

# Notair

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THE RCAF IN WINNIPEG



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Kids enjoy themselves at the Family BBQ and Play Event put on by Community Recreation on Thursday, June 8. Thank you to Baldwinson Insurance for sponsoring the food for the BBQ. The Winnipeg MFRC Summer Barbeques have also begun again. Photo: Deanne Bennett

free  THE VOICE of the AIR FORCE **JUNE 14, 2017**

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# Canada Post Unveils Canada 150 Stamp at 17 Wing



**WComm Andy Cook delivers a passionate and entertaining introduction of the players with personal memories and stories, and a mention of Defenceman Bill White who passed earlier in May. Photo: Sgt Daren Kraus**

by Martin Zeilig, Voxair Photojournalist

Canada Post unveiled its latest Canada 150 stamp before a standing room only crowd of over 400 people, both civilian and military, at the gym at 17 Wing on the morning of May 31.

The event brought together members of Team Canada 1972, including Pat Stapleton, who chairs the board of Team Canada 1972, and Bobby Clarke, Yvan Cournoyer, Pete Mahovlich, Frank Mahovlich, Eddie Johnston, Brad Park, Wayne Cashman and Jean Ratelle, Sean Goldsworthy (representing his father Bill Goldsworthy) and John Ferguson Jr. (representing his father John Ferguson).

Along with representatives from Canada Post, they unveiled a stamp celebrating the 1972 Summit Series between Canada and the Soviet Union – chosen as one of the unforgettable moments since the country's centennial in 1967, says the Canada Post website.

"It is the eighth of 10 such moments being celebrated in stamps to mark Canada 150," says the website.

Base Wing Commander Colonel Andy Cook, who led the gathering in a singing of O Canada to start the proceedings, said he was awestruck to be in the presence of such great Canadian heroes.

"I'm humbled by their recognition of the efforts of Canadian Armed Forces members," he said afterwards during a reception, which included an opportunity for people to meet on a one-on-one basis with the former Team Canada members, on the lawn in front of Building 90. "It's an honour to host this at 17 Wing."

"No other hockey series – before or since – galvanized Canada like it did, or changed the game of hockey to the same extent," says background information on the Canada Post website. "The eight-game series – which in-

cluded a 4-4 tie played in Winnipeg – was a roller-coaster ride that the entire country took together, from cocky confidence to despair, to a hard-fought, dying-seconds victory.

"The series assembled our best National Hockey League players, and for the first time, a national team was named Team Canada. They were pitted against the Soviet Union's national team, who had been world and Olympic champions nine times in the previous 10 years."

Fans and media expected a low-key, lopsided victory for Canada – eight games, eight wins. By the end of the second period in Game One, the out-of-shape and badly outplayed Canadian players realized they were in "a dogfight" for hockey supremacy, says the website. "After playing four games in Canada, Team Canada had one win, one tie and two losses – and was booed by the fans during the game in Vancouver. That triggered a famous post-game speech by team captain Phil Esposito scolding the country on national television," continues the online material.

The last game, on September 28, was watched intently by the largest Canadian TV audience on record, notes the Canadian Encyclopedia online.

"It began with 2 quick Soviet goals, the ejection of a Canadian player, and a long delay as Canadians raged over the officiating," continues the CE. "The Soviets led 5-3 at the end of the second period, but Phil Esposito and Yvan Cournoyer tied the game. Paul Henderson scored the most famous goal in hockey history, with only 34 seconds remaining, to win the series for Canada. The team played one more match, against Czechoslovakia, a 3-3 tie, before returning home to an outpouring of pride and relief.

"On the surface, the series was a dramatic sports event – in retrospect won by determined athletes against the odds. But the series affected Canadians more deeply. Their cherished myth of hockey superiority had been shattered."

Doug Ettinger, Chief Commercial Officer, Canada Post, who was the MC for the event, explained

that Canada Post has been working on this series of Canada 150 stamps for the past two years. Canada Post works with an independent advisory committee, consisting of academics, writers, artists and others, he said.

"We took the last 50 years of Canada's history and said what are the most significant events," Mr. Ettinger added. "They narrowed it down to a top 10 list. Over the past five weeks, we've been unveiling (these new stamps) across Canada. This continues our role story-tellers of Canadian history. The Summit Series was a life-changing moment. It was remarkable in many ways. I felt like it was a unifying moment in Canadian history."

During an interview with The Voxair, Pete Mahovlich, who played in the NHL with several clubs, including the Montreal Canadiens (where he played with his brother, Frank, and was a member of four Stanley Cup championship teams), said he has the same feeling every time he thinks about the Summit Series.

"It unified the country," he emphasized.

It should be pointed out that Mr. Mahovlich, who also played on the 1976 Canada Cup squad, scored an unforgettable shorthanded goal in Game 2 of the series in Toronto.

Meanwhile, Mr. Cournoyer said the last goal of the tournament was memorable.

"Everyone knew where they were," he said as people milled about waiting for his autograph or to have their photo taken with him. "I was on the ice."

Go, Canada, Go!



**Team Canada 1972 players (from left): Frank Mahovlich, Jean Ratelle, Pat Stapleton, Pete Mahovlich, Ivan Cournoyer, Wayne Cashman, Bobby Clarke, Brad Park, Eddie Johnston, Sean Goldsworthy (for father Bill), and John Ferguson Jr. (for father John Sr.) with the stamp celebrating their victory over the Soviet Union in the Summit Series. Photo: Sgt Kraus, Wing Imaging**

## Wing Commander's Golf Tournament Tees Off Summer Season

by Ashley Demers, Voxair Intern

The Carman Golf and Curling Club played generous host for the Wing Commander's Golf Tournament on Thu, June 1. The tournament was the first of the year,

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and had a fantastic turnout of 107 people.

The 107 participants were separated into groups of three or four, and each group was assigned to one of the 18 holes. Due to the large turnout, some groups had to share holes with others as they made their way around the course. According to Sports Coordinator, Chris Merrithew, having this many people participate is exciting. He says it shows how important fitness is to the people of 17 Wing.

"The main purpose is morale," said Merrithew, "and it's also part of our maintaining the fitness level in the Canadian Armed Forces, so it's great for our members to get out here."

Richard Fletcher, a civilian working at Wing Transport, agrees that the Wing Commander's Golf Tournament is a special event that people should get involved with. Fletcher says that there are no cons, since you get to golf on a workday, enjoy the sun, and get to know people.

"I'm out here every year," said Fletcher. "I've had a blast every single time. I haven't won a thing, but it's more for fun and camaraderie, and to get to know the people you work with. Faces change every year because people get posted out, people get posted in, so it's a great way to have a little fun."

Fletcher has been with 17 Wing for 15 years, and participated in the Wing Commander's Golf Tournament for the last 13 of those 15. He missed the first two years because he thought it was for Military personnel only, and that's a common misconception that he wants to share. Military and civilians alike are invited to participate in the tournament.

Lucky for all participants, the weather was great and the course was in wonderful shape. Merrithew says that Carman Golf and Curling Club is always a favourite choice when it comes to selecting a venue.

"They're very hospitable out here, and very good to our members," said Merrithew. "We also go out to Teulon, Bel Acres is our golf play downs, and we come back to Carman again for our last tournament, as well our own course on the base there."

For those who are interested, golf play downs will be held on June 19th and 22nd at Bel Acres Golf and Country Club. Those interested, however, are asked to inform Sports Coordinator Chris Merrithew prior to attending.



