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# THE VOXAIR

The Winnipeg Military Community News Source Since 1952

## 402 Sqn Welcomes New CO



Lieutenant-Colonel Ian Perreault, incoming 402 'City of Winnipeg' Squadron Commanding Officer, and Colonel Eric Charron, 17 Wing Commander, inspect members of the squadron during the Change of Command Parade on June 28th, 2019 at 17 Wing. Please see page 2 for complete story. Photo: Cpl Angela Gore, 17 Wing Imaging

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# 402 'City of Winnipeg' Changes Commanders



Lieutenant-Colonel John Schwindt (Outgoing) Commander 402 Squadron (Sqn), Colonel Eric Charron Commander 17 Wing Winnipeg, and Lieutenant-Colonel Ian Perreault (Incoming) Commander 402 Sqn, during the 402 "City of Winnipeg" Squadron Change of Command Parade on June 28th, 2019 at 17 Wing. Photo: Cpl Angela Gore, 17 Wing Imaging

by Bill McLeod, Voxair Manager

The second oldest RCAF unit still operating said farewell to an outgoing commanding officer and welcome to a new one at an outdoor ceremonial parade on the 17 Wing Winnipeg flight line on the morning of June 28, 2019.

Lieutenant-Colonel Ian Perreault assumed command of 402 'City of Winnipeg' Squadron from LCol John Schwindt on a beautiful sunny morning. Colonel Eric Charron, 17 Wing Commander, was the presiding officer and VIPs included Honorary Colonel Brigadier-General (Ret'd) Eldren Thuen and BGen Iain Huddleston, Deputy Commander Force Generation at 1 Canadian Air Division (1 CAD).

Following the arrival of the presiding officer and VIPs, Col Charron reviewed the troops before LCol Schwindt led 402 Sqn for the final time in a March Past. Col Charron presented clasps to Canadian Forces Decorations for some 402 members and a Wing Commander's Commendation before LCol Schwindt made his last presentation to a sqn member.

George Stetina was presented the 402 'City of Winnipeg' Sqn Community Engagement Award by LCol Schwindt for his 21 years of service planning, organizing, and carrying out the Adopt a Veteran program at Deer Lodge.

LCol Schwindt then addressed the sqn for the last time. He said that he would keep his remarks short since he had spoken at length to the sqn the day before.

"I'd like to repeat a quote from a Change of Command parade," LCol Schwindt said. "I heard that you move mountains, so I expect big things from you. I expect to be held to the same standard and for us to get there together, so I'll do my best to not let you down either."

"So, yes, for those that remember two years ago I said those very words standing right here," he continued. "For all those that are here today, and for those that aren't, that are gone from the sqn before us, I would have to say mission accomplished."

LCol Schwindt, originally from the lower Fraser Valley in BC, joined the CAF in 1989 and graduated from the Royal Military College (RMC) in 1994. He served on Sea King helicopters and deployed on the Manitoba Flood, Swiss Air search and recovery, a NATO deployment on OPERATION ALLIED FORCE, and a WEST-PLOY/RIMPAC. He has been involved in CISM soccer and is now the Senior Staff Officer Air Operations Training at 2 Canadian Air Division.

Col Charron addressed the sqn and told a funny story about LCol Schwindt forgetting his dress shoes on top of his car. He went on to talk about how LCol Schwindt was a known entity to him, having worked with him before, and his performance in turning out Air Combat Systems Officers and increasing the serviceability of the aircraft was a testament to both the sqn and LCol Schwindt's leadership. He also related a story of how he was on a Respect in the CAF course with some 402 Sqn members who had told him their CO gave them permission to report him to the Wing Commander directly if they ever thought his values and ethics were not in line with the CAF.

Col Charron then welcomed the new CO, LCol Ian Perreault, and told him he had his full faith and confidence.

"I am extremely honoured and proud to have the opportunity to take command of 402 'City of Winnipeg' Sqn," LCol Perreault said.

"From its very humble beginning as a non-permanent voluntary force from Winnipeg, the Grizzlies, as they called the sqn members, earned a reputation as a fearless fighting unit during the Second World War participating in some of the crucial air battles, notably the

Dieppe Raid and the Normandy Invasion, shooting down 49 enemy aircraft in the process."

LCol Ian Perreault was born in Ottawa, ON. While at RMC he was the assistant captain of the hockey team and remains involved in hockey as a coach of several hockey teams and as a member of a minor hockey association board of directors. LCol Perreault was an artillery officer following RMC where he had two OP PALLADIUM deployments before transferring to Air Combat Systems Officer. He served on the CP-140 Aurora for 12 years in Greenwood before doing the Joint Command Staff College in Toronto and being posted to 1 CAD.

402 'City of Winnipeg' Sqn began in 1932 as 12 Army Co-Operation Sqn flying out of Stevenson Field, which is presently 17 Wing Winnipeg and the Winnipeg International Airport. The sqn was renumbered to No. 112 Army Co-Operation Sqn, No. 2 Canadian Sqn, and 402 Sqn finally in March 1942.

The sqn served as a training unit, flying Avro Tutors, de Havilland Gypsy Moths, and Weston Lysanders. During the Second World War, the sqn flew Hurricanes in a low level attack role where they earned eight battle honours, which includes the Defence of Britain, English Channel and North Sea, Fortress Europe, Dieppe, France and Germany, Normandy, Arnhem, and Rhine.

Post war the sqn has flown Harvards, Vampires, Mustangs, Expeditors, Otters, and the Dakota. The sqn presently flies the CT-142 Dash 8 in the training role.



LCol John Schwindt leads 402 "City of Winnipeg" Squadron for the final time at the Change of Command Parade on June 28th, 2019 at 17 Wing. Photo: Cpl Angela Gore, 17 Wing Imaging

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## Honours and Awards Presented at Parade



Colonel Eric Charron, Commander 17 Wing Winnipeg, presents the Second Clasp to the Canadian Forces Decoration to Sergeant Eric Krievans during the 402 "City of Winnipeg" Squadron Change of Command Parade on June 28th, 2019 at 17 Wing. All photos: Cpl Angela Gore, 17 Wing Imaging



Master Corporal Fraser Cameron received the First Clasp to the Canadian Forces Decoration



Corporal Eugene Clifford received the First Clasp to the Canadian Forces Decoration



Sergeant Anthony Foster received the Wing Commander's Commendation



LCol John Schwindt, outgoing CO of 402, presents the Community Engagement Award to Mr. George Stetina during the 402 "City of Winnipeg" Squadron Change of Command Parade on June 28th, 2019 at 17 Wing



# The Spirit of Ostra Brama Goes Home



(L-R) Maj Michael Bernardo, Deputy Can Defence Attache Poland, Maj Greg Niemczyk, 402 Sqn, Maj Kevin Brown, 1 CAD A4 MOV, Mr. Michael Rozak, Former 17 Wing Heritage Officer, Col Eric Charron, 17 WComd, Capt(N) Ivan Allain, Can Defence Attache Poland pose in front of The Spirit of Ostra Brama. Photo: Submitted

by Martin Zeilig, Voxair Photojournalist

"The Spirit of Ostra Brama is finally home," Colonel Eric Charron, 17 Wing Commander, said about the arrival of the historic DC-3 in Warsaw, Poland, at a ceremony on June 24, 2019.

He was speaking at the ceremony to mark the repatriation of the plane that served as the main aircraft to transport General Kazimierz Sosnkowski (19 November 1885 in Warsaw– 11 October 1969 in Arundel, Quebec), who was the Commander-in-Chief of the Union of Armed Struggle (ZWZ) from July 1943-August 1944 during the Second World War.

Along with Col Charron were Major Greg Niemczyk, 402 Squadron, and Major Kevin Brown, 1 Canadian Air Division (CAD). All three were presented with a Polish Armed Forces silver medal at the ceremony.

Official representatives of the Polish government and military were also present at the event, as was Canada's Ambassador to Poland, Leslie Scanlan.

The ceremony took place outdoors at a military citadel in the Polish capital.

On March 8, 2019, a ceremony, attended by over 100 people including representatives of the Polish government and the local Polish community, was held in 10 Hangar to return the aircraft to Poland on board a huge Antonov cargo aircraft.

"The plane, which once wore dull green war paint and served with the Royal Air Force during the Second World War, has a special place in the history of Poland," wrote Captain Gord Crossley, 17 Wing Heritage Officer, in an earlier article about the send-off ceremony.

"After Poland fell to attacks by Nazi Germany and the Soviet Union in 1939, many pilots in the Polish Air Force were able to escape to France to continue the fight and later escaped to Britain when France was defeated in 1940," he said. "In the RAF, they wore British uniforms with Polish insignia, and served in fighter, bomber, reconnaissance and transport Squadrons throughout the war. 216 Transport Group RAF was tasked with general and VIP transport and had a number of Polish airmen in its ranks.

"Built in Oklahoma City, Oklahoma, in 1943, this aircraft was transferred to the RAF on 24 January 1944. From July to September 1944, the aircraft flew with an all-Polish crew under pilot Jozefa Tyszko. The aircraft carried normal RAF markings with the addition of the Polish Air Force red and white square insignia behind the cockpit, and was named 'Spirit of Ostra Brama'. The aircraft was used as the personal transport of the General Inspector of the Polish Armed Forces, General Kazimierz Sosnkowski.

"After the war, the aircraft was transferred to various RAF units before being acquired by Trans Canada Airlines and brought to Canada for refurbishment by Canadair to civilian airline standard starting on 27 July 1946. The aircraft was subsequently sold to Transair Ltd, repainted, and served for four years with that carrier. It was then sold to Barney Lamb in 1967 and was used for parts. It was removed from the flying registry

in 1970. The aircraft became property of the Western Canada Aviation Museum (now the Royal Aviation Museum of Western Canada), and once its wartime history was discovered, it was transferred to 17 Wing Winnipeg for preservation in 2002.

"In October 2016, the fuselage was moved into a compound on the base to secure it from further damage. Recently, to highlight the past of the aircraft, the wartime markings were re-applied by volunteers at 17 Wing. Using wartime photos of the aircraft as a guide, the name has been painted to the port side of the nose, and the Polish national insignia have been applied to both sides of the fuselage behind the cockpit."

