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# THE VOXAIR

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## Small Change Makes Big Difference at Toonie Walk/Run



Participants at the 8th annual 17 Wing Toonie Walk/Run raised over \$600 for the GCWCC. See page 3 for more. Photo: Mike Sherby

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# Sun Shines on 17 Wing End of Summer BBQ

By Martin Zeilig  
Voxair Photojournalist

Organizers of the second annual 17 Wing End of Summer Barbeque weren't going to let the threat of rain put a damper on their plans.

With grey clouds looming menacingly overhead the night before the event, they made the call to move the entire thing inside to the 17 Wing Fitness and Recreation Centre.

The expected downpour didn't materialize, and the day, August 28, was a hot and muggy one, but that didn't matter to the over 1,100 members of CFB Winnipeg and their families who came down to enjoy themselves.

The event is put on annually to demonstrate the Wing Commander's appreciation for the extra work that wing members do over the summer leave period, said event OPI Lieutenant Nic Sabine.

The day held something for everyone to enjoy.

The talented musicians of the RCAF Band Jet Stream ensemble performed throughout the day, playing rock and roll standards in the auditorium, and the gym was packed with wing members and the kids enjoying some delicious BBQ food.

Standing amidst a swirl of children and adults near the inflatable bouncy bus in the boisterous gymnasium were Marla Hughesman and her two grandchildren, Jaina and Isaac.

"This is great," said the longtime civilian employee at 17 Wing, as Jaina stuffed a fistful of popcorn into her mouth. "It's a really good way to end the summer. I'm happy so many people are here. It's a great turnout."

Sergeant Dave Gibson, a reservist with RCSU NW Cadets, was there with his two children. He was pleased that an alternative venue was available for the day.

"It's a pretty good event," he said as his children's attention shifted to the Blue Bomber mascots Buzz and Boomer who were posing nearby for photographs nearby.

"It turned out well," said Lt Sabine. "I'm certainly happy with it. We had a good turnout, and everyone seemed to have had a good time."

Wing Commander Col Andy Cook said he was impressed with the turnout for the event.

"I'm excited to see so many members and their families here," he said. "And I'm very appreciative of the support of the Winnipeg Blue Bombers mascots and the Chief of Police for being here today."

Col Cook also became part of the festivities when the band called him up on stage to play guitar on the Johnny Cash classic 'Folsom Prison Blues'. He said that the participation in the Family Day was higher than he'd seen at similar events elsewhere in the CAF.

"It makes me proud to see this," he said.



17 Wing Commander Col Andy Cook joins the RCAF Band Jet Stream ensemble for a performance of Folsom Prison Blues. Photo: Mike Sherby



The 17 Wing Fitness & Recreation Centre's gym floor was a hub of activity, featuring bouncy castles, some fantastic food, and a visit from the Winnipeg Blue Bombers' mascots Buzz and Boomer. Left and right photos: Martin Zeilig. Middle photo: Sgt Bill McLeod

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# Toonie Walk and Run Raises Over \$600 for GCWCC

By Martin Zeilig  
Voxair Photojournalist

With a teal bandana wrapped loosely about her neck, Lola, a three-year-old Shepherd/Sheltie cross was tugging at her leash, held by Captain Kim Egert, as they walked down Sabre Crescent on the morning of August 26.

Capt Egret and Lola were amongst over 310 participants in the annual 17 Wing Toonie Walk/Run, which is held to raise money for the annual Government of Canada Workplace Charitable Campaign (GCWCC).

The GCWCC is a charitable giving option developed exclusively for federal public servants and federal retirees.

Captain Bettina McCulloch-Drake, one of the co-chairs of the 17 Wing campaign, said this year's Toonie Walk/Run raised \$619.40 for charity.

"My role as one of the two co-chairs of the 17 Wing GCWCC is to encourage the members, employees, and families of the larger 17 Wing community to participate in as many GCWCC events as possible," said Capt McCulloch-Drake, who participated in the five km walk with her young daughter, Isabelle.

"The overall aim of the campaign is to maximize participation and to remind people that every little bit counts, and every single person has a part to play in the success of this campaign."

17 Wing Commander Colonel Andy Cook had a smile on his face just moments after the warm up exercises conducted by PSP fitness and sports instructor David Chung.

"I'm excited to be here, and to take part in the GCWCC campaign," said Col Cook. "I'm looking forward to raising

some money for a very good cause."

The Air Command Band's Dixieland combo, who brought along their small plush mascot "Roger the Bomber Command Bear" (used in the United Kingdom to get wounded, sick, and injured ex-armed forces men and women back to work), provided live music prior to the event kicking off.

PSP fitness and sports instructor Lee-Ann Brookes, the event's OPI, said that planning for the day began about a month earlier.

"The goal is to raise as much money as possible for the GCWCC," she said.

It was obvious that Lola was relishing the early morning walk with her owner.

"This is her first time here," said Capt Egret, who was participating in her third Toonie Walk/Run. "It's always nice when we get the opportunity to bring pets and introduce them to other people."

Capt Egret adopted Lola from the Humane Society after being posted to 17 Wing three years ago.

"This is already her second walk of the day," she said with a laugh. "She's enjoying it."



Above: Participants of the Toonie Walk/Run make their way down Wihuri Road. Bottom left: PSP Fitness & Sports instructor David Chung warms the crowd up with some stretches. Bottom right: Donations for the GCWCC were gladly accepted at the event. Photos: Mike Sherby



# Prairie Region Team Dominates at CAF National Golf Tourney

By Martin Zeilig  
Voxair Photojournalist

It's the same old story when it comes to playing golf in Manitoba: beware of the breeze.

"The prairie boys know how to play in the wind," said Danny Hamilton, Sports Coordinator at CFB Shilo. He was re-



Maj Cameron Lowdon on the green at the CAF National Golf Championships held at CFB Shilo. Photo courtesy of the Shilo Stag.

ferring to the win by the Prairie Region team at the CAF National Golf Championships, held at CFB Shilo from August 24-26. Team member Major Cameron Lowdon, Space Director at CFSAS, also won the individual championship with a three round total of 226. 17 Wing was also represented on the team by Major Rang Phan of 38 CBG, who shot a 254 over the three day tournament.

The other players on the Prairie Region team were: Bdr Jared Gossen from Shilo, Capt Manivone Morrison and WO Dave Boland from Cold Lake, Sgt Brenda Woods from Wainwright, and PO2 Steve Melnick from CFB Edmonton.

Every day the five lowest scores out of seven golfers were combined to make a team total.

"To be a part of any winning team is always exciting, especially in this tournament," Maj Phan, DCO/CI 38 Canadian Brigade Group Battle School, said in an email.

"At the national level, we're competing against the best from across the regions. We approached the National Championship as a team. No matter how bad we as individuals played, we have to remember that our score counts towards the team score. After each round we encouraged each other to do even better. At the end, we were exhilarated by our accomplishment."

The first two days the wind was 28 kilometres, and it was gusting up to 40 km/hr on the final day.

"The prairie team won every day,"

Hamilton said. "I have to take my hat off to Cameron for his tremendous last round. He won by five strokes, including eight birdies, which was amazing. He birdied five of the last eight holes to win out. He had the low round of the tournament by fourstrokes, and was two under par for that final round. Cameron slammed the door in the last round."

Maj Lowdon had high praise for the tournament organizers and for the CFB Shilo golf course.

"They always put on a first rate championship whenever we come here" he said. "The course is always in great shape, but this year they made it very difficult with the set-up, especially the first two rounds. I don't think the scores were as good this year which just shows how challenging the course can be. With what was at stake and to finish the way I did with the 8 birdies in the last 15 holes to win. It capped the best round of my military golf career."

Maj Lowdon called winning the individual championship very gratifying. After three previous runner-up finishes at nationals, he finally was able to secure gold, finishing ahead of 2013's CAF national golf champion Captain Wayne O'Donnell. And with the win comes some rewards.

"I'll get to represent the CAF in Ottawa on the PGA Tour Canada event next Au-

gust as the National Champion receives an exemption to play. I'll be in a field against top pros on the PGA Tour Canada. I played in the event last year, and to play with these young professionals while representing the CAF, the RCAF, and CFSAS will be special."

Maj Lowdon has one more event on the 2015 calendar, as he will be taking part in the World Military Games as part of the Canadian team in Seoul, South Korea at the beginning of October.

This will be his 15th time representing Team Canada at the International Military Sports Council (CISM) Games.

"Our team has been very successful at the CISM events," Maj Lowdon said. "Not only have we won many team and individual medals, but we have been voted the Fair Play Award by the other teams each of the last three years, and we are more proud of that than of any medal. I can't wait to tee it up for the country one more time."



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# Care and Share Golf Tournament Attracts Duffers and Aces Alike



17 Wing Chaplains LCdr Jack Barrett, Capt Paul Gemmiti, and Lt(N) Lesley Fox welcome participants to the Care and Share Golf Tournament. Photo: Mike Sherby

By Martin Zeilig  
Voxair Photojournalist

For 17 Wing Chaplain Lieutenant-Commander Jack Barrett, the Care & Share Golf Tournament is more than just about having a pleasant time, it's held for a higher purpose. All proceeds from the tournament go to support the 17 Wing Care & Share Fund.