**Attendees of the year's first Wing Commander's Golf Tournament have fun and pose for a photo on May 31. Left to right: Cpl Dean Anania, Sports Coordinator Chris Merrithew, Cpl Andrew Hitchcock, and Cpl Kevin Porter. Photo: Ashley Demers, Voxair Intern**

# 17 Wing Member Grapples for Gold



**Brent Thompson celebrates a gold medal victory with an understated fist pump while a teammate jumps in support. "It's a humble sport," explained Thompson. "That was probably my first actually celebration." Photo: Supplied**

by Martin Zeilig, Voxair Photojournalist

Master Corporal Brent Thompson first began learning judo as a seven year old living with his family in Thompson, Manitoba, because his parents "made me go into the sport."

"My older brother and sister wanted to join the local judo club and my parents said 'You're going too,'" he said during an interview on a hot morning in early June.

He's come a long way since then.

MCpl Thompson won the gold medal in the under 100 kilogram weight category in the Master's Division at the 2017 Canadian National Open Judo Championships, May 25-28, in Calgary, Alberta at the Olympic Oval.

MCpl Thompson works in Planning at the Electrical and Mechanical Engineers Section (Building 129), and is also a committee member for Aboriginal Territorial Affairs for Judo Canada. He is also Regional Co-Chair of the Defence Advisory Aboriginal Group.

The word "judo", which originates from the Japanese language, means "the gentle way", says information on the Judo Alberta website.

"Judo is many things to different people," according to the online information. "To some it is a sport, an art, a craft, a discipline, a recreational or social activity, a fitness program, a means of self-defence or combat, and a way of life. Judo is unique in that people of all ages, sexes, and abilities can participate together in learning and practicing the sport. According to the American College of Sports Medicine, Judo is the safest contact sport

for children under age 13. Judo is the most widely practiced martial art in the world, and Judo is the second most practiced sport worldwide (soccer is #1)."

MCpl Thompson, who has a third degree black belt in judo, noted that at 91.5 kilograms he was the "smallest" competitor in his division.

He won all four matches that day.

"I won the gold medal match by a wazari, a half point, in overtime," MCpl Thompson said, mentioning that his opponent was a civilian competitor, who placed second at this year's Eastern Canadian Judo Championships, from Montreal, Quebec.

He also has been recognized for his prowess in judo previously. He was named the 17 Wing Athlete for the Month at one point in 2004.

"That year, I was a bronze medallist at the Senior National Judo Championships in the under 90 kilogram category," he said. "I was also a gold medalist in 2011 for Team Alberta, when I was posted at CFB Edmonton, in the Master's division at the Judo Nationals in Edmonton."

MCpl Thompson credits Alwyn Morris, CM, with keeping him in judo.

A member of the Mohawk Nation and Canadian sprint kayaker, Morris won a gold medal in K-2 1,000 metre and a bronze medal in K-2 500 m with partner, Hugh Fisher, at the 1984 Summer Olympic Games in Los Angeles, notes online information.

"That achievement of his winning a gold medal was a driving force in me pursuing my judo career," MCpl Thompson, an Aboriginal Canadian, who moved to Winnipeg to attend high school in 1992, explained.

Over the years, he has trained under a number of top Manitoba provincial judo coaches, including Moe Oye, Gary Sova and Mark Berger, the current Provincial Team coach and with whom he still trains, among others.

MCpl Thompson, who also plays intersectional hockey, now trains with the Nakamura Judo Club, at 1000 Notre Dame Avenue. The club is headed by Airton Nakamura, who's an assistant provincial team coach too.

"I just love winning, and the camaraderie of judo," offered MCpl Thompson, noting that he joined the CAF in 2000. "It's family oriented. I've also been supported by the CF in my judo endeavours."

# Sports Trivia

## Expos and Blue Jays

by Tom Thomson and Stephen Stone

1. The Expos won their inaugural game in 1969 11-10 against the eventual world series winners. Which team lost that first Expos game?
2. Toronto beat the Chicago White Sox in the Jays first game, 9-5, despite playing in a snow squall due mainly to this first baseman's two home runs.
3. In their ninth game of the 1969 season who pitched the Expos first no-hitter?
4. His Expos nickname was "Le Grand Orange".
5. These are the only 2 Expos in The Baseball Hall of Fame.
6. Which Expo gave up the home run on "Blue Monday" in 1981?
7. As well as number 42, which was retired by all of Major League Baseball, the Blue Jays have only retired one other number. Which is it and who wore it?
8. Who was the first Blue Jay to be named the ALs most valuable player?
9. Who made the tag, in the world series against the Braves which video showed was a tag for the third out on a triple play even though the umpire called the runner safe?
10. Who was the first Blue Jay enshrined in Baseball's Hall of Fame?
11. Who was the "Mayor of Jonesville" in Montreal?
12. Who was the starting third baseman for the Expos in 1969?
13. Who was the Expos opening day catcher?
14. Who was the opening day catcher for the Toronto Blue Jays?
15. Which was the fastest AL expansion team to win the World Series?
16. There are only 2 major league baseball teams under corporate ownership. Rogers' Communication owns the Blue Jays. Who owns the other team?
17. Where did the Expos play the first games in Montreal?
18. Where did the Blue Jays play their first games in Toronto?
19. To whom did Mike Timlin throw Otis Nixon's bunt in the bottom of the 11th inning to win their first World Series?
20. In the regular season, 1993, it was the first time in 100 years that the top three hitters for the batting crown were from the same team. Who were they and who actually won the crown?

Sports Trivia Answers on page 14

# 65 Years of Voxair Headlines

by Broose Tulloch, Voxair Layout

65 years and still going strong after more than 1300 issues - that's a lot of headlines! While air-to-air refueling is now routine, in 1973, it was a new and fastastic acheivement.

June 20, 1973 CANADIAN FORCES BASE, WINNIPEG Vol. 22, No. 12

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# Wing Units Participate in Women Fly 2017



**Women Fly 2017 attracted hundreds of visitors to St Andrews Airport. Above visitors take the time to explore the Grob aircraft from Portage La Prairie and speak to the pilot. Photo: Gloria Kelly, PAO**

by Martin Zeilig, Voxair Photojournalist

A carnival-like atmosphere prevailed at Women Fly 2017, an aviation related career fair for men and women at St. Andrew's Airport, 20 kilometres north of Winnipeg, on Saturday, June 3.

It's not surprising considering the several private food concession outlets lining the narrow roadway located near the main parking lot and the former flight tower, the big white tent with displays from various organizations, and the free rides on private aircraft being offered to the public throughout the hot day.

Crowds were also attracted to three aircraft from 3 Canadian Forces Flying Training School, located at the Southport Aerospace Centre just south of Portage la Prairie. In attendance were a Grob G 120A, on which all Primary Flight Training is done, and two helicopters, the Bell CH-139 Jet Ranger and the Bell 412 helicopter.

There was more too, including a number of speakers, both civilian and military, addressing different career options in the aviation industry.

Some 5000 people participated in the event throughout the day, noted Dr. Jill Oakes, a long-time private pilot and executive director of the event.

The very first Women Fly event took place in 2010 at the Winnipeg/Lyncrest Airport, "a general aviation

airfield" located approximately 13 kilometres south-east of downtown Winnipeg, she said, adding that the initial Women Fly attracted 170 people.

Captain Carrie Rothwell Hawes, an Air Combat Systems Officer (ACSO) with 402 "City of Winnipeg" Squadron, spoke about her job in the RCAF during the afternoon program in the white tent.

"The tests for being an ACSO are challenging," she said to the small but attentive gathering, most of whom were women.

Capt Rothwell Hawes, who has a B.A. in Anthropology from the University of Winnipeg and is now working on a long distance Master's Degree in Business Administration from University West in Vancouver, B.C., said she was surprised at "how exacting" the training was to become an ACSO.

