

THE REPAY ROBERTSON THUEN TEAM
WE'VE MOVED AND EXPANDED
TO SERVE YOU BETTER
204.227.6705
 repayrobertsonthuenteam@coldwellbanker.ca | www.coldwellbanker.ca

COLDWELL BANKER
 PREFERRED REAL ESTATE
 MILITARY RELOCATION SPECIALISTS

Volume 66, Issue 19 17 Wing Winnipeg / 17e Escadre Winnipeg October 18, 2017

THE VOXAIR

Celebrating 65 years as the 17 Wing Community news source 1952 - 2017



402 Squadron celebrated their 85th year with a meet and greet on Friday, October 13, and a gala at the RBC Convention Centre on Saturday, October 14. Music was provided by the RCAF Band ensemble Jet-Stream and the vintage aircraft were provided by the Commonwealth Air Training Plane Museum in Brandon. Photos: Cpl Justin Ancelin, 17 Wing Imaging

1 CAD COMMANDER HOSTS GALA EVENING Page 3	17 WING COMMANDER'S HONOURS AND AWARDS Page 5	WINNIPEG JETS NEW VIDEO RISES TOGETHER WITH 17 WING Page 6	IMAGERY FROM AROUND THE WING Page 8	ARMY RESERVE OPENS DOORS TO PUBLIC AT THEIR ARMOURIES Page 10	WINNIPEG MFRC HIRING PART-TIME RELOCATION ASSISTANT Page 13
--	--	---	--	--	--

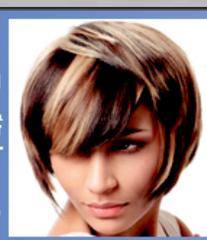
THEVOXAIR.CA FACEBOOK.COM/THEVOXAIR FREE



Hon. Steven
FLETCHER
 MLA ASSINIBOIA
 3723 Portage Avenue
 Winnipeg, MB
 R3K 2A8
204-944-1049



DOMENICA'S
UNISEX HAIRSTYLING
 2255-G Ness Avenue
Ph: 885-3665 or 832-6978



Mon & Tues
 9:00 am - 6:00 pm
Wed to Fri
 9:00 am - 8:00 pm
Saturdays
 8:30 am - 5:30 pm

- Military Men Cuts.....\$13
- Perm & Cut.....\$50 and up
- Flat Tops.....\$13
- Highlights & Cut.....\$50
- Colour & Cut.....\$45
- Senior Mens Cut.....\$11.50
- Childrens Cuts.....\$11-17
- Ladies Cut.....\$20
- Ladies Blow Dry.....\$20
- Folios.....\$4 to \$6

402 Squadron Celebrates 85 Year History



402 Squadron Meet & Greet on October 13, 2017 in 16 Hangar, 17 Wing Winnipeg.
Photo: Cpl Justin Ancelin, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

For 17 Wing Commander Colonel Andy Cook and 125 other military and civilian guests, including elected officials from the provincial and federal governments, October 13 was a time to celebrate the contributions to war and peace of one of the most storied squadrons in the Royal Canadian Air Force. They were gathered in 16 Hangar at 17 Wing to mark the 85th anniversary of 402 "City of Winnipeg" Squadron.

Besides the human guests, several aircraft associated with 402 Sqn over the decades were parked in the hangar: three de Havilland Canada Dash 8s; a Harvard trainer; a Fairchild Cornell; and a bi-wing Gypsy Moth. The historic aircraft all from the Commonwealth Air Training Plan Museum in Brandon, Manitoba.

There was also a homebuilt Van's RV7A, decked out in 402 colours and decals. It was flown in from Tisdale, Saskatchewan, by its builder/owner David Lamb, a former CO at 402 Sqn and retired Air Canada pilot.

A slide show detailing the history of the squadron played on a continuous loop throughout the evening.

Wing Food Services provided a buffet during the evening.

The Grizzlies, 402's nickname, are the oldest serving squadron, said Col Cook, who was at the event with his wife, Tracy.

"I'm proud to be part of their family," he added. "I think it's great we've come together to celebrate 85 years and what they've contributed to the war effort and to peace and security since then. They've also made an amazing contribution to Winnipeg and Manitoba."

Col Cook then emphasized that everyone should be proud of the men and women who have served, and are serving, with 402 Sqn.

Formed as No. 12 (Army Co-operation) Squadron in 1932, 402 "City of Winnipeg" Squadron celebrates 85 years of service to Canada in 2017, Corporal Jim Bell, an aircraft technician with the squadron and an Associate Air Force Historian, wrote in an email.

"As an auxiliary unit, 12 Squadron (later 112 Squadron) was Winnipeg's citizen Air Force, flying de Havilland Moths, Avro 621 Tutors, and Avro 626s in support of army operations," he said. "During the difficult period of the Great

Depression, members donated their pay back to the squadron to help keep it operating. With the outbreak of war in 1939, 112 Squadron was adopted by the City of Winnipeg, moved to Ottawa, Ontario, to train on Lysander aircraft, and then moved to Britain in 1940 with the expectation of a further move to France, to help defend against invasion. After the fall of France, the move was cancelled, and the squadron was retasked to assist the army in the defence of Britain."

No 402 Squadron was re-established in Winnipeg in 1946 as an auxiliary fighter unit, flying Vampires and Harvards, and later Mustangs and Silver Stars, Cpl Bell continued.

"With the Soviet missile threat growing and the

bomber threat receding, 402 Squadron converted to the light transport role, flying Beechcraft Expeditors, and then de Havilland Canada Otters. The other auxiliary units were disbanded," he noted.

"In 1975, the squadron converted to the Douglas Dakota, providing support to the Canadian Forces Skyhawks parachute team, and carrying out search and rescue flights and other general purpose tasks. With the retirement of the Dakota in 1989, the squadron converted to the transport and navigator training roles, flying de Havilland Canada Dash 8s."