The purpose of the fund is to uphold the dignity and well-being of military and civilian employees of the Department of National Defence in times of personal crisis. It's there to help people who may otherwise not be covered by traditional aid programs, LCdr Barrett said at the start of the tournament.

"The Government of Canada does support our military personnel very well," he said. "However, there are situations that arise that fall outside of policy and public funds. We don't discriminate on rank or position when it

comes to disbursement of the funds."

A total of 64 golfers took part in the third annual Care & Share Golf Tournament on Friday, Sept 4 at the 17 Wing Golf Club. The event helped raise \$2850.82 for the Care and Share Fund.

The 18-hole best ball tournament included breakfast, lunch, a 50-50 draw, and an assortment of prizes from numerous community sponsors.

"It was another great tournament," said Lieutenant-Colonel Danielle Clouter, Wing Administration Officer, while sitting at a table in the club house with her teammates.

"I'm very impressed with the fact that there were a few more teams than last year. The weather has held up too."

She called the Care & Share fund very important to 17 Wing and its lodger units.

"I love golfing," LCol Clouter continued. "We had a great time. It's good to get to know people better outside of the office."

Padre Barrett said that participation in this year's tournament was an improvement over 2014.

The Care and Share fund is managed by the Chaplain team to support both military and civilian members of the CAF community in Winnipeg.

Last year the fund almost \$9,000 to personnel who would "otherwise have fallen through the cracks" of other forms of support, LCdr Barrett said. "We give help when CF members are challenged by unexpected occurrences."

LCdr Barrett said a family that was recently referred to the Chaplain's office by the MFRC was a good example of how the fund can help.

"A woman, whose husband was brand new in the military and was away on training, had her hours cut

unexpectedly in the civilian workforce. We were able to assist here so she could stay in her apartment without having to sell personal items. We support both civilian and CAF members and families of 17 Wing and the Defence community. The fund is supported by 'free will' contributions."

Besides the golf tourney, the other major source of fundraising for the fund is done through the RCAF Band's Christmas Concert.



Team Hopefuls: Sherri Pierce, Jacqueline Lent, Laire Jackson, and Capt (ret'd) Wayne Brockington were all smiles at the final hole of the Care and Share Golf Tournament. Photo: Martin Zeilig

# Veterans Group Donates \$4,000 to Deer Lodge Foundation

By Mike Sherby  
Voxair Manager

With his leather vest, tattoos and goatee, Mark Vandersteen looks like he'd be more at home in a road house or out on a motorcycle than waiting patiently in

the atrium of the Deer Lodge Center. But as they say, you can't judge a book by its cover.

Mark, along with six other members of the Winnipeg Unit of the Tri Service Military Veterans Association of Canada,

including Cpl Trenholm from 435 Squadron, was at the Deer Lodge Centre that morning to present a cheque for \$4,000 that they'd raised in order to help the Veterans Unit of the Deer Lodge Centre.

Gordon Fardoe, Executive Director of the Deer Lodge Centre Foundation, says that the money will most likely go towards purchasing new over-bed tables for the veterans unit, which houses up to 150 long-term care beds dedicated to veterans.

"Some of these tables we have are well over 40 or 50 years old," he said. "The new tables are much more ergonomic, they have much better features, and they'll go in the veteran's private space, where we're trying to make them feel at home."

Vandersteen co-founded the Tri Service Military Veterans Association of Canada in 2012 because he missed the bonds of friendship that came with being in the CAF.

"We were in organizations that were more motorcycle groups, and we didn't find that they had what we were looking for, so instead of bouncing from group to group we decided to form our own group that was based on camaraderie," he says.

Vandersteen says the association currently has over 50 members from across Canada, with units based in Victoria and

Winnipeg. To date he estimates that the association has donated over \$10,000 to various military charities such as Courageous Companions, the MFRC, Veteran's Emergency Transition Services, and others.

"We try to spread the money around to people that need it, not just one group," Vandersteen says. "We've given quite a bit for PTSD and help with PTSD, and we figured it was about time to give some money to vets that are in need in care centres like Deer Lodge."

The association raises the money they donate largely through meat draws they hold every Tuesday at the ANAVETS Unit 283 on Portage Avenue. Vandersteen, who retired from the regular forces after 9 years and currently teaches at the Red River College Stevenson Campus, also builds custom motorcycles. The association exhibits these bikes at the World of Wheels Cyclorama event, where they also collect donations.

Although the association has its roots in military service, and motorcycles, Vandersteen says experience with either is not a prerequisite for joining.

"There are no real requirements to join us," he says. "We have veterans, supporters like former corrections officers, RCMP, and City Police, and we also have supporters that have no military experience but like what we're doing and want to be one of us."

The Winnipeg unit meets Tuesdays at the ANAVETS 283 on Portage Avenue for the meat draw, and on Fridays for a more informal social meeting. For more information please visit [www.cdnveterans.com](http://www.cdnveterans.com).



Members of the Tri Service Military Veterans Association of Canada present The Deer Lodge Centre Foundation's Gordon Fardoe with a cheque for \$4,000 to help out their Veteran's Unit. From left to right: Front: Gail Simpson, Gordon Fardoe (Executive Director - Deer Lodge Center Foundation), & Judy Hemlow. Rear: Randall Trenholm, Mark Vandersteen (President 1 MB TSMVAC), Dale Whitham, Gord Fedorkie. Photo: Mike Sherby

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# MFRC There for Families of Deployed Members

By Martin Zeilig  
Voxair Photojournalist

Jamie Doherty, Coordinator Deployment Services at the Winnipeg Military Family Resource Centre, has a reassuring and crucial message for families of deployed CAF members.

"If you have a loved one who is away, you do not have to feel alone," she said. "Not only are there many other families also experiencing deployments, but the MFRC is always here to offer support services, programs, and social events."

Karen Hansen has first-hand experience with the support offered by the MFRC during deployment.

Hansen has two children with her husband, a military member who was away from home on a course for four months this year.

During that period, he was only able to come home once for two days.

"We had just purchased a new house and moved in four days before he left on the course. This was the longest he's been away since we've had kids. The MFRC was incredible during the deployment, especially their deployment services being offered. I don't know why more people don't take advantage of them."

In particular, she praised the MFRC's assistance in providing childcare for families of deployed members.

The MFRC can also help families deal with the stress that comes from deployments or life in the CAF in general.

"If there are any concerns with a family or individual, we can give spouses contact with a social worker or other team members here at the MFRC," Doherty stressed.

"We have three social workers here. We also have many other coordinators who specialize in program-

ming, education, employment, second language services, children and youth services, volunteer services, and community outreach. We also have a newcomers coordinator for those who are recently posted into Winnipeg.

Hansen said she was grateful for the many programs she was able to take her children to at the MFRC.

"We were kept busy."

The MFRC also provides a welcome home package to families of deployed members. These kits are free and contain a welcome home banner, streamers, balloons, paint, and a yellow table cloth and napkins.

"We decorated our house with it when my husband returned home," Hansen, who's on the board of the MFRC, said. "We hung a big sign, made out of a bed sheet, on our front lawn, and we used the supplied paint to print 'Welcome home Daddy.' We decorated our house all in yellow."

Doherty, whose husband is a member of the CAF, has used the MFRC's services herself before.

"The MFRC is always here to offer support, services, programs, and social events. I've gone through deployments with my own family, and I find the MFRC is one of the biggest support systems around that understands what a deployed family goes through."

She says that she's also relied on the MFRC to help expand her social life by attending play groups, social groups, meet and greet groups, and health and wellness groups.

"The Winnipeg MFRC is the most involved group that I've seen," Doherty said. "It's very accepting, friendly, and welcoming."

For further information, contact the MFRC at (204) 833-2500 ext. 5391; Fax (204) 489-8587; web: [www.familyforce.ca](http://www.familyforce.ca); email: [jamie.doherty@forces.gc.ca](mailto:jamie.doherty@forces.gc.ca)



Jamie Doherty, Coordinator of Deployment Services at the Winnipeg Military Family Resource Centre, talks to the Voxair about how the MFRC helps deployed members and their families. Photo: Martin Zeilig

## CFS Met Graduates 21 Students

After five and a half months, June 17th, 2015 brought the long awaited grad day for 21 students on both the Tactical Weather Specialist (TWS) and Met Forecaster Courses at the Canadian Forces School of

Meteorology (CFS Met) 17 Wing Winnipeg. After these many months of training, the Met trade now has 11 new Forecasters to add to desks across Canada, and ten new Tactical Weather Specialists.

CFS Met had the great privilege to have BGen (Ret) Glenn Nordick, Colonel Comdt of the Intelligence Branch, as our Guest of Honour at the combined graduation parade for TWS and Met Forecaster courses.

BGen (Ret) G. Nordick, assisted Maj L. Baspaly, CFS Met Cmdt, and CWO J. Dickson, CFINTCOM HQ CWO, in presenting both Avr V. Grim and Pte V. Weishaar (TWS) with the CFS Met "Certificate of Achievement" they had the highest academic marks on the course. Also, the "Certificate of Achievement" award for the Met Forecaster Course went to Sgt B. Simard.

