

**By Martin Zeilig  
Voxair Photojournalist**

For Captain Audrey Jordan, capturing gold in Women's Squash at the CAF Badminton and Squash Nationals was no easy task.

She faced a tough opponent in Corporal Ann McLeod, a member of B6 Canadian Brigade Group in Halifax.

"She made me work because she tries to slow down the game," Capt Jordan said of Cpl McLeod's efforts in the final.

"I like a faster game and Ann does a lob serve. It was awesome to win gold, my first time ever. I've placed second six times now, but not in consecutive years. It was awesome to win gold, finally."

Capt Jordan wasn't the only member of CFB Winnipeg to take home some metal from the tournament. Cpl Yang, a Records Clerk at 4 CRPG Company won the silver medal in Women's Doubles Badminton with her partner Capt Leah Patterson, a pilot from Moose Jaw.

Capt J-F Gallant, from 1 Canadian Forces Flying Training School, also won silver medal in Men's Doubles Badminton along with his partner Corporal John Ku, from CFB Edmonton. The tournament was held from May 3-7 at CFB Borden.

This was Capt Gallant's fifth silver medal in badminton at a CAF National Championships.

"We faced some really tough competition," he said.

All participants at the Nationals play in both the singles and doubles competition.

Capt Gallant, who's been playing badminton in the CAF for the past 25 years, says that in the doubles final, he and Cpl Ku came very close to pulling off a victory, and that he was very impressed with the high calibre of talent at the Nationals.

"We faced some really tough competition. The final was electric. People were cheering."

Due to deployments, courses, and taking an intensive Master's Degree at Test Pilot School in California, Capt Jordan says that she wasn't able to play much squash from 2003-2006.

She also expressed disappointment at not being able to play against Captain Jill Sicard, a pilot at CFB Comox, during the Nationals.

"She and I have a history together in squash. One year, I beat her in Cold Lake at the Prairie Regionals. Then, last year, she beat me at the Nationals in Borden. We've always had tough matches against each other."

Squash hasn't always been Capt Jordan's main sport. She started out playing badminton in high school in Sherbrooke, Quebec.

"And then I made the Nationals in badminton, but I didn't medal," she said.

"In 2001, I got posted to CFB Trenton. Then, at the regionals, they allowed me to participate in both sports."

But, she only qualified for squash that year. "From then on I just competed in squash," said Capt Jordan.

She explained that both of those racquet sports are similar, requiring related movements on the court.

"But it's easier to transition from badminton to squash than vice versa, because smashing the shuttle in badminton transfers into a very good volley in squash," Capt Jordan said.



Captain Jordan (2nd from right), winner of the Squash women's category is pictured along with the runner-up, Cpl McLeod (2nd from left) are presented gifts by LGen Blondin and Fred Reid at the CAF National Badminton and Squash Championships. Photo: Cpl Quint

# CANEX Sponsors Annual Event to Honour 17 Wing Volunteers

At 17 Wing Winnipeg, Volunteers play an important role in the life of the community. They are involved in many aspects of community life and take part in programs, services, activities and events that help to build that community and enhance the quality of life for everyone posted here. Volunteers are involved in Chapel Life, MFRC and PSP programs and services, Scouts and Guides, the Community Choir, unit celebrations, and even refurbishing our display aircraft.

Volunteer Canada chose as their theme for this year's National Volunteer Week the idea that a volunteer action is like a stone thrown in a lake: its effect has a direct impact. At the same time, like ripples, volunteer efforts reach out far and wide to improve communities. The actions of the volunteers at 17 Wing Winnipeg have a ripple effect in our community, which allows military members and their families to call Winnipeg "Home".

It's very important to honor and celebrate our volunteers, and let them know how much they are appreciated. Every year we celebrate them, and their accomplishments, at a special event for volunteers and their families. In the past this event was sponsored by SISIP Financial Services. This year, CANEX has taken on the role of sponsor, and provided funding for a fun afternoon of appreciation and recognition for our volunteers and their families. It will take place on Sunday June 7, 2015, at Fort Gibraltar, and will include fabulous food and entertainment. We encourage all 17 Wing Volunteers to register for this event by contacting barbara.thuen@forces.gc.ca (204-833-2500 ext 4519) or deanne.bennett@forces.gc.ca (204-833-2500 ext 7013) to reserve a spot for you and your family. We look forward to celebrating with many of you at this historic Manitoba site!