In 1992, 402 Squadron became one of the first

"Total Force" units, when it absorbed the Regular Force personnel of the CFB Winnipeg aircraft maintenance organization, and had Regular Force pilots posted to the unit.

"The squadron provided regular service between Winnipeg and Colorado Springs for NORAD personnel, as well as VIP transportation for government officials and air force officers," Cpl Bell said. "After the transport versions were retired in 2000, 402 Squadron concentrated on training for navigators (now air combat systems officers), and later, airborne electronic sensor operators. The amalgamation with 1CFFTS (formerly the Air Navigation School) in 2015 is only the latest upheaval which the members of the squadron have taken in stride."

Captain Sonja Hansen, an ACSO instructor, called 402 an influential squadron because it trains foreign ACSO students as well as RCAF personnel.

"It's their first introduction to flying in the military," she said. "This squadron is really a good community. I was operational before, and it's very rewarding to be an instructor here just being able to pass on our experiences flying. Looking back and seeing what they used to train with, it makes me realize not to take for granted all the sophistication we have now."

Capt Hansen also said she was pleased to see such a large turnout for the celebration, in particular having the opportunity to meet some of the former members of the squadron.

"It's important to recognize 85 years of history, but also to talk about the future of 402 Squadron and where we're going as a leader in aircrew training," said Lieutenant Colonel John Schwindt, the new CO of the squadron, who lauded LCol Rosenlund, the squadron's former CO, for initiating the 85th anniversary celebration many months ago.

An 85th Anniversary Gala was held on Saturday, October 14 at the RBC Convention Centre with music provided by the RCAF Band.



402 Squadron Meet & Greet on October 13, 2017 in 16 Hangar, 17 Wing Winnipeg.
Photo: Cpl Justin Ancelin, 17 Wing Imaging

THE VOXAIR

OFFICE HOURS

Monday to Friday
0830 - 1500 hrs

CONTACT

Ad Sales/Main Office
(204) 833-2500 ext 4120

Accounting
(204) 833-2500 ext 4121

Submissions/Reporter
(204) 833-2500 ext 6976

voxair@mymts.net
+VOXAIR@PersSvc@Winnipeg

VOXAIR STAFF

LCol Genevieve Lehoux
Dep Wing Commander
(204) 833-2500 ext 5281

Rick Harris
Managing Editor
(204) 833-2500 ext 4299

Bill McLeod
Voxair Manager
(204) 833-2500 ext 4120

Martin Zeilig
Photojournalist
(204) 833-2500 ext 6976

Maureen Walls
Sales Coordinator
(204) 895-8191

Capt McCulloch-Drake
Wing Public
Affairs Officer

Broose Tulloch
Layout/Ad Design

Misra Yakut
Accounting

Traci Wright
Proofreading

Printed By
Derksen Printers
204-326-3421

Visit Us Online: thevoxair.ca

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.

Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn Forces
Winnipeg, MB R3J 3Y5
This newspaper is printed using
environmentally safe inks.
Publications Mail Agreement No. 1482823

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included. (Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in The Voxair Newspaper of products and/or services for exchange in donations.

HOMEWATCH

Planning your vacation or your annual migration to the south?
Plan to leave your home to us.

Commissionaires is Canada's premier security company, offering a unique combination of integrity, experience and innovation. For more than 90 years, Commissionaires has protected people and property across Canada. Make sure you are in compliance to your Homeowner's Insurance Policy.

Military Discount for Commissionaires Mobile Services.

Don't leave your home to chance, leave it to Commissionaires.



COMMISSIONAIRES
TRUSTED · EVERYDAY · EVERYWHERE

Ph: 1 204 942 5993 x2300

admin@commissionaires.mb.ca

www.commissionaires.mb.ca



Commander 1 CAD Hosts Gala Sports Trivia



(Left to Right): BrigGen Ireland CJ, DComd CANR; BGen Boyle ST, DComd; BGen Kenny EJ, DComd FG; MGen Drouin JHC, 1 CAD Comd; CWO Bouche JJ, 1 CAD CWO. Photo: Supplied.

by WO Justin Harper, 1 CAD

As September drew to a close, the annual 1 Canadian Air Division (1CAD) Commander's Gala was held in splendor at the Metropolitan Entertainment Center in downtown Winnipeg. Hosted by the Commander of 1CAD, Major General (MGen) Christian Drouin, the 200 people in attendance were treated to a fantastic dinner followed by dancing and entertainment lasting late into the evening.

Months of planning came together at 6:30 pm as impeccably dressed guests turned out in Mess Kit, tuxedos and ball-gowns were met at the entrance of the splendidly decorated grand hall of The Met with flutes of champagne. Light music and the murmur of excited conversation filled the hall as the esteemed guests found their way to their tastefully decorated tables. Cpl Bryce Cooper from 17 Wing Imaging was on-hand and provided studio-quality professional portraits of guests on request.

At 7pm, the host and guest of honour, MGen Drouin arrived. The Gala coordinator, Captain Sylvie Landry, ushered the attendees to their seats, and the evening began with a delectable four-course meal prepared in-house by the chefs and staff of The Met. The 2017 Gala was also an opportunity to recognize the hard-

work of our junior members. Having been selected from amongst his peers as a most deserving Junior Non-Commissioned Member, Corporal Justin Dickson and his guest were seated with the Commander for the evening. Cpl Dickson is a Watch Analyst with the A2 Directorate. Bravo Zulu.

Music and entertainment was provided by "Jet Stream", the internationally acclaimed 20-piece show band of the Royal Canadian Air Force. Much to the joy of the crowd, the band performed hit after hit throughout the evening, including rock, country, R & B, funk and disco.

A multitude of generous prizes were graciously donated by PSP and many local companies. All of the guests were entered into a draw during the evening for prizes including Dyson vacuums, gift packages, gift certificates and Winnipeg Jets tickets. Prizes were drawn and won by lucky guests, but everybody went home with a selection of chocolates courtesy of Lindt Chocolates.