Ostra Brama means "Gate of Dawn" a holy site in the city of Wilno (Now Vilnius, Lithuania) and also refers to Operation Ostra Brama, a battle of the Polish Home Army to free Wilno from Nazi occupation in July 1944.

From the moment the DC-3 was shipped out on March 9, "we were just waiting to hear from the Polish end," Col Charron said a few days after his return from Poland.

"They landed at a military airbase and moved the plane by land transport to Warsaw where it was going to become part of a national museum display," he said.

Everything lined up for June 24 as the day for a ceremony in Warsaw, Col Charron commented.

"Their Minister of National Defence was going to be presiding over the ceremony," he said. "We received formal letters of invitation. This is where matters took quite an unexpected turn."

Col Charron said the formal letter had an added element "that quite surprised us."

The Poles had decided to nominate him, Maj Niemczyk, and Maj Brown, who was the main person trying to come up with different means to repatriate the aircraft originally, with the Polish Army medal.

"We flew to Poland via Air Canada," Col Charron said. "Warsaw is such an historical city. Ninety percent of the city was destroyed during the war. It's a testimonial to the resourcefulness of the Poles that they relied on some 17th century paintings (among other sources) to reconstruct their old town and historical buildings that had been destroyed."

Peter Sosnkowski, the sole surviving son of Gen Sosnkowski also attended the ceremony with one of his daughters, a grand daughter and a daughter-in-law.

Mr Sosnkowski, a retired business executive, lives in southern British Columbia.

After treating the RCAF members to dinner at one of the finest restaurants in Warsaw, they went to see the crypt in St.

John's Cathedral in Warsaw's Old Town where Gen Sosnkowski's ashes are interred.

"I felt a little bit overwhelmed," Col Charron confessed. "The big lesson is that symbols are important. This is significant for the Poles. The Polish Military is undergoing a big revival now. The DC 3 is a rallying symbol for them. Gen Sosnkowski is revered in Poland."

Col Charron would like to recognize the key contributions of cleaning the aircraft and applying some of the original paint and markings by Ghost Squadron members: Don Truman; Robert Arnold; Stand Blady; David Walker; John Hockman; Nick Reeder; and the continuous historical tracking of Capt (Ret'd) Gord Crossley who took over from Capt (Ret'd) Mike Rozak.

"I was included because I helped organize the file and help get the aircraft ready for shipment to Poland," said Maj Niemczyk, a native of Winnipeg, whose parents immigrated to Canada in 1968. "We spearheaded it on behalf of the Wing Commander. The Polish intent is to restore the plane to a better condition. It was great because I haven't been back for 31 years."



Col Charron, Major Brown and Maj Niemczyk were presented a Polish Armed Forces Silver Medal at the ceremony in Poland on June 24. Photo: Submitted



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# Portraits of Courage Members Visit Winnipeg

by Martin Zeilig, Voxair Photojournalist

Christopher D. Goehner, Petty Officer (Ret'd) United States Navy, confesses that returning from Iraq the second time with Post Traumatic Stress Disorder was "very difficult in the beginning."

He provided emergency medical care to more than 1200 injured patients.

In May 2007, during the Surge in Iraq, Sergeant (now retired) Saul Martinez of the United States Army was in a vehicle that was hit by a multiple charge E.F.P IED (Explosively Formed Penetrator/Projectile), instantly killing his two friends SPC Kyle Little and SGT Blake Stephens. Martinez was the only survivor.

The attack resulted in a flurry of wounds and conditions including bi-lateral leg amputations, severe tissue loss, Traumatic Brain Injury (TBI), and severe survivor's guilt, notes his biography.

Both men were brought here June 24-25 by the U.S. Consulate and through a U.S. State Department program.

It was part of the Portraits of Courage tour --- a "vibrant collection of oil paintings and stories by President George W. Bush honoring the sacrifice and courage of America's military veterans --- and highlighting the work of the Bush Institute's Military Service Initiative," says the Portraits of Courage website.

The portraits are also meticulously produced in a hardcover volume and "accompanied by the inspiring story of the veteran depicted," written by President Bush.

"Readers can see the faces of those who answered the Nation's call and learn from their bravery on the battlefield, their journeys to recovery, and the continued leadership and contributions they are making as civilians," says the website.

The actual portraits weren't on display here, although a copy of the hardcover volume is owned by Major Jonathan D. Hoffman, USAF Deputy C/JFACC EA. The US Detachment at 1 Canadian Air Division were instrumental in setting up their local itinerary.

During their time here, Goehner and Martinez were given a tour of 1 CAD and later spoke to a gathering of Canadian and American personnel in Mynarski Hall on the main level of 1 CAD. They were also interviewed on CJOB Radio.

The Canadian War Museum in Ottawa is now hosting a display of the portraits, June 27 through September 5, 2019.

Goehner, who was accompanied by his wife, Laura, and Martinez were interviewed at the BellMTS Iceplex on June 24th following a lesson in sledge hockey by an instructor from Sledge Hockey Manitoba. The two visitors also participated in a pickup game of sledge hockey with some local players.

"It was just a fantastic event being able to be here with a couple of vets who really sacrificed," Tony Pagliai, the US Counsel in Winnipeg, said.

They still show an incredibly strong spirit. They're still very patriotic and care deeply for their brothers and sisters in uniform. It's a great opportunity for us to bring them up here to 1CAD and NORAD to see what our forces do here hand-in-hand. And to share their experiences with US and Canadian personnel here."

Maj Hoffman, who has since posted out to a new base in the US, said being at the Iceplex was a time to relax and have fun and try out something new for Martinez and Goehner.

"It means a lot for me and my co-workers for them to have the two visitors share their story," he said. "Yes, we do serve. But they really gave a lot; and, to hear how they recovered from that is really important for us to know."

Brigadier-General Chris Ireland, the Deputy Commander, Canadian North American Aerospace Defense Region, and Deputy Combined/Joint Force Air Component Commander for 1 CAD, said it was "a pretty unique moment" to be reminded about what the sacrifices are from "what we do for a living" for our countries.

"To have them come up here and share their stories with us was a chance to understand each other at the next level," he emphasized. "What it means to serve in uniform and be sent off to combat. It was a pretty special



Mr. Saul Martinez and Mr. Chris Goehner, centre, take a tour of 1 Canadian Air Division during a town hall on June 24th, 2019 at 17 Wing.

Photo: Avr Tanner Musseau-Seaward, 17 Wing Imaging

moment."

Goehner, 34, who grew up in the farming community of Cashmere, Washington, said the purpose of his and Martinez's visit here was to raise some awareness about what President Bush has done since leaving office by giving back and "showing the resiliency of the 98 guys" he has painted.

"I met President Bush in 2012 as part of the Warrior 100 kilometre, which is an annual mountain bike race that the president does," added the resident of Salt Lake City, Utah, where he works in for the city in Human Resources Information Systems. "I rode mountain bikes with him for three days. What was great about it was the very first day I met him there was a lot fear, a lot of 'what's going on'.

"This is the guy that sent me to Iraq. This is the person I did two deployments for. He showed what leadership is. He said 'If you guys come here and come mountain biking with me and get this much better then that's the whole purpose of this entire thing.' He took responsibility for the things he did and helped us transition into the civilian life. For me that's the mark of a leader.

That's the mark of a man."

"Don't stop and don't give up is what every single story in the book is all about," Goehner continued. "We're all at different stages of recovery. That's why President Bush continues to do on the quarterly leadership development with us. He wants us to get good skills and still be leaders in our community. As President Bush said 'Our time in service did not end when we took off the uniform.'"

Goehner also said he loved being here.

"It was great to go down to The Forks," he observed, noting that he and his wife, who's from South Africa, were looking forward to seeing the display about Nelson Mandela at the CMFHR. "We're glad to be here. We've been treated very well here."

After about a year of rehabilitation, Martinez, who enlisted as an Army Infantryman in 2006, remained on active duty and took on the role of a Warrior Transition Unit (WTU) Squad Leader for another two years, says his bio. There he assisted many soldiers, Marines, and sailors with similar conditions and experiences in their transition out of the military.

In 2009, the mental aspects of Martinez's conditions began to take a toll, says his bio. The realization that he could no longer be an Infantryman, the daily mental and physical struggles that came with being an amputee, and the overwhelming thoughts of an uncertain future, especially the thoughts of how he was going to keep up as a father, became almost too much for him to handle. He went to Montana with Warriors and Quiet Waters Foundation on a therapeutic fly-fishing trip and discovered what would be he and his family's next move after the Army, which was to Bozeman, Montana.

"When I first saw the painting, I immediately thought how much President Bush must have left on that canvas," Martinez, whose portrait was painted from a photograph, said to a reporter. "I thought of his leadership, his time in office and how much he's done for our country and others. How much he put onto that canvas and how helpful that must have been for him because I know what it's done for. I'm an artist myself. And, I know how much I leave on a piece of paper or canvas on a project. It's therapeutic."

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# ASP Provides RCAF Officers with Advanced Technical Background



**Back Row:** MCpl Josh Heilik, Mr Jeff Paul, Mr Dan Sajtos, WO Dave Burrill, Maj Justice Anderson, Capt Ryan Hayes.  
**Front Row:** Capt Hadi Hashempour, Capt Jessica Johnson, WO Ramil Camaclang, BGen Sean Boyle, Maj Maryse Laliberte, Maj Colleen O'Grady, Capt Glen Lodge.  
**Photo:** Supplied

by Martin Zeilig, Voxair Photojournalist

Jeff Paul and his fellow instructors in the Aerospace Studies Program at Barker College have a lot on their collective plates when it comes to teaching their students during the 11 month program.

They teach effective communication, presentations, critical thinking, telecommunication theory, electronic warfare, satellite communication, systems engineering, among other topics.

"It's very challenging," Sergeant Shawn Rogowsky, an Airborne Electronic Sensor Operator, said during an interview in a classroom at the college in late spring. "I've learned a lot. It's filled in a lot of the blanks behind the scenes about project management and procurement. The instructors are all wonderful with a wide variety of backgrounds. They all have something to teach us."

His fellow students agreed.

"It's been very busy, but very rewarding too," Captain Jessica Johnson, an Air Combat Systems Operator who's based in Halifax, NS, said. "I've learned so much. I've been very impressed with how the different courses build on each other. They're not really stand alone."