"Studying for a trainer and a flight is all hands on which university doesn't prepare you for unless you have a science or engineering degree," she said, noting that she applied to be an ACSO after joining the Canadian Armed Forces because she never wanted to be a pilot.

Capt Rothwell Hawes also said that there are "good perks" in the CAF.

"The pay for your education and will train you to be bilingual," she stated.

Capt Rothwell Hawes, whose husband is Master Corporal Corey Hawes, an Airborne Electronic Sensor Operator (AES OP) at 402 Sqn, complimented the organizers of the event.

"What I like about this is they have actual speakers who have experience in Aviation," she said.

Capt Rothwell Hawes had advice for beginning aviators. "Don't be intimidated by the unknown," she said. "Just put in a lot of hard work."

Meanwhile, retired airline pilot Rosella Marie Bjornson, the Keynote Speaker during the afternoon session under the big top, encouraged the young women to follow their dreams.

Ms. Bjornson was the first female pilot for a commercial airline in North America and the first woman member of the Canadian Air Line Pilots Association, International. In 1990, she became the first Canadian woman to be promoted to the rank of captain, when flying for Canadian Airlines International. She later flew with Air Canada and Zip before retiring in 2004.

Bjornson was inducted into the Canadian Aviation Hall of Fame in 1997 and in 2004 she was inducted into the Women in Aviation, International Hall of Fame. Bjornson was honoured with a commemorative postage stamp in 2014.

Dr. Oakes, a professor in the Centre for Earth Observation Science, University of Manitoba, said it took up to a year to organize this year's Women Fly.

"There are about a dozen of us that are department heads (for different aspects of the event)," she said, mentioning too the participation of the Winnipeg Fire Department, City of Winnipeg Police Service, Air Traffic Control, and other organizations. "We have a lawyer too. Everyone provides advice."

Dr. Oakes observed that St. Andrews Airport, where the Women Fly has been held since 2013, is now known as the "most woman friendly airport in the world," as noted by the Institute for Women of Aviation Worldwide -- an independent, not-for-profit, global alliance of businesses and organizations dedicated to fostering gender balance, thus growth, in the air and space industry, says its website.

It's because 740 women went flying that day in 2013 that the airport received the official designation from the iWOAW, she explained.

Dr. Oakes pointed out that 30 or 40 years ago such professions as engineering, medicine, architecture and aviation had less than six percent women as practitioners.

"Today those fields have 30 to 40 percent women except aviation," Dr. Oakes pointed out. "Slowly, these numbers are changing."

She noted that today 25 percent of Manitoba's commercial pilots are women.

"So, we've made a difference already with the help of other organizations," emphasized Dr. Oakes, who offered a "big thanks" to all the aviation companies, the CAF and others, including the 200 volunteers and 60 pilots, who made the Women Fly 2017 possible.

Some of the event's other sponsors were the RCMP, NAV Canada, Perimeter Air, STARS, Providence University, Sturgeon Heights Collegiate, University of Manitoba Science Camps, Manitoba Aerospace, Boeing, CAF Recruiting Group, 17 Wing Winnipeg, Winnipeg Airport Authority.

## Canadian Leadership Conference Visits 17 Wing

by Ashley Demers, Voxair Intern

Members of this year's Governor General's Canadian Leadership Conference paid a visit to 17 Wing on Fri, June 9. Leadership participants were given the opportunity to learn more about the RCAF's role over breakfast in the Teal Room of the Combined Ranks Mess.

The Governor General's Canadian Leadership Conference is a 16-day program that allows up and coming leaders to learn and develop their skills. People in attendance are either leaders, or are expected to become leaders in their respective organizations. By applying for this program, and being accepted, they have the opportunity to socialize with different companies, and experience different leadership techniques in another province.

The 16 days began with 250 accepted applicants getting together for three days in Whistler, BC. They then break off into smaller groups to visit a province in which they don't reside. The group touring Manitoba consists of 18 individuals from all over Canada, including Kluane Adamek, who is visiting here from the Yukon. She currently serves as an advisor to the Yukon Territorial Government Minister of the Health, Housing, and Environment.

Her professional roles have been very political over the last several years, but she enjoys working with youth, often involving cultural realization and suicide prevention.

"It's certainly a time commitment," said Adamek. "I really had to think about what I could contribute."

"There were a few alumni who approached me. They really just said 'Kluane, this program is incredible. It will challenge you and provide you with new perspectives, and meet incredible leaders from across the coun-

try."

Every year, the conference has a theme. This year, the theme is 'The Canada We Will Build.' Jodie-Lynn Waddilove, the Ministry of the Attorney General in the province of Ontario, has strong views about the theme. She applied after she found an advertisement for the conference online. She knew after reading it that she had to participate.

"I'm actually from the Munsee-Delaware First Nation in South-western Ontario," said Waddilove. "I'm a lawyer. I work for the province as a public servant, and I'm hopeful that the Canada we will build will have more inclusion of the Indigenous voice. That's the perspective I'm hoping to bring and offer and to develop it within the conference."

Like Waddilove, each of the delegates has their own perspective to develop and share. The various locations and people they visit throughout their 10 day tour, however, are intended to get them thinking more broadly, and discuss with each other different perspectives and leadership techniques.

"They're public and government departments, companies, lawyers, non-profits, everything," said Captain Lindsay Holmes, an organizer of the breakfast. "The event is very important because it does take people from different areas and different backgrounds, and kind of puts them all out of their comfort zone. It makes them work together and spend time together."

So far on their trip they've made visits to the Hutterite Colony in the St. James Valley, as well as Brandon, MB to meet with City Council. They've also been in and around Winnipeg, meeting the Mayor and Minister of Justice, visiting Siloam Mission, and touring the Uni-

versity of Winnipeg. Next, they will be going to The Pas, MB, to meet with the Opaskwayak Cree Nation.

Following the end of the 10-day trip, participants will fly to Ottawa, ON. There they will report back to the Governor General for closing sessions during the final three days.

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# Raising Awareness One Star at a Time

by Ashley Demers, Voxair Intern

Members of the 17 Wing Military Family Resource Centre (MFRC), along with many great groups of volunteers, are participating in the 'One Million Stars to End Violence Project'. So far, thousands of stars have been made, and the deadline is nearing.

Maryann Talia Pau, of Brisbane, Australia, created the project in 2012 after hearing about a young woman's sexual assault and murder in her community. Since then, thousands of volunteers around the world have been helping her to create stars and raise awareness. She hopes to have at least one million stars for an installation in Brisbane's City Hall.

For the last several months, the MFRC, along with their various partner groups, have been weaving stars to send to Brisbane. At this point, there is an estimated contribution of 18,000 stars, though the number continues to grow.

Kim Smyrski, the Adult Service Social Worker with the MFRC, has performed social work with women's shelters and other locations in the past. She supports the star program whole-heartedly, and hopes that, with this project, people can learn the impact of violence in



**TITLE Deanne Bennett with some of the 18,000 stars contributed so far. Photo: Martin Zeilig, Voxair Photojournalist**

their communities and around the world.

"When I saw this project I thought it was a great way to connect people to the topic," said Smyrski. "As you know people are making stars, they're sending their best wishes, they're putting their positive thoughts into these creations."

Smyrski would like to recognize the work that all of the volunteers and groups have put into creating the stars for 17 Wing. She acknowledges that even though the MFRC only started pursuing the program fairly recently, a

huge number of stars have been made. The volunteers have been working quickly, but also thoroughly, and with the utmost care and no complaints.

The Winnipeg and Thunder Bay MFRC staff and volunteers, Emergent BioSolutions, the 17 Wing Protestant Ladies Guild, PSP Health Promotions, and the Munroe

School have impressively made more than 1,000 stars each. The Operational Stress Injury Social Support (OSISS) group, Girl Guides, the Royal Military College, and the Shilo and Borden MRFCs have also contributed many to the count. Smyrski is extremely impressed and proud of how everyone has come together.