The 2017 1CAD Commander's Gala was hailed as a resounding success by all in attendance, and could not have been possible without the generous help from many members and organizations. And a thank-you to the 2017 1CAD Commander's Gala Organizing Committee: Capt Sylvie Landry – HQ Spt Svc, Capt Jennifer Lacasse – A5, Natalie Moore – A6, WO Justin Harper – A4 Maint

Thank you to MWO Craig Frost and Capt Jamie Neczkar for their great support and initiatives.



The 2017 1 Canadian Air Division Commanders Gala on September 30 at The Metropolitan Entertainment Centre, Winnipeg, Manitoba. Photo: Cpl Bryce Cooper

Sports Trivia

Baseball and Hockey

by Stephen Stone and Tom Thomson

1. Who holds the record for home runs by a rookie in Major League Baseball (MLB)?
2. Who holds the record for most goals scored by a rookie the National Hockey League (NHL)?
3. Who holds the MLB record for most seasons with 40 or more home runs?
4. Who holds the NHL record for most goals in his first game?
5. Which two MLB players share the record for most seasons with at least 30 home runs?
6. Who holds the NHL record for most seasons with at least 20 goals scored?
7. Who has the most MLB seasons as league leader in home runs? Who is second?
8. Who holds the NHL record for the longest consecutive point-scoring streak by a defenceman?
9. Who holds MLB's record for most consecutive seasons as league leader in home runs?
10. Who holds the record for fastest goal scored in his first NHL game?
11. Which two MLB players of the modern era hold the record for leading both leagues in home runs?
12. Which goaltender holds the NHL record for most regular season career wins?
13. Who holds the MLB record for career grand slams?
14. Who holds the NHL record for most penalty minutes in one season?
15. Which American League team holds the record for most home runs in a single game?
16. Which NHL goaltender has scored the most points in his career?
17. Which National League team holds the record for most home runs in a single game?
18. Who holds the NHL record for points in a single season by a defenceman?
19. Which MLB team holds the record for most grand slams in a single game?
20. Who holds the NHL record for consecutive games played in a career?

Sports Trivia Answers on page 14

TEME Breakfast Wakes the Wing to GCWCC



TEME fed a lot of people at the 2017 GCWCC Breakfast, raising over \$2700 for this year's campaign. Photo: MCpl Benoit Meunier, TEME.

by Martin Zeilig, Voxair Photojournalist

Master Seaman Jake Pinsent, a cook at 17 Wing Food Services, began his day at 0400 hours at the kitchen on Friday, October 13.

It was a little bit earlier than his usual working day starts but MS Pinsent said he didn't mind it at all.

He spoke while preparing fried eggs over a large stainless steel grill at the Transport Electrical Mechanical Engineering Annual Breakfast in the echoing confines of the Transport Heavy Bay, building 129.

The event is a fundraiser for the Government of Canada Workplace Charitable Campaign – a charitable giving option developed exclusively for federal public servants and federal retirees, which takes place in federal workplaces across the country during the fall campaign period (September to December), notes the GCWCC website.

"I'm very pleased to see such a great turnout for the TEME breakfast," Wing Commander Colonel Andy Cook commented just after he had finished his breakfast. "17 Wing is very proud to have the support of Sysco Canada and Pratts Food Service, who donated all of the food served today."

He also thanked Wing Food Services, who were assisted by volunteers from TEME, for their outstanding preparation of the food.

Customers paid a mere five dollars (or could donate more) for the multi-course meal, which included, besides the eggs (scrambled, sunny side up and over easy), fluffy pancakes, sausages, crispy bacon, toast, beans, and diced potatoes, plus coffee, tea and juice.

There also was a 50-50 draw and one set of tickets for a session at Thermea by Nordik Spa-Nature, as well as tickets for a maintenance tool set.

A total of \$2035.25 was raised from 400 breakfasts served; while the total overall amount collected was \$2726.75, noted Major Sterling Scott, the Commanding Officer at TEME.

"I started to plan all this back in August," said Corporal Pier-Luc Coté of TEME, the breakfast OPI.

"I approached Sysco and Pratts Wholesale because I knew them from before, when they donated food for the previous two years," said Cpl Coté, who praised Food Services for their great support. "This was a team effort."

Meanwhile, Maj Scott said the event is about the base community coming together with the generous support of corporations from the city.

"It's about giving back to the community," he added. "It wouldn't be a success without the attendance of the community at 17 Wing. It took a lot of coordination to get everything in place, including advertising. It's great to see everyone come together to pull the event off."

"It's fun for us (the cooks at Food Services)," MS Pinsent, a native of Newfoundland, noted. "It changes our day, and mixes it up for us. It's good to see other military members. It makes us more visible. It's a pleasant change of pace. We enjoy doing things like this to support the GCWCC. It's a lot of fun."

THE VOXAIR



Give us a call:



204-833-2500 ext. 4120

Find out the benefits of advertising with us

Firefighters Give the Wing the Boot



17 Wing Firefighters Cpl Paul Martin, Sgt Ed McGory, and Sgt Clint Killam accept a donation from a motorcyclist at a 17 Wing gate on Wihuri Road during the Boot Drive on Oct 11, 2017. Photo: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

As he was standing outside the Wihuri Gate in the cool early morning light of October 11 with a black firefighter's boot in hand, Corporal Albert Morton, reflected on the personal significance of the annual 17 Wing Boot Drive.

It wasn't hard to guess what his response would be. After all, Cpl Morton, who was out collecting donations at all three gates with 15 other colleagues, has been participating in the event for the past six years.

"The boot drive means everything to me," he said, as the military driver of a vehicle plunked a couple of toonies into Cpl Morton's black collection boot. "It means helping out our community."

This year \$2900 was collected during the Boot Drive, said Master Corporal Jason Lobo, Fire Inspector, 17 Wing Fire Services. He said it exceeds last year's amount and added that he hopes they can surpass that sum at the 2018 Boot Drive.