BGen (Ret) G. Nordick assisted Major L.M. Baspaly and CWO J. Dickson in presenting the CFS Met "Certificate of Merit" in recognition of a high standard of performance and exceptional leadership throughout the course to Avr J. Theoret (TWS) and MCpl L. Legault (FCSTR Crse).

Most of the TWS students head to the Joint Met Centre (JMC) in Gagetown to begin OJT. As for the new Forecasters, they return to their units to share their new found knowledge.

Well, the training here at CFS Met never stops and at the time of writing this article we have another TWS course in house.



Graduates of the Tactical Weather Specialist Course. Photo: Supplied



Graduates of the Forecaster Course. Photo: Supplied

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# WLE Branch Welcomes New CO

On the morning of 17 July 2015, the members of 17 Wing Logistics and Engineering Branch gathered at the Stevenson parade square, where LCol Geneviève Lehoux assumed command of the WLE Branch from Outgoing Commanding Officer Maj Todd Young.

After the parade fell in, Maj Young took command of the parade and ordered the march on of the Colours and general salute for the arrival of LCol Lehoux, and the reviewing officer, the now former Commander 17 Wing, Col Joël Roy, who also presided over the official signing ceremony.

Maj Young was the first to address the audience, after which he was given a departure gift. It was a framed picture of the WLE branch, along with all 4 trade badges, and was presented to him by Avr Dale Bennett, the youngest member of the branch, as a souvenir of his time as the 17 WLEO, and in the hopes that it will remind him of fond memories during his command. Maj Young is posted to the Embassy in Israel where he will be part of the TFL Operation PROTEUS.

Col Roy then wished Maj Young well on his next posting, and offered welcoming words to the incoming WLEO. Next in order of speeches was LCol Lehoux, who is coming from the Canadian Forces School of Military Engineering in Gagetown, where she held the position of Officer Commanding Construction Engineering and Management Squadron.

Once the speeches completed, LCol Lehoux led the WLE branch for the first time as she completed a March past, at which point Col Roy asked the former WLEO, Maj Young, to join him on the Dais.

LCol Lehoux is back in Winnipeg for a second time, the first being a posting to the 17 Wing Construction Engineering unit early in her career as the 171 Airfield Engineer Flight Commander, and then later as the Operations Officer. LCol Lehoux brings with her, her husband, Mike, and her two children, Jacob (6) and Elizabeth (4) to the Winnipeg community.



Lieutenant Colonel Geneviève Lehoux, incoming 17 Wing Logistics and Engineering Branch Commanding Officer salutes for the first time as the new 17 Wg Logistics and Engineering Branch CO during the Change of Appointment ceremony at Stephenson Parade Square, CFB Winnipeg MB, on July 17, 2015. Photo: Cpl Gabrielle DesRochers

## 17 Wing Promotions



2Lt Jones (center) was promoted to that rank on 13 Aug 15 by W Admin O LCol Clouter (left), assisted by Acting Branch CWO, MWO MacArthur (right).



2Lt McKee (center) was promoted to that rank on 13 Aug 15 by W Admin O LCol Clouter (left), assisted by Acting Br CWO, MWO MacArthur (right).

### NEW ARRIVALS

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# 38 CBG Participates in Ex Bison Warrior '15



Members of 38 Signal Regiment and 319th Psychological Operation Company (US) participate in the annual Exercise Bison Warrior held in CFB Shilo, Manitoba, on August 18th, 2015. Photo: MCpl Louis Brunet



Capt Brian Goree 13th Psychological Operations Battalion (FL) talks about tactics with Lt Eric Waters (FR), Capt Luke Coupal 38th Influence Activities Company (R) and Capt Jeffery Nantze 486 Civil Affairs Battalion (L) on Exercise Bison Warrior. Photo: MCpl Cameron Skrypnik

By 2Lt Kyle Roman  
38 CBG Public Affairs

After months of phone calls, emails and actual letters sent by mail, the United States Army arrived to join, and even be the enemy force, for 38 Canadian Brigade Group's major warfighting exercise - BISON WARRIOR '15 held in Shilo, Manitoba 15-23 August.

The two United States Army Reserve units that accepted 38 CBG's invitation to Exercise, the 486th Civil Affairs Battalion, based out of Tulsa Oklahoma that were deployed for a year to Iraq in 2008. Along with the 13th Psychological Operations Battalion out of Arden Hills, Minnesota which deployed 60 of its members for a full year to Langhar Province of Afghanistan in 2011. Both units come with a great deal of practical experience, as deployments are routine for them. It is also worthy to note that American Reserve units deploy quite differently than their Canadian counterparts, as they usually deploy their reservists as a unit - not as augmentees to a regular force unit like the Canadian Army Reserve.

486th Civil Affairs Battalion's relationship with 38 CBG extends back to August 2014 and February 2015 when it sent soldiers to the summer and winter iterations of the 38 CBG's annual Arctic Response Company Group domestic operations exercises in northern Manitoba. Ex BISON WARRIOR 15, marks the first time that elements of US Psychological Operations have been incorporated into 38 CBG training.

When the opportunity appeared, 13th Psychological Operations Battalion was eager to participate according to First Sergeant Fuchs: "it only makes sense to form a relationship between the two units because of our proximity".

When asked about the difficulties that they needed to be overcome when working with an allied force, Captain Brian Goree from 13th Psychological Operations Battalion said, "it was the basic things like acronyms and ranks, but when it came to the job itself, the processes may have different names, but the techniques

that we use are very similar."

Captain Jon Baker, who currently serves as G9 for 38 CBG and Second in Command of 38 Influence Activities Company, also took his training into operations in Afghanistan in 2008, shared the same sentiment. "Despite never working together before and despite being a composite group of Canadian Reservists from different units within 38 CBG and American soldiers, they gelled right away - producing Influence Activities products at a level and quality that even surprised themselves."

Even on a personal level, the soldiers from both sides of the 49th Parallel seemed to be in sync within five minutes of meeting one another. They may have a different perspective and experiences when it comes to their jobs and lives in general but "there are plenty of similarities between them that they were able to build upon that brought the two groups together to work as a team" said Captain Goree.

Unlike their United States Army counterparts who have Psychological Operations and Civil Affairs as occupations within the military, the Canadian Armed Forces has institutionalized Civil Military Cooperation and Psychological Operations as occupational specialty qualifications sourced it out to most trades within the Army reserves. Due to the part-time nature of the reserve force in Canada, and the fact that Canadian Influence Activities personnel must hone their skillsets on top of carrying out their respective military occupations, the participation of 486th Civil Affairs Battalion and 13th Psychological Operations Battalion represents "a great opportunity for our new personnel to work with and learn from their US brethren, who bring with them a deeper and broader level of experience in many respects," said Captain Baker.

Iraq veteran, Captain Jeffrey Nantze, who deployed to Iraq with the 486th, expanded on the benefits of this partnership highlighting that he "would like this to be something that will continue in the years to come."

## Winnipeg Reservist Takes Up Call to Fight Sask Forest Fires

By Martin Zeilig  
Voxair Photojournalist

When Private Keith Griffith got the call to fight the forest fires raging through northern Saskatchewan this summer, he didn't hesitate to go. Pte Griffith knows first-hand how dangerous such infernos can be.

Pte Griffith, 19, a reservist with the Fort Garry Horse at McGregor Armoury, had to flee his former home in Kelowna, British Columbia back in 2003 because of the wildfires threatening that community.

"We experienced the whole evacuation," said Pte Griffith, who moved to Winnipeg with his family in 2004.

"My younger brother Travis was experiencing lung problems because of the heavy smoke. So the doctor advised us to move to a cold, windy environment, which was Manitoba. We also had some family here."

His chance to help came on a Saturday night in July when Pte Griffith received a call from his Unit Commander, Captain Owen Lewis, asking him if he'd "be up to" fighting wildfires in La Ronge, Saskatchewan on the following Monday.

"So I called my civilian employer and said that I had this opportunity, and wasn't too sure how long I would be gone," said Pte Griffith. "They gave me the okay, and said to call them as soon as I knew how long I'd be gone. They wished me luck, and said they hoped I would return okay."

After packing up his gear in his Army backpack on Sunday night, Pte Griffith drove to Minto Armoury very early the next morning. Pte Griffith's father, Carl, met him there to see him off.

The media overheard Carl telling Pte Griffith's story

to the bus driver, and they were captivated.

"They swarmed my dad," said Pte Griffith, adding that there were at least a dozen members of the local media there.

"They started asking me questions about how I felt about the wildfires in Kelowna, and how I felt about going to Saskatchewan to fight fires. I admitted I was nervous about it because I didn't know what all the tasks would be right on the fire line. I wasn't sure about anything. There are a lot of dangers in wildfires. The media also wanted background information about me. I was busy doing interviews right up until the bus departed."

Their first night in Saskatchewan was spent at the Prince Albert Armoury, three hours south of La Ronge.