"It just sends such a powerful message," she said. "Over one hundred individuals, whether in groups or not, have participated (with 17 Wing MFRC). I haven't heard any negative feedback. They're just so eager to do what they can to bring awareness to this issue."

Though a great number of stars are being rapidly produced, Smyrski is still hoping to accept new volunteers and contributing groups. She says if there are any interested people, she is willing to host star-weaving sessions between 1 p.m. and 3 p.m. on both June 16 and 23.

Currently, more than half of the expected 18,000 stars are on 17 Wing. Smyrski hopes to have all of the stars at the 17 Wing MFRC by the end of June, so they can be shown off briefly before they are shipped to Brisbane.

The deadline for submitting stars to the One Million Stars to End Violence Program is July 31, 2017. All stars received by this date will be used in an installation at Brisbane City Hall for the Gold Coast 2018 Commonwealth Games.

# Athletic Accomplishments Honoured at Breakfast



**17 Wing Acting Commander, LCol Genevieve Lehoux (Left) and 17 Wing CWO Mike Robertson (Right) present the WCE Yellow Jackets with T-Shirts for winning "B" Division Hockey Champions during the 17 Wing Sports Awards 2017 on May 19, 2017 in the Officer's Mess, 17 Wing, Winnipeg, Manitoba. All Photos: Cpl Justin Ancelin, 17 Wing Imaging**



**"C" Division Hockey Champions, Fighting Artichokes received t-shirts.**



**"A" Division Hockey Champions, 1 Cdn Air Div Aces received t-shirts.**



**MWO Brian Coughlan accepted the Sgt Glen MacLeod Memorial Award on behalf of Sgt Michael Plummer.**



**The 17 Wing Curling Champions received back packs.**



**RCAF Band Bagpiper, Sgt Alan Buchanan, leads 17 Wing members into the mess during the 17 Wing Sports Awards.**



**2 Canadian Air Division Commander, BGen David Cochrane (Left) 2 Canadian Air Division CWO Pierrot Jette (Right) presents the Male Athlete of the Year Award to Cpl Matt Sankey during the 17 Wing Sports Awards 2017 on May 19, 2017 in the Officer's Mess.**



**Maj Heather Smith received the Female Athlete of the Year Award.**



**CWO Steve Frechette received the Coach of the Year Award.**



**MWO Heidi Twellmann received the Coach of the Year Award.**



**LCol Matt Halpin accepted Official of the Year Award on behalf of Maj Cam Pow.**



**17 Wing Women's Hockey Team received the Team of the Year Award**

# Wing Commander's Honours & Awards



On Friday, 26 May 2017, Colonel Andy Cook, 17 Wing Commander, and CWO Mike Robertson, 17 Wing CWO, present Wing Commander's coins to Senior NCO mess committee. (L-R) Colonel Andy Cook, Mrs. Fancy Yu, Warrant Michael McKay, Sergeant Ryan Lagace, Warrant Officer Mike Manny, Sergeant Caroline Linteau, and CWO Mike Robertson. The ceremony was held in the atrium at 17 Wing HQ, building 137.

All Photos: Sergeant Daren Kraus



Sergeant Laura Plourde received the Canadian Forces Decoration 1st Clasp.



Captain Joseph Laba received the Wing Commander's Commendation.



Warrant Officer Denise Grant, Chief Clerk Pers Admin received the Wing Commander's Commendation.



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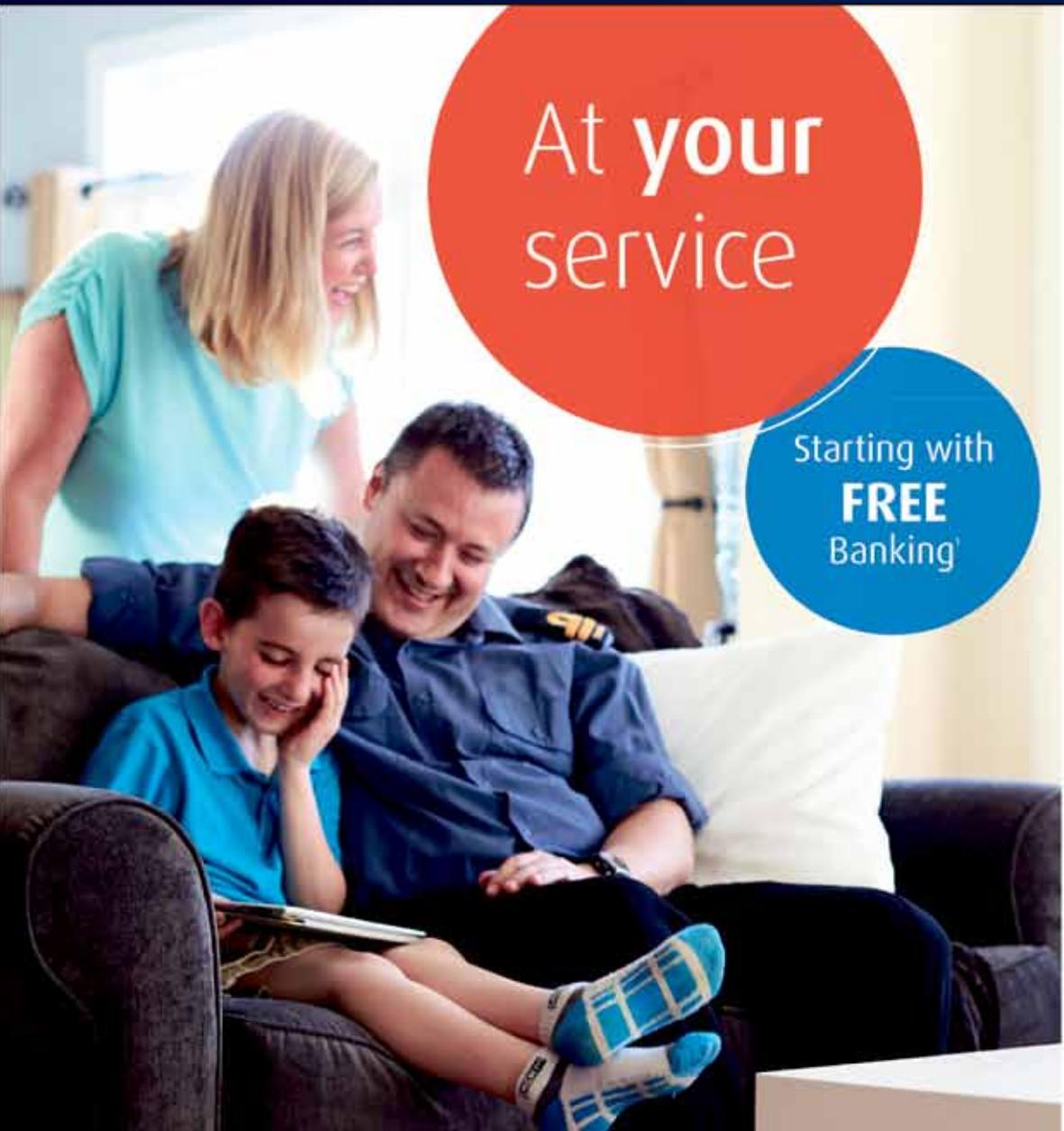


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# Around The Wing



CWO Graham James shares a laugh with a customer after calculating her drive through bill at \$85 during Tim Horton's Camp Day. Command Teams from 17 Wing participated in the charity event at the Tim Horton's at Mount Royal and Ness on 31 May 2017. Photo: Bill McLeod, Voxair Manager