For over 20 years now, the 17 Wing Winnipeg Fire Service has joined in with over 800 other Fire Departments across Canada collecting funds to help those living with one of the over 150 Neuromuscular disorders, says a media release from Fire Service.

Since its incorporation, Muscular Dystrophy Canada has been supported by more than 800 Fire Departments and Associations across Canada who currently raise over \$3 million annually, notes information on the MDC website. "Fire Fighters are Muscular Dystrophy Canada's largest network of supporters."

"We have been a small part of the over 3 million dollars raised annually by hosting our Boot Drive," says the material from the fire hall. "Funds raised stay right here in Manitoba and are used to purchase equipment to make life just a little bit easier for those living with these debilitating disorders, equipment such as a cough assist machine. Imagine how difficult it would be for you to not be able to cough. The things we take for granted!"

"Contrary to popular belief, muscular dystrophy is not exclusively a childhood disorder," says MDC online information. "While some types of muscular dystrophy are first evident in infancy or early childhood, other types may not appear until later in life."

"Principal symptoms include progressive muscle wasting, weakness, and loss of function. Common signs include poor balance with frequent falls, difficulty walking, limited range of movement, and drooping eyelids. Please refer to the different types of neuromuscular disorders for more specific information."

"While many neuromuscular disorders are genetic, some are not. Conditions such as myasthenia gravis and Guillain-Barré syndrome are autoimmune disorders, caused by a problem with the person's immune system. Medical interventions have increased the life span and improved the quality of life for many people living with neuromuscular disorders. These interventions focus on treating or delaying symptoms, enhancing physical mobility and social interactions, and preventing heart and lung complications."

"Physical and occupational therapy, proper respiratory care, exercise, assistive devices, and orthopedic surgery may help to preserve muscle function and enhance quality of life. Identification of the specific genes responsible for the various types of neuromuscular disorders has led to extensive research on gene and

molecular therapy, but all such treatments are still in development."

After the boot drive the firefighters returned to the fire hall to count and sort their collection of coins and paper money.

"To me, it means a continuation of the involvement of fire fighters in fundraising for the organization," said Alan J. Bartley, a retired District Chief with the Winnipeg Fire Paramedic Service, who has been volunteering with the 17 Wing Boot Drive for "close to 20 years" now. "When we go out and raise funds for an organization people trust that the money will go there."

When he was a rookie fire fighter with the Winnipeg Fire Department, he was told that MD "is our charity," Bartley noted.

They would put collection canisters in corner stores, gas stations, and other venues, he said.

"But, I never became totally involved until I went to a chapter meeting of clients and their families; people affected by muscular dystrophy," Bartley continued.

"I was totally impressed by their outlook on life. They were so positive. To me, they're the epitome of bravery. They face their challenges every hour of every day year round. While we fire fighters have training, protective gear, and we're well protected by backup crews. So, I became involved and joined the local MD chapter of clients and families."

He's stayed involved. Bartley is now co-chair of the local chapter.

"Part of being a firefighter is your love of helping people," he stressed. "This is just an extension of that. So, here I am. I've just finished 53 years with MD. In my time with MD, I've met and lost many clients."

That's the horror of the disease. There will be a cure for MD in the near future because new treatments are being discovered daily. It's part of my life. I just doesn't know how to quit."



Reward your service.

The 2017 GLA fuses authentic SUV versatility with pure style. Save up to \$1,500 in addition to existing offers and embark on your next journey. Learn more about Mercedes-Benz Canada Corporate Sales incentives at mercedes-benz.ca/caf

Mercedes-Benz is proud to support the Canadian Armed Forces community. Thank you for your service.



award winning
**Assiniboia
Animal
Hospital**

Gentle with
Pets & Prices

889-5570
3050 Portage Avenue

**Stephen's Tuning
& Tech Service**

Certified Piano Technician

www.stephenstuning.ca
204-396-7658
stephen.cocks@gmail.com

Healthy Pets for Happy Families

**Charleswood
Veterinary
Hospital**
889-3110
3717 Roblin Blvd.
(Just East of the Charleswood Bridge)

**Crestview
Veterinary
Hospital**
888-7463
3025 Ness Ave.
(Corner of Ness and Sturgeon Rd.)

Associated Veterinary Hospitals

- ◆ Medicine
- ◆ Surgery
- ◆ Ultrasound
- ◆ Dentistry
- ◆ Vaccinations

Wing Commander's Honours and Awards



17 Wing Commander, Col Andy Cook presents MCpl Sterritt the General Campaign Star-South West Asia with CWO Jerome Rossignol during the Honours and Awards Ceremony held at 17 Wing, Winnipeg on October 10, 2017.
All photos: Cpl Paul Shapka



Sgt Valardo received the General Campaign Star-Expedition.



Capt Belley received the General Campaign Star-Expedition



MCpl Kelly-Poulin received the Special Service Medal-NATO



Cpl Moromito received the Special Service Medal-Alert NATO



Capt MacDonald received the Canadian Forces Decoration 2nd Clasp.



WO Arnold received the Canadian Forces Decoration 2nd Clasp.



WO Chevrefils received the Canadian Forces Decoration 2nd Clasp.



WO MacSpurren received the Canadian Forces Decoration 2nd Clasp.



Sgt Longman received the Canadian Forces Decoration 2nd Clasp.



MCpl Spicer received the Canadian Forces Decoration 2nd Clasp.



Sgt Caldwell received the Canadian Forces Decoration.



MCpl Cross received the Canadian Forces Decoration.



Cpl Heath received the Canadian Forces Decoration.



Cpl Hitchcock received the Canadian Forces Decoration.



Cpl Langridge received the Canadian Forces Decoration.



Cpl Martin received the Canadian Forces Decoration.



Cpl Swanson received the Canadian Forces Decoration.



MWO Valenti received a 17 Wing Commanders Commendation.



17 Wing Resource Management Team (Mark Mungal, Carol Loader, Ivan Chunesingh) received a 17 Wing Commanders Commendation.