The next day a combined force of 200 Reserve and Regular Forces members got an intense eight hours of level three fire-fighting training.

"After dinner, we loaded up the convoy and headed for La Ronge," Pte Griffith said.

"We had the fun of setting up military tents in the dark. Our first fire line was just north of where we were camped. Our first task the next day was to make sure our training was good, so we were sent out in the bush to douse hot spots most of that first day."

That evening powerful storms conspired to make an already precarious situation much more dangerous.

"A lot of trees were falling over and lightning was starting new fires," Pte Griffith explained. "But we ended up getting fires under control that first day."

Altogether he was gone a total of 12 days.

"I think we made a difference," said Pte Griffith, who had the chance to take a ride in Government of Sas-

katchewan helicopter at one point to obtain a bird's eye view of the vast area burned, and to see the significant difference made by the military firefighters.

"It was the right thing to do, fighting forest fires. My civilian employer put up all those newspaper articles about me. He was very proud."



Pte Keith Griffith, left, says goodbye to his father, Carl, before heading out to fight forest fires in La Ronge. Photo: Supplied

# All Are Invited to Commemorate the 75th Anniversary of the Battle of Britain

The Royal Canadian Air Force, along with representatives from the United States Air Force, the Royal Air Force, local veterans and cadet groups will remember the actions of the Allied forces as part of the 75th Anniversary of the Battle of Britain. A commemorative ceremony will be held at the Garden of Memories in the RCAF Heritage Park across from 17 Wing's Air Force Way entrance on Sunday, September 20. Spectators are asked to arrive a minimum of 15 minutes before the ceremony start time of 10:00 a.m.

## Battle of Britain Artefacts Honour RCAF Heritage

### From 1 Canadian Air Division Heritage and History

This year is special because we are marking the 75th anniversary of the Battle of Britain. Two rare artefacts, the Battle of Britain Commemorative Lace Tapestry and the Battle of Britain Commemorative Sword, are both on display at the Air Force Heritage Museum located in Air Command Headquarters in Winnipeg.

### The Battle of Britain Commemorative Lace Tapestry

The tapestry was created between 1942 and 1946 by the Nottingham, England, firm of Dobsons and M. Browne and Co., Ltd. The lace panel measures 4.5 metres high by 1.6 metres wide and contains more than 41,800 kilometres of the finest Egyptian cotton.

This was at the time, and remains today, the largest piece of lace in the world.

It depicts exact reproductions of scenes photographed during the Battle of Britain. Also illustrated are the various aircraft that participated in the battle, the badges of the Allied Forces, and the names of the principal craftsmen who worked on this masterpiece. At the bottom are the words of Winston Churchill's famous tribute to the airmen of the Battle of Britain: "Never was so much owed by so many to so few."

The Battle of Britain Lace Tapestry was presented to Sir Winston Churchill, King George VI, Westminster

Abbey, mayors of the cities attacked during the Battle, Prime Ministers, Commonwealth air forces and senior members of the company.

Only 38 copies of the original design were produced and then the jacquard (template) was destroyed. Today, only 12 are known to exist.

The lace tapestry on display at the Air Force Heritage Museum and Air Park had been in storage for almost 40 years and was seriously discoloured and had somewhat deteriorated when it was acquired. The Royal Canadian Air Force Association (now called the Airforce Association of Canada) initiated a fundraising campaign to cover the costs of restoration and the lace was returned to its original pristine condition.

This Battle of Britain Lace was unveiled and dedicated on March 22, 1989. This national treasure is now housed in a handcrafted, environmentally secure oak case that will preserve and protect it.

In the words of Lieutenant-General Ashley, then Commander of Air Command, during the dedication: "Out of the evil of destruction has been woven a masterpiece of incredible beauty."

### The Battle of Britain Commemorative Sword

Only 300 gold-plated Battle of Britain commemorative swords were ever produced.

Manufactured by Wilkinson Sword Limited, the



The Battle of Britain Commemorative Lace Tapestry and Commemorative Sword are on display at the Air Force Heritage Museum and Air Park in Winnipeg. Photo: DND

Royal Air Force presentation swords were issued to celebrate the 30th anniversary of the victory of the Battle of Britain (August 8 to September 15, 1940).

The sword is dedicated to "the Few" (a term coined by British Prime Minister Sir Winston Churchill in his speech to the British House of Commons on August 20, 1940) and to the many who helped make victory possible.

The sword may be rotated in its case to view the representations on either side of its blade depicting a scramble of Hurricane pilots and the different classifications of personnel who aided in the victory.

The Battle of Britain Commemorative Sword was donated to the museum by a private citizen.

## Battle of Britain Profile of Courage: Flying Officer Paul Brooks Pitcher

### By Major Bill March

Paul Brooks Pitcher was a native "Montrealer" – he was born in 1913 and raised in that vibrant Quebec city. The son of Harriet Brooks, a pioneer in the study of radioactivity and often referred to a Canada's first woman physicist, Pitcher was an excellent student. He was bitten by the flying bug in December 1935. An expanding Royal Canadian Air Force (RCAF) had authorized the formation of No. 15 (Fighter) Squadron (Auxiliary) in Montreal on September 1, 1934, and for Pitcher and some of his chums, this hometown unit was a good way to experience the thrill of flight in one of the squadron's four de Havilland DH-60 Tiger Moths.

A little less than four years later, in September 1939, Flying Officer Pitcher, a McGill University graduate and practicing lawyer, volunteered for full-time duty with the renumbered No. 115 (Fighter) Squadron.

Pitcher's squadron was absorbed by No. 1 (RCAF) Squadron just eight months later, and the 26-year-old pilot found himself flying Hurricane fighters out of Dartmouth, Nova Scotia, on convoy escort duty. This occupation was short-lived, as No. 1 (RCAF) Squadron was



In 1940, Royal Canadian Air Force No. 1 (Fighter) Squadron members Flying Officer Otto John Peterson, Flying Officer Jean-Paul Joseph Desloges, Flying Officer Paul Brooks Pitcher and Flying Officer Hartland de Montarville Molson stand outside a tent at Royal Air Force Northolt, South Ruislip, in the London borough of Hillingdon. Photo: DND

sent to England in June 1940 in response to the looming German threat to England. A period of intense training followed before the squadron was declared operational and sent to Northolt, Middlesex, on August 17, 1940. Although Pitcher and his fellow Canadians were relatively experienced pilots – indeed they had many more hours in the cockpit than most of the replacements then arriving at Royal Air Force (RAF) squadrons – they had a lot to learn about combat. This fact was driven home on August 24, when members of No. 1 (RCAF) Squadron mistakenly attacked three RAF Blenheim bombers, shooting two down (with the loss of three crewmen) and severely damaging the third.

Back in action on August 26, the Canadian squadron gave a good account of itself by destroying three enemy aircraft and damaging a further four – albeit with the loss of Flying Officer R.L Edwards. Pitcher was part of this action, but made no claims. It was the start of a frustrating period for the Montrealer who flew often but never seemed to be able to close with the enemy to good effect. However, the stress of pending combat has a palpable effect on the pilots and he remembered that "every time the telephone rang in the dispersal hut, [our] stomachs rolled over."

Nor was danger confined entirely to the actions of the enemy. Pitcher recalled that:

"In the first Wing take-off at Northolt, the three squadrons stationed there – 303 Polish, 1 RAF and 1 Canadian – were lined up for take-off at their respective dispersal areas in three different parts of the field. Due to a confusion in take-off orders, all three squadrons opened throttle simultaneously and headed towards the centre of the field where the thirty-six aircraft met!

"By some miracle, no aircraft collided with another or with the ground, although the turbulence from slipstreams was unbelievable. The station commander, who was witness to the scene, had to be helped into the officers' mess for alcoholic resuscitation. I seem to recall that part of the confusion arose from the fact that two No. 1 Squadrons were involved. In any event, all Canadian squadrons overseas were renumbered thereafter and given '400' numbers, 1 becoming 401."

Flying Officer Pitcher's combat "drought" ended during the second scramble of the day on September 15,

1940, in what is often referred to as the climax of the Battle of Britain. One of 11 members of the squadron in action that afternoon, Pitcher closed with a Heinkel 111 and fired several bursts, after which the enemy aircraft was last seen with smoke pouring from its fuselage and one engine. However, the attack was broken off before the fate of the enemy bomber could be determined. Twelve days later, Pitcher scored again during a mix-up with enemy bombers near Biggin Hill. According to Pitcher, he "attacked one Do215 [Dornier] from port quarter astern and slightly above, closing to dead astern. After several seconds of fire from astern he [the Dornier] pulled up steeply and smoke was issuing from his engines. I broke off and made a...shot on another from starboard with no visible effect, and finally one attack on [the] same aircraft from astern above, when [my] ammunition ran out."

His final claims were made on October 5, when No. 1 (RCAF) Squadron, in company with No. 303 Polish Squadron, engaged some 30 German fighter aircraft south-west of Maidstone, Kent. At 21,000 feet (6,401 metres) he "encountered four Me [Messerschmitt] 109s in line astern and attacked the last one...closing to astern about 100 yards [91 metres]. I fired about 12 seconds in three bursts, in the last burst large bits were seen to fall off e/a [enemy aircraft], his undercarriage dropped and he rolled on his back."