Warrant Officer Ramil Camaclang, an Aerospace Telecommunications and Information Systems (ATIS) technician said the course gives you an appreciation for the high level of decision making in the CAF.

"It's beneficial for officers and NCOs," he added.

The ASP provides select Air Force officers with the advanced technical background and project management skills necessary for effective engineering management in the modern Air Force, says information provided by Mr. Paul. It encompasses: Scientific & Engineering Fundamentals, Syndicate Projects, Technical Research Papers, Military & Industrial Visits, and Test & Evaluation.

"To provide air force leaders with world class professional and technical education that prepares them to artfully plan and successfully apply aerospace power," says the PDF. "To be recognized for excellence in aerospace education by our graduates, the Canadian Forces and our Allies."

Students begin by studying aerospace. "To better understand the operational requirements of the Air Force, students tour national and international industrial, military, research and development organizations," says the provided material.

"The other major employment area for ASP graduates is Project Management. As such, students produce all of the required documentation in the Defence Procurement Management Process to address a current Air Force capability deficiency. Past topics include: technologies from both the theoretical and systems perspectives. Topics range from Sensors, Communication Systems, Aerodynamics, Operational Analysis and Network Enabled Operations."

The program has been in existence since 1971, said

Paul, a 22 year veteran of the RCAF before transitioning to civilian life several years ago.

"It's undergone many changes over the years, including name changes," he added. "We teach non geeks how to speak geek. We bring operators, navigators, pilots, and some engineers into the school and we spend a year teaching them how to do project management, how to do test and evaluation. We're not teaching them how to be engineers. We're making it so they can talk to engineers. They're that go between with the operational community and the technical community. They act as a translator, if you will. So, we teach courses in human factors, avionics, software engineering, electro-optics, and overlaying all of that is how to communicate effectively in writing and communications."

They also spend three weeks on the road visiting military and industrial aerospace industries in Canada, the USA and Europe, said Paul, who has an undergraduate degree in physics from the University of Victoria, plus Masters Degrees in Engineering and Business Administration, said.

For example, they were in Great Britain this spring visiting various companies, including Rolls Royce, Air Bus, Leonardo (a global high technology company & key player in Aerospace, Defence & Security, notes online information), and others.

"We were there for a whole week," Paul said. "It was a fantastic experience for the students. So, it's really interesting to see how the material we teach in the classroom is applied in industry. We want to develop that critical analysis. We give them the skills necessary and teach them about that critical thinking. So, they're not wowed by it all the time. We have the Aerospace Power Review where each student is responsible for doing a major paper on the topic. They're going to present that to their peers and invited guests. We'll have a keynote speaker too."

"We do a lot on this course. It's a fun place to work. I get paid to talk and my students get paid to listen."

## Exchange Officer Teaches Electronic Warfare at Barker College

by Martin Zeilig, Voxair Photojournalist

As an exchange officer from the United States Air Force, Major Justin Amundson, the Director of Electronic Warfare Programs at Barker College, does not feel like "a stranger in a strange land" living in Winnipeg.

"It's been a very good tour and experience," Maj Amundson, who hails from Lincoln, Nebraska, said during an interview earlier this year. Married with a two year old child, Maj Amundson is half way through a three year tour here.

"Canadians are a very warm, friendly people," he observed. "I'm impressed with the hospitality being a guest in the country. I feel at home. It's almost exactly the same-- the sense of duty to the flag and country, and the ideals we stand for. It's very similar across both countries. I appreciate being part of the alliance here."

That similarity extends to the work he does.

Besides being the Director of EWP, Maj Amundson also directs the Model and Simulation Course.

The EW program is separated into two courses, the Basic EW and the Advanced Operational Electronic Warfare Course, he explained.

"The advanced course is offered twice per year. The online course is available on demand. It's a 90 day course and you finish it at your own pace," Maj Amundson said.

The Basic EW is all done on distance learning.

"It provides the background behind radar and infrared and electronic warfare in general," Maj Amundson said.

"To ensure our space assets have freedom of action to support terrestrial missions, space operations must be conducted with an extensive and superior situational awareness to everything in the environment," notes the introduction to the Basic Information Space Operations module PDF.

"As taught in the Space Control lesson, Space Situational Awareness is one of the key pillars in maintaining dominance in the space domain. This is achieved with a robust and harmonized space situational awareness system. In the United States this task is the responsibility of U.S. Space Command and its Space Surveillance

Network (SSN). It has a network of worldwide sensors to monitor and track the space environment."

"The Advanced Operational Electronic Warfare Course is a three week in-house course that delves more into the advanced theory of radar, communications, electro-optics, infrared and planning considerations for an operation somewhere, specifically suppression of enemy air defences, air defence networks and how to use the electromagnetic spectrum," Maj Amundson said.

"Electronic Warfare is all about how to use the electronic magnetic spectrum, and how to prevent the adversary from using it as well."

To better understand EW, Maj Amundson used the example of having no access to Wi-Fi or data on your cell phone so you're unable to communicate with anyone or find information that you might need, such as the amount of money in your bank account or alerting a friend or your employer that you will be late for a meeting.

"How do you do that without wireless communication," he asked rhetorically.

"Now do that in a military setting. How can you tell where an attack is coming from? How do you communicate with your subordinate units to defend your base? How can you even pass up to your superiors what your status is? Military operations are totally reliant on the electromagnetic spectrum. For communications, radar and sensing and guiding weapons. In the last 10 years we've become even more dependent on it. It's a strength but also a weakness you have to be prepared against."

Technology, and especially wireless technology, is a huge force multiplier because we have access to information in an instant, Maj Amundson emphasized.

"If you take that away, what do you do then?" he continued. "One of the divisions in EW is electronic attack which is denying the adversary the use of the spectrum. So, he can't do any of his sensing communicating. Then, there's electronic protection, and that's protecting our use of the spectrum, such things as protecting buildings and processing into radars so we can mitigate jamming. Hardening cell phones so they can't be shut off."



**Major Justin Amundson, USAF, Director of Electronic Warfare Programs at RCAF Barker College.**  
**Photo:** Bill McLeod, Voxair Manager

"Electronic protection is protecting ourselves against electromagnetic interference. How do we prevent our systems from being degraded?"

It's becoming more and more sophisticated, Maj Amundson observed.

"It's a learning curve. It's an evolving thing. It's a cat and mouse game. We develop a great technology and the enemy finds a way to counter it so we're always trying to figure things out to counter the latest technology and threat."

# Fishing the Red with the WAAM



A youngster is justifiably proud of his fish at the fishing derby hosted by the Walleye Anglers Association of Manitoba for military members and their families.

Photo:Submitted

by Martin Zeilig, Voxair Photojournalist

Master-Warrant Officer Christine McDermid, Communications and Electronics Training 3, 2 Canadian Air Division, encountered, in her words, "some monsters" during a fishing trip on June 1st in Selkirk, 35 kilometres northeast of Winnipeg.

She wasn't referring to fictional creatures one sees in horror movies. The Red River is famous for its huge channel catfish.

MWO McDermid was one of many 17 Wing military personnel and their families, a total of 81 people, taking part in a catch and release fishing derby in Selkirk Park. The event was organized by the Walleye Anglers Association of Manitoba (WAAM) in appreciation for the work done by military members, MWO McDermid.

The WAAM is a family-oriented fishing club based in Winnipeg, notes the organization's website.

Its objectives are, among other things, to develop and promote the sport of fishing for walleye; to make walleye fishing accessible to youth; to promote and develop relationships with corporate business in regards to sponsorship; to promote and encourage ethical fish handling techniques and proper fish conservation.

"Some of us caught Master Angler size fish that day," MWO McDermid said, noting that fishing licences were waved for that day. "WAAM gathered the volunteers. They provided the boats to take us fishing. WAAM paid for our lunch. The volunteers provided us with every-

thing. Just to say thanks to the CAF for flood relief, rescue, anything, protection of the country. It's wonderful."

MWO McDermid noted that the OPI of the event was unable to participate, so he handed it over to her.

"We took the bus, provided for us by WAAM, from the base," she said. Although she doesn't do much fishing during the summer months, MWO McDermid, who lives on the Red River near Ste Agathe, is an avid ice fisher during the winter.

"My husband said they should put a postal code on my fishing shack because I'm always there," she joked.

WAAM volunteers used their own boats during the fishing derby, she said, noting that some of the participants went up the river to fish at Lockport.

"When we all got back for lunch, everybody was with their boat captain," commented MWO McDermid, who mentioned that some people also caught freshwater drum--a fish endemic to North and Central America, says Wikipedia-- that day. "The biggest fish caught was a 39 inch catfish. I caught a 34 inch catfish. We didn't weigh it. But we took lots of photos.

"When you start reeling one in, it starts to fight and goes right under the boat. So, you have to be careful because it can slice your line. It was a beautiful day."

# Winnipeg Members Excel in Racquet Sports

by Martin Zeilig, Voxair Photojournalist

Three badminton players and four squash players from 17 Wing were all medallists for Canada West at the recent Squash and Badminton CAF Nationals. They were all part of Team West at their respective competitions.

The Squash Nationals were held at CFB Greenwood, Nova Scotia, while the Badminton Nationals took place in St. Jean, Quebec. Both competitions were held May 12-17.

Second Lieutenant Cindy Chang, who works at Barker College, and her partner, Lieutenant (N) Justine Aucoin, from CFB Esquimalt, won Gold for Women's doubles in Badminton. 2Lt Chang also was part of the silver medal Team West.

Aviator William Liu won two medals, a silver for Team badminton and gold for Men's Double while Lt Ah-Kane, A6 Ops, 1 Canadian Air Division, won silver for Team badminton. Corporal Gena Parent, 1CAD, won two medals in squash, silver for Women's individual event and silver for Team Squash.

Captain Robert Johnston, Cpl Jason Sheardown and Lieutenant-Colonel Simon Comtois each won a Silver medal for being part of Team West.

LCol Comtois also placed third in the Men's individual event for Squash, while Avr Liu finished third in Men's Singles in Badminton.

2Lt Chang, LCol Comtois and Cpl Parent were interviewed on June 18.

