



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

MAY 3, 2017 - VOLUME 66, ISSUE 9

Wing Commander's Volleyball a Fun Action-Filled Event



Civilian and Military members compete during the start of the 2017 Wing Commander's Volleyball Tournament held at 17 Wing, Winnipeg on April 28, 2017. The renovations on the Building 90 gym floor are complete and the floor has never looked better. For our article on the Wing Commander's Volleyball Tournament see page 7 and for more photos see page 9. Photo: Cpl Paul Shapka

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Drivers Licences Made Easier for Members Moving to Manitoba



On Tuesday, 25 April 2017, Manitoba Public Insurance (MPI) held a media event at 17 Wing Winnipeg. MPI is now accepting Canadian Armed Forces driver licences and identification cards to help establish the identity of military personnel who relocated to Manitoba and apply for a Manitoba driver licence or identification card. Group photo of Ron Schuler, Crown Services Minister (left of Col Cook), Colonel Andy Cook, 17 Wing Commander, Jon Reyes, Manitoba's Special Envoy for Military Affairs, Ward Keith, Vice-President, MPI Loss Prevention and Communications (far right front row), and various military members of 17 Wing Winnipeg. Photo: Sergeant Daren Kraus

by MPI Media Relations Unit

Manitoba Public Insurance is now accepting Canadian Forces driver licenses and identification cards to help establish the identity of military personnel who relocate to Manitoba and apply for a Manitoba driver licence or identification card. Crown Services Minister Ron Schuler and Manitoba Public Insurance announced on the morning of 25 April at the Netherlands Theatre at 17 Wing Winnipeg.

The Minister spoke to a full house of 17 Wing members in the Netherlands Theatre who were also there to learn about the spirituality of Manitoba's indigenous people before the Wing builds a sweat lodge as a part of Canada's 150th celebrations.

"These military cards are issued by the Department of National Defence and in all cases, the military card holder goes through a stringent process to establish and confirm their identity," said Schuler. For this reason, driver licences and identification cards issued by the Canadian Forces can now be used to satisfy provincial identity requirements except to confirm address in Manitoba and legal entitlement to be in Canada."

"This is a positive step in expediting the transition to Friendly Manitoba," added Schuler, pointing to the motto on the Manitoba Support Our Troops licence plate. Manitoba's Special Envoy for Military Affairs, MLA Jon Reyes (St. Norbert), said today's announcement will be warmly welcomed within the military ranks.

"It can be a real challenge when military members and their families are moved between provinces," said Reyes, who served 10 years in the Canadian Forces himself, including five years stationed on the HMCS Winnipeg as a member of the Royal Canadian Navy.

"The acceptance of military identification cards and driver licences by Manitoba Public Insurance means one less worry when a member of our military is stationed to Manitoba and applies for a provincial driver licence or identification card."

"This change is effective immediately, and is also being adopted in other Canadian jurisdictions that don't already recognize military identification cards or driver licences for identity verification purposes," said Ward

Keith, vice-president, Loss Prevention and Communications, Manitoba Public Insurance.

"In 2015, Manitoba was one of two provinces in Canada to start recognizing commercial class military driver licences for upgrade to equivalent class civilian driver licences," said Keith. "Recognizing these licences and now identification cards to satisfy applicable identity requirements is a logical extension of this policy."

Manitoba was also proud to introduce the "Support our Troops" specialty licence plate series in June 2015 as a means to honour and recognize the commitment of our Canadian Forces personnel. Since that time, more than 2,200 passenger vehicle and motorcycle plates have been sold; raising nearly \$70,000 in proceeds used to sponsor local military and reservist personnel to pursue post-secondary university or technical college education within Manitoba through the Manitoba Military Scholarship Fund. To date, 10 qualifying recipients have received education scholarships through this important program.

"While in opposition, our party was proud to introduce the original legislation that led to the introduction of the Support our Troops specialty licence plate series," Minister Schuler said. "To see so many of these specialty plates in circulation today makes me so proud of our Canadian Forces," said Schuler. "These plates are one simple way that all Manitobans can say thank you, and in doing so, support the Manitoba Military Scholarship Fund."

Support our Troops specialty licence plates continue to be available through all Autopac outlets. The cost of each set of plates is \$70.00 with \$30.00 directed to supporting the military scholarship program in Manitoba.

Looking Forward to the RCAF RUN Dust Off Those Runners- RCAF Just Around the Corner:

by RCAF Public Affairs

The 2017 RCAF Run is fast approaching so it's time to dust off those runners and get ready for a fun filled event on Sunday 28 May.

Race day is the one day of the year when 17 Wing is open to the public as long as you are registered for one of the run categories.

On-line registration is open and you can register for the timed events up until 20 May. After that date only those taking part in the 3km Family Fun run/Walk will still be able to register. There is no race day registration for timed events.

"In addition to this being a well-established challenging run for those in the running community there is lots to see and do for everyone taking part," said RCAF Run



17 Wing Winnipeg hosted the 8th Annual Royal Canadian Air Force (RCAF) Run on 5 June 2016. Photo: Master Corporal Rick Ayer

Chair Lt.-Col. Heather Collins.

"Once again this year there will be the very popular interactive aircraft displays along the flight line, children's activities, an interesting race village, mascots from local professional sports teams and much more," said Lt.-Col. Collins.

The RCAF Run is for everyone- no matter what their fitness level or ability to actually run, she said. The RCAF Run is a part of the Canadian Armed Forces commitment to fitness and healthy living and anyone who wants to share in that commitment is welcome to hit the tarmac with the men and women who daily serve and protect Canadians from coast to coast to coast.

The runners in timed events will be off first and these aspects of the race are certified by Athletics Canada and accredited by the Manitoba Runner's Association. The RCAF Run has become an attractive race option for serious runners who like the course and the race organization, said Lt.-Col. Collins.

For families or indeed anyone wishing to take part in the 3km Family Fun Run/Walk this event offers a great fun filled opportunity. Not only can families stroll along the flight line where a selection of aircraft will be parked, they will actually be able to get up close to other planes, take a tour and chat with the men and women who fly in them.

At the end of the run or walk everyone is encouraged to take time to visit the Race Village that features activities for all ages. A light lunch is available to participants and there will be a spirited band concert by Jet Stream from the RCAF Band.

Race day information and registration can be found by checking out the web site at www.rcafrun.ca.

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Derksen Printers
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VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col Cook. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or third party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.

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The Voxair

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PO Box 17000 Stn Forces
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This newspaper is printed using
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Publications Mail Agreement No. 1482823

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**Looking Forward to
the RCAF RUN**

Preparing Nutritionally for the RCAF Run



Participants on the tarmac during the 8th Annual RCAF Run, held on June 4th, 2016.
Photo: Cpl Darryl Hepner, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

Although a half marathon, 13.1 miles, is the farthest distance in the 2017 RCAF Run on May 28, it still requires some advance preparation, especially for novice runners, say the experts.

The event also includes a 10 kilometre run, a five km run, and a three km Family Fun Run. Participants can also enter in a relay team. The start Location will be at the 17 Wing Fitness and Recreation Centre (680 Wihuri Rd). The RCAF Run fundraises for two organizations who support military members and veterans: Soldier On and Support Our Troops.

“Every other week, increase your long run by 1.5 miles until you’re run/walking 13 to 14 miles. On alternate weeks, keep your long run to no longer than three miles. Your longest long run should fall two weeks before your half-marathon. Plan to take about 15 weeks to prepare for the big day,” says an article, Half Marathon Training for Beginners (July 10, 2013) in the online version of Runner’s World.

Some other tips are found in www.halfmarathons.net.

“Fuelling your body for 13.1 miles requires thinking ahead,” says the website. “Not only on race day, but throughout your training program. Rest is just as important as running while training for a half marathon — for better and faster recovery. Training for speed isn’t required, but it can help you improve your time on race day and feel stronger during your runs.”

Some sound nutrition advice comes from renowned sports nutrition scientist and Ironman triathlete, Dr. Asker Jeukendrup.

He suggests studying the course, the nutrition on the course and to develop a plan beforehand, in a handout from PSP Health Promotion.

“Train with your race nutrition plan, train with the drinks on course, train with gels or whatever you will use,” writes Jeukendrup, whose notable clients have included Haile Gebrselassie, Olympic gold medalist, and Chrissie Wellington, English triathlete holder of three world and championship records.

“Practice your breakfast plan and also the meal plan the night before. Find out what works best for you. Make a reservation for dinner the night before at a place that you know is good. Don’t wait until the last moment.”

Some of his other tips include: Buy your race nutrition days before; don’t wait till the last moment; Increase your carbohydrate intake by eating carbohydrate rich (not just eating more); reduce fibre intake one to two days before the event if you often suffer from gastrointestinal problems. During the race (mainly meant when running full marathons): stick to your nutrition plan, but don’t stick to it all cost; use sports drinks, gels, chews, bars, depending on your personal preference; avoid high fibre fat and protein intake during the run; don’t over drink,

don’t under drink; don’t use excessive salt or electrolyte intake.