Don Brennan, Executive Director of MFRC Winnipeg, Barbara Thuen, Coordinator of Volunteer Services at the MFRC, Deanne Bennet, Communicaty Recreation Coordinator, and Rick Harris, Senior Manager PSP, accept a cheque on behalf of CANEX for the 17 Wing Volunteers Appreciation Event. Photo: Mike Sherby

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Crossword Answers (page 14)

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# Protect yourself from ticks in the great outdoors

(NC) Picture this: you've just come home from an outdoor adventure, perhaps after fishing, or hiking through the forest with your pet, or camping with your family. You've finished unloading your gear and have settled in for a nice quiet evening. You notice a bump or freckle on your leg but think nothing of it – you're sure it was there before. What you don't realize about that small speck is that it is actually a tick that's just hitched a ride into your habitat.

If you're an outdoor enthusiast, you may be at a greater risk for tick bites – and certain ticks can cause Lyme disease. They're very small, about the size of a poppy seed, and their bites are usually painless, so you may not know you have been bitten.

One of the easiest ways to protect yourself is to prevent tick bites when engaging in outdoor activities. Use insect repellent with DEET or Icaridin, wear closed-toe shoes, long-sleeved shirts and pants and wear light-coloured clothes to spot ticks easier.

Another way to protect yourself is to remove a tick from your body before it has a chance to transmit Lyme disease. Removing ticks within 24 to 36 hours usu-

ally prevents infection.

Ticks can attach anywhere, but they like certain spots. After you have been outdoors, make it a habit to 'tick check' these areas:

- inside and behind the ears
- along your hairline
- in your hair
- armpits
- belly button
- groin area
- on your legs
- behind your knees
- between your toes

**To help your tick check:**

• Shower or bathe within two hours of being outdoors. This will wash away loose ticks and help you to find ticks that may be attached to you.

• Don't forget to examine your kids, pets and even your gear. Ticks can enter your home on clothing and animals and attach to a person later.

• Put your clothes in the hot dryer to kill any remaining ticks. Give them a good wash and pop them in the dryer one final time.

Tip: Use a hand-held or full length mirror to check the back of your body or have someone else check it.

If you find an attached tick, carefully remove it with a pair of tweezers. Monitor your symptoms, and if you feel ill in the weeks after a tick bite, contact your doctor right away.

Next time you venture outdoors don't forget to keep 'tick checks' at the top of

your checklist.

More information on Lyme disease plus ways to protect yourself, your children and your pets, is available at [Canada.ca/LymeDisease](http://Canada.ca/LymeDisease)

[www.newscanada.com](http://www.newscanada.com)

**Managing Angry Moments (MAM)**

11 & 18 June 2015  
0830 - 1600 hrs

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

**Gérer les moments de colère**

11 et 18 juin 2015  
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.

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

LEARN MORE ABOUT ALCOHOL, OTHER DRUGS AND GAMBLING – TWELVE MODULES AVAILABLE

APPRENEZ – EN PLUS SUR L'ALCOOL, LES AUTRES DROGUES ET LE JEU EXCESSIF – DOUZE MODULES DISPONIBLES

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

3 June (0800 - 1600 hrs) and  
4 June (0800 - 1200 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**

3 juin (8 h à 16 h) et  
4 juin (8 h à 12 h)

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

Ces compétences seront bientôt obligatoires pour tous les Militaires qui ont des fonctions de supervision. Ce cours aura un code. DOAD 5019-7

To register, contact Health Promotion at local 4150

Pour vous inscrire, appelez le Bureau de Promotion de la santé, au 4150

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A Canadian Forces Program

**Le stress : ça se combat!**

Programme des Forces canadiennes

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**Stress: Take Charge!**

27 and 28 May 2015  
0830 - 1600 hrs

Voulez-vous augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

**Le stress: Ça se combat!**

27 et 28 mai 2015  
0830 h à 1600 h

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Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

**INTER-COMM**

A Course to Improve Communications in Relationships

DEALING WITH CONFLICT AND IMPROVING COMMUNICATIONS IN PERSONAL RELATIONSHIPS

**INTER-COMM**

A Course to Improve Communications in Relationships

Inter-Comm is taught in partnership with 17 Wing Health Promotion and the MFRC. This course is designed to assist people with developing skills required to hold a difficult conversation in their personal relationships. Through exercises and coaching, participants learn to understand conflict, listen actively and use collaboration and communication to support health and well-being in relationships. Please call Health Promotion at 204-833-2500 ext. 4150 to register.