2Lt Chang noted that she played about 12 matches in total, both women's singles and doubles and mixed doubles, during the championship.

"It was a good competition," she said. "Everybody from all the regions had great players. I made good friends with our Canada West team. St. Jean was a great host, and they have excellent PSP staff. We had a big banquet afterwards and everybody was thanking them."

The competition was very stiff, 2Lt Chang added.

"One of the Quebec members got injured and had to sit out the rest of her matches," she said. "I was able to improve in each game, and practise every day and build-up to the women's doubles match. There's a little bit of stress involved, and your adrenaline is going."



2Lt Siting Chang smashes the birdie as partner Lieutenant (N) Justine Aucoin, from CFB Esquimalt looks on. The pair captured gold at in the women's doubles category at the 2019 Badminton Nationals in St. Jean, Quebec. Photo: Supplied

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Cpl Parent commented that she's been playing squash for three years now.

"I started playing the sport at CFB Comox," she said, noting that she faced strong competition in Greenwood.

"It was good to catch up with people too," Cpl Parent said. "The courts in Greenwood were in good condition. They put on a well-organized tournament. There was great camaraderie with the Western Team. We all got along well."

LCol Comtois commented that he played in the open category at the squash nationals.

"We finished second as a team," he said. "Individually, I finished third. It was a great tourney."

He expressed some disappointment at not winning gold in the men's individual squash final because, as he observed, he defeated that same opponent in the team event.

"But, I was happy just to be part of it," said LCol Comtois, noting that he's been playing squash for the past 22 years, including competing in civilian tournaments.

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# Seamless Canada 3 Addresses Improved Health Care Access for Military Families

by Richard E. Gower,  
Military Strategic Communications-  
Personnel and Legal Services

One June 11, the Department of National Defence and Canadian Armed Forces representatives met again in Ottawa with their provincial and territorial counterparts to advance the Canadian Armed Forces' Seamless Canada initiative.

Bringing together Seamless Canada representatives for the third time since the initiative was launched, the Ottawa symposium focussed on finding ways military families can better access health care services when relocated to another province. Participants exchanged best practices and shared current innovative approaches. Delivering health care to military families is a top priority because the greatest number of family members are affected by this particular challenge.

During this latest symposium, the Honourable Harjit S. Sajjan, Minister of National Defence, emphasized his support for the Seamless Canada initiative.

"Looking after the women and men of our Canadian Armed Forces and their families is our top priority," Minister Sajjan said. "Moving for military postings can be a difficult experience for members and their families,



Seamless Canada group photo. Photo: Master Corporal Daniel Merrell

and we are committed to making that easier by resolving issues around relocation. We appreciate being able to work collaboratively with the provinces and the territories to find ways to improve the lives of Canada's military families."

National Defence launched Seamless Canada in June 2018 with the goal of improving the coordination of relocation services across the country for Canadian Armed Forces members and their families.

Seamless Canada continues to build on steps taken by provincial ministries in Alberta, Manitoba, Ontario,

and New Brunswick that enhance services for military families. Other provinces have worked with Military Family Resource Centres to streamline some services in those jurisdictions.

The Province of Alberta has formally appointed a military special envoy for the province and has set up a website with centralized information pertinent to military families. They were also the first province to launch a web portal for military families.

The Province of Ontario is maintaining a dedicated website with information to help military families settle in the province and is actively working towards improving access to primary health care in rural communities.

The Province of Manitoba has made it easier for military families to find supports and services through an updated military portal on the Manitoba government's website and has also appointed a special envoy for military affairs.

The Province of New Brunswick provided additional funding for child care spaces in the province.

The next Seamless Canada roundtable will be held in the spring of 2020, where the focus will be twofold: continuing the discussion on access to health care for military families, and further exploring spousal employment related issues.

# CAF Represented on 75th Anniversary by OP Distinction

by Cpl Amanda Bulmer, Det Dundurn

Corporal Amanda Bulmer was selected to represent 17 Wing Detachment Dundurn at this year's OPERATION DISTINCTION. The operation was the military name for the 75th Anniversary of D-Day, the main parade being at Juno Beach. OP Distinction represented the current serving Canadian soldiers at various World War 2 Memorial Events. The operation ran from May 27 until June 8 with 12 different events. There were approximately 300 Canadian members for these parades, making up parade groups, full band and flag party. Here is her experience in her own words.

The first stage of the event was in Ottawa, Ontario. This is where the members all met and began our practices at the Cartier Square Drill Hall, forming into two Parade Squadrons and running through the parades. It was an excellent experience for myself personally to train with such a diverse group. The operation included members from all Elements and Components of the Canadian Armed Forces. Many of the members were from Regiments that were involved in the Second World War.

Once we arrived in France, our first location was Beny-sur-Mer Canadian War Cemetery. This was an amazing experience for me. Many of the candidates on the Operation had family members buried there and all of the regiments had specific memorials. The graves were organized by unit as best could be accommodated

and the grounds were constantly maintained. This was eye-opening for us all. Some of the graves were unidentified and some members were buried together as they could not identify between members in some plane crashes or explosions. On the day of the parade, many French citizens attended the ceremony in respect of Canada's efforts during the war. It was amazing to see the appreciation and respect that France, as a country, has for Canada.

The second ceremony I attended was at Bretteville-sur-Laize Canadian War Cemetery. For me, this was the most touching ceremony. They had recently uncovered the remains of a Canadian soldier from the war, who was not buried at the time. Members of the soldier's family were brought to France in order to have a small burial ceremony. This event was very intimate and had many veterans in attendance.

On June 6, we attended the Juno Beach Parade. This parade was astounding. The 35 veterans in attendance were back on Juno beach for the first time since the battle. The memorial videos at the beginning of the parade put the entire audience in the mindset of different people during that time. It looked back on family members and specific soldiers' stories and recollected different battles, through annotated recordings. This gave us a

chance to try and imagine, as well as we could the circumstances of the war.

The final ceremony I attended was in a small town in France. It was a plaque unveiling for an RCAF member who was buried at his airplane's crash site. The memorial plaque was recently placed at the memorial. This ceremony was much different than the others. It was only 6 air force members (including myself) who attended and the ceremony consisted of young elementary school students speaking, as well as the town's mayor. This was the only ceremony that was not translated, yet I could feel the appreciation and understanding the locals had for this event. They were extremely glad that the Canadian Forces sent representation to their town and hosted us afterwards to thank us for attending.

I had many new experiences during this Operation and had the opportunity to see the importance of our service and the sacrifice many soldiers have given so that we may live the lives we do today. It was something I will never forget and will hopefully affect outlook on my career and on my life as a whole.



Members of the Canadian contingent participate in a plaque unveiling ceremony in Couterne, France on June 7, 2019, commemorating 75 years since the involvement of the RCAF in the battle of Normandy.

Photo: Cpl Eric Girard, Canadian Forces Combat Camera

## Legion Poppy Fund Blooms for MFRC and VTS



Ted White, a member of the Transcona Branch #7 Legion, presents cheques from the Poppy Fund to Kylee Van Zeyl, Treasurer of the Winnipeg MFRC, for the MFRC and Veteran's Transition Services on Thursday, July 4, at the MFRC's monthly coffee break. Photo: Bill McLeod, Voxair Manager

# Around The Wing



2 Canadian Air Division Command teams at the 2 CAD 10th Anniversary Dinner at 17 Wing on June 27th, 2019. (Left to right) Brigadier-General Rick Pitre, Major (retired Chief Warrant Officer) Bill Dalke, CWO (Retired) Debra Matthews, BGen (Retired) Bruce Ploughman, CWO (Retired) Pierrot Jette, BGen David Cochrane, CWO Jean-Claud Parent, BGen Mario Leblanc and CWO David Hall. Photo: Cpl Bryce Cooper, 17 Wing Imaging



16 Hangar was full of training aircraft at the 2 Canadian Air Division 10th Anniversary Dinner at 17 Wing on June 27th, 2019. Photo: Cpl Bryce Cooper, 17 Wing Imaging



Royal Canadian Air Force Commanding Officer, Lieutenant-General Al Meinzing speaks during the 2 CAD 10th Anniversary Dinner at 17 Wing on June 27th, 2019. Photo: Cpl Bryce Cooper, 17 Wing Imaging



2 Canadian Air Division Commander, Brigadier-General Mario Leblanc speaks during the 2 CAD 10th Anniversary Dinner at 17 Wing on June 27th, 2019. Photo: Cpl Bryce Cooper, 17 Wing Imaging



17 Wing Community Recreation Outdoor Adventures have begun again this year. On July 6, a group of adventurers went out to Caddy Lake on a day canoe trip. (L-R) Adrian of Wild Harmony Canoe Adventures, Stephanie, Ashley of Community Recreation, Andrea, Helen, Glen, Janice, Jane, Richard, Erin and Dan pose for a photo on Caddy Lake, Manitoba. The next canoe trip will be July 20. Please check with Comm Rec or at [cafconnection.ca/winnipeg](http://cafconnection.ca/winnipeg) for further information. Photo: Bill McLeod, Voxair Manager



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Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez [ConnexionFAC.ca](http://ConnexionFAC.ca) ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au **1-800-866-4546**

# MFRC helps welcome newcomers to Winnipeg

by Kelly Lalonde, MFRC Staff

Picture your favorite, most comfy pair of shoes. You know, the shoes that recently carried you through familiar doors and over familiar trails – in all of those places you were before you arrived in Manitoba. They have supported you on your journey to get here and now find themselves standing on Manitoba ground. If only your shoes could talk, they may ask, now what? Gone are the familiar places they once knew....the office, running trail, school, daycare, grocery store, dentist office.....so where will they take you now?

**Step 1: Head in the direction of the Winnipeg Military Family Resource Centre (MFRC).** We are open Monday to Friday, 8:30 am – 4:30 pm and would enjoy chatting with you about your interests and how we may be able to connect you with programs, services and social circles to help establish familiar ground once again. Drop in or call Kelly, Newcomer Coordinator at 204-833-2500 x 4515 to prearrange an appointment.

**Step 2: Connect.** Consider connecting to the community one family at a time. We can match you with a Volunteer Sponsor Family as part of the RCAF Family Sponsor Program. They will connect with you to introduce themselves and offer to be a friendly, familiar resource to help you in settle and become familiar with life in Winnipeg and surrounding areas. Contact Kelly if you are interested.