With this enemy aircraft credited as destroyed, Pitcher followed his victory with an attack on the last of a gaggle of three Me 110s. He damaged his target with "one burst of about four seconds" before his guns ran dry, but "strong return fire was encountered" and he "broke way and dived down violently." A few days later, No. 1 (RCAF) Squadron was transferred to Scotland to rest and refit.

Flying Officer Pitcher survived the Battle of Britain and went on to command 401, 411 and 417 Squadrons. He served in Europe, North Africa, the Aleutian Islands as part of Western Air Command, and with the 2nd Tactical Air Force during the Normandy invasion. Retiring as a Wing Commander in November 1944, he returned to Montreal and his career in law. He died in Vancouver on September 11, 1998, and is buried in Mount Royal Cemetery in Montreal, Quebec.

# 17 Wing Goes to the Dogs at GCWCC Dog Walk

By Martin Zeilig  
Voxair Photojournalist

As Phoebe pulled at the leash attached to her leather collar, Major Pete Ardley said that it took a lot of strength to keep his friendly, energetic 20-month-old Valley Bulldog under control during the annual GCWCC Family Dog Walk on a warm and hazy August 29.

That was most evident when the 45-pound Phoebe first spied her half-brother Gimli, who was being walked by his owners, Aviator Hugues Timperio, his wife Colombe Pelletier, and their eight year old son Victor.

Maj Ardley was almost tugged off his feet by Phoebe as she lunged forward.

The three kilometre route began at the MFRC Child Care Centre on Wihuri Drive, did a loop through the base, up to the gate at Air Force Way, and then back down the Yellow Ribbon trail to the starting point. There were two watering stations along the way staffed by volunteers, and the dogs were more than happy to splash



Sadie, a 10 year old Golden Lab, cooling her paws in water and receiving a head scratch from her owner, Margaret MacKenzie, at the end of Family Dog Walk on Saturday, August 29. Photo: Martin Zeilig

around in the small, shallow wading pools.

Although the event only attracted 11 humans and six pooches, it didn't inhibit the spirit of the event, and the dogs were happy to be outside playing with each other.

"I think it's fantastic," said Margaret MacKenzie, whose husband is Air Lieutenant Paul Paul MacKenzie, as she strolled along with her 10-year-old golden lab, Sadie. MacKenzie purchased the dog from Winnipeg Rescue some years ago.

"This is a great way to get pets and people together. I'm really glad to be giving to the United Way (via the GCWCC)," she said.

Master Warrant Officer Andrew Papple and his partner Sarah Elliott were at the walk with s Zephyr, a Labrador/German Shepherd cross.

"It's a good event, and we're happy to come out regardless of the size. This is for a good cause," MWO Papple said while Zephyr was splashing around in the pool at a water station.

The event's OPI, MFRC Community Outreach Coordinator Dana Glover, said the heat may have kept many dogs and the owners away. She said that the event is usually held a week or two later, when the weather is cooler.

"But a good time was had by all," she emphasized, noting that a raffle was held at the conclusion.

"The money raised supports the GCWCC and MFRC program services."

She also thanked 17 Wing members and the volunteers for their support.

"I'm looking forward to next year's walk which will be held in September as in previous years," Glover said with an enthusiastic smile.

Afterwards, Maj Ardley

joked that Phoebe is so powerful and full of energy that she was the one taking him for a walk.

"My daughter gets pulled around the lawn when she takes Phoebe for a walk," he said.



MWO Andrew Papple and Sarah Elliott with Zephyr, a two year old Lab/Shepherd cross, posing for a photo on the Yellow Ribbon Trail. Photo: Martin Zeilig

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## Canadian Heroes Memorial Vehicle Makes Pit Stop at 17 Wing

By Martin Zeilig  
Voxair Photojournalist

The Canadian Hero's Memorial Vehicle #12 pulled into the parking lot of Building 63 on a hot and hazy afternoon in July.

Owned by Master Corporal Don Fraser from CFB Edmonton, the 2001 Ford Sport Trac utility vehicle was painted red, black, white and gold with the silhouetted images of soldiers and sayings such as "Freedom Is Never Free" and "True North Strong and Free," displayed all over it.

But the most meaningful part for MCpl Fraser are the images of five fallen CAF members on the rear driver's side: Corporal Andrew Paul Grenon, Corporal Michael Starker, Corporal Michael Seggie, Captain Jonathan Sutherland Snyder, and Private Chadwick James Horn.

All five were killed during CAF operations in Afghanistan.

MCpl Fraser created the memorial vehicle with the help of The Canadian Heroes Foundation, a registered not for profit organization that creates awareness and support for front line responders, fallen heroes, and their families. His car is one of 12 such memorial street cars in Canada.

"I'm very grateful that this foundation would do this to keep our troops who fell in Afghanistan alive," said Jim Seg-

gie, the father of Cpl Seggie, who, along with his grandson, seven-year-old Carson Turner, was one of several people admiring MCpl Fraser's vehicle.

Seggie was a regular force member for 25 years, and has been a reservist for the past 12 years. His son was one of three CAF personnel killed and five wounded by an enemy attack on their Light Armoured Vehicle on September 3, 2008.

"It was probably the worst day ever for our family," Seggie said. "But I remember the good times we had together, and how proud of I was of him joining the military."

MCpl Fraser, a cook by profession, said that he knew all the men highlighted on his truck personally, having served out of Forward Operations Base Wilson in Task Force 108 in Afghanistan for seven and half months in 2008.

"I just think that it's a great way to go out and make sure people don't forget," he said. "This is a way for me to deal with PTSD," said MCpl Fraser, who was accompanied by his wife, Cindy, and their 17 year-old-son Brice.

Prior to arriving in Winnipeg, MCpl Fraser stopped in Flin Flon.

"We visited with a small group of vets there," MCpl Fraser said.

"Then we came down here to visit with Jim and his wife Shirley Seggie, to give them the opportunity to see how their son is honoured on the truck."

Their next destinations were Thunder Bay, Hamilton and, finally, Windsor, Ontario, the home Cpl Andrew Grenon's family.

"It's very emotional," said MCpl Fraser. "It's got its ups and downs. But overall this has been extremely rewarding. The response along the way has been very positive. There's been a lot of horn honking from other cars, waving, and people stopping to take photographs."



Canadian Hero's Memorial Vehicle 12, which honours five CAF members, pulled into the parking lot of Building 63 (where The Voxair office is located) on the sultry afternoon of July 3. Owner/driver Master Corporal Don Fraser from CFB Edmonton is flanked by his wife, Cindy Fraser, and 17 year-old-son, Brice Fraser. They were on a cross Canada tour. Photo: Martin Zeilig

## CFB Winnipeg Golf Course Holds 2015 Club Championships

The club championships were held on August 29th & 30th with over 40 participants. 18 holes were played on both days culminating with a delicious steak dinner on Sunday.

### Congratulations to the following winners:

Men's Club Champion - Derek Moodie

Women's Club Champion - Cheryl DePape

Men's Senior Club Champion - Dave Barham

Women's Senior Club Champion - Sharon Bugden

Men's Super Senior Club Champion - Bryan Crandell

Women's Super Senior Club Champion - Merrilee Crandell

Big thank you to Gord Fergusson and Steve and Barb Johnston for organizing such a successful event.

- Jackie Kurceba, General Manager  
CFB Winnipeg Golf Club - 17 Wing



Congrats to Men's Club Champion - Derek Moodie



Congrats to Women's Club Champion - Cheryl DePape

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# RCEME Member Receives National Award for Service

By OCdt Kiernan Broda-Milian, RMC Student and RCEME Officer to be, and Mike Sherby, Voxair

"It's great to be recognized for the work that you do," Sgt Kachur said moments after being presented the Director Royal Canadian Electrical and Mechanical Engineers (RCEME) National and Regional awards for his exemplary service to the RCEME Corps.

The awards were presented by the Director of the RCEME Corps, Col K.J. Hamilton, during a parade of the 17 Wing Logistics Engineering (WLE) Branch in Winnipeg on 19 Aug 15 under the Command of the WLE O, LCol Lehoux.

Col Hamilton said "I am very proud to be here" and then proceeded to congratulate Sgt Kachur for his outstanding performance and positive representation of the RCEME Corps.

Sgt Kachur was presented with the awards for the work he did during an 8-month deployment as part of Air Task Force Iraq, Op IMPACT, where he was on Roto 0.

The citation noted that "Sgt Kachur's initiative and technical expertise have helped build the foundation for long-term success with respect to maintenance and management of Ground Support Equipment (GSE) and Aircraft Maintenance Support Equipment (AMSE). A mentor amongst his peers, he exemplified strong leadership and tireless work ethic on a daily basis. The outstanding level of support provided by Sgt Kachur to Air Task Force - Iraq was a tremendous force enabler, contributing to the overall success of the mission."