Captain Paul Hansen of 435 Sqn cooks hamburgers, hot dogs, smokies, chicken burgers, and even veggie burgers at the first Winnipeg Military Family Resource Centre barbeque of the year. The MFRC BBQs will take place on the second and fourth Thursdays of the summer months. Photo: Bill McLeod, Voxair Manager

*Happy Father's Day!*



*Happy Father's Day from CFB WPG Golf Club*



*We are celebrating with 20% off all mens apparel and gloves to help you spread the love this Father's Day.*



Rick Harris, Senior Manager PSP, Commodore Sean Cantelon, Director General Canadian Forces Morale and Welfare Services, and Petty Officer 2nd Class Whitney Barham pose for a photo during the Commodore's visit at 17 Wing. While here he visited with senior staff and the Winnipeg MFRC, Canex, SISIP, NPF Accounting and HR, PSP staff at Fitness and Recreation, and The Voxair. Photo: Bill McLeod, Voxair Manager



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Sunday, June 18th, 12-5

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# HOMETOWN HEROES APPRECIATION

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**JUNE 15-18**

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## 17 WING FIRE CHIEF'S CORNER



### Fire Extinguisher at Home

When used properly, a portable fire extinguisher can save lives and property by putting out a small fire or controlling it until the fire department arrives. Portable extinguishers, intended for the home, are not designed to fight large or spreading fires. However, even against small fires, they are useful only under certain conditions:

- The operator must know how to use the extinguisher. There is no time to read directions during an emergency.
- The extinguisher must be within easy reach and in working order, fully charged.
- Some models are unsuitable for use on grease or electrical fires.

#### Select Your Extinguisher

Choose your extinguisher carefully. A fire extinguisher should bear the seal of an independent testing laboratory. It should also be labelled as to the type of fire it is intended to extinguish. The extinguisher must be large enough to put out the fire. Most portable extinguishers discharge completely in as few as eight seconds.

#### Classes of Fires

There are three basic classes of fires. All fire extinguishers are labelled with standard symbols for the classes of fires they can put out. A red slash through any of the symbols tells you the extinguisher cannot be used on that class fire. A missing symbol tells you only that the extinguisher has not been tested for use on a given class of fire.

**Class A:** Ordinary combustibles such as wood, cloth, paper, rubber, and many plastics.

**Class B:** Flammable liquids such as gasoline, oil, grease, tar, oil-based paint, lacquer, and flammable gas.

**Class C:** Energized electrical equipment including wiring, fuse boxes, circuit breakers, machinery, and appliances.

Many household fire extinguishers are "multipurpose" A-B-C models, labelled for use on all three classes of fire. If you are ever faced with a Class A fire, and you don't have an extinguisher with an "A" symbol, don't hesitate to use one with the "B:C" symbols.

**Warning: It is dangerous to use water or an extinguisher labelled only for Class A fires on a grease or electrical fire.**

#### Installation and Maintenance

Extinguishers should be installed in plain view above the reach of children near an escape route and away from stoves and heating appliances.

Extinguishers require routine care. Read your operator's manual and ask your dealer how your extinguisher should be inspected and serviced. Rechargeable models must be serviced after every use. Disposable fire extinguishers can be used only once; they must be replaced after one use. Following manufacturer's instructions, check the pressure in your extinguishers once a month.

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# Join Winnipeg and Bike to Work June 23!

On June 23rd, leave your car at home and join the rest of Winnipeg for Bike to Work Day 2017! This event will mark the 10th year for the City of Winnipeg and the 9th year for 17 Wing commuters to be encouraged to be a part of their community and get involved in a growing trend, active transportation!

#### What is Active Transportation?

Active transportation refers to any form of human-powered transportation – walking, cycling, using a wheelchair, in-line skating or skateboarding. There are many ways to engage in active transportation, whether it is walking to the bus stop, or cycling to school or work.

#### Why Active Transportation?

Why not?! Seriously though, the benefits to active transportation include, but are not limited to:

- **Health** – every adult should look to accumulate 30 minutes or more of moderate intensity exercise most days of the week. Active transportation provides an opportunity to be physically active on a regular basis. Don't have enough time? For commutes of about 10 kms or less, cycling time is often comparable to motorized travel. Consider any extra time required as time well spent on physical activity (that you don't have to schedule in later).
- **Social** – active transportation is accessible to Canadians and increases social interactions, especially when combined with the variety of organizations such as Bike to the Future and the Manitoba Cycling Association and Green Action Center who are devoted to representing the interests of cyclists in the province.
- **Transportation** – tired of sitting in traffic? Active transportation reduces road congestion. Think of the stress that will be alleviated from sitting around and waiting for the lights to change or traffic to clear.
- **Environmental** – personal transportation accounts for almost half of the greenhouse gas emissions produced

by households. By turning to your feet or bicycle for everyday travel you can quickly and easily reduce your carbon footprint.

- **Economic** – in the city, the bike travels at half the speed of a car, takes up one tenth of the space on the road, and one twentieth of the parking area. By cycling you are not only saving money on gas and parking but helping to avoid road construction and expansion of parking lots, reducing taxes.

#### Ready to give it a try?

- Ensure your bike is roadworthy; take it to a bike shop if in doubt
- Wear a helmet and bright and/or reflective clothing
- Get familiar with your bike and ride a few times in the evenings and weekends to get comfortable
- Plan your route by referring to a Winnipeg Bike Map or consulting friends, neighbours or co-workers who commute by bike for advice
- Have a bike lock and always lock your bike frame to a bike rack or immovable object
- Be sure to carry identification, cell phone or change for a payphone in case of an emergency
- Decide whether to ride in your work clothes or carry a change of clothes with you
- Appreciate what's around you, it's a whole different world outside your car

Following your walk, cycle or in-line skate to work on June 23rd, join PSP and the Winnipeg MFRC at one of 2 Pit-Stops – one along the Yellow Ribbon Trail at Whyterwold and Silver Ave and the 2nd at the Air Force Heritage Museum on Air Force Way from 0630 – 0900 hrs for giveaways and healthy snacks!

Visit [bikeweekwinnipeg.com](http://bikeweekwinnipeg.com) for more information and to register.

## ANAVETS – ROCKWOOD 303

341 Wilton Street (204) 475-5852

CANADA DAY – JULY 1<sup>ST</sup> 2017

Pancake Breakfast 9:00am – 11:00am

Silent Auction – Tickets Available All Day

#### UNDER THE BIG TOP

Children's Games - 10:00am – 12:30pm

Pipe Band \* Fun Sports \* Meat Draw

Children Welcome 9:00am – 2:00pm

Donkey Races

Bryan James Band 7:30pm-11:30pm

CHASE THE KING OF CLUBS & 50/50

Every Thursday @ 5:30pm

Friday Night Meat Draw @ 7:00pm

Saturday Afternoon Meat Draw @ 3:30pm

BANDS - June 16<sup>TH</sup> & 17<sup>TH</sup> – The Otherside

June 23<sup>RD</sup> & 24<sup>TH</sup> – Vox Phantom

TIMES & EVENTS SUBJECT TO CHANGE

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Chase the Ace  
Tuesday 6pm

Meat Draws  
Wednesday 4:30pm  
Saturday 3pm

Bingo  
Friday & Sunday 6:30pm

Live Bands  
Friday 9pm

Karaoke &  
Double D's Music  
Alternating Saturdays 7pm

# Health & Wellness Challenge – The End Has Come!

Way to go Winnipeg! Over 220 of you registered for the Health & Wellness Challenge brought to you by Health Promotion! One choice at a time, the Challenge made participants more aware of the choices they were making through a couple of weeks in May.