Connecting your school aged children (ages 6-12) to other children during the summer months is made easier because of our Summer Youth Centre drop-in day programs running at both youth centres. Our North Side Youth Centre at 102 Comet Street is open Monday, Wednesday and Friday from 10:00 am to 4:00 pm with field trips on Wednesdays for an additional cost. Our South Side Youth Centre at 347 Doncaster Street is open Monday thru Friday from 10:00 am to 4:00 pm. Your cost is only \$20/year giving you access to both the North and South Side Youth Centres for the summer as well as over the fall, winter and spring. The hours at both locations will shift in September to be open in the evenings instead of during the day.

You can also connect one event at a time. We would be happy to see you at any of our regular community events. Our drop in events include our Community Coffee is held on the first Thursday morning of every month from 10:00 – 11:00 am. Upcoming dates include August 1 and September 5. Summers are BBQ time, so slip those comfy shoes on and head over to MFRC Summer Lunch BBQ's every second Thursday in the MFRC parking lot between 11:30 am and 1:30 pm. Upcoming dates are July 11, 25, August 8 and 22. We serve up classic BBQ options including smokies, hamburgers, chicken burgers, a vegetarian option, soft drinks and chips all

by donation. The 17 Wing Fall Fair will be on Saturday, September 14 from 09:30 am – 2:00 pm. You do not want to miss the annual Fall Fair as it offers fun for all ages and is a great way to connect to the community at 17 Wing.

The MFRC hosts many affordable programs and events that provide opportunities for you to network, have fun and feel supported as you transition to life in Winnipeg. Our fall Community Connections program guide will be distributed in August to all of the cleared in families. We hope that you find something that is of interest to you. Here are just a few up-coming events requiring registration. Call our reception at 204-833-2500 x 4500 or drop in to confirm registration deadlines.

**Helping Families - Join us along with a few RCAF Volunteer Sponsor Families to help out at Winnipeg Harvest on Thursday, August 15 from 6:00 pm – 7:30 pm.** We will be led on a tour to learn how they are helping to fight hunger in the city. After the tour we will work together on an activity such as sorting donations, packaging non-perishable food items or bagging bulk items in support of the work they do.

**Make Ahead Meals – Stock your freezer with a few easy, healthy meals that we will help you prep.** Come with your mixing bowls, measuring cups, spoons and apron. Leave with a few meals that will be ready to go from your freezer to your oven for only \$40. Sunday, August 11 from 1:00 – 3:00 pm.

**Sunset Goose Flight - Join us at Fort Whyte Alive on Wednesday, October 9 to reconnect with nature and witness the magic of fall migration.** Watch as the sun slowly disappears below the horizon and geese begin landing on the lake at sunset in this annual breathtaking display. We will meet at the Interpretive Centre starting at 5:30 pm for BBQ snacks and beverages before taking in a short interpretive presentation around 6:15 pm. Then be prepared to be amazed as we head outside to watch the show. \$5/person.

**Step 3: Explore with us, or explore on your own.... but do explore! (show those comfy shoes something new!)** Here are some suggestions from outgoing families

of great places that they enjoyed exploring during their time in Manitoba. Great places to swim include Bird's Hill Provincial Park, Winnipeg Beach, Patricia Beach, Grand Beach, Transcona Aquatic Park, Kildonan Park Outdoor Pool and Westdale Outdoor pool. Great places to let your dog run off leash include Little Mountain Dog Park, Charleswood off leash dog park and Maple Grove off leash dog park. Great places to visit on a day trip include The Forks, Pinawa Dam, Rainbow Falls, Gimli, Falcon Lake and Kenora. Great places to fish include Lockport, Seven Sisters Falls, Pinawa Dam and Lake of the Woods. Great places for a picnic include King's Park, Kildonan Park, LaBarriere Park, St. Vital Park, Beaudry Provincial Park and Fort Whyte. Great places to experience the arts and culture include Royal Manitoba Theatre Centre, Royal Winnipeg Ballet, Winnipeg Symphony Orchestra, Manitoba Theatre for Young People and many live music venues featuring local and touring artists in every genre. Remember that there is lots to explore and do even once the weather changes, from ice skating, to snow shoeing and cross country skiing as well as the famous Festival du Voyageur. There are so many options in and around Winnipeg.

We hope your comfy shoes lead you to our door! Welcome to Winnipeg from everyone at the Winnipeg MFRC.

## Sports Trivia

### Touching all the Bases

by Stephen Stone

*In honour of my favourite sport, let's grab some peanuts and Cracker Jacks and play some ball with questions about baseball's pitching and hitting records.*

1. Only two pitchers who recorded 3,000 or more strike outs in their career are not in the Hall Of Fame, mainly for reasons outside of baseball. Who are they?
2. Who is the most recent member of the 3,000 strike out club?
3. Who are the only three lefties to toss 3,000 or more strikeouts in Major League Baseball?
4. Who are the only members of the 4,000 or more strikeout club in the MLB?
5. Who was the first pitcher to toss 3,000 or more career strikeouts?
6. Who was the second pitcher to join the 3,000+ club?
7. Who is the only member of the 5,000 K club? This is your gimme.
8. Who was the first member of the 3,000 hit club?
9. Who was the last MLB player to record baseball's batting triple crown twice?
10. Who was the last pitcher to win baseball's pitching triple crown twice? He did it in consecutive years.
11. Who was the first unanimous choice for election into Major League Baseball's Hall of Fame?
12. How long is the waiting period for eligibility into baseball's Hall of Fame?
13. Who were the first players selected to baseball's Hall of Fame in 1936?
14. In which years was no one elected to Baseball's Hall of Fame?
15. Who was the only player elected to the Hall of Fame in 1988?
16. Who holds the career record for pick-offs by a catcher with 81?
17. Who holds the record for most Gold Glove awards for a shortstop?
18. Who holds the record for most Gold Glove awards for a third baseman?
19. New York Giants pitcher Carl Hubbell had an amazing win streak of 24 consecutive games in the 1930s. Which American League pitcher came close with 20 consecutive wins between the 1998 and 1999 seasons?
20. In 1968 Bob Gibson of the Cardinals had an amazing 1.12 ERA. Which American League pitcher in the 1981 threw a paltry 1.04 ERA?

**Sports Trivia Answers on page 14**



## CALENDRIER COMMUNAUTAIRE

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**31 juillet** • Cinéma sous les étoiles à La Broquerie  
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**8 août** • Tournoi de Golf Lucien-Guénette • FAFM  
**18 août** • Garden Party 2019 • Maison des artistes visuels

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**Du 11 au 14 juillet** • Folies grenouilles • Saint-Pierre-Jolys  
**Du 19 au 20 juillet** • Festival d'été Cheyenne  
 • Sainte-Agathe  
**31 juillet** • La Brise Métisfest • La Broquerie  
**Du 11 au 17 août** • Pavillon canadien-français au CCFM  
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# College Corner



## AFOD Block 5 Celebrates 1000th Student

The Royal Canadian Air Force RCAF W/C William G. Barker VC Aerospace College passed an important milestone in the life of the Air Force Officer Development (AFOD) programme recently, graduating its 1000th student. AFOD covers a variety of topics including RCAF operations, communications skills, leadership, and management.

Overall, AFOD's goal is to provide a broad-based education piece to better equip Royal Canadian Air Force (RCAF) Captains as they proceed to senior positions in the RCAF and the Canadian Armed Forces. Knowledge of the Operational Planning Process (OPP), critical thinking, communication strategies, and how the Army, Navy and RCAF work are all important elements of this five-part program that combines both Distance Learning and residential portions.

AFOD Blocks 1 through 4 are on-line courses that build the foundation of this knowledge. The residential AFOD Block 5 course, taught here at the Barker College, includes briefings from a variety of senior officers and NCMs as well as University academics. It covers the OPP in some detail and provides an opportunity to practice critical thinking skills and discuss leadership scenarios. Student feedback, plus changes in RCAF doctrine, policies, and senior direction, drives ongoing revision and improvement of the AFOD programme to ensure that RCAF Captains receive up to date instruction.

The AFOD programme continues to produce better and more rounded officers for the critical and complex jobs demanded by the RCAF.

## RCAF Barker College News

### HONOURED TO GIVE BACK TO THE MEMBERS OF OUR CANADIAN FORCES

17 Wing Winnipeg CF members receive a \$35 initial exam and 10% off professional fees thereafter\*



@seasonsvetclinic 8-655 Sterling Lyon Parkway, Winnipeg, MB (across from IKEA) 204.477.1293 seasonsvetclinic.com

\* for all CF members | valid Mil. ID required | taxes not included

**Looking for a fulfilling part-time job as a mentor and role model?**

Transfer components to the Cadet Instructor's Cadre before retiring from the CAF to directly apply your skills to the Air Cadets as you guide them to become leaders of tomorrow!