**Un cours visant à améliorer les communications dans les relations Personnelles**

Inter-Comm est enseigné en partenariat avec le Programme de la santé de la 17<sup>e</sup> Escadre et le CRFM. Ce cours est conçu pour aider les gens à développer les compétences requises pour discuter de sujets délicats dans leurs relations personnelles. À l'aide d'exercices, les participants apprennent à comprendre les conflits, à écouter activement et à utiliser la collaboration et la communication pour entretenir des relations saines. Contactez Promotion de la santé au 204-833-2500, poste 4150 pour l'inscription.

June 9 & 12, 0830 - 1600 hrs

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

9 et 12 juin 0830 h à 16 h

Pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150.

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Date: Tuesday, 16 June 2015  
Time: 1400  
Where: Legislative Bldg

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For more information or to register, contact: Health Promotion @ local 4150

Pour plus renseignements ou pour vous inscrire, contactez: Promotion de la santé au local 4150

Transportation will be provided for this event.

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

Date: mardi, 16 Juin 2015  
Heure : de 14 h 00  
Endroit : Palis législatif du Manitoba

Il suffit de s'engager à verser une somme minimale de 50 \$ pour prendre place à bord du Grand Vélo dans le cadre de cette activité de collecte de fonds. Chaque tour de vélo ne dure que 20 minutes, mais on vous promet une expérience inoubliable.

Ride Big. Live Big. Win Big.

For every \$100 raised, receive one ballot for the CanadaOne Travel grand prize - return airfare and accommodation for two in stunning Vancouver.

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## Connect with us:

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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)

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TICKETS AVAILABLE FOR PURCHASE AT THE MFRC, BLDG 90 OR AT THE DOOR.  
LES BILLETS SONT EN VENTE AU CRFM, AU BÂT. 90 OU À L'ENTRÉE.

## Upcoming MFRC Programs and Events

### KIDS CARE

#### CASUAL CHILD CARE

Hours: Tuesday and Thursdays  
June 2, 4, 9, 11, 16, 18, 23 and 25  
From: 9:00 a.m. to 12:00 p.m. ~ 9:00 a.m. to 4:00 p.m. ~ 1:00 to 4:00 p.m.  
Fees: Children under 2 years: \$12/3 hours; \$28/7 hours.  
Children 2-5 years: \$10/3 hours; \$24/7 hours.  
Hourly fee \$5.00 per hour, per child.  
Ask about our family rates.  
Location: Westwin Children's Centre  
The MFRC offers child care on a casual basis for children 6 months - 5 years old.  
Register by calling 204-833-2500 ext. 2491 a minimum of 24 hours in advance.  
Peanut free snacks, lunch and diaper supplies (if required) should be sent.  
New summer hours and location begin in July—please call for details.

### ROAD TO MENTAL READINESS (R2MR) REUNION BRIEFING

Tuesday, June 9 from 6:00 to 9:00 p.m.  
Additional stress free child care funds are available to members of a deployed family.  
Registration deadline: June 5, 2015  
While many families recognize the need for

preparation prior to the deployment, preparing for the return of your loved one is just as important. Although your emotions about the upcoming reunion are bound to be much more positive than those that you were dealing with prior to their departure, it is essential to understand the there can be some common transition challenges for both families and CAF personnel during this time. Preparation, education and skills are key for both you and your military loved one's success in managing this phase of the deployment.

### INTER COMM

Tuesday and Friday, June 9 & 12  
From 8:30 a.m. to 4:00 p.m.  
Bldg 62, Room 315  
Registration deadline: June 1, 2015  
Inter-Comm is taught in partnership with 17 Wing Health Promotion and the MFRC. This course is designed to assist people with developing skills required to hold a difficult conversation in their personal relationships. Through exercises and coaching, participants learn to understand conflict, listen actively and use collaboration and communication to support health and well-being in relationships. Please call Health Promotion at 204-833-2500 ext. 4150 to register.

## MFRC Annual General Meeting (AGM)

Wednesday, June 17 at 7:00 p.m.

Childcare is available free of charge

Family members of military personnel are invited to attend our annual AGM. This is an opportunity to guide programming for the next year and participate in the election for new members of our Board of Directors. A community coffee break will be held after the meeting.