17 Wing Comptroller Section received a 17 Wing Commanders Commendation.



Capt Dean received a Commanders Coin.



2Lt Mathieu received her Commissioning Scroll.



2Lt Sisteki received her Commissioning Scroll.



2Lt Vallieres received his Commissioning Scroll.



CWO Sullivan received his Chiefs Scroll.



17 Wing Commander Vaccinated at Headquarters



Medical Technician Cpl Carolyn Jones grins as 17 Wing Commander Col Andy Cook pretends to react to the influenza vaccination she just gave him at Wing Headquarters on Oct 4. Photo: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

Just like the year before, Wing Commander Colonel Andy Cook was first in line to receive the influenza vaccination on October 4 in the Atrium of Wing Headquarters, Building 137.

"I'd like to encourage all 17 Wing members to take the flu shot. It keeps us and families healthy and happy. I'm very happy to be the first recipient," said Col Cook after receiving the vaccine from Corporal Carolyn Jones. Cpl Jones, a medic at 23 Health Services, was one of three health care workers ready to administer vaccinations in the Atrium.

Wing Surgeon Major Ken Iwaasa, who works at 23 Health Services, who was present at the start to

welcome people and promote the importance of vaccinations, said obtaining an influenza vaccination is strongly recommended by the Surgeon General of the Canadian Armed Forces.

"We take an educated guess as to what are the most likely strains to put into the vaccination based on last year's cultures," he explained. "Every year, scientists monitor the global spread of flu and decide which of the four flu strains will likely cause the most illness during the season. We collaborate with everyone worldwide."

Michelle Long, a community health nurse at 23 Health Services, emphasized that vaccination is the number one method of preventing the flu.

Performing hand hygiene routinely and keeping your hands away from your nose, mouth and eyes, are other ways to prevent the spread of the flu, she added.

"If people are sick with colds or flu-like symptoms, they should sneeze or cough into their elbow, and then, if they blow their nose they should sanitize their hands," Ms. Long continued.

Some facts on influenza and vaccinations from the Government of Canada website:

Influenza (Flu) is a respiratory infection caused by influenza viruses. In Canada, it generally occurs in the late fall & winter months. Specifically, the flu season starts in October or November yearly in Canada.

Flu symptoms may seem similar to the common cold but the flu is generally more severe. Sudden onset of headache, chills, cough, fever, loss of appetite, muscle aches and fatigue are more common with the flu than a cold. Other symptoms may include loss of appetite and sore throat. Nausea, vomiting and diarrhea may also occur, especially in children.

Flu viruses spread easily from one person to another

through coughing, sneezing or sharing food or drinks. Flu can also be spread by touching objects (door knobs, chairs, railing, shopping carts, reception counters) contaminated with flu virus and then touching the mouth, eyes or nose.

Most people recover within 7-10 days, but some groups such as the elderly and individuals with chronic medical conditions - are at greater risk of more severe complications, such as pneumonia, hospitalization, death.

Influenza, also referred as "Flu" is not the same as "stomach flu". Influenza is an acute respiratory illness.

Vaccination is the most effective way to prevent influenza. Vaccine is strongly recommended. Effectiveness is not perfect but it does provide protection compared to not getting immunized.

Side effects are a result of the immune system responding to the vaccine and getting ready to recognize and defend the body against the flu viruses (viruses from the flu vaccine intended to protect patients).

It is always possible and probable the person being immunized may already been exposed to influenza viruses and is currently incubating the infection before or at the time of the immunization. The vaccine cannot cause influenza as it is inactivated. If a person develops influenza after receiving the vaccine, this may be due that the person was exposed to the infection before receiving the vaccine.

Each year there is a new vaccine to protect against the influenza virus strains that are expected in the coming influenza season. Even if the strains have not changed, getting influenza vaccine every year is still recommended.

Influenza vaccine is very safe and is well-tolerated.

17 Wing, the WSO, and Season Seat Holders Rise Together



17 Wing members, season's ticket holders, and others participated enthusiastically in the 'Rise Together' video shot by the Winnipeg Jets at a hangar on 17 Wing in September. All Photos: Bill McLeod, Voxair Manager

by Krista Sinaisky - winnipegjets.com

At every Winnipeg Jets home game, the intro video is the official pre-game cue for fans to focus their attention to the ice in anticipation of puck drop, rising together with their passion for the Jets and for their community.

It was only natural that the Rise Together mantra that is already resonating with Jets fans would also be the inspiration for the team's intro video for the 2017-18 season.

From the first dramatic pulses of percussion to the fiery flashes of Jet pride, the spirit, excitement and energy of Rise Together was brought to life through a collaborative effort between fans, community partners and our great city.

"Rise Together is all encompassing," said Kyle Balharry, senior director of gameday production and broadcast services with True North Sports + Entertainment. "It's about, players, fans, our city, our province, spirit, unity, being together as one, and that's what we're all here for on game night."

Balharry and his creative production team of Steve Godkin, Dylann Bobei and Aidan Padgett Reimer put their heads together in May to develop the video's concept. While the theme was firmly in place, the rest of it happened somewhat backwards.

on very clear creative direction from Kyle and his team at True North, had it approved and we recorded. Easy, right? Not so easy...but in a really good way."

Led by music director, Maestro Alexander Mickelthwate, the WSO brought the notes to life with a full orchestral recording bringing even more drama to the piece.

"The score that Shawn Pierce created is full of emotion - and a full symphony orchestra is the perfect tool to express that

"Usually the storyboards are developed first and the score is made to fit," explained Balharry. "This time we put everything in the hands of Shawn Pierce and played off of his composition for the visuals."

This marks the second time that Pierce, a Hollywood composer and Winnipeg Symphony Orchestra (WSO) collaborator, has written the video's song, following last year's successful partnership with the WSO.

"In my world of music for media, it's extremely rare that I don't have a picture as a creative and motivational reference," said Pierce, also a native Winnipegger. "I wrote music based

emotion," said Mickelthwate. "We loved working with the whole True North team and were thrilled to again record their theme music for this season. Go Jets Go!"