If you'd like to know more, contact: (204) 226-0139 or 220air@cadets.gc.ca

## MILITARY SECOND LANGUAGE TRAINING PROGRAM (MSLTP) COURSES AVAILABLE AT 17 WING



## PROGRAMME MILITAIRE D'ENSEIGNEMENT DES LANGUES SECONDES (PMELS) COURS OFFERTS À LA 17<sup>E</sup> ESCADRE

PROGRESS LEVEL 1 FRENCH	COURS DE FRANÇAIS - NIVEAU DE PROGRÈS 1
<b>5 September – 15 November</b> This 150-hour Progress Level 1 (PL1) French class will be held afternoons only (Mon to Fri, 1230 to 1600 hrs). This course applies to members who do not have any or have very little linguistic abilities in French.	<b>5 septembre – 15 novembre</b> Ce cours de français de 150 heures permettant d'atteindre le NP1 sera donné en après-midi de 12 h 30 à 16 h 00 du lundi au vendredi. Ce cours s'adresse aux membres qui n'ont aucune connaissance ou très peu d'habiletés en français.
PROGRESS LEVEL 2 FRENCH	COURS DE FRANÇAIS - NIVEAU DE PROGRÈS 2
<b>3 September – 25 October</b> This 150-hour Progress Level 2 (PL2) French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs). <b>Prerequisite:</b> Successful completion of a PL1 course or a PL2 oral placement test within the previous 12 months.	<b>3 septembre – 25 octobre</b> Ce cours de français de 150 heures permettant d'atteindre le NP 2 sera donné en matinée de 07 h 30 à 11 h 55, du lundi au vendredi. <b>Préalable :</b> Avoir réussi le cours permettant d'atteindre le NP1 ou avoir atteint le NP2 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
PROGRESS LEVEL 3 FRENCH	COURS DE FRANÇAIS - NIVEAU DE PROGRÈS 3
<b>28 October – 19 December</b> This 150-hour Progress Level 3 (PL3) French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs). <b>Prerequisite:</b> Successful completion of a PL2 course or a PL3 oral placement test within the previous 12 months.	<b>28 octobre – 19 décembre</b> Ce cours de français de 150 heures permettant d'atteindre le NP 3 sera donné en matinée de 07 h 30 à 11 h 55 du lundi au vendredi. <b>Préalable :</b> Avoir réussi le cours permettant d'atteindre le NP2 ou avoir atteint le NP3 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
PROGRESS LEVEL 5 FRENCH	COURS DE FRANÇAIS - NIVEAU DE PROGRÈS 5
<b>3 September – 25 October</b> This 150-hour Progress Level 5 (PL5) French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs). <b>Prerequisite:</b> Successful completion of a PL4 course or a PL5 oral placement test within the previous 12 months.	<b>3 septembre – 25 octobre</b> Ce cours de français de 150 heures permettant d'atteindre le NP5 sera donné en matinée de 7 h 30 à 11 h 55, du lundi au vendredi. <b>Préalable :</b> Avoir réussi le cours permettant d'atteindre le NP4 ou avoir atteint le NP5 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
PROGRESS LEVEL 6 FRENCH	COURS DE FRANÇAIS - NIVEAU DE PROGRÈS 6
<b>28 October – 19 December</b> This 150-hour Progress Level 6 (PL6) French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs). <b>Prerequisite:</b> Successful completion of a PL5 course or a PL6 oral placement test within the previous 12 months.	<b>28 octobre – 19 décembre</b> Ce cours de français de 150 heures permettant d'atteindre le NP6 sera donné en matinée de 7 h 30 à 11 h 55, du lundi au vendredi. <b>Préalable :</b> Avoir réussi le cours permettant d'atteindre le NP5 ou avoir atteint le NP6 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
B LEVEL MAINTENANCE COURSE (MACQ B) – FRENCH	MAINTIEN DE L'ACQUIS (MACQ NIVEAU B)
<b>19 August – 30 August</b> This 20-hour French MACQ B class will be held mornings only (Mon to Fri, 0730 to 1000 hrs). <b>Prerequisite:</b> Valid B profile in oral proficiency.	<b>19 août – 30 août</b> Ce cours de français 20 heures sera donné en avant-midi seulement (du lundi au vendredi de 7 h 30 à 10 h). <b>Préalable :</b> Détenir un niveau B valide en compétence orale.
SECOND LANGUAGE EVALUATION – PREPARATION FOR ANGLOPHONES	PRÉPARATION À L'ÉVALUATION DE LA LANGUE SECONDE POUR ANGLOPHONES
<b>19 August – 30 September</b> This 90-hour Second Language Evaluation Preparation French class will be held Mon-Fri, 1230 to 1530 hrs. The objective is to refresh the French Second Language skills of CF members whose language profiles are about to expire and to prepare them for the Public Service Commission (PSC) Second Language Evaluation (SLE) tests. <b>Prerequisite:</b> Candidates should have a minimum of a valid "B" profile in Oral Proficiency that is within one year of expiration and have been placed at least at NP5 on the oral placement test within the previous 12 months.	<b>19 août – 30 septembre</b> Ce cours de 90 heures se donne du lundi au vendredi, de 12 h 30 à 15 h 30. Il a pour but de permettre aux militaires, dont le profil linguistique arrive à échéance, de remettre à niveau leurs connaissances en français, langue seconde et de les préparer à l'évaluation de langue seconde (ELS) de la Commission de la fonction publique (CFP) <b>Préalable :</b> Posséder un profil linguistique valide qui comprend au moins le niveau « B » pour l'expression orale et arrivant à échéance au cours des douze mois suivants ou avoir atteint le NP5 à la suite d'un test de placement oral ayant eu lieu au cours des douze mois précédents.
PROGRESS LEVEL 5/6 ENGLISH	COURS D'ANGLAIS- NIVEAU DE PROGRÈS 5/6
<b>2 August – 16 September</b> This 150-hour PL5 and PL6 English class will be held full-time (Mon to Fri, 0730 to 1530 hrs). <b>Prerequisites:</b> Successful completion of a PL4 course, a PL5 or PL6 oral placement test within the previous 12 months.	<b>12 août – 16 septembre</b> Ce cours d'anglais de 150 heures permettant d'atteindre le niveau de progrès 5 (NP5) et 6 (NP6) sera donné de 7 h 30 à 15 h 30, du lundi au vendredi. <b>Préalables :</b> Avoir réussi le cours du NP4, avoir atteint le NP5 ou NP6 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.

**ELIGIBLE PERSONNEL** – Second language courses taught at the LTC are open to: CF personnel (RegF and PRes), DND public service employees, adult dependents of CF personnel and PSP personnel.

NOTE: as there are special conditions applicable to each course, please contact Valérie Laforest (ext. 5822) for additional details or questions.

To the extent practicable, the LTC attempts to conduct the training required when it is convenient for our clientele. If you don't see what you need when you need it, contact us and we'll do our best to accommodate you.

<http://17wing.winnipeg.mil.ca/cms/en/home/winginfo/wingadmin/WCOL/oltrgn.aspx>

**PERSONNEL ADMISSIBLE** – Les cours de langue seconde que donne le Centre de formation Linguistique (CFL) s'adressent aux militaires (F rég et P Rés), aux fonctionnaires du MDN, aux adultes à charge du personnel des FC et aux membres du personnel de PSP.

N.B. Étant donné que des conditions particulières s'appliquent à chaque cours, on vous demande de communiquer avec Valérie Laforest (poste 5822) pour obtenir des renseignements supplémentaires.

Dans la mesure du possible, le CFL essaie de donner la formation nécessaire au moment qui convient aux clients. Si le cours dont vous avez besoin ne se donne pas au moment opportun, communiquez avec nous et nous ferons de notre possible pour répondre à vos besoins.

<http://17wing.winnipeg.mil.ca/cms/fr/home/winginfo/wingadmin/WCOL/oltrgn.aspx>

# cafconnection.ca/winnipeg

## TOURNOI DE GOLF du PSP

# GOLF TOURNAMENT

at Teulon Golf Course • au club de golf de Teulon

**FRIDAY JULY 19 JUILLET 2019**

**Tee-off: 0900 hrs • Départ : 9 h**

**\$55 per person** \$35 Green Fees  
\$5 Random Prizes  
OPTIONAL \$15 SHARED GOLF CART RENTAL

**55\$ par personne** 35 \$ frais d'entrée  
5 \$ prix de participation  
OPTIONNEL 15 \$ VOITURETTE DE GOLF PARTAGÉE

To register & make payment go to • Pour s'inscrire et payer, visitez :  
<http://bk.cfpsa.com/winnipegpub/courses/index.asp>

DEADLINE: Friday 12 July, 1600 hrs • DATE LIMITE: le vendredi, 12 juillet à 16 h

**INFO** Dawn Redahl ext./poste 5511 • Dawn.Redahl@forces.gc.ca

## HEALTH & PHYSICAL FITNESS FOR LIFE!

## SANTÉ ET CONDITIONNEMENT PHYSIQUE POUR LA VIE!

# TONIE

## 3KM WALK / 5KMRUN

## MARCHE / COURSE

IN SUPPORT OF GCWCC • À L'APPUI DE LA CCMTGC

# AUGUST 28 AOÛT

BLDG 90 PARKING LOT • PARC DE STATIONNEMENT DU BÂT 90

0745 hrs – Warm-up / 0800 hrs – Start  
07 h 45 – Réchauffement / 08 h 00 – Commencement

**ONLY \$2** / **SEULEMENT 2 \$**

Light snack at finish / Collation légère à la fin!

Open to CAF Members, DND employees, & Military Family • Les militaires, leurs familles et les employés civils du MDN peuvent y participer.

Devon Klassen • Devon.Klassen@forces.gc.ca • ext./poste 2455

## Stressed? Take Charge!

Le stress: Ça se combat!

20 & 21 August 2019  
0830 - 1600 hrs  
20 et 21 août 2019  
08h30 à 16h00

Want to increase your stress hardiness, enhance your performance, ramp up your resilience?  
Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

For more information or 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

Recycle or pass along this newspaper when you're done.

## 17 Wing Community Recreation

# Aquatic DAY CAMP

### Sports & Games

**INCLUDES:**

- co-operative games •
- LOG – relays, a regatta •
- swim sport workout • diving •
- synchronized swimming •
- water polo • boating •
- triathlon training •

**CAMP DAY 9 am - 4 pm**  
Before care 7:30 am - 9:00 am / After care 4:00 pm - 5:30 pm

AN ACTION-PACKED WEEK OF AQUATIC SPORTS & GAMES FOR YOUTH WHO LOVE THE WATER!

**Monday, July 15 to Friday, July 19 or Monday, August 12 to Friday, August 16**

**Youth 10-14 yrs**

**Pre-requisites:** Must be ten years of age on the start date of camp & must be able to swim two lengths of the lap pool non-stop, no touching and tread water for one minute OR Be comfortable wearing a pfd and be comfortable in deep water

Membership \$150 per week per child  
Non-membership \$170 per week per child

**JOIN US FOR A WEEK OF FUN, FITNESS & FRIENDSHIP.**  
Sports, games, swimming, movie, lunch & more!

**REGISTRATION:**  
[www.cafconnection.ca/winnipeg](http://www.cafconnection.ca/winnipeg)

Membership & Military - begins Wednesday, April 10 •  
Non-membership - begins Wednesday, April 24

## RESPECT IN THE CAF WORKSHOP

## RESPECT DANS LES FAC

25 July 2019 / 25 juillet 2019  
0800 - 1600 hrs / 08h00 à 16h00

The "Respect in the CAF" workshop is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims.