The Director RCEME Regional and National awards are presented annually to a deserving Regular or Reserve military members or associated civilian employee of the RCEME Corps. It recognizes achievement or outstanding performance which has a significant contribution to RCEME Corps activities. The Regional award is presented with a \$200 prize and \$500 accompanies the National award.

A recipient of this award must be nominated with the concurrence of their Commanding Officer, who will forward the member's file to a regional board. The winners in each region will have their files submitted to a board chaired by the DRCEME, who then select the recipient of the National award.

Sgt Kachur, who has been in the CAF for 22 ½ years, was incredibly humble about receiving this prestigious award.

"Often you don't realize that what you're doing is of the scale that deserves recognition," he said. "You go in, you do your job, and you do the best that you possibly can to make things happen. And then you get surprised by something like this, just by doing your job."

Congratulations to Sgt Kachur for recognition of this outstanding achievement.

Arte et Marte!



Sgt Kachur (left) accepts his Director RCEME National Award from Col Hamilton, Director of the RCEME Corps, during a parade of the 17 Wing LE Branch at 17 Wing. Photo: Mike Sherby

## 170 AIR CADET SQUADRON

### COMMENCING 2015-2016 TRAINING YEAR

170 St James Royal Canadian Air Cadet Squadron is looking for new recruits for the upcoming 2015-2016 training year. If your child is between the ages of 12 and 18 and is looking for an exciting and challenging program to be a part of, this may be the place!

The aims of our program are to develop in youth the attributes of good citizenship and leadership; promote physical fitness; and to stimulate the interest in the Royal Canadian Air Force. While there is a strong focus on aviation in our program, there is a little something for everyone. We have a band program, biathlon and marksmanship, and teach survival skills on our field training exercises. We parade on Friday nights from 1830 to 2130 hrs at Building 21 on 17 Wing.

If your child is interested in being a part our great organization, you both are invited to our administration night on Wednesday, 9 September at Building 135 from 1900 to 2100hrs. Be sure to bring their government issued ID and provincial health card.

For more information, you can contact the Commanding Officer, Capt Ryan Tardi, at Ext 2469 or email [170air@cadets.gc.ca](mailto:170air@cadets.gc.ca).

## Resolving Conflict Effectively (RCE) Training is Going Online

As many CAF/DND members are aware the Conflict Resolution Centre West and North (formally known as the Edmonton and Region Dispute Resolution Centre-DRC) for many years has been offering courses in ADR (Alternative Dispute Resolution) and conflict management.

Part of our mandate this year was to take our infamous RCE (Resolving Conflict Effectively - 3 day) and create an on line version to keep up with organization's every changing technological demands and advances in education.

Starting this fall, CRC Edmonton will be offering an on line version of the RCE course in various locations throughout Western and Northern Region. This course has a self-study on line component (9 hrs registered with DND Learn) as well as an in class component (2 days in class).

This course is an examination of workplace conflict theory and strategies within CAF/DND. The course will discuss options for resolving conflict and will assist to further develop effective communication skills. Other topics include escalation theory, conflict management styles and assumptions/ perceptions. Each participant will learn how to effectively nego-

gotiate in a workplace conflict and will develop skills in the negotiation process. These skills are also adaptable to family conflicts and/or minor conflicts experienced by all of us in our day to day lives.

CRC West and North is comprised of both military and civilian practitioners. Currently, Ms. Kathy Elm is the regional manager. CWO Don Head is our military advisor. MWO Marco Favasoli and Mr. Billy Bolen are training and promotion coordinators. Senior mediators are Ms. Alison Arnesen and Ms. Paula Drouin. Mediators are Mr. Anthony Bone, Mr. Brett Takeuchi and Ms. Barb Rix.

The services offered at the CRC are training, ADR consultations, formal mediation, group interventions and conflict coaching. All intervention processes are voluntary and confidential. Members and employees can either be referred by their chain of command or the member/ employee can access services directly themselves. All CRC services are available for all CAF/DND military, civilian members, contract employees and cadets.

1-855-202-7861

<http://www.forces.gc.ca/en/caf-community-dispute-resolution-centres/index.page>



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## JOIN THE CHALLENGE 4&3 or more per day!

21 September – 4 October, 2015

Find out more at:  
[www.forces.gc.ca/4-3](http://www.forces.gc.ca/4-3)

### What is it?

The 4&3 or more per day Challenge uses a tracker designed to encourage you to meet your target of 4 vegetables and 3 fruit or more per day.

### How it Works:

- Keep track of your daily vegetable and fruit consumption for 2 weeks; and
- At the end of the 2 weeks, send your tracker to Health Promotion (B63) or [HealthPromo@forces.gc.ca](mailto:HealthPromo@forces.gc.ca) for a chance at prizes.

### Why YOU should play!

- Find out how many servings you're eating and track your progress;
- Attend a Lunch & Learn or display;
- Resources and recipes;
- Eat better, feel better;
- And more!



Do you have a recipe featuring vegetables and fruits you would like to share with others? Please submit to Health Promotion; watch for featured recipes in the October 7<sup>th</sup> Voxair

Aim for 4 Vegetables & 3 Fruit or more, per day! Add more vegetables and fruit to you nutritional plan and give your brain a boost too. Pack these dietician-recommended snacks in your lunch bag.

- Handful of grapes with a chunk of cheese
- Veggie sticks with hummus
- Apple slices with almond butter
- Fresh fruit added to yogurt
- Handful of nuts with dried fruit
- Edamame and mint-infused water
- Snap peas with black bean dip
- Banana with peanut butter

### UPCOMING EVENTS

#### Lunch & Learn Healthy Eating with Vegetables & Fruit

21 September  
1CAD – Mynarski Hall  
1200 – 1300 hrs

Display  
22 September  
1CAD – Atrium  
1130 – 1330 hrs

24 September  
Bldg 90 – Theatre  
1200 – 1300 hrs

Display  
29 September  
Bldg 90 - Foyer  
0800 – 1400 hrs



Do you feel that vegetables and fruit are too expensive? Consider purchasing a Good Food Box. The Good Food Box is a community based program to encourage healthier eating through the promotion of fresh vegetables and fruit. It is a bulk-buying program that aims to lower your grocery bill by buying bulk, fresh vegetables and fruit from local farms & distributors. Watch for the Good Food Box returning in October!



## Simple Steps to Eating More Vegetables and Fruit

1 Find out how many vegetable and fruit servings you need to eat every day.

Women	
AGE	FOOD GUIDE SERVINGS PER DAY
19-50	7-8
51+	7

Men	
AGE	FOOD GUIDE SERVINGS PER DAY
19-50	8-10
51+	7

2 Learn what a serving of vegetables and fruit looks like.

Vegetables	Fruit
<b>Fresh, frozen or canned vegetables</b> <b>Cooked leafy vegetables</b> 125 mL (½ cup)	<b>Fresh, frozen, or canned fruits</b> <b>100% Juice</b> 1 fruit or 125 mL (½ cup)
<b>Raw leafy vegetables or salad</b> 250 mL (1 cup)	<b>Dried fruit</b> 60 mL (¼ cup)

3 See how you can add vegetables and fruit into your day as part of a healthy diet.

BREAKFAST	Add some fruit to your cereal.
SNACK	Grab a piece of fruit.
LUNCH	Eat a big salad.
SNACK	Choose raw vegetables as an afternoon snack.
DINNER	Have two vegetables with dinner and eat fruit for dessert.

**TIPS** Enjoy a colorful variety of vegetables and fruit. Fresh, frozen, canned, and dried all count.

For Breakfast:	For Snacks:	For Lunch and Dinner:
<ul style="list-style-type: none"> <li>• Make your own parfait! Layer sliced apples or frozen berries with low-fat or fat-free yogurt and whole grain cereal.</li> <li>• Top toasted whole wheat bread with peanut butter and sliced bananas.</li> <li>• Add vegetables, such as diced tomatoes and onions, to your whole egg or egg white omelet.</li> </ul>	<ul style="list-style-type: none"> <li>• Grab some baby carrots, cherry tomatoes or snow peas- a quick rinse and they're good to go!</li> <li>• Easy to carry fruits: apples, pears, oranges, plum- keep these on hand for those moments when you need a quick snack.</li> <li>• Dried fruit gives you a great energy boost- a ¼ cup is all it takes!</li> </ul>	<ul style="list-style-type: none"> <li>• Eat at least two vegetables with dinner.</li> <li>• Add frozen vegetables like peas and broccoli to a casserole or pasta.</li> <li>• Add lots of bok choy, onions, peppers, carrots, and broccoli to your stir fry.</li> <li>• Ask for less cheese and more vegetable toppings on your pizza. Try onions, mushrooms, and bell peppers.</li> </ul>

## Tracker

Aim for 4 Vegetables & 3 Fruit or more, per day!