17 WING WINNIPEG **CANEX** 17<sup>E</sup> ESCADRE WINNIPEG

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Please let us know if you will join us!  
RSVP BEFORE 25 MAY 2015

Veuillez nous faire parvenir votre intention d'assister!  
RSVP AVANT LE 25 MAI 2015

WE WILL NEED  
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PHONE NUMBER  
E-MAIL  
NUMBER OF PEOPLE ATTENDING

NOUS AVONS BESOIN DU  
NOM  
NUMÉRO DE TÉL.  
COURRIEL  
NOMBRE DE PERSONNES QUI ASSISTERONT

CONTACT: [Barbara.Thuen@forces.gc.ca](mailto:Barbara.Thuen@forces.gc.ca) • ext/poste 4519 or/ou  
CONTACTEZ : [Deanne.Bennett@forces.gc.ca](mailto:Deanne.Bennett@forces.gc.ca) • ext/poste 7013

## Employment Opportunity

### Winnipeg Military Family Resource Centre

The Winnipeg Military Family Resource Centre is accepting applications for a Deployment Coordinator for four days a week. Reporting to the Executive Director, this position is responsible for providing resources and support to military families before, during and after separations due to military operations. As an applicant you have previous experience and thorough understanding of military operations and deployments as well as a diploma/degree in a related human services field or equivalent. Bilingualism is an asset.

Apply in person at the Winnipeg Military Family Resource Centre at 102 Comet Street, by email to [winnipegmfrfc@familyforce.ca](mailto:winnipegmfrfc@familyforce.ca) or by fax to 204-489-8587.

Application deadline: May 29, 2015

No phone calls please. Only those selected for an interview will be contacted.

# PERSONAL CLASSIFIEDS

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# Canadiana Crossword

## Read All About It!

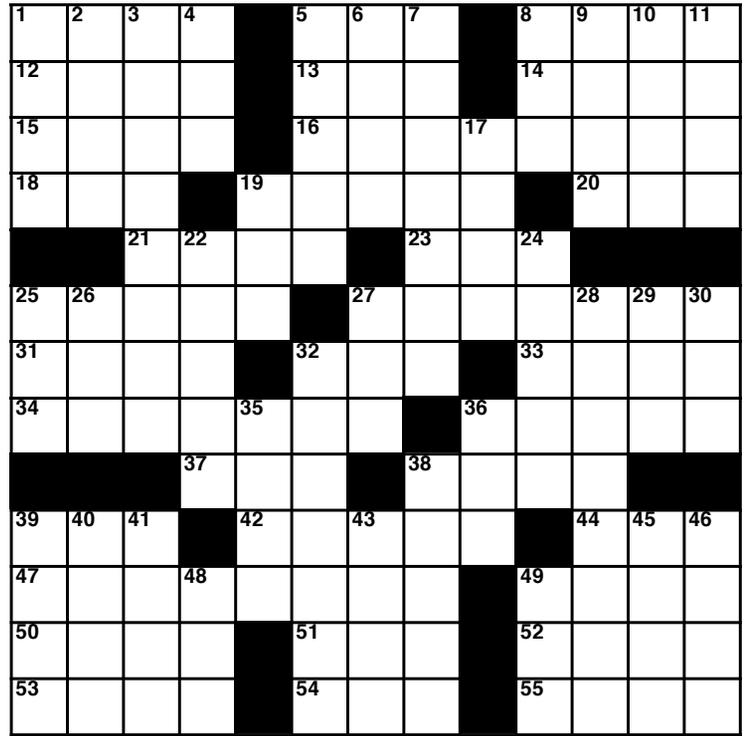
By Bernice Rosella and James Kilner

### ACROSS

- 1 Church part
- 5 Informed
- 8 Norse god
- 12 Muslim ruler
- 13 Unpolished yes
- 14 Unusual
- 15 Tatted
- 16 The Vancouver \_\_\_\_\_
- 18 Slalom
- 19 Recipient
- 20 Spur
- 21 Small coins, to Stephanie
- 23 Beak
- 25 Popular flu remedy
- 27 Finishing flourishes
- 31 Art \_\_\_\_\_
- 32 Annoy
- 33 Behind schedule
- 34 The Ottawa \_\_\_\_\_
- 36 Popular poplar
- 37 Hideaway
- 38 The Toronto \_\_\_\_\_
- 39 Sib
- 42 Eagle's nest
- 44 Sense of self
- 47 Quebec City \_\_\_\_\_
- 49 Soonest, acronymically
- 50 Cavalryman
- 51 Guff
- 52 Ireland or Iceland
- 53 C. Bronte creation
- 54 Pig pen
- 55 13-19