L'atelier « Respect dans les FAC » vise à promouvoir le respect au sein des FAC en favorisant la prise de conscience et la compréhension pour encourager les membres à lutter contre l'inconduite sexuelle et à soutenir les victimes.

*This course is Coded! Il s'agit d'un cours auquel on a attribué un code!*

For more information or 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

## CEB GOLF CLUB LUNCH MENU

**HOT DOG - \$3.50**  
**PEROGIES - \$7.50**  
**CFB CHEESEBURGER - \$6.00**  
**PLATE OF FRIES - \$3.50**

**SIDE OF FRIES - \$2.00**  
**ADD CHEESE \$0.50**  
**ADD BACON - \$1.50**  
**ADD LETTUCE, TOMATO, MAYO \$0.50**

**Kitchen Hours:**  
Tuesdays 1100-1300hrs  
Saturday & Sunday 1100-1300hrs

Effective 16 July  
Tuesday - Thursday 1100 - 1300hrs  
Saturday & Sunday 1100-1300hrs

## Summer Sports DAY CAMP

Tuesday, July 2 to Friday, August 23

Before Care 7:30 am - 9 am  
Camp Day 9 am - 4 pm  
After Care 4 pm - 5:30 pm

**JOIN US FOR A WEEK OF FUN, FRIENDSHIP & FITNESS**  
Sports • Crafts • Games • Swimming • Movies • Trips • Lunch & MORE!  
All sports equipment is child-sized.

FIELD TRIPS MAY INCLUDE: HIDE 'N SEEK, FLYING SQUIRREL INDOOR TRAMPOLINE, DRAGON BOAT/KAYAKING, KILDONAN WATERPARK, OAK HAMMOCK MARSH, STONEWALL QUARRY BEACH, ACADEMY LANES BOWLING

**ROOKIES • 6 - 8 YEARS**  
Children need to be the age on the start date of camp (special consideration to Military dependants born in the latter half of 2012)

**Varsity • 9 - 10 YEARS**  
Children need to be the age on the start date of camp

**ELITE • 11 - 13 YEARS**  
Children need to be the age on the start date of camp

**PRICE**  
MEMBERSHIP \$140 per week, per child  
NON-MEMBERSHIP \$160 per week, per child

All prices include before & after care. Payment plan is available.

For more information: 204.833.2500 ext. 5139 or 2057

**Registration:** [www.cafconnection.ca/winnipeg](http://www.cafconnection.ca/winnipeg)

Membership & Military - begins Wednesday, April 10 • Non-membership - begins Wednesday, April 24

## RECREATION LEADER TRAINING

### 16 YEAR OLDS \* 4 WEEK PROGRAM

MUST BE 16 YEARS OF AGE ON THE START DATE OF TRAINING

**Challenge & facilitate the development of leadership skills through a fun & hands-on experience!**

With a supportive and encouraging staff, participants will spend time leading in some areas of camp and will take part in day-to-day sports and activities.

## July 22 - Aug 16 \* 9 am - 4 pm

PREPARE, TRAIN & CERTIFY YOUTH FOR POTENTIAL EMPLOYMENT AS RECREATION LEADERS

**TRAINING**

- Behaviour management techniques
- Control of group
- Lesson plans for games & activities
- Leadership
- Culture of respect & inclusion
- Child & vulnerable adult protection

**PRACTICAL CERTIFICATIONS**

- Safeguard
- Swim-to-Survive
- Swim-to-Survive Plus
- Standard First Aid with CPR-C/AED certification
- NCCP - FMS certificate (National Coaching Fundamental Movement Skills)
- HIGH FIVE certification (Nationally recognized certification on Recreation Programming)

**Membership \$440 • Non-Membership \$500** PAYMENT PLAN AVAILABLE

TO REGISTER CONTACT: [colleen.preston@forces.gc.ca](mailto:colleen.preston@forces.gc.ca) • 204-833-2500 ext. 2057 to set up an informal meeting prior to determine eligibility of acceptance for this program

ONLINE REGISTRATION BEGINS: Membership - Wednesday, April 10 • Non-membership - Wednesday, April 24

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

## Mental Fitness & Suicide Awareness: Supervisor Training

Force Mentale et Sensibilisation au Suicide: Formation du Superviseur

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

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

26 August 2019 / 26 août 2019  
0800 - 1600 hrs / 08h00 à 16h00

*This course is Coded! Il s'agit d'un cours auquel on a attribué un code!*

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



# MFRC CRFM

MILITARY FAMILY RESOURCE CENTRE  
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

102 Comet Street | 102 rue Comet  
204-833-2500 ext. | poste 4500

WE ARE ON...



@WinnipegMFRC

www.CAFconection.ca/winnipeg



**DEPLOYMENT DINNER**  
Tuesday, August 27  
1700 -1900 hrs

If you have a loved one preparing to deploy, or is currently deployed or has recently returned from a deployment, join us for dinner!

Adults \$5, Kids 5-12 \$3, 4 and under Free

REGISTER BY AUGUST 23  
CONTACT ANA VUCIC FOR ANY DIETARY CONCERNS  
204 833 2500 EXT. 2991




**MAKE AHEAD MEALS**

SUNDAY, AUGUST 11, 1 - 3 PM  
REGISTER BY AUGUST 6  
\$40 REGISTER AT THE MFRC  
FOR INFO CALL 204-833-2500 EXT 4500




August 28 & 29  
**BABYSITTER COURSE**

1000 - 1400 each day at the MFRC  
102 Comet St.  
Bring a nut free lunch on day one.  
Pizza provided day two.  
\$15 per child includes workbook  
Register by August 7



2019 MFRC CRFM  
**Summer BBQs d'été**

COME OUT FOR A TASTY LUNCH BREAK AND VISIT WITH FRIENDS AND CO-WORKERS!  
SORTEZ POUR UNE DÉLICIEUSE PAUSE-REPAS ET PROFITEZ-EN POUR PASSER UN BON MOMENT AVEC DES AMIS ET COLLÈGUES !

THURSDAYS from 1130-1300 hrs  
LES JEUDIS suivants de 11 h 30 à 13 h

**JUNE - JUIN 13 &/ET 27**  
**JULY - JUILLET 11 &/ET 25**  
**AUGUST - AOÛT 8 &/ET 22**

BE SURE TO MARK YOUR CALENDARS & JOIN US!  
NOTEZ LES DATES À VOTRE CALENDRIER ET SOYEZ DES NÔTRES !



**PARENT TOGETHER AT NIGHT AT THE MFRC**

WEDNESDAY | 6:30 PM - 8:30 PM  
DROP IN  
JULY 17 | AUGUST 21

AN EVENING DROP IN WITH A DIFFERENT TOPIC EACH SESSION. ALL PARENTS WELCOME.  
CALL JENNY FOR INFO 204-833-2500 EXT 4509

**New Recruit Parent Café**

Are you the parent of a new recruit? Come for coffee, meet other parents and be a part of the community.

Saturday, July 27  
Saturday, August 31  
1100-1200 hrs  
free - drop in



**PREPARING FOR DEPLOYMENT**

THURS. 22 AUG. 1730 -1930

Register by Aug. 16  
\* Space Limited  
If your CAF member is currently or soon-to-be deployed, come to this Road to Mental Readiness (R2MR) workshop to help make the time apart easier.  
Contact Ana Vucic for more info  
204 833 2500 ext. 2991



WE ARE PLEASED TO OFFER A CHOICE OF:

- Hamburgers, Smokies, Chicken Burgers, Hot Dogs, a vegetarian option, water, soft drinks & chips.

NOUS SOMMES HEUREUX DE VOUS OFFRIR :

- Hamburgers, sandwich à la saucisse fumée, hamburger au poulet, hot-dogs, une option végétarienne, de l'eau et boissons gazeuses et des croustilles.

WE LOOK FORWARD TO SEEING YOU THROUGHOUT THE SUMMER!  
NOUS AVONS BIEN HÂTE DE VOUS VOIR RÉGULIÈREMENT TOUT AU LONG DE L'ÉTÉ!

**parenting in the park**

fri. | aug. 9 | register by aug. 6



That time is coming...  
**RU Ready?**

Thursday, August 22, 1830 - 2000  
\$10 Register by AUGUST 15  
**Êtes-vous prêtes ?**

Jeudi 22 août 18 h 30 à 20 h  
10 \$ Date limite d'inscription 15 août

**Parent Community**

- PLAY - VISIT - CONNECT -

FRIDAYS 9:30 TO 11:30

JULY 19, 26  
AUGUST 2, 23  
102 COMET ST.

**Deployment Memory Box**  
come make memories

You and your child(ren)/teen(s) will create a memory box to store special mementos. Use it to remember your CAF member while they are gone, or to share with them when they return.

Saturday, August 24  
10 am - 11:30  
Register by August 19

All ages inclusive as this is a family activity. \$5 per family.



**SOUPER FRANCO**

Vendredi 23 août de 17 h 30 à 20 h 30 - Souper chez Stella's, 240 Provencher.  
Date limite d'inscription 8 août  
Une soirée de détente en bonne compagnie avec la communauté francophone. Les participants payent leur repas au resto.



# Sports Trivia Answers

1. Roger Clemens and Curt Schilling.
2. C. C. Sabathia of the New York Yankees, who joined the club May 1, 2019.
3. C. C. Sabathia, Steve Carlton and Randy Johnson.
4. Steve Carlton, Randy Johnson, Nolan Ryan and Roger Clemens.
5. Walter "Big Train" Johnson of the Washington Senators.
6. Bob Gibson of the Cardinals in 1974. It was 51 years after Johnson recorded his 3,000th K.
7. Nolan Ryan with a career total of 5,714.
8. Cap Anson of the Chicago Cubs.
9. Ted Williams - Boston Red Sox - .356 avg, 36 HR, 137 RBI in 1942; .343 avg, 32HR, 114 RBI in 1947.
10. Roger Clemens - Toronto Blue Jays - 21-7, 2.05 ERA, 292 SO in 1997; 20-6, 2.65 ERA, 271 SO in 1998.
11. Mariano Rivera - 2019.
12. A person must be retired from professional baseball for five years to be eligible, although the committee may waive the requirement in the event of death, such as for Roy Halladay.
13. Ty Cobb, Walter Johnson, Babe Ruth, Christ Matthewson and Honus Wagner.
14. 1940, 1941, 1943, 1950, 1958 and 1960.
15. Willie Stargell.
16. Ivan Rodriguez.
17. Ozzie Smith.
18. Brooks Robinson.
19. Roger Clemens.
20. Rollie Fingers.