As an avid Jets fan, Pierce notes that working with True North and the Jets has been a career highlight. "I couldn't be more excited or proud of this season's piece and being part of the Rise Together campaign. It was another wonderful experience working with Alexander and the whole WSO team."

True North has enjoyed a long-standing relationship with the Canadian Armed Forces, dating back to the original Manitoba Moose days, and was honoured to have 17 Wing Winnipeg's help in creating the video. Department of National Defence employees, along with Canadian Armed Forces members from the Royal Canadian Air Force, the Royal Canadian Navy and the Canadian Army joined shoulder to shoulder with other

Jets fans to celebrate the team.

"Teamwork is essential to the success of both the Winnipeg Jets and the Canadian Armed Forces," said Captain Bettina McCulloch-Drake, 17 Wing Winnipeg public affairs officer. "While one person can certainly make a difference, we are stronger when we work together towards a common goal."

While key Winnipeg landmarks were featured throughout the video, Canadian Forces Base Winnipeg helped set the stage for a large portion of the shoot. Filmed in one of the hangars at the base, the Rise Together video featured the celebrated CF-18 Hornet fighter aircraft which is depicted on the Jets logo. (The specific aircraft used in the video flew in from 4 Wing Cold Lake, Alberta, on a training flight.)

One hundred and forty men and women representing the Canadian Armed Forces and 200 season seat holders, including super fans Dancing Gabe and Jet, further fuelled the passion of the Rise Together message.

"We're really happy with how it all came together in terms of the community collaboration and representation," said Balharry. "We couldn't have asked for more passion or more energy from anyone involved."



Video cameras on booms, still cameras, lighting, and smoke effects all contributed to make a 17 Wing hangar an impressive location for a Winnipeg Jets video production.

Former Winnipeg Defence Team Member Pens Children's Book



MFRC Executive Director Joel Roy presents author Laurie-Anne Johnson with a plaque of appreciation. Johnson signed over all proceeds, current and future, to the MRFC. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

At the end of her new illustrated children's book, *A Kite for Russell* (Sononis Press \$12.95), author Laurie-Anne Johnson writes that Russell's story was inspired by her work with the Winnipeg Military Family Resource Centre, "where children are the focus of much of the programming, which informs, educates, and supports them during a parent's recovery."

The book, which received a positive review in the October 4, 2017 issue of *The Voxair*, is Johnson's first book. The official launch of *A Kite for Russell*, which is illustrated by the Alton, Ontario based artist, Kasia

Charko, took place at McNally Robinson Booksellers on October 6. A second launch the *A Kite for Russell* will take place at 10 a.m. on November 2 during the MFRC coffee break.

Johnson, who has worked as a social worker and is now a program team manager at St. Boniface Hospital, agreed to an interview in the apartment she shares with her husband, Paul Creally, a retired member of the RCAF Band, in downtown Winnipeg.

The Voxair: Why did you write this book?

Laurie-Anne Johnson: I wrote the book while I was working as the family liaison officer at the IPSC (Integrated Personnel Support Centre). The idea came to me all at once in 2010. I'd been thinking that the children's voice sometimes gets a little lost because so much is going on with their parent(s), and various other systems that work with the patient. Treatment is very patient focussed within both the military and civilian life; and, children are very much affected by their parent's illness and injuries. I wanted to create something that really looked at a parent's injury through the child's eyes.

TV: How long did it take you to write the book?

L-AJ: The actual writing of the book took years. I left the liaison officer job to go work in healthcare in 2015. But, I was still volunteering at 17 Wing. I wrote the book in my spare time using my computer at home, and in conjunction with the editor and illustrator. The publishers, Sononis Press in B.C., have an excellent reputation. I contacted them myself. I first contacted True Patriot Love (a national charity that supports military families, funds community-based programs, and contributes to the Canadian Institute for Military and Veteran Health Research, notes their website) to see if they would provide some financial support.

Diane Morris, the owner of the publishing company, arranged for the illustrator and the editor and all other aspects of publication. There were deadlines. I've found that you can write a book of a few hundred words; but,

in truth, you're writing thousands of words until you've carved out your story.

TV: Who else, if anyone, provided assistance of any sort in the writing of your book?

L-AJ: Another friend, an occupational therapist in Florida, read the text beforehand. She did research on children and injured parents. I incorporate her research into the book. My husband, Paul, also read the text. I took drafts of the story to a number of different CAF members to get their input. They were really helpful in making sure I captured some really important ideas in the book—the emotions and overwhelming feelings.

TV: What else would you like to add to this conversation?

L-AJ: Children tend to internalize when there are problems at home. They feel responsible. They act out, sometimes, by becoming quiet, depressed or aggressive. They can have school and personal health problems. In the book, it takes a neighbour to recognize that this family is struggling. The neighbour suggests that the mother and child go to the MFRC for help.

There's also a section in the book for adults who might be living with somebody (a spouse) with an illness or injury; or, it might be the parent herself. The book provides an opportunity to possibly discuss and share, with children in the family, the various feelings that might be emerging from their situation.

I also want to emphasize that I didn't want to be specific about the mother's illness/injury because I wanted it to be universal. I wanted the story to be for a wider readership. In all of my research and readings, there was very little material for children in a CAF family. I thought that was a gap. That was one of the reasons I made it more general to deal with a wide variety of illness and injuries, as well as to focus on the CAF. I wanted to raise awareness about the CAF in the general population.

Manitoban Ranger Top Shot at CAFSAC 2017



CR Sam Cocquyt, squeezes off one of his final shots from the Enfield .303, this will probably be the last year that the .303 will be used as the competitive rifle for the Rangers at CAFSAC. The C-19 is due for issue to 4 CRPG starting in April 2018. Photo: Cpl Jax Kennedy, Canadian Forces Joint Imagery Centre

Capt Wade Jones, Officer Commanding Manitoba Canadian Ranger Company

Canadian Ranger Sam Cocquyt has been a CR with the Gillam Patrol since 2001, he has served as the Patrol Commander, Patrol 2I/C and is presently a Section Commander. He is an Electrician and Maintenance Planner for Lower Nelson River Generating Stations with Manitoba Hydro in Gillam.