“Take the necessary steps to ensure eating well after exhaustive exercise,” advises a handout from Canada’s Sport Nutrition Advisory Council. “Experts have determined that your body cells, especially those that store glycogen (energy), are the most receptive to being replenished within the first 30 minutes after intense activity. Therefore, as soon as an athlete starts to ‘cool

down’ the recovery clock starts ticking! Because sodium is the main electrolyte lost in sweat during exercise, sodium-rich foods should also be consumed during recovery. Examples are pickles, soy sauce, soup, vegetable juice and table or sea salt.”

Another PSP fact sheet, Eating for Endurance- Making Sense of Sport drinks, Bars, and Gels, states that a number of factors can cause athletes to experience fatigue from participating in endurance events, and most of these factors can be related to nutrition.

“Dehydration from sweat loss, hypoglycemia (low energy levels in the blood), and lack of physical energy (depleted muscle glycogen-energy stores) are three common reasons why athletes feel fatigued throughout endurance events,” the handout explains. “Specific nutrition strategies practiced before and during physical activities may help reduce exercise fatigue. Through careful planning, athletes can limit their exercise fatigue by eating well before their physical event(s), and by consuming ample fluids, carbohydrates, and electrolytes during or in between their activities. Some initial ‘trial and error’ dietary strategies would be advised in low-key competitions or during training to determine the optimal food and fluid choices best tolerated for each athlete.”

Sports Trivia

Mother’s Day

by Tom Thomson and Stephen Stone

1. Who were the “Matchless Six”?
2. Who is the only Canadian woman to win an individual gold medal in track and field at the Olympics?
3. Who was declared Canada’s woman athlete of the half century in 1950?
4. What Canadian athlete was nicknamed “Mighty Mouse”?
5. Who was the first Canadian to swim across the English Channel?
6. Who is the second place all-time goal scorer in women’s international soccer?
7. Who is the only woman to win an Indy car race?
8. Who was the first two-time and three-time National Hot Rod Association Top Fuel drag racing champion?
9. Who was the first female hockey player to play in an NHL game?
10. What female hockey player has won the greatest number of Olympic and World Championship medals?
11. Which female hockey player scored the last two goals in the gold medal game at both the 2010 and 2014 Winter Olympics?
12. Who is the first female goaltender to record a shutout in a men’s professional hockey league game?
13. Who was voted as Canada’s female athlete of the 20th century?
14. Who won Canada’s first Olympic skiing gold medal?
15. Who is the only North American ever to win Olympic gold in the biathlon?
16. Who was the first Canadian to win an Olympic medal in cross-country skiing?
17. Who is the only Canadian to win an individual gold medal in figure skating at the Olympics?
18. Who is the most-decorated Canadian speed skater?
19. Who is the only Canadian to win five medals at a single Olympic Games?
20. Who is the only athlete to win multiple medals at both the Summer and Winter Olympics?

Sports Trivia Answers on page 14

CORRECTION: In our profile of Capt John McDougall last issue we mistakenly called the occupation Physician’s Assistant. The occupation is correctly called Physician Assistant.



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Indigenous Elder Educates 17 Wing



On Tuesday, 25 April 2017, Elder Mike Calder gave an Indigenous Awareness presentation to members of 17 Wing Winnipeg at the Netherlands theatre.
Photo: Sergeant Daren Kraus

by Martin Zeilig, Voxair Photojournalist

Mike Calder, Director of Indigenous Services at the Behavioural Health Foundation, confessed that he was surprised by the turnout at his presentation on Indigenous Awareness at the Netherlands Theatre on April 25.

"I didn't expect this many people," he said, just after lighting a traditional smudge which he placed to one side of the lectern just prior to his most interesting anecdotal talk-- one that included information about his own life.

Some 200 military and civilian personnel were in attendance at the two hour presentation, which focussed on the significance of the soon-to-be built sweat lodge beside the 17 Wing Chapel-- just off Wihuri Road. Mr. Calder's talk was co-sponsored by the Defence Aboriginal Advisory Committee and the Wing Chaplaincy.

The mission of the Defence Aboriginal Advisory Group is to advise Commanders on significant issues affecting the lives of Aboriginal people working at the Department of National Defence (DND) and serving in the CAF, explains the National Defence and Canadian Armed Forces website.

"The members of the Group support the chain of command in their mandate to foster awareness of Aboriginal issues and recruiting and retention issues, and also provide a forum for Aboriginal peoples to gather and support one another as they exercise their unique cultural, spiritual and traditional identities within DND and the CAF," it says. "All DND employees and CAF members, regardless of ethnic origin, are welcome to join the Defence Aboriginal Advisory Group."

The DAAG provides essential advice to DND and CAF leaders, "identifying current systemic problems and anticipating the impact of new policies" and initiatives on Aboriginal employees and members.

"We're on Treaty One land and home to the Metis people," Wing Commander Colonel Andy Cook said in his introductory remarks. "I had very little knowledge of Indigenous customs and spirituality when I first came to the Wing two years ago. We're trying to enhance awareness to bring about better relations between 17 Wing and Indigenous people."

While we can't change history, we can respect the wisdom that culture has to offer us, he added.

"If I've had a problem, it's been a great benefit to ask for Mike's (Calder) wisdom," Col Cook said. "He does it with patience and humour. Everything means something. When you can move towards that understanding, then you can move towards reconciliation."

Many Indigenous cultures on Turtle Island "North America" have traditionally used the sweat lodge for purification, cleansing and healing of mind, body, emotions and spirit, states the website, MANY GOOD TEACHINGS Niibowa Mino Gikinoo'amaage.

The sweat lodge has been called "the most powerful structure in the world." Sweats vary from purification and cleansing to healing sweats.

"The ancestors envisioned the sweat lodge as a gift from The Creator to help in healing, purification, and connection to the spirit world," continues the online material, noting that the sweat lodge "Womb of Mother Earth" is connected to all directional powers of the universe: above, below, east, south, west and north. "Intent within integrity is the key to the positive outcome of the ceremony."

Mandie Harbridge, who works at Wing Supply and is the incoming civilian co-chairperson of the 17 Wing DAAG, was overcome with emotion during an interview following Mr. Calder's presentation.

"I think he was really well spoken," she said, noting that her mother was caught up in the "Sixties Scoop" -- the Canadian practise, generally beginning in the 1960s and continuing until the late 1980s or early 1990s, of taking ("scooping up") children of Aboriginal peoples in Canada from their families for placing in foster homes or adoption with non-Aboriginal homes, notes online information.

Calder's opening remarks set the tone for his presentation. Among other thing, he referred to having been incarcerated at Stony Mountain Penitentiary for 10 years and at Headingley Correctional Institution for two weeks.

"I was caught up in the Sixties Scoop," Calder, who was wearing blue jeans and a long black shirt adorned with a rainbow of ribbons on its collar and sleeves, said, as the distinct aroma of burning sage from his smudge pot drifted through the theatre. "But, I was a runner. I ran away from people trying to hold me in one place. That's why I was in 32 foster homes in Manitoba."

He stressed the importance of the four main traditional medicines-- sweet grass, sage, tobacco and cedar-- during Indigenous smudging ceremonies. For example,

sacred tobacco, used to make smoke, is one of the most sacred of plants for Native people, notes the Dancing to Eagle Spirit website.

"It is said to be the main activator of all plants," the online source says.

"Besides producing visions, smudging is used to purify tools and people before an important spiritual ceremony. It is also used to clear sacred space and open the soul before calling upon the Spirits and their healing powers."

Natalie Fondron-Gasc, a civilian employee and former chair of the DAAG, said she's been trying to have a sweat lodge built on the Wing for many years now.

"We're hoping to have the sweat lodge built in about three weeks," she said, adding that construction will begin at the end of May.

"We need to put up a fence first. It will be built on the west side of the chapel." Fondron-Gasc added, emphasizing that female members of the DAAG will be involved in the sweat lodge.

Calder said that sweat lodges can be found in many other cultures too. The lodges show, among other things, strong family values.

"When you enter a sweat lodge, you're going to go into a place that's safe and sacred," he commented. "You'll say things that won't be repeated elsewhere. The sweat lodge will be used for sacred and ceremonial reasons. I'll be supervising the building of the sweat lodge here. It will be built with willow and cloth. That's all that's needed. It will take about five or six hours to construct the sweat lodge. I'll teach somebody here how to run a sweat. Then, it's done. I think any partnership we can build is a move in the right direction."

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by Director General Compensation and Benefits

Are you posted this year and eager to start your move? Whether this is your first or 15th move, you'll have many questions and we can help. You can have peace of mind knowing that you have the best relocation package in government. Your move could range from simple to complex depending on your personal circumstances. You'll have many things to consider and decide on when moving to a new location.