Many participants enjoyed the private accountability and ability to track the decisions they were making. It either highlighted behaviours they were already engaging in, or illustrated areas they could make changes to, should they so choose!

Now this wouldn't be a Challenge without some friendly competition! We received responses from over 40% of challenge participants! Our Health Promotion statisticians have been locked away and when they came out, the winners were (from random draw):

Health Promotion prize pack – MCpl Paul Kelly – 1CAD

\$25 CANEX Gift Card (thanks to SISIP, Winnipeg Branch) – Leona Hladiuk – 23HSvcs Centre and Capt Audry Jordan – 1CAD

Acer Tablet (thanks to Winnipeg CANEX) – Cpl Myrella Dich - WCompt

Thank you to those of you who were up for the Challenge!

Health Promotion would like to hear from you and what you thought of the Challenge, please visit: <https://www.surveymonkey.com/r/RRV5QWS> to share your feedback.

For more information on the Challenge or for ideas to stay active through the summer months, please contact us at (204)833-2500 ext 4150 or [HealthPromo@forces.gc.ca](mailto:HealthPromo@forces.gc.ca)

# www.pspwinnipeg.ca

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1500 - 1900 hrs

*where* **BLDG 90 SOCCER FIELD**

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

17 & 18 August 2017  
0800-1600 hrs & 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**

17 et 18 août 2016

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 (204) 833-2500 ext.4150 or healthpromo@forces.gc.ca

Pour s'inscrire, composez Promotion de la santé le (204)833-2500 poste 4150 ou healthpromo@forces.gc.ca

**STRESS: Take Charge!**  
A Canadian Forces Program  
Le stress: ça se combat!

Want to increase your stress hardiness, enhance your performance, ramp up your resilience?

**Stressed? Take Charge!**  
2 & 3 August 2017  
0830 - 1600 hrs

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

**Le stress: Ça se combat!**  
2 et 3 août 2017  
0830 h à 1600 h

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

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**Mental Fitness and Suicide Awareness**

It's one thing to look after your body. Just don't forget about your mind.

**Mental Fitness & Suicide Awareness: Supervisor Training**  
This course is course coded!  
11 July 2017  
0800 - 1600 hrs

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

**Force Mentale et Sensibilisation au Suicide - Formation du Superviseur**  
Il s'agit d'un cours auquel on a attribué un code!  
11 juillet 2017

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprite.

**Sensibilisation à la santé mentale et au suicide**

**OUTDOOR ADVENTURE PROGRAM**

ALL ACTIVITIES Adults Only 18+

EVENT	DATE	TIME	LOCATION	COST
CANOEING	Saturday, June 10	9 am - 8 pm	Pinawa Channel	Membership \$50
				Non-membership \$55
HIKE	Saturday, June 17	9 am - 6 pm	Spirit Sands sand dunes - Devil's Punch Bowl	Membership \$10
				Non-membership \$15
<b>JULY 2017</b>				
CANOEING	Saturday, July 8	9 am - 9 pm	Upper Coca-Cola Falls	Membership \$50
				Non-membership \$55
ZIP-LINING	Saturday, July 15	9:30 pm - 4:30 pm	Hywire Adventures	Membership \$60
				Non-membership \$65
HIKE	Saturday, July 22	9 am - 6 pm	Pine Point Rapids	Membership \$10
				Non-membership \$15
<b>AUGUST 2017</b>				
CANOEING	Sunday, August 13	9 am - 9 pm	Caddy Lake	Membership \$50
				Non-membership \$55
HIKE	Saturday, August 19	9 am - 6 pm	Falcon Ridge Trail	Membership \$10
				Non-membership \$15
INSANE INFLATABLE	Saturday, August 26	TBA	Red River Exhibition Park	Membership \$75
				Non-membership \$80
<b>SEPTEMBER 2017</b>				
CANOEING	Saturday, September 16	9 am - 6 pm	Brokenhead River	Membership \$50
				Non-membership \$55
HIKE	Saturday, September 23	9 am - 6 pm	Hunt Lake Trail	Membership \$10
				Non-membership \$15
<b>OCTOBER 2017</b>				
ZIP-LINING	Sunday, October 1	9:30 pm - 4:30 pm	Hywire Adventures	Membership \$60
				Non-membership \$65
CANOEING	Saturday, October 14	9 am - 6 pm	Upper Whitemouth River	Membership \$50
				Non-membership \$55
HIKE	Saturday, October 21	9 am - 6 pm	Centennial Lake Trail	Membership \$10
				Non-membership \$15

**TRANSPORTATION IS PROVIDED WITH EACH ACTIVITY.**  
MEET IN THE PARKING LOT OF BLDG 90.  
We go for dinner at a local restaurant after each activity.

**PROGRAMME AVENTURES EN PLEIN-AIR**

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ÉVÈNEMENT	DATE	HEURE	LIEU	COÛT
CANOEË	Samedi 10 juin	De 9 h à 20 h	Chenal Pinawa	Membres 50 \$
				Non membres 55 \$
RANDONNÉE PÉDESTRE	Samedi 17 juin	De 9 h à 18 h	Dunes Spirit Sands - Devil's Punch Bowl	Membres 10 \$
				Non membres 15 \$
<b>JUILLET 2017</b>				
CANOEË	Samedi 8 juillet	De 9 h à 21 h	Chutes Upper Coca-Cola Falls	Membres 50 \$
				Non membres 55 \$
TYROLIENNES	Samedi 15 juillet	De 9 h30 à 16 h30	Hywire Adventures	Membres 60 \$
				Non membres 65 \$
RANDONNÉE PÉDESTRE	Samedi 22 juillet	De 9 h à 18 h	Rapides Pine Point	Membres 10 \$
				Non membres 15 \$
<b>AOÛT 2017</b>				
CANOEË	Dimanche 13 août	De 9 h à 20 h	Lac Caddy	Membres 50 \$
				Non membres 55 \$
RANDONNÉE PÉDESTRE	Samedi 19 août	De 9 h à 18 h	Sentier Falcon Ridge	Membres 10 \$
				Non membres 15 \$
INSANE INFLATABLE	Samedi 26 août	À déterminer	Expédition de la Rivière rouge	Membres 75 \$
				Non membres 80 \$
<b>SEPTEMBRE 2017</b>				
CANOEË	Samedi 16 septembre	De 9 h à 18 h	Rivière Brokenhead	Membres 50 \$
				Non membres 55 \$
HIKE	Samedi 23 septembre	De 9 h à 18 h	Sentier Hunt Lake	Membres 10 \$
				Non membres 15 \$
<b>OCTOBRE 2017</b>				
TYROLIENNES	Dimanche 1 <sup>er</sup> octobre	De 9 h30 à 16 h30	Hywire Adventures	Membres 60 \$
				Non membres 65 \$
CANOEË	Samedi 14 octobre	De 9 h à 18 h	Rivière Whitemouth supérieure	Membres 50 \$
				Non membres 55 \$
RANDONNÉE PÉDESTRE	Samedi 21 octobre	De 9 h à 18 h	Sentier Centennial Lake	Membres 10 \$
				Non membres 15 \$

**LE TRANSPORT EST PRÉVU POUR CHAQUE ACTIVITÉ.**  
LE POINT DE RENDEZ-VOUS SE TROUVE SUR L'AIRE DE STATIONNEMENT DU BÂT. 90.  
Nous allons souper dans un restaurant local après chaque activité.



## Connect with us:

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[www.cafconnection.ca](http://www.cafconnection.ca)

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

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

# Upcoming MFRC Programs and Events

## Nursery School

We offer a play-based, emergent curriculum in both English and French Immersion. Children must be toilet trained and turning 3 by December 31st to enroll. Registration is now open.