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Local: \_\_\_\_\_ Unit: \_\_\_\_\_

Week 1	Vegetable servings	4 total	Fruit servings	3 total
Sample	XXXX□□□	4	XX□□□□	2
21 September	□□□□□□		□□□□□□	
22 September	□□□□□□		□□□□□□	
23 September	□□□□□□		□□□□□□	
24 September	□□□□□□		□□□□□□	
25 September	□□□□□□		□□□□□□	
26 September	□□□□□□		□□□□□□	
27 September	□□□□□□		□□□□□□	

Week 2	Vegetable servings	4 total	Fruit servings	3 total
Sample	XX□□□□□	2	XXXx□□	4
28 September	□□□□□□		□□□□□□	
29 September	□□□□□□		□□□□□□	
30 September	□□□□□□		□□□□□□	
1 October	□□□□□□		□□□□□□	
2 October	□□□□□□		□□□□□□	
3 October	□□□□□□		□□□□□□	
4 October	□□□□□□		□□□□□□	



## Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

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

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

# Upcoming MFRC Programs and Events

**Volunteers are crucial to the programs and events that are run by the Winnipeg MFRC!** We actively encourage volunteers from our community to work together to provide military families with programs and services to promote health, education and social well-being. From special events to child care to workshop facilitators to administrative support, volunteers are the heart of everything we do at the Centre, sharing their time and talents with our community.

We offer volunteer opportunities that respect people's limited time, welcome children to come along, and try to help in the challenge to meet new friends and get to know the community. While helping us, volunteers also have a lot of fun!

If you are interested in joining this great group, please contact the MFRC Coordinator of Volunteers, Barbara Thuen, at 204-833-2500 local 4519 or [Barbara.thuen@forces.gc.ca](mailto:Barbara.thuen@forces.gc.ca). We would love to meet you and help you to discover the opportunities that await as you get involved!

## NEXT CHAPTER

Tuesday, September 15

From 9:30 to 11:30 a.m.

Free childcare for children 18 months to five years.

Are you in the 'Next Chapter' of your parenting life? Do you have school aged kids, and are looking to socialize with other parents with school age kids? This group will help you find yourself as you go through the middle years before the teen years! Each month we will have a different topic to discuss while having some fun and food with friends. This program is designed for parents with children ages six and up.

## KIDS CARE

### CASUAL CHILD CARE

Hours: Tuesdays and Thursdays, September 3, 8, 10, 15, 17, 22, 24 and 29.

from 9:00 to 4:00; 9:00-12:00 or 1:00 to 4:00

Fees: Children under 2 years: \$12/3 hours; \$28/7 hours.

Children 2-5 years: \$10/3 hours; \$24/7 hours. Hourly fee \$5.00 per hour, per child.

Ask about our family rates.

Location: 630 Wihuri Rd (Kid's Care Room)

The MFRC offers child care on a casual basis for children 6 months - 5 years old.

Register by calling 204-833-2500 ext. 2491 a minimum of 24 hours in advance.

Peanut free snacks, lunch and diaper supplies (if required) should be sent.



## Lots to Discover at Westwin Nursery School

The MFRC offers a wonderful program for 3 and 4 year olds. Three mornings a week children will participate in a play based program that builds social skills and school readiness. The French Immersion program runs in the afternoon and does all of the above while introducing the French language. This program is licensed by Manitoba Early Learning and Child Care ensuring high standards for quality and safety. Dates: Mon; Wed; Fri; 9:00-11:30 a.m. (English) 1:00-3:30 p.m (French Immersion) Sept.14 – June 19 Cost: \$60/month Location: 642 Wihuri Rd Children must be 3 years old by Dec 31/15 and toilet trained. To register or get more information contact Shannon 833-2500 ext 2491 or email: [shannon.peake@forces.gc.ca](mailto:shannon.peake@forces.gc.ca)

## CREATIVE CAFÉ

Tuesday, September 17

from 10:00 to 11:30 a.m.

\$5.00

Registration deadline: September 14, 2015

We will be a making sensory discovery bottle for your kids. These bottles give children access to exploring all sorts of interesting materials and items. All materials will be provided for 1 bottle filled with various small, fun things such as buttons, small toys, dice and beads. Bring your imagination!

## COLOUR ME CALM

Monday, September 21

from 1:30 to 3:30 p.m.

Registration deadline: September 14, 2015

Thursday, September 24

from 6:00 to 8:00 p.m.

Registration deadline: September 18, 2015

Cost: \$15 for new participants.

Childcare available for children ages 18 mos to 5 years when preregistered by deadline.

Think colouring is just for kids? Think again.

The therapeutic benefits for adults are plentiful. As an activity, colouring can reduce stress, increase mindfulness, stimulate creativity and connect us with our feelings.

Join us for a comfortable morning or evening of colouring and conversation (if you want it). Snacks and supplies will be provided. Each new participant will receive a grown up colouring book and either a box of crayons or coloured pencils to keep. Returning participants may request an additional book for \$15.

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

## THE HAPPINESS PROJECT

Wed., Sept 16 from 5:30 to 8:30 p.m.

Cost: \$10.00 (first time registrants only)

Childcare available for children ages 18 mos to 5 years who preregister by Sept. 9.

Are you interested in consciously creating happiness within your life? This group meets monthly to discuss, share and support each other as we focus on practical ways to make our lives more fun.

Based on the International Bestseller 'The Happiness Project'. Each group member will receive a copy of the book to read and reflect.

## SPECIAL NEEDS SUPPORT GROUP

Wednesday, September 23

from 1:30 to 3:30 p.m.

Please contact Sherri if you require childcare.

Are you or someone in your family affected by special needs? Please join us for an afternoon of discussion, networking and sharing the rewards and challenges of managing special needs.

## FRANCOPHONE LADIES GROUP

### DINNER: THE SECRET IS IN THE SOUP

Friday, September 18 at 6:00 p.m.

Registration deadline: September 16, 2015

It is now time for the French ladies Group to reconnect and welcome the newcomers! Summer is almost over and the daily grind is starting all over again, what better to comfort and soothe than a bowl of soup. Bring your favourite soup to share with the other ladies and don't forget the recipe! The French ladies Group meets approximately once a month for entertainment, forging links and friendships. For those who are new or those who have not yet had the chance to participate in the group's activities, this will be the opportunity to join us. Women of all backgrounds, civilian and military are welcome.

## FRENCH COFFEE

Every Wednesday morning, from 10 to 11 a.m.

Join us every Wednesday morning for a coffee and a

chat with members of the francophone community. Free child care is provided for children ages 18 months to 5 years old.

## SECOND LANGUAGE TRAINING FALL SESSION 2014

Classes begin the week of September 21, 2015

### English Level 1 (beginner level):

Tues. & Thurs. from 9:00 a.m. to 12:00 p.m.

Childcare avail. for children 18 months to five yrs old

### English (Advanced level):

Tues. & Thurs. from 6:00 to 9:00 p.m.

### French level 1 (beginner level):

Mon. & Wed. from 6:00 to 9:00 p.m.

**\$50.00 military or \$100.00 for civilian**

**Registration deadline: September 16, 2015**

The Second Language Training Service is designed to facilitate the integration of civilian spouses/partners of CAF members who are posted to locations where the surrounding community's primary language is unfamiliar.

The primary participants eligible to access Second Language Training are civilian spouses/partners and children of CAF members sixteen years of age and over. Special consideration may be given to children fourteen to fifteen years of age. A minimum of five primary participants must be registered for a course to be offered. A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85% of classes.

Courses are also open to military members for a non-refundable cost of \$50 and to members of the community at a non-refundable cost of \$100 per session. The course duration is ten weeks and will consist of two three-hour classes per week.

Come in and complete the registration form at the MFRC or call Colombe Pelletier at 204-833-2500 ext. 4515 for further information.

# PERSONAL CLASSIFIEDS

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# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** This is a great time to reconnect with loved ones. Establish a few rules so that a sincere dialogue that is judgement free can take place. Everyone needs to feel respected and appreciated. Keep your own emotional boundaries in place in case others are unable to play fair.

**Taurus (April 20 – May 20):** You are trying to be logical but others may not be. Sometimes traditions provide common ground, other times they are roadblocks to progress. There is little you can do about the major upheaval coming but a solid philosophy can sustain you. Be a positive influence when possible.

**Gemini (May 21 – June 21):** You are unstoppable once you get going. But taking the first step may seem impossible just now. Set a goal you really want to reach. Recommit to a leading a purpose driven life. Live consciously instead of drifting through the days. Relax. This is a phase. Things will get easier.

**Cancer (June 22 – July 22):** Sometimes you fear if you try to fix what is broken you'll make an even bigger mess of it. You can't always rely on others to think things through. It can seem easier to use this as an excuse not to deal with issues, especially if no one else sees them. But how long can you kid yourself?

**Leo (July 23 – August 22):** You're not sure whether to be angry or sad when someone treats you harshly. They haven't been as comfortable with your choices as you'd assumed. Still if you are okay with your decisions; be at peace with yourself. Treat others as you wish to be treated. Agree to disagree if necessary.

**Virgo (August 23 – September 22):** Though you make it look easy, you're doing the "lion's share" of the work. Though there is a lot to do right now - just wait. Your schedule is about to change rapidly and radically. Life is full of surprise twists and turns. You can be flexible and hold to your principles as well.

**Libra (September 23 – October 23):** Get organized and establish a process so things run smoothly. Things start falling into place easily. Results you'd hoped for seem to magically appear. It's not just luck though. It's all due to a lot of hard work and making sure you were in the right place at the right time.