Taking your first steps

1. Read your posting instruction. Paragraph 5 covers critical information for initiating your relocation process.
2. Pre-register. You must wait two days after receiving your instruction for your BGRS (formerly Brookfield Global Relocation Services) file to be created.
3. Register. You must complete within 21 days of receiving your instruction by following the steps emailed from BGRS upon pre-registration.
4. Book your planning session. Your BGRS agent will contact you to book your first session.

Preparing for your planning session

- List your questions on your relocation process, requirements, and entitlements.
- Wait to enter into contracts until after you've met with your BGRS agent and discussed your maximum pre-negotiated rates/fees. These include contacts with:
 - Real Estate Agents;
 - Appraisers;
 - Home Inspectors;
 - Lawyers/Notaries; and
 - Rental Search Agents.
- Read the Tax Smart section in "It's Your Move" guide. Your objective is to minimize payable taxes and maximize after-tax benefits.
 - Review the Canadian Forces Integrated Relocation Program (CF IRP) Directive.
 - Review the General Relocation Information Package (GRIP), provided by BGRS within two days of registering.

Simplifying your process

- Group your move into small manageable tasks;
- Use all your available resources;
- Follow policy and avoid delays or out-of-pocket expenses; and
- Ask for assistance when needed.

Your BGRS representative and your CF IRP Coordinators can provide all the tools and guidance regarding relocation policy and entitlements. Check out the resources below for more information to help you plan a smooth and successful relocation. Before you know it, you'll be settled in to your new surroundings.

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2. Pré-inscription. Vous devez attendre deux jours après réception de votre instruction pour que votre dossier BGRS (anciennement Brookfield Global Relocation Services) soit créé.
3. Inscription. Vous devez terminer votre inscription dans les 21 jours suivant la réception de votre instruction en suivant les étapes qui vous ont été transmises par BGRS au moment de votre pré-inscription.
4. Prenez rendez-vous pour votre séance de planification. Votre agent de BGRS communiquera avec vous pour fixer la date de votre première séance.

Se préparer en vue de la séance de planification

- Faites la liste de vos questions relativement au processus, aux exigences et aux avantages auxquels vous avez droit dans le cadre de votre réinstallation.
 - Avant de signer quelque contrat que ce soit, attendez d'avoir rencontré votre agent de BGRS et d'avoir discuté avec lui de vos taux/frais maximum négociés au préalable. Cela inclut les intervenants suivants :
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 - Relisez les Directives du programme de réinstallation intégré des Forces canadiennes (PRI FC).
 - Relisez la trousse d'information générale sur la réinstallation (TIGR) qui vous a été remise par BGRS dans les deux jours suivant votre inscription.

Simplifiez votre processus

- Divisez les tâches à accomplir dans le cadre de votre réinstallation en plus petites tâches réalisables;
 - Utilisez toutes les ressources à votre disposition;
 - Suivez la politique et évitez les retards et les dépenses personnelles;
 - Demandez de l'aide au besoin.

Votre représentant de BGRS et vos coordonnateurs du PRI FC peuvent vous fournir tous les outils et les conseils requis relativement à la politique de réinstallation et aux avantages auxquels vous avez droit. Consultez les ressources indiquées ci-dessous pour obtenir de plus amples renseignements en vue de vous aider à planifier une réinstallation réussie, sans heurt. Avant de vous en rendre compte, vous serez installé dans votre nouveau milieu de vie.

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Canadians Learn Military History through Memory Project

by Martin Zeilig, Voxair Photojournalist

For the past 10 years, Lieutenant-Colonel (ret'd) Art Brown has been helping to deepen awareness of Canadian history and citizenship by sharing his personal experiences of his 39 years as a member of the Canadian Armed Forces, both Regular Forces and Reserves with fellow citizens.

He is a speaker with the Memory Project, a volunteer speakers bureau that arranges for veterans and CAF members to share their stories of military service at school and community events across the country, notes the Memory Project website.

The MP is an initiative of Historica Canada, the country's largest organization dedicated to enhancing awareness of Canada's history and citizenship.

"The Memory Project Archive houses more than 2,800 testimonials and over 10,000 images from veterans of the First World War, Second World War, the Korean War and peacekeeping missions," according to the Memory Project website.

"The Memory Project Speakers Bureau is available year round for both school and community groups, and for audiences of all ages. By becoming a speaker, you are joining our community of over 1,500 veterans and Canadian Forces members who are committed to sharing their stories of service. The Memory Project is made possible with generous funding from Canadian Heritage and Veterans Affairs Canada. The programs reach more than 10 million Canadians annually."

Brown, who retired from the Reserves in December 2015, said he's not only a speaker but also a community ambassador to promote the MP.

"The Memory Project initially started out recording the remembrances of veterans from the two world wars and the Korean War," he explained during a recent interview. "Then it morphed into a living project of vets speaking to groups and organizations about their experiences (including about their duties in Afghanistan and/or the current environment with the CAF). It just doesn't have to be about war. It could also be about a



Lieutenant Colonel (ret'd) Art Brown is now sharing his personal experiences of his almost 40 years in the CAF (both Regular Forces and Reserves) with fellow citizens in Historica Canada's Memory Project.
Photo: Martin Zeilig, Voxair Photojournalist

peacekeeping role."

Brown said most of the requests for a speaker are made in the days or even weeks before Remembrance Day.

"But, we're actually available year round," he added. "For example, if a school is doing a history piece on Canada's military we would come to speak to them at any time about our experiences. We tailor our presentation to our audiences, and what they're looking for from us."

Brown noted that he'll speak about his two tours in Afghanistan – in Kandahar and then in Kabul-- for a total of 19 months back some years ago.

"The meat of our presentation is our personal experience," said Brown, who during his time in the RCAF was posted to 17 Wing as the Reserve Flight Commander, as well as instructing at the Canadian Forces School of Aerospace Studies and a stint in Air Operations Centre at 1CAD. "Just like the speakers bureau in the CAF, the Memory Project also provides resources (articles, fact sheets and photos) that the speaker can use to build their presentation. But, so far, I've spoken about my personal experiences using my own photos. I've always had good responses from my audiences."

Over the past decade, he's spoken 15-20 times, primarily at middle schools, and also at a Remembrance Day ceremonies in rural Manitoba communities.

"I just think it's good to make people aware of the sacrifices of the CAF members, not only from the past but now in the present time too," Brown emphasized, noting that presentations are usually about an hour long. "We're looking for serving members and veterans to become speakers. We want people to request our services year round, and not just leading up to Remembrance Day-- and not only in schools. It could be retirement homes, service clubs, any type of organization."

For more information, or to book a speaker contact:

Telephone: 1-866-701-1867

Email: memory@historicanada.ca

Twitter: @memory_project

Facebook: [thememoryproject / leprojectmemoire](https://www.facebook.com/thememoryproject/)

ExecuTrek Showcases Reservists to their Civilian Employers

by Martin Zeilig, Voxair Photojournalist

For Dr. Anne Neufeld, Provost & Vice-President Academic at the Saskatchewan Polytechnic in Saskatoon, taking part in an ExecuTrek tour allowed her to visit military bases, CFB Moose Jaw and 17 Wing, for the first time ever.

It proved to be quite a new learning experience, she said.

Dr. Neufeld was interviewed at the Officer's Mess on April 26 during a lunch break for the 35 participants. The 2017 ExecuTrek participants included aerospace/industry and educational leaders from Manitoba, Saskatchewan and Alberta.

ExecuTrek takes you to Reservists doing their jobs and learning new skills, says the National Defence and CAF website.

"You'll even have a chance to take part in some of the activities and you may even be surprised to discover one of your employees among those dedicated men and women in uniform," says the online source. "The ExecuTrek Program gives employers, supervisors and human resources professionals a first-hand view of the quality of military training and the benefits that employers can gain from that training – trade skills, general work and management skills, values, work ethics and much more.

"Once you see them in action, you'll want to take advantage of the ongoing professional development that the military offers. All it takes is agreeing to allow Reservists to take military leave without penalty to keep up with their military activities. You may also be interested in finding out how to hire Reservists for your company."

The Canadian Forces Liaison Council organizes the various ExecuTrek's across the country, said Lieutenant-Colonel Denis Roy, the CFLC Liaison Officer for Manitoba and Northwestern Ontario.

The CFLC is a group of Canada-wide civilian business leaders who volunteer their time and efforts to

promote the Primary Reserve Force by highlighting the benefits of Reserve Force training and experience to the civilian workplace, says a DND booklet, part of an information package handed out to all the ExecuTrek participants.

"The Council's mandate is enhance the availability of Reservists for their military duties by obtaining the support and co-operation of organization leaders in Canada. The Council encourages civilian employers and institutions to grant time off, without penalty, to Reservists to allow them to participate in their military activities, duties and training. CFLC works alongside and supports the Reservist's Chain of Command in all matters related to military training and operations."

This was the second ever ExecuTrek dealing with the RCAF at 17 Wing, said LCol Roy, who noted that he joined the CAF in 1976 and served 29 years in the Regular Force and now nine years as a Reservist.