### DOWN

- 1 The Halifax Daily \_\_\_\_\_
- 2 Out of control
- 3 Perform research surgery
- 4 Poet's before
- 5 Syringes
- 6 Deserve
- 7 The Saskatoon Star \_\_\_\_\_
- 8 Motor or pod preceder
- 9 Suspend
- 10 Killer whale
- 11 Marsh plant
- 17 Ore deposit
- 19 Collectible
- 22 Elliptic
- 24 Model making material
- 25 General's asst.
- 26 Wailea wreath
- 27 Swamp



- 28 Montreal \_\_\_\_\_
- 29 Une saison
- 30 Ottawa NHL-er
- 32 Coatings
- 35 Ardour
- 36 Chowd down
- 38 Clogged with sand
- 39 Unhappy
- 40 Rest assured
- 41 Narrow ridges
- 43 Civil disorder
- 45 Wind storm
- 46 Candid
- 48 Sole
- 49 British islet

See page 11 for crossword answers.

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# Chaplain's Corner

## Change: The Only Constant

By LCdr Jack Barrett  
17 Wing Chaplain

I have often heard it said, "In life the only constant is change" and that is certainly true within the CAF. Recently, I attended two different seminars aimed at two entirely different groups of people. The first was a SCAN seminar and the second was a briefing by Maj Gen Whitecross. Both of these events addressed changes at very different levels. And both of these briefings had an underlying spiritual component which was not articulated as such. Let me explain. The SCAN was focused on those leaving and the other focused on those staying.

During the SCAN seminar, the presenters provided information to individuals who were either contemplating or were interested in their personal transition from the CAF and what it may entail. The spiritual undertone, I believe, was that of purpose and identity. When a person encounters significant external change such as retirement, release or promotion, their perception of themselves also changes. For many who are facing retirement from the CAF and in particular those who are full time, this can be a daunting task. For those who are being forced to leave the uniform against their wishes, this change can be catastrophic – especially if there is no perceivable place to land, as far as employment is concerned. The SCAN seminar, at least in part, attempted to show people in uniform that purpose and identity can and does exist in other worksites. From a spiritual perspective, this can be quite positive. Two civilian employers who presented at the SCAN clearly promoted the idea that their workers had a significant role to play in the success of their respective employer (purpose) and that the employee would be valued and treated with respect (dignity and identity). For those facing a degree of uncertainty associated with transitioning out of a familiar and comfortable environment, these presentations were reassuring and positive.

The other briefing I attended was the presentation on Sexual Misconduct lead by Maj. Gen. Whitecross. This presentation was very different to the SCAN. The change addressed in that presentation was one of institutional change. While institutional change may be needed in promoting the integrity and respect of all persons, some in our organisation may feel threatened by it. The spiritual undertone on this briefing, I felt, was one of equality and respect for all persons regardless of gender. St. Paul, in the letter to the Galatians 3:27-28, clearly states that when one chooses to follow Christianity, they should no longer look at the cultural, economic or gender differences that separate humanity. Rather,

we are to look beyond the differences towards a collective identity with respect.

This is a significant shift in how we relate to people because we devote a huge quantity of resources, time and energy into celebrating those differences. Many people strive for higher pay (which means there has to be those with lower pay). Cultural identity is vigorously pursued through language rights, forms of dress, food, rituals, legislation and politics. Gender, as well, consumes vast amounts of money and resources when you consider the fashion industry, the advancement of gender rights and recognition and in some cases medical procedures to change a person's outward appearance to line up with their internal identity.

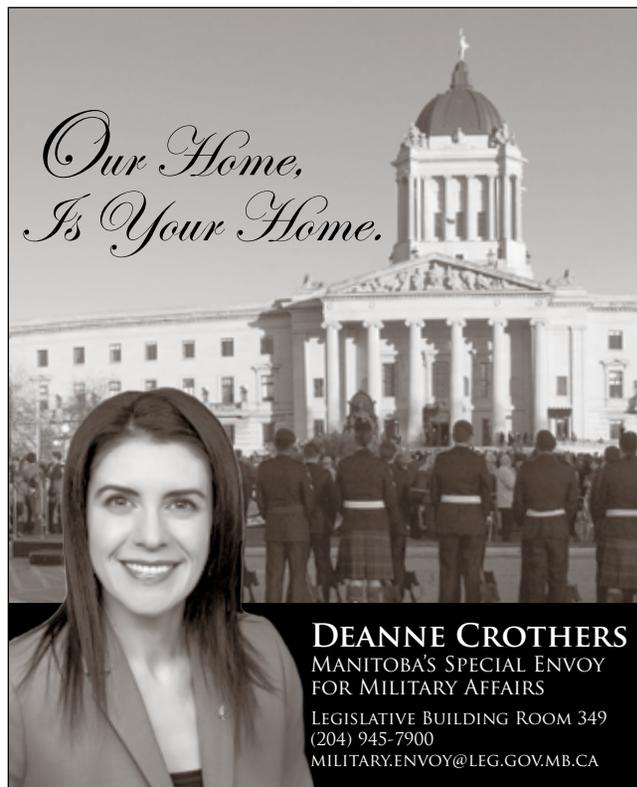
Returning to MGen Whitecross's comment about embarking upon institutional change in regards to Sexual Misconduct in the CAF. I would propose that she, like St. Paul, is embarking on a journey of spiritual change in that we need to look beyond what differentiates us as we correct what is wrong, and focus on what unites us. I believe it is only when change of this magnitude is grounded internally that outward institutional change can be effective.