**Scorpio (October 24 – November 21):** Let go of judging whether you are getting things done on time or not. Drop all comparisons and go at your own pace. Create a work/play balance that is in step with your own beliefs about yourself and life. You might think you are different but actually "normal" is an illusion.

**Sagittarius (November 22 – December 21):** Your competitive spirit has put you in the lead so often it can be hard to stop seeing life as a win/lose challenge. It's time to focus on cooperation and consideration for others. Luckily once you get the hang of it you'll excel at team work just like you do everything else.

**Capricorn (December 22 – January 19):** Though you want to maintain the status quo you also feel like you need more. Find ways to creatively express the confusion you are feeling. It's true we can't expect another person to make us feel whole, but company on the journey can be a comfort. Open your heart.

**Aquarius (January 20 – February 18):** Yes, you can go where you please and do what you like, technically, but it might not be as fun as expected. Being forced to deal with loss and grief, hurts but it can also bring you to a place of healing. Create something bold and dynamic that reflects your feelings.

**Pisces (February 19 – March 20):** Plant seeds for the future even as you reap the rewards from past efforts. Systematically deal with daily tasks and special projects. You'll find they take less time than expected. Don't let other people's assumptions about you influence the way you see yourself. Shine!

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**MEAT DRAWS:** Friday at 6:30 pm Saturday at 3:00 pm

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# Chaplain's Corner

## Timings Are Everything

By Padre Lesley Fox

The CO tells the OC that everyone needs to be ready for a parade at 0730. The OC then tells the Warrant to have everyone on the parade square by 0715. The Warrant instructs the unit to be present on the square at 0700. Everyone meets at 0700, and then we all stand around and wait. We know about timings in the military, since we meet a lot of them on a daily basis. During basic training, I could not get my locker open quickly enough, and the Master Corporal started humming the Jeopardy tune in my ear, to which I replied (rather unwisely), "you're not helping." We call these timings chronological time, or "chronos". But, there is another understanding of time we name as "kairos", or holy time. In the middle of mundane, chronological time, there are those moments where God steps in so dramatically, we directly see and acknowledge holy time. At one point in my ministry, I was tasked with finding the extended family of a member who was deceased. The problem being that the family were listed under a variety of surnames, different from the deceased, and all the hospital could tell me was the name of the hotel where possibly the family might be staying. It seemed a daunting task, like finding the proverbial needle in a haystack. However, as I was explaining who I was looking for to a rather befuddled hotel manager, along came the entire family for whom I was searching. A holy moment indeed.

An ancient teacher of wisdom named in Hebrew as "Qohelet" wrote a book translated into Greek as Ecclesiastes. He indicated that if you really want to understand time wisely, you must do things in God's time even when you may not want to. Therefore, there are moments when you really do need to cry, and there are times when you really do need to take time out to celebrate, and knowing these times helps distinguish the wise from the foolish.

As you prepare to meet all the timings of chronological time, remember that miracles are not just extraordinary moments sent down for the most blessed amongst us, oh no, time always has a redemptive capacity to it, a capacity for which we are intimately involved, as in the words of Antoine de Saint-Exupery "It is the time that you have wasted for your rose that makes your rose so important."

## Service for the Blessing of Pets/Animals

17 Wing Chapel Parking Lot  
27 September 1300 hrs

To commemorate the life of St. Francis of Assisi, the Roman Catholic Patron Saint of animals and the environment, please join us in the parking lot of the 17 Wing Chapel for a special service for the blessing of pets and animals. St Francis was a known for his love of animals, and on or near his feast day of Oct 4th, many churches or all denominations celebrate animals and their owners. We bless cats, dogs, birds, snakes, lizards, and all manner of pets!

All are welcome regardless of faith background!

Please contact Padre Lesley Fox at 6914 or Lesley.Fox@forces.gc.ca for more information



Image by of posterize at FreeDigitalPhotos.net

## 17 WING GCWCC CALENDAR of EVENTS CCMTGC CALENDRIER des ACTUALITÉS

2015	AUGUST • AOÛT	AUGUST • AOÛT
	1	26 Toonie 3Km Walk/Marche, 5Km Run/Course
	2 3 4 5 6 7 8	29 Family Dog Walk • Promenez votre chien en famille
	9 10 11 12 13 14 15	
	16 17 18 19 20 21 22	
	23 24 25 26 27 28 29	
	30 31	

2015	SEPTEMBER • SEPTEMBRE	SEPTEMBER • SEPTEMBRE
	1 2 3 4 5	9 17 Wing Campaign Kick-off & Herc/Fire-Truck Pull • Lancement de la campagne de la 17 <sup>e</sup> Escadre et Concours de halage d'un Hercules/d'un camion d'incendie
	6 7 8 9 10 11 12	11 Themed Casual Fridays Begin • Vendredis en tenue décontractée en thème commencent
	13 14 15 16 17 18 19	17 GCWCC Golf Tournament • Tournoi de golf de la CCMTGC Rain date 21 Sept / Journée de reprise en cas de pluie le 21 sept
	20 21 22 23 24 25 26	18 City of Winnipeg United Way Plane Pull • Concours de halage d'un avion de la Ville de Winnipeg pour Centraide
	27 28 29 30	

2015	OCTOBER • OCTOBRE	OCTOBER • OCTOBRE
	1 2 3 4 5	1 Beard Growing Contest & Nail Polish Period Begins • Compétition de Laisser pousser la barbe et période de pouvoir porter du vernis à ongles commencent
	6 7 8 9 10 11 12	16 TEME Breakfast • Déjeuner par l'Escadron de TGEM
	13 14 15 16 17 18 19	TBC/AC 10 <sup>th</sup> Annual Ball Hockey Tournament • 10 <sup>e</sup> annuel Tournoi de hockey-balle
	20 21 22 23 24 25 26	
	27 28 29 30 31	

2015	NOVEMBER • NOVEMBRE	NOVEMBER • NOVEMBRE
	1 2 3 4 5 6 7	2 Beard Growing Contest & Nail Polish Period Ends, Contest Judging • Fin de la Compétition de Laisser pousser la barbe et du port du vernis à ongles; Jugement de la Compétition
	8 9 10 11 12 13 14	
	15 16 17 18 19 20 21	19 GCWCC Jail & Bail • CCMTGC - Incarcération et Caution
	22 23 24 25 26 27 28	
	29 30	

2015	DECEMBER • DÉCEMBRE	DECEMBER • DÉCEMBRE
	1 2 3 4 5	4 Last Casual Friday • Dernier vendredi à porter la tenue décontractée
	6 7 8 9 10 11 12	17 Wing 2015 GCWCC Ends • Fin de la CCMTGC de 2015 de la 17 <sup>e</sup> Escadre
	13 14 15 16 17 18 19	9 RCAF Band Concert at the Centennial Concert Hall • Concert de la Musique de l'ARC à Centennial Concert Hall
	20 21 22 23 24 25 26	Proceeds to the Care & Share and GCWCC / Profits au Care & Share de 17 <sup>e</sup> Escadre et la CCMTGC
	27 28 29 30 31	

**YEAR-LONG FUNDRAISERS • COLLECTE DE FONDS TOUTE L'ANNÉE**  
 TEME Squadron Car Wash • Lave-Autos de l'escadron de TGEM  
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FOR MORE INFORMATION CONTACT / POUR DE PLUS AMPLES INFORMATIONS, CONTACTEZ  
 Capt McCulloch-Drake • bettina.mcculloch-drake@forces.gc.ca • ext./poste 6499  
 Capt Tan • xiaodong.tan@forces.gc.ca • ext./poste 5258



Have you got a story or photo you'd like to share with us?  
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## Faith and Life

### PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

**SUNDAY SERVICE** (English Only) 0900 hrs  
**COMMUNITY SERVICES**

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

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

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

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

### CHAPLAINS

Padre Jack Barrett  
 (Anglican) - Wing Chaplain ext 5417

Padre Lesley Fox  
 (United Church) - Chapel Life Coordinator ext 5272

Padre Christopher Donnelly  
 (United Church) ext 5785

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

17 Wing  
 204 833 2500



17 Wing Community Chapel  
 2235 Silver Avenue  
 (Near Whytewold)



Administrative Assistant  
 Ms. Jaye Rynar ext 5087

### CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

### CHAPLAINS

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

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

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

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

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

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

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

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

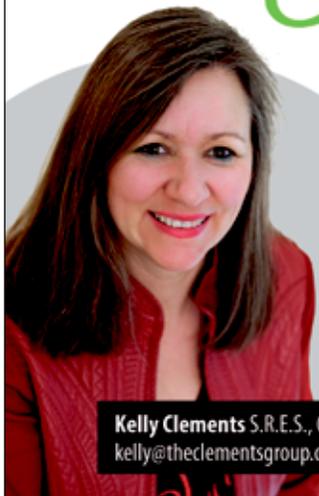
**EMERGENCY DUTY CHAPLAIN**  
 After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

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

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

**CARE & SHARE BENEVOLENT FUND**  
 Contact Wing Chaplain Office for further information.

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