"I think it's gone well," he added. "I'm learning that they're really pleased and impressed with the quality of our briefs. They are now motivated to find ways to support the RCAF's personnel growth in terms of both the Regular Forces and the Reserves."

During their day at 15 Wing Moose Jaw, participants witnessed a CF-18 Demo Show, a Snowbirds Acceptance Show, and visited 15 Wing units. At 17 Wing, they had a briefs by the 2 Canadian Air Division Commander Brigadier-General David Cochrane and 17 Wing Commander Colonel Andy Cook, as well as meeting with A-1 Reserve Lieutenant-Colonel Heather Collins at 1 Canadian Air Division; a tour of 402 and 435 Squadrons, respectively; a visit to the Canadian Forces School of Survival and Aeromedical Training, and the Canadian Forces School of Aerospace Studies, among other things.

"I'm always aware of promoting women in careers that are historically male dominated," said Dr. Neufeld, PhD, who mentioned that her school offers a diploma for

commercial pilots. "I was told that five to 10 percent of the RCAF pilot trainees are women, and they would like to promote more women. I had the honour of meeting one of the women pilot trainees. She told me that her dream was to fly from the age of 12. She was living her dream. What impresses me as an educator is the high quality training that the Canadian military offers its Regular Forces and Reservists."



On Wednesday, 26 April 2017, 17 Wing Winnipeg hosted an ExecuTrek event. The ExecuTrek Program gives employers, supervisors and human resources professionals a first-hand view of the quality of military training and the benefits that employers can gain from that training - trade skills, general work and management skills, values, work ethics and much more. Once you see them in action, you'll want to take advantage of the ongoing professional development that the military offers. All it takes is agreeing to allow Reservists to take military leave without penalty to keep up with their military activities. You may also be interested in finding out how to hire Reservists for your company. Master Corporal Donovan Ball, 435 Squadron Search and Rescue Technician, explains static line jumps to the members of the ExecuTrek. Photo: Sgt Daren Kraus

Get rolling at the first ever Navy Bike Ride!

by Kylie McKay

Cycling enthusiasts in the National Capital Region have a brand-new event to add to their calendar in 2017 as the first annual Navy Bike Ride brings together Royal Canadian Navy (RCN) members, veterans, family, and friends on Saturday, May 20 for a full day of activities as part of Canada's 150th birthday celebrations.

This fun family event is open to cyclists of all skill levels and all ages, including beginners, with both a 10 km route and a 30 km route to choose from. It's a non-competitive ride that will take cyclists through Gatineau and downtown Ottawa, and right by Parliament Hill. The 30 km route offers a longer ride through the beauty of Gatineau Park. Bike trailers, child seats and trailer cycles are welcome so even the littlest members of the family can join in. Anyone who registers before May 8 will be automatically entered into a draw for exciting prizes.

The Navy Bike Ride is organized in partnership with the Grand Prix Cycliste Gatineau, an annual event that welcomes cyclists from around Canada to take part in a series of competitive races throughout the weekend. A "Vélo-Village" featuring displays, games and activities for participants and families will also be located at the Start/Finish line. Bike rentals will also be available onsite, but reservations must be made online in advance.

For those looking for more of a challenge, current serving CAF members can register for the Admiral's Cup, a new military-only category in the Grand Prix Cycliste Gatineau's Medio Fondo event on Sunday, May 21. This 69.3 kilometre race offers prizes to the top three male and top three female competitors in the military category. Prizes include two WestJet vouchers for the first place finishers, a voucher worth 500\$ for Via Rail for second place finishers and third place will receive sunglasses from Zizu Optics.

Proceeds from the event will go to two organizations dedicated in the well-being of the RCN's current and former sailors and their families – the Royal Canadian Naval Benevolent Fund and Support our Troops.

Registration is \$40 for adults and youth aged 13 and over, and \$20 for children aged 12 and under who are riding their own bicycles. The event is free for kids in bike trailers, child seats or trailer cycles. Each adult registration receives a free custom cycling jersey, with free bandanas for registered kids.

If you're not in Canada's capital, other cycling events will be organized in tandem with the Navy Bike Ride, by RCN personnel in naval bases and Naval Reserve Divisions across the country, as well as on ships at sea around the world.

Celebrate Canada's 150th birthday, promote physical fitness and raise awareness of the Royal Canadian Navy, all while giving back to naval families in need.

Register today at navybikeride.ca.

Participez au tout premier Défi-vélo de la Marine!

Par Kylie McKay

Amateurs de vélo de la région de la capitale nationale, à vos calendriers! Le premier Défi-vélo de la Marine, qui aura lieu le samedi 20 mai, réunira des membres de la Marine royale canadienne (MRC), des vétérans, des membres de leur famille et des amis. Des activités auront lieu pendant toute la journée, dans le cadre du 150e anniversaire du Canada.

Cette activité familiale amusante est ouverte aux cyclistes de tous les niveaux et de tous les âges. Les participants ont le choix entre un parcours de 10 km ou de 30 km. La randonnée non compétitive mènera les cyclistes dans Gatineau et au centre-ville d'Ottawa, puis devant la Colline du Parlement. Le parcours de 30 km permettra en plus d'admirer la beauté du parc de la Gatineau. Les remorques de vélo, les sièges pour enfants et les demi-vélos sont les bienvenus, puisque même les plus jeunes membres de la famille sont invités.

Le Défi-vélo de la Marine est organisé en partenariat avec le Grand Prix cycliste de Gatineau, une compétition annuelle réunissant des cyclistes du pays lors d'une fin de semaine de course. Un « Vélo-Village » (une exposition, des jeux et des activités pour les participants et leur famille) sera installé au départ et à l'arrivée. Des vélos pourront être loués sur place; il faut cependant les réserver en ligne au préalable.

Les membres actifs des FAC qui cherchent à se dépasser peuvent aussi participer à la Coupe de l'amiral (69,3 km), la catégorie réservée aux militaires du Medio Fondo du Grand Prix cycliste Gatineau, le dimanche 21 mai. Des prix seront remis aux trois meilleurs cyclistes hommes et femmes de la catégorie militaire, soit deux bons de WestJet (1re place), un bon de 500 \$ de VIA Rail (2e place) et des lunettes de soleil de Zizu Optics (3e place).

Les recettes seront versées à deux organisations qui œuvrent au bien-être des marins actuels et anciens et de leur famille : la Caisse de bienfaisance de la Marine royale canadienne et Appuyons nos troupes.

Les frais d'inscription sont de 40 \$ pour les adultes et les adolescents (13 ans et plus) et de 20 \$ pour les enfants de 12 ans et moins sur leur propre vélo. La participation est gratuite pour les enfants en remorques de vélo, dans des sièges pour enfants et des demi-vélos. Chaque participant adulte recevra un maillot de cyclisme et chaque enfant, un foulard de tête. Les personnes inscrites avant le 8 mai courent la chance de gagner des prix intéressants.

Des courses à vélo en marge du Défi-vélo de la Marine seront organisées par le personnel des bases navales de la MRC et les divisions de la Réserve navale partout au pays, ainsi que sur les navires en mer partout au monde.

Soulignez le 150e anniversaire du Canada, misez sur l'activité physique et faites connaître la Marine royale canadienne, tout en aidant les familles de marins dans le besoin.

Inscription : defivelomarine.ca.

Check 8, Feel GR8!



The annual Health and Wellness Challenge is back. This May, we are condensing this month long challenge to just two weeks. Each day all you need to do is aim to complete 8 of many wellness indicators on your Health & Wellness Challenge Tracker sheet. Check 8, Feel GR8!

Our health is heavily influenced by the lifestyle decisions and attitudes that we choose every day of our life. Do I walk to work instead of drive? How often do I choose a salad instead of a plate of fries? Do I take some time to relax or do I work myself to exhaustion? These are all decisions that each of us has faced; the Health and Wellness Challenge is here to remind us that the

lifestyle decisions we make really are important.

You're invited to join this year's Challenge and continue to practice good lifestyle decisions. When you confirm your participation, you will also be eligible to win some GR8 prizes!

It's all about getting or staying active, eating healthy, connecting with friends, living addiction free and enjoying life. What's the worst that could happen? Get your tracker sheet from 17 Wing Health Promotion today!