September 2017 to June 2018

Mondays, Wednesdays & Fridays

9:00 to 11:30 a.m. - English

1:00 to 3:30 p.m. - French Immersion

Westwin Children's Centre

642 Wihuri Rd

\$60 / month

\$20 annual registration fee

This program is for children ages 3-5 years.

Centre pour enfants de Westwin, 642, ch. Wihuri

Frais annuels d'inscription de 20 \$

60 \$ par mois

Ce programme est destiné aux enfants de 3 à 5 ans.

## Terrific Two's

An introduction to Nursery School created for children ages 2 - 3 years old. This program will be taught by a qualified CCA with focus on sharing, socialization and following direction.

September 2017 to June 2018

Tuesdays and Thursdays

9:30 to 12:00 p.m.

Westwin Children's Centre,

642 Wihuri Rd.

\$50 per month.

\$10 annual registration fee.

Spaces are limited.

## « Terrific Two's »

Une introduction à la prématernelle

Une introduction à la prématernelle pour les enfants âgés de 2 et 3 ans. Ce programme sera enseigné par une éducatrice-adjointe à la petite enfance qualifiée et

porte l'accent sur le partage, la socialisation et suivre les directions.

De septembre 2017 à juin 2018

Les mardis et les jeudis

De 9 h 30 à 12 h

Centre pour enfants Westwin, 642, ch. Wihuri

50 \$ par mois

Frais annuels d'inscription : 10 \$.

Les places sont limitées.

## Tiny Tots Summer Camp

Join us for the best summer ever! Summer camp is for children ages 3-5 years old. Please send along a peanut free lunch and snacks, water bottle, swim suit, towel and change of clothing. Children must be potty trained to attend.

Monday to Friday

Week One: July 17 - 21

Week Two: July 24 - 28

Week Three: July 31 - August 4

Week four: August 8 - 11

10:00 a.m. to 3:00 p.m.

Occasional Child Care Centre, 630

Wihuri Rd.

\$100 per week

Registration deadlines:

Week One: July 13

Week Two: July 20

Week Three: July 27

Week Four: August 3

## Camp d'été « Tiny Tots »

Le meilleur camp d'été pour les enfants âgés de 3 à 5 ans

Veillez faire parvenir un repas, une collation sans arachides, bouteille d'eau, maillot de bain, serviette et vêtements de rechange. L'enfant doit être propre pour participer à ce programme.

Présenté en anglais

Du lundi au vendredi

Semaine 1 : Du 17 - 21 juillet

Semaine 2 : Du 24 - 28 juillet

Semaine 3 : Du 31 juill. - 4 août

Semaine 4 : Du 8 au 11 août

De 10 h à 15 h

Salle de garde occasionnelle, 630, ch. Wihuri

100 \$/semaine, à l'exception de la 4e semaine : 80 \$

Date limite d'inscription : Semaine 1 : 13 juillet, Se-

maine 2 : 20 juillet, Semaine 3 : 27 juillet, Semaine 4 :

3 août

## Colour Me Calm

Think colouring is just for kids? Think again. As an activity, colouring can reduce stress, increase mindfulness, stimulate creativity and connect us with our feelings. Join us for a comfortable evening of colouring and conversation (if you want it). Each new participant will receive a grown-up colouring book and either crayons or coloured pencils to keep. Returning participants may request an additional book for \$15.

Thursday, July 13

6:00 to 8:30 p.m.

\$15 for new participants

Registration deadline: July 6

\*Preregister for childcare ages 18 months to 5 years old

years old. Please note: This event is for adults only. Children may not register for this program.

Please note that space is limited.

## « Colour Me Calm »

Vous pensez que colorier est seulement pour les enfants ? Détrompez-vous ! Les bienfaits thérapeutiques du coloriage sont abondants. Comme activité, le coloriage peut réduire le stress, augmenter la vigilance, stimuler la créativité et peut aider à identifier ses sentiments. Chaque participant recevra un livre à colorier et des craies de cire ou des crayons de couleurs qu'il pourra garder. Veuillez noter : cette activité est réservée aux adultes.

Jeudi 13 juillet

De 18 h à 20 h

15 \$

Service de garde disponible pour les enfants âgés de 18 mois à 5 ans – veuillez réserver vos places d'ici la date limite d'inscription.

Date limite d'inscription : 6 juillet

Les places sont limitées.

Présenté en anglais



Marie-Reine Pelletier and family (Colombe, Hugue and Victor) have tremendously contributed time and skills to the MFRC activities. On behalf of all families, and the staff of the MFRC, a huge thank you! Photo: Supplied

## Today's Trivia Answers

1. New York Mets.
2. Doug Ault.
3. Bill Stoneman.
4. Rusty Staub.
5. Gary Carter and Andre Dawson.
6. Steve Rogers gave up the playoff series home run to Rick Monday in the 9th inning to Dodgers Rick Monday.
7. 12 – Roberto Alomar.
8. George Bell – 308 avg, 47 home runs, and 134 RBIs.
9. Kelly Gruber.
10. Roberto Alomar.
11. Left fielder Mack Jones of the Expos.
12. Jose "Coco" Laboy.
13. John Bateman.
14. Rick Cerone.
15. The Toronto Blue Jays.
16. Liberty Media owns the Atlanta Braves.
17. Jarry Field.
18. Exhibition Stadium in Toronto.
19. Joe Carter at first.
20. Paul Molitor, Roberto Alomar and the batting crown went to John Olerud batting .363.

## PERSONAL CLASSIFIEDS

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# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** When you just do what feels right and don't stop to consider what others will say you are more likely to succeed. People will talk. It's human nature. Luckily, what's right for you is usually better for others as well. Be a role model for authenticity, determination and consideration.

**Taurus (April 20 – May 20):** Commit to staying open-minded and it will be easier to understand other people's choices. Complications keep popping up and additional responsibilities come your way. Practice discernment, detachment and empathy. Help others in practical ways when you can.

**Gemini (May 21 – June 21):** Relax and be patient. Rushing to finalize something may not be in your best interest. Go with your gut. Consider possibilities that seem too good to be true. Something that is just starting will pan out well in the future. Watch for indications of interest and opportunities.

**Cancer (June 22 – July 22):** Share your point of view and reality so that others can understand you. You are not responsible for fixing everything for everyone. We all have lessons to learn. Your destiny does include offering unconditional help, love and support. But it also includes receiving all of this, too.

**Leo (July 23 – August 22):** Avoid assumptions and judgements about life and other people. Things can change in the blink of an eye. Others won't automatically believe what you say. They may question your motives, your story and your abilities. Back up your claims with facts and figures. Be honest. Be "real."

**Virgo (August 23 – September 22):** Your thoughts and expectations influence outcomes. Set your sights high. Believe in yourself even when your progress seems slow. Every step in the right direction is a good one. Show yourself the compassion and respect that you give others. You're doing better than you think.

**Libra (September 23 – October 23):** Something you don't think is special is actually quite rare. Money isn't the only indicator of worth. Spending time in enjoyable pursuits has many hidden benefits. Use your imagination. There is brilliance in simplicity. You don't have to impress anyone, just be true to yourself.

**Scorpio (October 24 – November 21):** Your emotions will shift and change. Reclaim your energy through physical activity and creative endeavors. Look for the simple pleasures in each day. Expect revelations about what is most important to you. Use this new knowledge to create a more authentic life for yourself.

**Sagittarius (November 22 – December 21):** You have a vision and will find ways to "make it so." If you're not as happy as you'd like to be, change your attitude and behavior. Make the most of each day. Arrange a trip for business, pleasure, or both. You'll receive something you've been hoping for.