From the perspective of corporate identity and mission success, I believe that the journey towards a more respectful workplace where people are respected because of their personhood rather than their gender truly is a spiritual journey. And it is one I believe, is both noble and achievable, but it cannot simply be legislated. M.Gen Whitecross and the CAF is embarking on a journey of spiritual dimensions where each person's opinion, perspective and identity of both themselves and others is based on something other than gender. Rather it is based on ability and respect where we continue to have a shared identity, goals and purpose.

There is a Christian Hymn call "She Comes Sailing On The Wind" which is often referred to as "The Spirit Song" which includes this refrain. "She comes sailing on the wind, her wings flashing in the sun, on a journey just begun, she flies on. And in the passage of her flight, her song rings out through the night, full of laughter, full of light, she flies on."

In spite of change, and frequent resistance to change, the Spirit Flies On. In spite of when a journey of change begins, the Spirit Flies On. I suspect this song of institutional change will ring out through the night and into tomorrow and will be one full of light. She Flies On.

It should be noted, the "SHE" in this hymn refers to the feminine side of God and is named Sophia, translated into English as Wisdom.



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## Faith and Life

### PROTESTANT

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**COMMUNITY SERVICES**

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

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

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

**Protestant Chapel Guild:** It meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

### CHAPLAINS

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

**Padre Darryl Levy**  
(Baptist) - Chapel Life Coordinator  
ext 5272

**Padre InSeob Won**  
(Presbyterian) ext 5087

**Padre Robert Humble**  
(United Church) - Contracted CivO  
ext 5785

**Padre Charles Baxter**  
(Ukrainian Orthodox) Det. Dundurn  
306-492-2135 ext 4299

**Padre Christopher Donnelly**  
(United Church) - currently deployed



17 Wing Community Chapel  
2235 Silver Avenue  
(Near Whytewold)



### CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

### CHAPLAINS

**Padre Paul Gemmiti**  
(Roman Catholic Priest)  
- Chapel Life Coordinator  
ext 4885

**Padre Emanuelle Dompierre**  
(Roman Catholic Pastoral Associate)  
- Mental Health Chaplain  
ext 5956

**SUNDAY MASS** (Bilingual) 1100 hrs  
**COMMUNITY SERVICES**

**Religious Education:** Classes can be available to children from Preschool to Grade 6.

**Sacrament of Reconciliation:** It is available by request and at special times of the year. Contact Padre Gemmiti.

**Baptism:** We recommend that you contact the chaplain's office for an appointment six months in advance. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

**Marriage:** Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

17 Wing 204 833 2500

### FOOD BANK DONATIONS

In assistance to Winnipeg Harvest, the donation box is located at the entrance of the chapel.

### EMERGENCY DUTY CHAPLAIN

After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

### INFO PHONE NUMBER

For service times and contact with a chaplain of your choice, phone ext 6800 and follow the prompts.

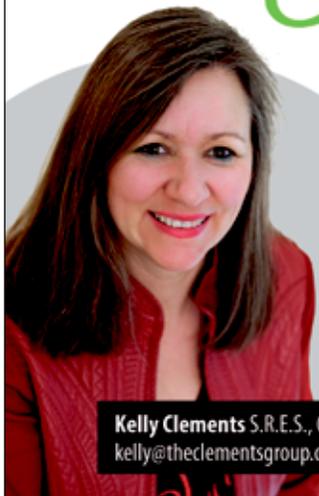
### WEBSITE

Those with access to the DIN can visit <http://17wing.winnipeg.mil.ca> then click Wing Admin - A1, then Wing Chaplains.

### CARE & SHARE FUND

Contact Wing Chaplain Office for further information.

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