Contact Health Promotion at 204.833.2500 ext. 4150 or healthpromo@forces.gc.ca



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Around The Wing



Col Cook & CWO Robertson are joined by His Worship Mayor Bowman, City Councillors Scott Gillingham & Matt Allard and members of 435 Sqn prior to a local familiarization flight. Photo: Submitted



A candid shot taken of Col Cook, 17 Wing Commander, while flying the City of Winnipeg Mayor & Councillors during a CC130 familiarization flight. Photo: Submitted

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LCol Brian Quick rips the first serve before the start of the 2017 Wing Commander's Volleyball tournament held at 17 Wing, Winnipeg on April 28, 2017. Photo: Cpl Paul Shapka

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Around The Wing



CWO Miina Piir of 2 Canadian Air Division, located at 17 Wing Winnipeg, is promoted to that rank by RCAF CWO Gérard Poitras and RCAF Comd LGen Mike Hood at The Royal Canadian Air Force (RCAF) two day Symposium held at the Canadian Museum of Nature in Ottawa, Ontario on April 20, 2017. Photo: Corporal Alana Morin, RCAF PA



With the CFB Winnipeg Golf Course now open, club member Master Warrant Officer (retd) Dale Ell takes his first few shots on the green. Ell served with the Royal Canadian Air Force 37 years. Photo: Ashley Demers, Voxair Intern



Group photo of A-side Champs, the Odds and Sods at the 2017 Wing Commander's Volleyball tournament held at 17 Wing, Winnipeg on April 28, 2017. Photo: Cpl Paul Shapka



Group photo of A-side runners-up, the Women's Base Team plus one at the 2017 Wing Commander's Volleyball tournament held at 17 Wing, Winnipeg on April 28, 2017. Photo: Cpl Paul Shapka

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Winnipeggers Reach for the Stars

by Martin Zeilig, Voxair Photojournalist

Captain Audrey Jordan was reaching for the stars, quite literally, when she first applied to the Canadian Space Agency's astronaut selection process in 2009.

She wasn't chosen but she kept her dreams alive.

"Then they ran it again in 2016 and I applied in August," said Capt Jordan, Expeditionary Planner, CAOC/A3 Strategy Division at 1 Canadian Air Division, who has a Bachelors of Science Degree (Chemistry) from the Royal Military College of Canada and a Masters, Flight Test and Evaluation – National Test Pilot School.

She was one of 3772 people, out of 7793 individuals, who completed the entire application, with 1706 candidates passing the two public service exams and 100 candidates, including Capt Jordan, undergoing the medical exams, she wrote in an email to The Voxair.

"Astronauts are modern-day explorers," says the CSA website. "They courageously travel beyond the Earth to help acquire new scientific knowledge. Their courage and determination are an inspiration to many.

"Despite their unique journeys, astronauts have a few things in common: an academic background in science or technology, excellent health, and outstanding qualities and skills."

On April 24, 2017, the CSA, which is head quartered in Longueuil, Quebec, announced their top 17 candidates in the astronaut selection process.

One of those selected was CAF Captain Michelle Whitty, a qualified Combat Engineer Officer, who was born in Winnipeg. Married to a retired CAF Combat Engineer, the mother of three is one of 10 members of the Canadian Armed Forces, of whom eight are members of the Royal Canadian Air Force.

"I've been looking forward to this moment since I went to space camp as a child and saw the 25th Anniversary of Neil Armstrong landing on the moon," Capt Whitty, 34, said in an email to The Voxair on April 25.

She was sitting around a campfire in the backcountry of Algonquin Park with friends when someone mentioned that the CSA was taking applications for two astronaut positions, she wrote in her astronaut's candidate profile, which is posted on the CSA website.

"I almost couldn't contain my excitement," continued Capt Whitty, who's completing a residency in Family Medicine at the University of Calgary, and has a Bachelor's, civil engineering – Royal Military College of Canada, a Master's, Civil Engineering / Biomedical Engineering – Royal Military College of Canada, as well as a Doctorate of Medicine, University of Ottawa.

She had been waiting for this moment for years, "ever since my parents sent me to astronaut camp in 1994 at the Euro Space Centre in Belgium."

Lieutenant Colonel Jeremy Hansen and David Saint-Jacques are the two current CSA astronauts-- both of whom are with the National Aeronautics and Space Administration in Houston, Texas.

Mr. Saint-Jacques will launch aboard a Russian



Captain Michelle Whitty, a qualified Combat Engineering Officer who has completed her degree in medicine and is doing her residency in family medicine at the University of Calgary, undergoes aptitude tests during a phase of the astronaut selection process. © Canadian Space Agency. Photo: Éric Carrière

Soyuz rocket in November 2018 to join an international crew onboard the International Space Station.

During a telephone interview, LCol Hansen said the CSA's selection committee, of which he is a "behind the scenes" member, is already convinced that the 17 prospective astronauts have the skills to do the job. "But we want to get to know them," he added.

"They still have lots of medical tests to do."

The final two individuals will start training down in Houston in August, LCol Hansen said.

"They will join the U.S. class," he observed, adding that he'll be the class supervisor. As for those candidates who don't make the final cut, LCol Hansen has nothing but praise. "I also know they'll do amazing work for Canada," he emphasized. "The thought of a lifetime of learning, travelling and adventure makes me excited," said Capt Whitty. "I am thrilled at the opportunity to be able to merge the fields of medicine, engineering and space exploration and push the limits of human knowledge."

Capt Jordan, who credits her fourth grade teacher with making her realize the importance of using your potential, was one of 72 candidates to make it through the first candidate evaluation centre in St. Jean, Quebec.

That's as far as she got.

"I really wanted to be an astronaut," said Capt Jourdan, who earlier this year won the CAF National women's single's squash championship at CFB Borden. "I don't know if there is something else at the CSA that would be of interest. But, I want to remain a military member so I don't know that there are other opportunities to work for the CSA as a military member."

She plans to keep reaching for the stars.

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BBQ Season is Here

So let's get the grill ready to go! Spend a few minutes on your "BBQ", and you'll have a cleaner, safer running barbecue, that cooks food more evenly.

First let's give the barbecue an inspection.

You should make a point of doing this every time you change a propane tank as well.

1. Spray soapy water on the connections, and supply lines. If you see bubbles, turn off the tank, and try re-connecting. If it still bubbles, then gas is still leaking. Shut off the tank and get the leaky part replaced.

2. Remove the grates and lava rocks, and check out the burner. If it looks good visually, then fire it up and make sure that you have an even flame throughout. If not, then replace it. Most burners only last 1 or 2 seasons, depending on how much you use your barbecue.

Since you already have the lava rocks out, why not clean out all the ash and grease that's accumulated at the bottom of the barbecue. While you're cleaning, check the unit for rust, and any signs of deterioration.

3. Don't forget to check and clean out the venturi tubes that deliver the gas to the burner. If they get plugged up, the gas will get diverted elsewhere, and could pose a hazard.

Whenever you barbecue...

Make sure that the barbecue is at least 10 feet (3 meters) from the house, or any other material that could catch fire.

Only open your propane tank a quarter to one-half turn. That's all the gas your barbecue needs to operate, and if you have a problem, then it's much easier to shut off.

Unless you're keen on joining the space program, always open the barbecue lid before you light it. If it doesn't fire up the first time you try it, then shut it down, and try it again in about 5 minutes.

From the time you light the barbecue, till you're finished cooking, stay with your fire. Accidents can happen when you leave a barbecue unattended.

Safety First!

Always make sure that the barbecue is in a safe place, where kids and pets won't touch or bump into it. Keep in mind that the barbecue will still be hot after you finish cooking, and anyone contacting the barbecue could be burned.

If you use a barbecue lighter, make sure you don't leave it lying around where the kids can access it. It won't take long for them to figure out how to use it.

When you're finished barbecuing, always make sure that you not only shut off the barbecue, but shut off the propane tank as well.

Always store propane tanks outside, in a well-ventilated area.

A few tips for charcoal grillers

- Never use gasoline to get the coals going. Instead, use charcoal lighting fluid.
- Let the lighter fluid soak into the coals for a minute or so before lighting it. That gives the explosive vapours a chance to dissipate.
- Stand back from the coals when you ignite them, and make sure you didn't accidentally spill any fluid on yourself, or on any area surrounding the grill.
- Before you light the coals, make sure that you put the lighter fluid at a safe distance away from the fire.
- If the coals start to die out on you, don't spray lighter fluid on the hot coals. You could end up with explosive results.
- Always extinguish the coals when you're finished barbecuing. Here's a safe way to do it. Wearing oven mitts, take the coals out of the barbecue with tongs, and submerge them in a metal pail of water.
- Always make sure that you keep your fire safe from children.

Let's all have an enjoyable and safe barbecuing season.

Wing Commander's Volleyball a Morale Boosting Event



Action from the 2017 Wing Commander's Volleyball tournament held at 17 Wing, Winnipeg on April 28, 2017.
Photo: Cpl Paul Shapka

by Martin Zeilig, Voxair Photojournalist

With names such as the Purple Cobras, Natural Born Killers (NBK), Nitorious D.I.G., Banana Pandas, Bumping Maniacs, Smokin Aces and the Odds n' Sodds, among other colourful monikers, it was pretty evident that the 2017 Wing Commander's Volleyball Tournament on April 28 was a fun affair-- a chance to be informal and get some exercise, as well as time away from the stresses of work.

But, one could see from the intensity of play, at least in some matches, that the participants were serious about winning. Matches were 20 minutes with a five minute changeover for the Spank-it Division ("A" Division-- Competitive) and the 6-Pack Division ("B" Division-- recreational). The Semi-Finals and Championship final for both divisions were 25 minutes.