Question: What was it like shooting those last few rounds of the final match at CAFSAC 2017?

Sam Cocquyt: It was surreal, I was a little apprehensive, you have to settle into a rhythm when you shoot, you hear nothing, you picture your shot, then I closed the disengaged eye, looked through the center of the rear aperture at the target and picked my point of aim, keeping my sights upright, I ensured my sight picture was in the center of the rear aperture, I squeezed off my last round from my faithful .303 for the Canadian Armed Forces Small Arms Concentration (CAFSAC) in 2017. Every round fired this year was a great memory.

Q: Where did you learn to shoot?

SC: Shooting has always been a passion of mine, growing up in rural Manitoba I was exposed to both recreational shooting and hunting. My Dad was my teacher and I learned from an early age to respect the firearm and dedication it took to be a crack shot. I am an avid shooter, a reloader and a dedicated hunter. Shooting is just not a seasonal thing for me, it's a life style, and it's a mastered Ranger skill I am proud of.

Q: How did you find out about CAFSAC and competitive shooting?

SC: Competitive shooting really never entered my mind until I was asked in 2006 by Capt Jones, if I would be interested in trying out for the 4 CRPG CF-SAC team. I competed each year from 2007 except for 2010 and 2012. This year, in my opinion, is the culmination of shooting the Enfield .303 as a Canadian Ranger. This year I was the Top Canadian Ranger Shooter at CAFSAC 17. I've come very close in other years but always 2nd or 3rd, it was always just out of reach, and this year was different! The team was great, they were confident; the heckling, the joking, the coaching all fell into place and set the tone for me to focus and give it my best.

Q: How have you done at CAFSAC in previous years compared to this year?

SC: I've done well over the years winning 13 individual or team medals. Each year I relied on my strength of shooting at longer ranges and worked hard on those matches I always was just a bit off on. This year, 2017 was different, everything clicked, I was tuned in, and I won 6 medals earning me the title of the Top Canadian Ranger shooter for 2017. Being chaired off the range by my fellow Rangers was humbling and gave me a sense of pride I have never felt before.

Q: As a 4 CRPG CAFSAC team member, what do you think of the .303 and the C-19 replacement rifle as far as competitive shooting?

SC: The .303 has a special place in my heart, I've shot so many rounds from this rifle. The .303 speaks for its self, no other rifle has ever out performed its abilities, its' reliability, its' medium range accuracy. The

proof is that it's been around a long, long time. Saying good bye to the .303 will be difficult, but I really look forward to shooting the C-19, I've already shot it and it is accurate and I especially look forward to defending my title as the Top Canadian Ranger shooter in 2018. Shooting is shooting, but to be a crack shot will take lots of practise and learn how the C-19 will shoot in my hands.



CR Sam Cocquyt of the Gillam Patrol is carried off the Range by his fellow Canadian Rangers as the Top Canadian Ranger Shooter at CAFSAC 2017. Photo: Cpl Jax Kennedy, Canadian Forces Joint Imagery Centre

Have you got a story you'd like to share with us?
Drop us a line at 204-833-2500 (ext. 6976)
or send us an e-mail at voxair@mymts.net

Around The Wing



BGen Dave Cochrane, Commander 2 Canadian Air Division, prepares to enjoy his meal at the 2017 GCWCC TEME Breakfast, held in the Transport garage at Building 129 on 17 Wing. Photo: MCpl Benoit Meunier.



WO Caroline Gagnon, 1 CAD, and LCol Marcy Spiers, 1 CAD HQ CO, share a laugh at the second GCWCC Luncheon of the campaign. The lunch consisted of lasagna, garlic toast, and caesar salad and there will be one more lunch in November. Photo: Bill McLeod, Voxair Manager.



Every little nickel adds up - to the tune of nearly \$3,000. Photo: Martin Zeilig, Voxair Photojournalist



The RCAF Band ensemble Jet Stream pose with some VIPs-the Prime Minister of Canada Justin Trudeau and the Governor General of Canada, Her Excellency, Ms. Julie Payette on the day of her installation, October 2, 2017. Jet Stream played for the Governor General at the reception for her at the Canadian Museum of History. Photo: Supplied



17 Wing members enjoyed a great breakfast for a reasonable price at the 2017 GCWCC TEME breakfast at the Transport section of Building 129 on October 11. Over \$2700 was raised for the campaign at the breakfast. Photo: Bill McLeod, Voxair Manager

École francophone

Maternelle à 8^e année

École la plus près de la 17^e Escadre

Transport scolaire

Garderie francophone

Centre de la petite enfance et de la famille

École Roméo-Dallaire

DIVISION SCOLAIRE FRANCO-MANITOBAINE

81, chemin Quail Ridge, Winnipeg (Manitoba)

<http://rdallaire.dsfm.mb.ca>

(204) 885-8000

romeo.dallaire@dsfm.mb.ca



Red River

RED RIVER CO-OP NESS GAS BAR
2251 NESS AVE.