**Capricorn (December 22 – January 19):** You like the idea of two people being together with the strengths of one complementing the strengths of the other. Establishing this kind of relationship takes time but it is worth the effort. Don't be surprised if someone tells you how much they appreciate you.

**Aquarius (January 20 – February 18):** Focus on work as much as possible. Read contracts carefully. Someone you thought you could rely on may not be around when you need them. You'll be seeing someone in a new light. The words people use can reveal more about them than they realize.

**Pisces (February 19 – March 20):** To create a life you love, you have to be open to change. Either complete outstanding tasks or release the expectation of finalizing what no longer interests you. Write down ideas as they pop into your head and expand on them later. Get creative. Get ready. Get Set. Go!

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# Chaplain's Corner

## When Appearances Become Reality

by Padre E. Dompierre

This article is not for the faint-hearted because it contains graphic images.

You are in a public washroom and you are washing your hands. Someone enters and runs to one of the stalls. You suddenly get a whiff of a terrible smell and you hear something that is just as disgusting. You think to yourself derisively, "He barely made it on time." While you are drying your hands, this person comes out of the stall and leaves quickly, without following basic hygiene rules. This time you think to yourself, "My goodness! That person is disgusting." Then, it is your turn to leave. Ten years later, you are out with friends one evening, and this same person appears before you. The effect is immediate. You feel the same disgust as that day in the public washroom. When you are introduced to the man and he offers his hand, you hesitate so long that the other people present look at you with surprise and the atmosphere becomes uncomfortable. You slowly and hesitantly shake hands with this individual.

"Preconceived notions are laid-down tracks that most people are simply content to follow," said Frédéric Dard. In other words, when we do not ask questions and solely rely on our perceptions, judgment, personal beliefs, appearances, or else hearsay, we endlessly cover the same ground. We go through life believing that we are at the peak of knowledge and full understanding of what is going on about everything and everyone. Stuck inside our comfort zones, we do not feel the need to leave them because we have grasped everything we need to know.

Let us go back 10 years to see what you missed. The individual who entered the washroom after you did had just returned from a trip to a foreign country where he had volunteered his time and expertise to help the local people. He was in the store with his little boy when he felt an urgent need to use the washroom. He was worried that he would not make it on time so he almost ran there dragging along his young son, whom he asked to watch their cart full of groceries and their personal belongings. He was wondering what bug he had caught and worrying about his son. Then, you came out of the washroom without seeing that, the man, who was now standing next to his son, was asking him to move closer to the washroom so he could go back and wash his hands. Although he was more relaxed, he was a little embarrassed to have had a near miss in a public place. Ten years later, when you meet this person again one evening, you refuse to give him an interview for a job in your company for which he was fully qualified, using the excuse that you do not need any staff. Without knowing it, you refuse to hire the person who would have saved you from bankruptcy a few months later.

The moral of the story is that independent thinking is certainly disrupting or even shocking for our own preconceived ideas. It is unsettling to admit that someone may not be the person we imagined and to be forced to restore his or her credibility. However, is it not worth it when the outcome makes us a better human being and our environment necessarily benefits as a result?

## Lorsque les Apparences deviennent la Vérité

by Padre E. Dompierre

Cœurs sensibles, veuillez vous abstenir de faire la lecture de l'article suivant car il contient des images pouvant choquer.

Vous êtes dans une salle de bain publique en train de vous laver les mains. Quelqu'un entre et court à l'un des cabinets. À ce moment, une forte vilaine odeur vous monte soudainement au nez alors qu'à vos oreilles résonnent des bruits tout aussi désagréables. Avec un peu de dérision, vous pensez : « Ma fois, il était moins une. » Alors que vous séchez vos mains, cette personne ressort du cabinet et quitte rapidement, sans appliquer les règles d'hygiène de base. Cette fois vous pensez : « Horreur! Cette personne me dégoûte ». Puis, vous quittez l'endroit à votre tour. Dix ans plus tard, alors que vous êtes avec des amis à une soirée, cette même personne, apparaît devant vous. L'effet est instantané; vous ressentez le même dégoût que ce jour-là dans la salle de bain publique. Lorsqu'on vous présente l'homme et qu'il vous tend la main, vous hésitez de longues secondes. À un point tel que ceux qui vous entourent vous regardent avec surprise et un certain malaise commence à s'installer. C'est avec lenteur et réticence que vous rendez la pareille à l'individu.

« Les idées préconçues sont des rails sur lesquels les individus de déplacent » dit Frédéric Dard. En d'autres termes, si l'on n'est pas curieux et que l'on se fit seulement à nos perceptions, notre jugement, nos croyances personnelles, aux apparences ou encore à des ouï-dire on ne fait que repasser sur les mêmes chemins et ce sans fin. On passe à travers la vie, croyant du haut de nos sommets savoir et comprendre ce qui se passe à propos de tout et de tout le monde. Emprisonnés dans notre zone de confort il n'y a aucun besoin, donc, de se laisser déranger puisque l'on a tout saisi.

Retournons donc 10 ans en arrière pour voir ce que vous avez manqué. L'individu entré dans la salle de bain à votre suite, revenait d'un séjour dans un pays étranger durant lequel il avait donné gratuitement de son temps et de ses connaissances afin d'en aider les habitants. Il se trouvait au magasin avec son petit garçon lorsqu'il se senti soudainement mal avec un urgent besoin d'aller aux toilettes. Inquiet, il couru presque pour s'y rendre trainant à sa suite son petit à qui il demanda de surveiller son charriot rempli de victuailles et de leurs effets personnels. En se questionnant à propos de ce qu'il avait pu attraper il s'inquiéta alors pour son fils. À ce moment vous êtes vous-mêmes sorti de la salle de bain sans voir que l'homme, maintenant près de son garçon, lui demandait de se rapprocher de la salle de bain pour pouvoir y retourner en toute quiétude afin de se laver les mains. Alors qu'il était un peu plus détendu, il ressentit une certaine gêne d'avoir eu ce malaise dans un endroit public. Le soir, où, 10 ans plus tard vous avez rencontré cet individu de nouveau, sous prétexte que vous n'aviez pas besoin de personnel, vous avez refusé de lui accorder une entrevue pour un emploi dans votre compagnie et pour lequel il était tout à fait qualifié. Sans le savoir vous avez refusé d'embaucher celui qui vous aurait évité la faillite quelques mois plus tard.

La morale de cette histoire : L'indépendance d'esprit par rapport à nos propres préconçus est certes bouleversante, voire même choquante. C'est dérangeant d'avouer qu'autrui n'est peut-être pas celui que nous avons imaginé et donc de lui redonner toute sa crédibilité. Pourtant est-ce que le jeu n'en vaut pas la chandelle quand le résultat nous amène à devenir un meilleur être humain et que par le fait même notre milieu en bénéficie nécessairement?

## Faith and Life

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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 Lesley Fox**  
(United Church) - Faith Community  
Coordinator  
ext 5785

**Padre Kevin Olive**  
(Pentecostal)  
ext 5272

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

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#### CHAPLAINS

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

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

**Padre Emanuelle Dompierre**  
(Roman Catholic Pastoral Associate)  
- Mental Health Chaplain  
ext 5086

**Padre Frederic Lamarre**  
(Roman Catholic Pastoral Associate)  
ext 6914

**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.*

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Building 64,  
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EMERGENCY DUTY CHAPLAIN  
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INFO PHONE NUMBER  
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the prompts.

WEBSITE  
Those with access to the DIN can visit  
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## Your 17 Wing Chaplain Team

From left to right:  
Lt (N) Lesley Fox,  
Capt Paul Gemmiti,  
Capt Greg Girard,  
Maj Hope Winfield,  
Capt Emanuelle Dompierre,  
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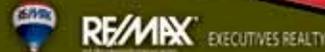
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