The event took place on the shiny new hardwood floor, which has the 17 Wing logo embossed in the centre, in the gym of Building 90. There were 10 teams-- some composed of men and women, with a total of 100 participants (military and DND employees). Five teams each comprised two divisions: the Spank-it Division ("A" Division-- Competitive) and the 6-Pack Division ("B" Division-- recreational).

The Semi-Finals and Championship final for both divisions were 25 minutes in duration.

Chris Merrithew, Sports Coordinator Personnel Support Programs, was the event organizer. PSP recreation staff were the score keepers.

"This is the first event we've had on the new floor," commented Rick Phillips, PSP Fitness Coordinator, who not only was one of the scorekeepers, but also played for the Odds n' Sodds. "It's a fun tournament. The intent is for people to come out and just enjoy themselves."

Corporal Andrew Burnet, a member of the Nitorious D.I.G, which was composed of Wing TISS members, said it was "pretty awesome" that the tourney was held.

"You need a break from work," he said just minutes after his squad had been "smoked" by the Natural Born Killers. "I'm playing with people I work with, but don't know that well. So, it builds a relationship. You get to know them a lot better. It's good for esprit de corps."

Private Jacob Wynne, a member of the Bumping Maniacs, expressed similar sentiments.

"I think it's all about boosting troop morale," said the 6'6" native of Toronto, who mentioned that he played competitive volleyball in high school in Peterborough, Ontario years ago, and also used to coach the 17 Wing men's basketball team.

Despite the informal atmosphere, Officer Cadet Dennis Grover, presently a full time student studying for an undergraduate degree in Economics at the University of Manitoba, said the level play was competitive.

"Overall, the idea is to get out and have fun," he offered, noting that he had the opportunity to play on a team with people he'd never met before.

"I love this," said Elizabeth Fillion, a civilian employee at 1 Canadian Air Division, who played for the NBK. "It's good for team building, and nice to get out of the office."

Meanwhile, Aviator Kieran Cloet, who works at the Mech Shop, admitted that he's not much into sports, but it was pleasant to play in a "no pressure" environment.

"It's good for camaraderie," he said, noting that being in the CAF allows a person to meet "interesting and good people", and to obtain "a whole life experience" that you wouldn't get elsewhere.



Civilian and Military members compete during the start of the 2017 Wing Commander's Volleyball tournament held at 17 Wing, Winnipeg on April 28, 2017.
Photo: Cpl Paul Shapka

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17 WING WINNIPEG 17^E ESCADRE WINNIPEG

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Pick up between 1600 - 1730 hrs

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For more info / Pour plus de renseignements : Deanne.Bennett@forces.gc.ca • ext./poste 7013

BIKE TO WORK DAY JOURNÉE "AU TRAVAIL À VÉLO"

JUNE - 23 - JUIN
0630 - 0900 hrs

Join us on the Yellow Ribbon Trail At Whytelwood & Silver
Light refreshments and snacks will be available

Joignez-vous à nous sur la piste <<Yellow Ribbon Trail>> Whytelwood et Silver
Les collations santé seront disponibles

<http://www.bikeweekwinnipeg.com/bike-to-work-day/>

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For more info call us at (204) 833-2500 ext. 4150 or visit us on the 2nd floor CANEX Bldg. Rm 219!

Fill out below and send to healthpromo@forces.gc.ca

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BE LESS DRIVEN

JUNE 4-10, 2017
LEAVE YOUR CAR AT HOME

1. Register 2. Track Your Trips 3. Encourage Others 4. Win

take transit ride your bike use your feet

start a carpool work from home

Register at commuterchallenge.ca

Giveaway WINNERS

CAF Health and Wellness Challenge

Make your choices count... May 2017

Last Name		First Name	
Rank		Unit	Phone
Email Address			
Affiliation (Circle one)		Element (CAF members circle one)	
Reg Force	Reserve	CAF Family	DND NPF
		Army	Navy
			Air Force

Mental Fitness and Suicide Awareness

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

Mental Fitness & Suicide Awareness: Supervisor Training
This course is course coded!
16 May 2017
0800 - 1600 hrs

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

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

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

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

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Summer Camps 2017

Registration Dates

On-line
Membership registration begins Wednesday April 5th at 12:01am and is on-going
Non-membership registration begins Wednesday April 19th at 12:01am and is on-going.

Visa, Mastercard, Amex accepted - please note that we do not accept post-dated cheques

If you do not have a membership and register early, you will be withdrawn and requested to register on the non-membership registration date.

In-person or over the phone (bld 90 -680 Wihuri Road)
Membership registration begins Wednesday April 5th - Monday - Friday - 9:00 am to 5:15 pm
Non-membership registration begins Wednesday April 19th - Monday - Friday - 9:00 am to 5:15 pm
Visa, Mastercard, Amex, debit, cheques and cash all accepted

Alcohol, Other Drugs and Gambling: Supervisor's Training

4 & 5 May 2017
0800-1600 hrs & 0800-1200 hrs

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

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

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

4 et 5 mai 2017

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

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

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

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

Free Family Movie Afternoon

SING

Sunday May 7

Doors Open - 1500 hrs • Show Time - 1530 hrs
BLDG 90 THEATRE
Popcorn & Slushies available for purchase • \$1 each

Camps d'Été 2017

Dates d'inscription

En ligne
Les adhérents peuvent s'inscrire à compter du mercredi, le 5 avril, dès 00 :01.
Les non- adhérents peuvent s'inscrire à compter du mercredi, le 26 avril dès 00 :01.

Nous acceptons les cartes de crédit Visa, MasterCard et Amex.

N.B - Nous n'acceptons pas les chèques postdatés.
Si vous n'êtes pas adhérent et vous vous-êtes inscrit d'avance, votre inscription sera annulée, et il faudra vous réinscrire à la date d'inscription pour les non-adhérents.

En personne ou par Téléphone (au bâtiment 90 - 680 Chemin Wihuri)
Les adhérents peuvent s'inscrire à compter du mercredi, 5 avril - du lundi au vendredi 21 mars, du lundi, de 9h à 17h15.
Les non- adhérents peuvent s'inscrire à compter du mercredi 26 avril, du lundi au vendredi, de 9h à 17h15.

Nous acceptons les cartes de crédit Visa, MasterCard et Amex, les chèques, les cartes de débit, et l'argent comptant.



Connect with us:

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204-833-2500 extension / poste 4500

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Upcoming MFRC Programs and Events

Tiny Chefs

Learn how to measure, mix, stir and pour. Our Tiny Chefs will be using picture recipes to create delicious meals. For children 4 to 5 years old.

Tuesdays, May 9, 16, 23, 30
9:30 to 11:00 a.m.

Westwin Community Centre, 642 Wihuri Rd.

\$5 per session

\$20 for all four

Registration deadline:

May 5, 2017

« Tiny Chefs »

Vos petits chefs apprendront à mesurer, mélanger et verser pour préparer de délicieux repas avec l'aide de recettes en images. Ce programme est pour les enfants de 4 et 5 ans.

Les mardis 9, 16, 23 et 30 mai

De 9 h 30 à 11 h

Centre communautaire Westwin, 642, ch. Wihuri

5 \$ par session

(20 \$ pour le mois)

Date limite d'inscription : 5 mai 2017

Présenté en anglais

Tiny Tots Summer Camp

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

Children must be potty trained to attend.

Monday to Friday

Week One: July 17 - 21

Week Two: July 24 - 28

Week Three: July 31 - August 4

Week four: August 8 - 11

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

Occasional Child Care Centre, 630 Wihuri Rd.

\$100 per week

Registration deadlines:

Week One: July 13

Week Two: July 20

Week Three: July 27

Week Four: August 3

Camp d'été « Tiny Tots »

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

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

Présenté en anglais

Du lundi au vendredi

Semaine 1 : Du 17 - 21 juillet

Semaine 2 : Du 24 - 28 juillet

Semaine 3 : Du 31 juill. - 4 août

Semaine 4 : Du 8 au 11 août

De 10 h à 15 h

Salle de garde occasionnelle, 630, ch. Wihuri

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

Date limite d'inscription : Semaine 1 : 13 juillet, Semaine 2 : 20 juillet, Semaine 3 : 27 juillet, Semaine 4 : 3 août

Mother's Day Breakfast

Lets' celebrate MOM by bringing the whole family to this special 'waffle' breakfast hosted by the MFRC.

Space is limited.

Sunday, May 14

10:00 to 12:00 p.m.

\$5 per person

Registration deadline: May 5

Presented in French and English.

Déjeuner de la Fête des Mères

Fêtons Maman en amenant toute la famille à ce petit-déjeuner aux gaufres qui se tiendra au CRFM. Les places sont limitées ; réservez dès que possible en vous inscrivant au CRFM.