# Taroscopes

BY  
NANCY

**Aries (March 21 - April 19):** You can manage. You're stronger than you realize. Help someone whose energy is flagging. In the dance of life sometimes you lead, sometimes you follow. Let your instincts be your guide as you make adjustments. Simplify whenever possible. Use humor to ease tension and worry.

**Taurus (April 20 - May 20):** Though busy, strive for balance between work and play. Be logical and compassionate. If you feel isolated, think about how you can adjust your communication style. Sharing your thoughts and feelings is important but the words you use to do so should be chosen with care.

**Gemini (May 21 - June 21):** Unconscious concerns can surface as anxiety, headaches or insomnia. Try and pinpoint what bothers you. Then take the reins and address the situation. Decide what's best - to act now or later. Strategize effectively. Then, check to see who is available to help you get things done.

**Cancer (June 22 - July 22):** Dig deeper before drawing conclusions. Someone you care about is dealing with an emotionally challenging situation. Help them cope but resist the urge to save them. Make suggestions meant to empower the individual. Those who can see the big picture support your actions.

**Leo (July 23 - August 22):** When you find yourself in a guiding or mentoring role to one with a different temperament from you, resist the urge to try and make them conform to your style. Let them be who they are. Encourage their enthusiasm to follow their dreams. Remember what it was like to be bold and daring.

**Virgo (August 23 - September 22):** You find you've been kept in the dark about something important. Work with others to discover the truth. Some things are easier to manage when there is more than one person available to keep things sorted out. Team up and brainstorm to find solid solutions to a dilemma.

**Libra (September 23 - October 23):** Get together with friends to mark a special anniversary. Check a gadget to make sure it's still working right before you use it. Repairs may be needed to plumbing and heating. Make healthier life style choices. Take an honest look at where you are now. Set a new goal.

**Scorpio (October 24 - November 21):** Rash actions can lead to regrets and make you feel you must defend yourself and your choices. Do some self-reflection. It's easier to turn things around when you know why you do what you do. Learn to be proactive instead of reactive and you will come out ahead.

**Sagittarius (November 22 - December 21):** To move forward you may have to cut your losses. A second chance to repair a damaged relationship isn't always possible. If you failed a test, accept this and promise yourself you'll do better next time. Explore your emotions and decide how you can help yourself heal.

**Capricorn (December 22 - January 19):** You're feeling blessed, comfortable and proud of all you've done so far. Appreciate what you have and value what you've done but also start looking at what you can do to effect further constructive changes. Narrow your focus if you want to accomplish what's important.

**Aquarius (January 20 - February 18):** You can either walk away from a situation that is not emotionally fulfilling or you can be decisive about taking steps to address the problem. Value yourself and what you bring to a relationship. Expect more. Stay strong and trust that with time and effort things will change.

**Pisces (February 19 - March 20):** Do more of what you love but stretch outside your comfort zone as well. Things are working out with less effort but you still have to show up and get the job done. You're ready to leave the past behind. Let go of anything or anyone that holds you back or weighs you down.

**FOR APPOINTMENTS with NANCY CALL 204-775-8368**

**"Every gun that is made, every warship launched, every rocket fired, signifies in the final sense a theft from those who hunger and are not fed, those who are cold and are not clothed."**  
- Dwight D. Eisenhower

**Have you got a story you'd like to share?**  
Drop us a line at:  
**204-833-2500 (ext. 6976)**  
or email us at [voxair@mymts.net](mailto:voxair@mymts.net)

**ANAVETS - ROCKWOOD 303**  
341 Wilton Street • (204) 475-5852  
**CHASE THE KING & 50/50**  
Every Thursday @ 5:30 PM • Draw @ approx 7:00 PM  
**HAPPY HOUR**  
Every Friday & Saturday 4:00 PM - 7:00 PM  
**MEAT DRAWS**  
Friday Night - 7:00 PM • Saturday Afternoon - 3:30 PM  
**LIVE BANDS**

<b>JULY</b>	<b>AUGUST</b>
12 - 13 - Halo Jump	2 - 3 DeRailed
19 - 20 - Hatfield McCoy	9 - 10 - Bryan James Band
26 - 27 - Uncle Basic	16 - 17 - The Otherside
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# Chaplain's Corner

## Who is...?



by Padre (Rabbi) Noteh Glogauer

The great sage Ben-Zoma is known for his definitive declaration "Who is" describing four desired personal attributes one should emulate in life: 1 - Who is wise? One who learns from all people; 2 - Who is strong? One who conquers his negative inclination; 3 - Who is rich? One who is happy with what he has; and, 4 - Who is honourable? One who honours all people.

Throughout time, much has been written relating to each one of these points. With discerning analysis, a precise pattern, a common denominator if you will, can be identified to Ben Zoma's philosophy. Furthermore, in the simplicity and perhaps familiarity of his statements, we can all learn something profound in his unique approach and apply the lesson to our own conduct.

Before discovering Ben-Zoma's approach, much can be learned from what we would have thought to be the definitions of the above-mentioned attributes. Let us contrast and compare the way most people would define these concepts versus how Ben-Zoma does.

1) Who is wise? Commonly, we would define a wise person as exceptionally intelligent, not someone who needs to learn from others. Ben-Zoma's philosophical slant seems almost contrary to the perspective of "most people".

2) Who is strong? In the work place, most of us would conjure the image of an oppressor or a big-boss figure – in other words, an individual who does as he or she pleases, not necessarily exercising self-control. This, again, is in principle contradictory to Ben-Zoma's assessment of strength coming from conquering one's negative inclination.

3) Who is rich? From our perspective, this is an individual who has the freedom to indulge in whatever he or she wants. Ben-Zoma by contrast is saying that this is erroneous, arguing instead that it is someone who finds his or her portion in life satisfactory and is gratified with it as is.

4) Who is honourable? We think that this is someone worthy of admiration, an individual who is in a position of responsibility or authority, or with a reputation for having achieved notability. Often such persons are noticed for paying little consideration to those of lesser standing. What is Ben-Zoma's retort? He declares it is someone who honours all people – including those who are conceivably his or her subordinates.

There is a well know idiom taken from Psalm 49 that tells us "fear not" in obtaining any riches in this world because one cannot retain any wealth in the afterlife. *Fear not when a man becomes rich, when the honor of his house increases, For he will not take anything in his death; his glory will not descend after him (Psalm 49,*

verses 16,17).

What does the phrase "fear not" in verse 17 mean? Perhaps it means that one should not be jealous of another's prosperity, but why would someone fear another's wealth?

The answer is that in today's society many do become afraid of other people's success. Often we fall into the trap of viewing ourselves in comparison to others. If one of our contemporaries happens to be more successful than we are, we are disposed to assuming that is due to our own faults. The Psalm and more specifically verse 17 is not challenging the perception of using someone else's accomplishments as a measure of our own success. The verse is reminding us that physical possessions are temporary and in the final analysis they are meaningless. We are cautioned not to falsely measure ourselves in contrast to others' drive for material wealth because materialistic yardsticks are deceptive.

As mortal beings we are predisposed to seeing things from a temporary and limited vantage point, very often not seeing the big picture.

Ben-Zoma inspires us to look deeper into what constitutes the essence of life's success. 1) One who is wise will seek wisdom from anyone. 2) One is truly strong only if one can exercise unmitigated self-control. 3) One can be truly rich only if one is content with one's lot. 4) In order for someone to be truly honourable one must act with respect for all. Being respectful transforms someone into gaining respect from others.

The belief system that a person holds makes up a large part of who they are. It is never acceptable for a person to impose his or her own beliefs, values or cultural practices on another person or society. Rather, the example one leads has the ability to influence one's environment through positivity to become more accepting of the differences between cultures thus creating the desire to learn more about them.

## 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 Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

**CHAPLAINS**

**Padre Laura Coxworth**  
(Pentecostal)  
- Protestant Faith  
Community Coordinator  
ext 5785

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

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### JEWISH

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### CATHOLIC

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Autumn/Winter Liturgy Timings: 1600 hrs  
(Sunday after Thanksgiving to Easter Sunday)

**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.*

**MAIN OFFICES**  
Administrative Assistant  
204-833-2500 ext. 5087  
Building 64,  
Lower Level, North End.

**EMERGENCY DUTY CHAPLAIN**  
Contact MP Dispatch ext 2633.

**INFO PHONE NUMBER**  
For chaplaincy services and related information, phone ext 6800 and follow the prompts.

**WEBSITE**  
Those with access to the DIN can visit 17Wing.winnipeg.mil.ca, then click '17 Wing', then 'Services'.

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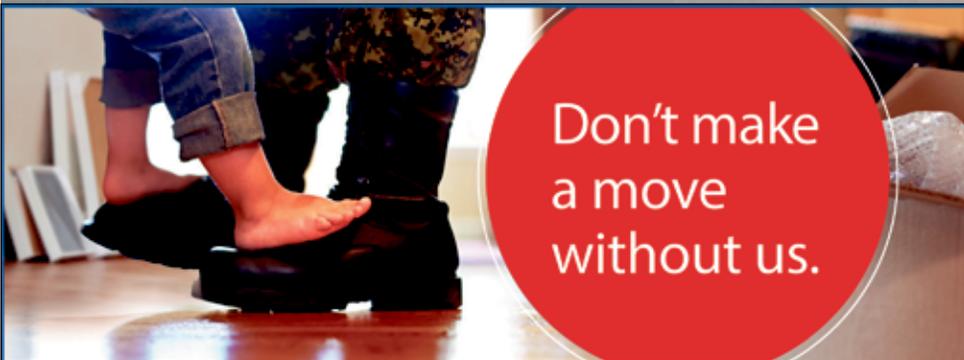
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