Dimanche le 14 mai

De 10 h à 12 h

5 \$ par personne

Date limite d'inscription : 5 mai 2017

Programme bilingue

Family Activity - Dinner & Chat

Join others in a dinner conversation about what it is like to live in Winnipeg in French.

Thursday, May 18

5:00 p.m.

Ye's Asian buffet

616 St. James St

The cost of the meal is the responsibility of the participant.

Registration deadline: May 17

Presented in French

Activité pour familles – Souper et jasette

Joignez-vous à d'autres pour un souper-jasette sur ce que représente vivre en français à Winnipeg.

Jeudi le 18 mai

17 h

Ye's Asian Buffet,

616, rue St James

Le repas est aux frais des participants.

Date limite d'inscription : 17 mai 2017

Présenté en français

Learn to...Silkscreen

Learn to silkscreen in this easy step by step workshop. We will learn the process of photo emulsions, light burning and print. Please bring a light colored clothing item, heavy paper or canvas tote to print on.

Friday, May 12

6:30 to 9:00 p.m.

\$15

Registration deadline: May 5

Apprenez la... sérigraphie

Apprenez la sérigraphie, étape par étape, grâce à cet atelier facile. Nous allons apprendre le processus de photo émulsion et d'impression. Veuillez apporter un vêtement de couleur pâle, un papier épais ou un fourre-tout de toile pour imprimer dessus.

Vendredi 12 mai

18 h 30 - 21 h

15 \$

Date limite d'inscription : 5 mai

Présenté en anglais

STAND-UP FOR FAMILIES

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2017

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2017

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BILLETS DISPONIBLES AU CRFM, À ANAVETS 283 ET À LA PORTE

FOR MORE INFO, CALL/POUR DE PLUS AMPLES INFORMATIONS, COMPOSEZ LE : 833-2500 EXT/POSTE 4500



Join us for our fun filled summer camp. This year is all about Adventures—travel through time, discover your inner mad scientists, explore the great outdoors and much more!

Hours of Operation

09:00 – 16:00 Extended Care is available from 7:15-9:00am & 4:00 - 5:30pm. Cost included in camp fees. After 5 pm, \$5 will be charged for every 15 minutes of tardiness.

Dates

Camp runs weekly from July 3rd—August 25th

Participants

Children aged 6-12. No Exceptions. Children must be finished Kindergarten to register

Location

Westwin Children's Centre
642 Wihuri Rd

Costs

Defense Team Members: \$130.00/week (\$104 for 4 day week)
Civilians: \$145.00/week (\$116 for 4 day week)
A non refundable deposit of \$25.00 per child per week is due at time of booking. Eligible for Child Fitness tax credit

Registration

Defense team members: April 3rd
Civilians: April 17th

To register, please visit the MFRC Main Reception (102 Comet Street) between 08:30 - 16:30.
For more information, please call 833-2500 Ext. 2991



Joignez-vous à nous pour notre camp d'été rempli d'activités amusantes. Cette année, tout se porte sur les Aventures - voyage à travers le temps, découvertes scientifiques folles, explorations des grands espaces et bien

Heures d'ouverture

De 9 h à 16 h. Un service de garde est disponible de 7 h 15 à 9 h et de 16 h à 17 h. Le service de garde est inclus dans le coût du camp. \$5 supplémentaire sera chargé pour chaque 15 minutes de retard.

Dates

Le camp se déroule chaque semaine du 3 juillet au 25 août

Participants

Pour les enfants âgés de 6 à 12 ans - sans exception. L'enfant doit avoir terminé la maternelle pour participer.

Emplacement

Centre pour enfants Westwin
642, ch. Wihuri

Coût

Équipe de la défense : 130\$/ semaine (104\$/ semaine de 4 jours)
Civiles : 145\$/ semaine (116\$/semaine de 4 jours)
Un dépôt non remboursable de 25 \$ par enfant/par camp est exigé au moment de l'inscription.

Inscription

Membres de l'Équipe de la Défense : 3 avril 2017
Civiles : 17 avril 2017

Veillez vous présenter à la réception du CRFM (102, rue Comet) entre 8 h 30 et 16 h 30, du lundi au vendredi.
Pour information, composez le 204-833-2500, poste 2991.

Today's Trivia Answers

1. The Canadian women's Olympic track and field team who competed at Amsterdam in 1928. The members were Jane Bell, Ethel Catherwood, Myrtle Cook, Fanny "Bobbie" Rosenfeld, Ethel Smith, and Jean Thompson. 1928 was the first Olympic competition for women. The Six brought home four medals — two gold, one silver, and one bronze — and were the top women's team at the Games.
2. Ethel Catherwood, the "Saskatoon Lily" — 1928, Amsterdam, high jump. Catherwood also won gold in the high jump and javelin at the British Empire Games in 1930 in Hamilton, Ontario. She would probably have won gold in the javelin at the 1928 Olympics, but there was no javelin competition held for women until 1932. She was inducted into Canada's Sports Hall of Fame in 1955.
3. Fanny "Bobbie" Rosenfeld (Barrie, ON). In addition to being a member of the "Matchless Six", she excelled in basketball, golf, hockey, lacrosse, softball, speed skating, and tennis. It was said the only sport she did not excel at was swimming. Rosenfeld was forced to retire from competition in 1933 due to arthritis. She became a sports writer at the Toronto Globe and Mail and was inducted into Canada's Sports Hall of Fame in 1955.
4. Swimmer Elaine Tanner (Vancouver, BC) earned the nickname due to her small stature and competitive drive. She won four gold and three silver medals at the 1966 Commonwealth Games in Kingston, Jamaica; two gold and three silver at the 1967 Pan American Games in Winnipeg; and two silver and one bronze at the 1968 Olympics in Mexico City. She retired after the Olympics at just 18 years of age. She was made an Officer of the Order of Canada in 1969 and was inducted into Canada's Sports Hall of Fame in 1971. Canada's top female junior athlete is presented with the Elaine Tanner Award.
5. Winnifred "Winnie" Frances Roach-Leuszler (Port Credit, ON). She accomplished the feat on August 16, 1951, in a time of 13 hours and 25 minutes. She came within 100 yards of shore, was washed back 6 1/2 miles but rallied and completed the swim. She was also the first mother of three to complete the Channel. In the 5-mile World Swimming Championship in 1947, she placed second three months after giving birth to her first child. She also placed second in 1949 while four months pregnant. In 1957, she became Canada's first female baseball umpire.
6. Christine Sinclair (Burnaby, BC), 161. She follows the now-retired Abby Wambach (US) who has scored 184.
7. Danica Patrick (Beloit, WI). She won the Indy Japan 300 on April 20, 2008. She finished third in the 2009 Indianapolis 500.
8. Shirley Muldowney (Burlington, VT). 1977, 1980, and 1982.
9. Manon Rheaume (Beauport, QC), goal tender. She signed a contract with the Tampa Bay Lightning in 1992 and played in exhibition games in 1992 and 1993. She won gold medals for Canada at the 1992 and 1994 IIHF Women's World Championship and a silver medal at the 1998 Winter Olympics in Nagano, Japan.
10. Hayley Wickenheiser (Shaunavon, SK), centre. She has won four gold and one silver Olympic medals and seven gold and six silver World Championship medals.
11. Marie-Philip Poulin (Beauville, QC). She scored both goals in a 2-0 win over the U.S. at the Vancouver 2010 Olympics and scored the game-tying goal in the last minute of play and the game-winning goal in overtime in a 3-2 win over the U.S. at the Sochi Olympics in 2014.
12. Shannon Szabados (Edmonton, AB). Playing for the Columbus Cottonmouths of the Southern Pro Hockey League on December 27, 2015, Szabados made 33 saves beating the Huntsville Havoc 3-0.
13. Nancy Greene Raine (Rossland, B.C.), alpine ski racer. She is Canada's most decorated ski racer with 13 World Cup victories, more than anyone else — male or female. She won a gold medal in the giant slalom and silver in the slalom at the 1968 Winter Olympics in Grenoble. She now represents BC in the Canadian Senate.
14. Anne Heggtveit (Ottawa, ON). She won the gold medal in the slalom in 1960 at Squaw Valley, California. She was the first non-European to win the event.
15. Myriam Bedard (L'Ancienne-Lorette, QC), 1994 at Lillehammer, Norway. She won gold in both 7.5 km and 15 km individual events. She also won gold in 7.5 km and silver in 15 km at the 1993 World Championships at Borovets, Bulgaria, and bronze in 15 km at the 1992 Olympics in Albertville, France.
16. Beckie Scott (Vegreville, AB). She has the distinction of being the only athlete to win bronze, silver, and gold medals in the same event at the same Olympics. She was originally awarded the bronze medal in the 5 km pursuit at the 2002 Games in Salt Lake City, but was upgraded to silver and then gold when the two Russian athletes who finished ahead of her were disqualified for drug violations. She received her gold medal in June, 2004, over two years after the Olympics ended. She is Canada's most decorated cross-country skier.
17. Barbara Ann Scott (Ottawa, ON), 1948 at St. Moritz, Switzerland. She is the only Canadian to win Olympic, World, European, and Canadian championships in the same year (1948). In 1988 and 2009, she carried the Olympic torch in the lead-up to the Calgary and Vancouver Winter Games. She was one of the Olympic flag bearers in the opening ceremonies at the 2010 Vancouver Games.
18. Lela Brooks (Toronto, ON). Between 1923 and 1930, the "Queen of the Blades" won more than 65 championships from provincial to world levels and dominated every event from 220-yard to one-mile distances. She set 17 world records over her skating career. She was inducted into Canada's Sports Hall of Fame in 1972.
19. Cindy Klassen (Winnipeg, MB). She won one gold, two silver, and two bronze medals in speed skating in 2006 in Turin, Italy. She also won bronze in 2002 at the Salt Lake City Olympics, giving her a total of six medals.
20. Clara Hughes (Winnipeg, MB). She won two bronze medals in road cycling at the 1996 Summer Games in Atlanta. She won gold and silver in speed skating in 2006 in Turin, and bronze in 2002 in Salt Lake City and 2010 in Vancouver. Her total of six medals ties her with Cindy Klassen for most medals by a Canadian.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Commit to changes that will benefit you financially. Making improvements to your home environment energizes you. Create a solid foundation on which to build your future. Invest wisely. Discipline yourself. Be honest about how much your attitude is influencing your life and options.

Taurus (April 20 – May 20): You'll receive words of encouragement. Others endorse your work. You have a wealth of experience in one area but are you still on the right path? Other people's high opinions may be swaying your decisions. True friends will support you no matter what you choose to do.

Gemini (May 21 – June 21): Listen to your intuition. If you sense you should call someone – do it. If you have a hunch you should go somewhere – get going. Opportunities for romance will keep popping up. The more you think about love the more likely you are to see the subtle signals someone is sending your way.

Cancer (June 22 – July 22): Competition can be motivating but it can also be a problem if scoring points is more important than connection in a relationship. Seek win/win solutions. When it comes to work, it's a different story. If you feel defeated by fate, focus on being your best. Rise above another's pettiness.

Leo (July 23 – August 22): Make time to celebrate the little things in life. Make every day special. Enjoyment isn't dependent on the price of something. You might not be able to fly with all the frills but you'll have more to spend when you arrive at your destination if you pick sensible options along the way.

Virgo (August 23 – September 22): Accepting changes takes less energy than fighting reality. The familiar feels good for a while but it will stifle in the long run if growth doesn't happen. Embrace simplicity. Love life. Accept whatever comes your way but also forge into the future fearlessly.

Libra (September 23 – October 23): You may be afraid to disappoint others but it's time to do what is best for you. This is scary but also freeing. Some opposition is inevitable so you need to be confident that the choices you are making are authentically your own. Be pro-active. Initiate problem solving sessions.

Scorpio (October 24 – November 21): Wishing for a brighter future is pointless. It's not that easy. And living in an illusion isn't your style anyway. Contemplate how you can make changes that will result in small day-to-day improvements that lead to the results you envision. Realistically set goals and timelines.

Sagittarius (November 22 – December 21): Your creative energy is in overdrive. Perfection is impossible but aim high. Do your best. Then reap the rewards. Do things for the experience. Get into the flow with energy and enthusiasm. Let go of what drags you down and fill your world with things that inspire you.

Capricorn (December 22 – January 19): Be honest with yourself about the parts of your life that are no longer fulfilling. You are eager to feel a renewed sense of passion and purpose. To do this you have to take risks. Playing it safe won't guarantee anything. Days will get very busy, but they won't be boring.

Aquarius (January 20 – February 18): Planning for the future brings peace of mind. Things fall into place. Trust that your efforts will be well received. With greater success you'll need strong time management skills. Clear space on your calendar for activities that count. Release energy vampires.

Pisces (February 19 – March 20): Deal with things as they arise. Tackle big projects by breaking them down into smaller tasks. Procrastinating is stressful. Complete assignments and assess commitments based on what is bringing the greatest return. Health, wealth and happiness are equally important.

FOR APPOINTMENTS CALL 775-8368

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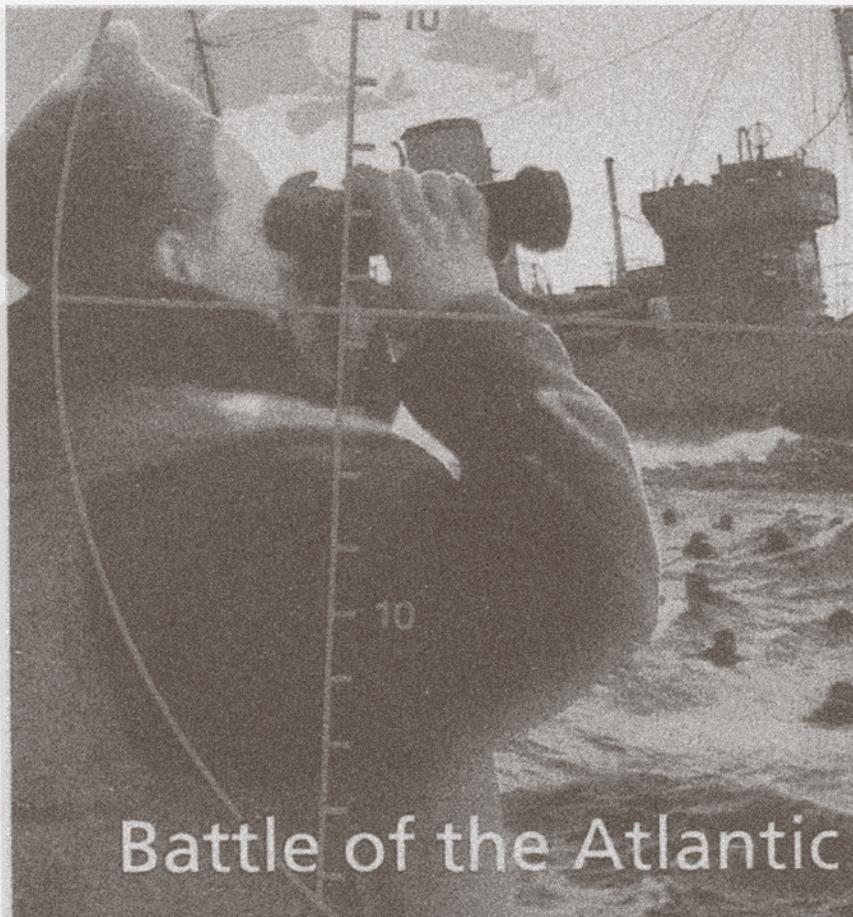
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Chaplain's Corner

The Battle of the Atlantic



by Padre Frederic Lamarre

The first weekend in May is set aside to remember those who served in the Royal Canadian Navy (RCN), the Royal Canadian Air Force (RCAF), and the Canadian Merchant Navy during the Battle of the Atlantic (BOA); the longest battle of the Second World War. It was the RCN's defining moment, escorting large Merchant Navy convoys that carried vital supplies between Canada and the United Kingdom. The RCN gave to the struggle over 2000 dead and 24 warships. More than 900 RCAF and Canadian Army personnel were lost as well. The elements were often as vicious as the foe, with raging storms, pack ice, bitter cold, fog, and the dense blackness of North Atlantic nights.

Those commemorative services make us remember the atrocity of the war. It would have been better for humanity to avoid this war, but in this case, I think the use of force was legitimate in order to bring back peace.

Every one of us wishes for peace in the world and a good way to make that happen is to start with ourselves. As Gandhi said: "Be the change that you want to see in the world." That means, we need first to be at peace in our own heart. There is inside of us an internal warfare that Saint Paul illustrated well when he said: "For I do not do the good I want, but the evil I do not want is what I do" (Rm 7, 19). We have to fight with our weaknesses, bad behaviors or bad attitudes. Finally, we need to be able to love ourselves. This is not an easy task to accomplish and it is the work of a lifetime. But the more we can make peace in our inner self, the more we will be able to spread that peace around us: to our spouse, to our neighbors, to our co-workers, to our community, to our country, and then, to the whole world.

To help you understand my reflection, let me use this comparison: you put one hundred people with an unlit candle in their hand in a dark space. There is only one person with a lit candle. It still dark, but if this person decide to share his fire with two of his neighbors and everybody does the same, quickly the whole space will be light up.

In conclusion, I invite you to light up the fire of your heart and share your light with others to spread peace around you!

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

Padre Kevin Olive
(Pentecostal)
ext 5272

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

17 Wing
204 833 2500



Administrative
Assistant
ext 5087

17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

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

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

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

Padre Frederic Lamarre
(Roman Catholic Pastoral Associate)
ext 6914

SUNDAY MASS (Bilingual) 1100 hrs

COMMUNITY SERVICES

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

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

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

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

MAIN OFFICES
Building 64,
Lower Level, North End.

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.

Your 17 Wing Chaplain Team

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



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