GRAND OPENING

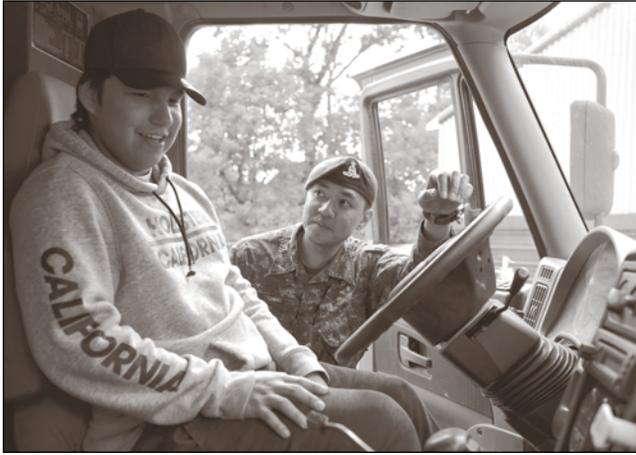
Saturday, October 21, 2017

**JOIN US AT THE NESS GAS BAR
FOR OUR GRAND OPENING
CELEBRATIONS!**

Featuring

- ✦ Live broadcast with Ace Burpee from Virgin 103.1, 1–4 p.m.
- ✦ A chance to meet Red River Co-op mascot, Cooper.
- ✦ Charity BBQ, along with prize draws, free samples and great deals all day long.
- ✦ 5¢/litre donated to Siloam Mission.

Army Reserve Opens Doors to Public



Bombardier Nathaniel Ching, a member of the 13th Battery 26th Field Artillery Regiment in Portage La Prairie, gives a tour of the unit's Medium Support Vehicle System (MSVS) to a potential new recruit at the Portage La Prairie Armoury during the national Army Reserve Open House initiative held on Sept. 30, 2017. Armouries across Canada opened their doors to give the public an inside look at what it means to be a Reservist. Paid training, tuition reimbursements, the opportunity for domestic or international deployment and consistent part-time work are just a few benefits of becoming a Canadian Army Reservist.

Photo: Cpl Natasha Tersigni, 38 CBG PAO

by Cpl Natasha Tersigni, 38 CBG, PAO

In an effort to educate the public on the Canadian

Army Reserve and recruit new members, armouries across the country opened their doors in a national open house initiative on September 30.

Over 100 armouries took part in the event and Reservists spent the day talking with members of the public, showing their units various military equipment and giving tours of their training facilities. With the federal government pledge to increase the current Reserve Force to 30,000 members, new recruits are needed to help support the Army Reserve on both domestic and internal operations.

Across the 38 Canadian Brigade Group (CBG), an Army Reserve formation with units in Northwestern Ontario, Manitoba and Saskatchewan, 11 armouries took part in the Open House with a wide array of interactive displays and activities to expose potential applicants to the full range of career opportunities the Reserve has to offer.

"As Reservists, soldiers are able to continue to pursue their civilian education or career goals all while being a member of the Canadian Armed Forces. While they serve their country on a part-time basis, their commitment to their community is full-time. With over 50 different trades and jobs, the possibilities within the Canadian Army Reserve are truly endless," said 38 CBG Commander Colonel Geoff Abthorpe.

"From fighting fires this past summer in B.C. to augmenting regular force units on Operation REASSURANCE, members of 38 CBG are consistently being

deployed in support of Canadian Armed Forces missions and operations."

With a new streamlined Canadian Army Reserve enrollment process, it is faster than ever before to join the Reserves. The changes included an expedited process which means after the initial administrative paperwork and security screening, recruits can begin training with their chosen unit while further screenings, including medical and initial training, are concurrently conducted. Once all standards are met the member can be fully enrolled within the Canadian Armed Forces and eligible to continue their training.



Portage La Prairie 13th Battery 26th Field Artillery Regiment member Corporal Rauscher shows the C3 105-mm Howitzer. Photo: Cpl Natasha Tersigni, 38 CBG PAO

RCAF Wants You for a SAR Tech Career-10 Nov Deadline

From the Directorate of Air Personnel Strategy

For men and women in the Canadian Armed Forces who are ready for an exciting career change, consider the current opportunity to become a Search and Rescue Technician (SAR Tech) with the Royal Canadian Air Force.

This proud and prestigious occupation accepts Regular and Reserve Force members who want to undergo an occupational transfer from within the CAF.

The 2017 deadline for transfer applications is 10 November.

"If you are looking for a job that is as rewarding as it is challenging, then becoming a SAR Tech should be at the top of your list," said Chief Warrant Officer Greg Smit, SAR Tech Chief and Senior Occupational Advisor. "If you are fit, motivated, and want to make a real difference...the difference between life and death...then you are at the top of our list as a SAR Tech candidate. We need men and women to join our dedicated SAR team, helping to uphold our motto: That Others May Live."

SAR Tech training takes place at the Canadian Forces School of Search and Rescue (CFSSAR) located at 19 Wing Comox, British Columbia, as well as some satellite training locations including Jarvis Lake, Alberta, Eloy, Arizona and Jasper National Park and Esquimalt, British Columbia. The course duration is approximately 12 months, after which graduates receive



A search and rescue technician participates in the final exercise of the National Search and Rescue Exercise 2015 (SAREX15) held at Comox, British Columbia on September 18, 2015. Photo: Sgt Halina Folfas, 19 Wing Imaging

their SAR Tech 'wings' and orange beret. SAR Techs are experts in an incredibly wide range of skills, including parachuting, scuba-diving, mountain-climbing, wilderness survival and emergency medical treatment at the paramedic level. They will operate from both fixed-wing aircraft and helicopters, the latter including hoists into and out of austere locations or vessels on the high seas. As part of a highly trained and well respected crew, SAR Techs assist in saving the lives of hundreds of Canadians every year, from coast to coast to coast.

If this sounds exciting to you, and you're up for the challenge, you should contact your Base or Wing Personnel Selection Officer. The deadline for submission to National Defence Headquarters is 10 November 2017. In addition, Master Warrant Morgan Biderman and Sergeant Nicolas Ruel will be conducting information briefings at many wings and bases across Canada in the coming weeks.

For additional information, a SAR Tech recruiting PowerPoint presentation and information is available at the following web site (intranet only): <http://rcaf.mil.ca/en/2-cad/air-force-training/air-ops-training-pages/sar-tech.page>

Proud to offer a
10% MILITARY DISCOUNT
on all retail parts & services.



Sales • Leasing • Service • Parts •
Collision and Glass Repairs for all makes & models

St. James



670 Century Street, Winnipeg Phone: 204 788-1100

stjamesaudi.com

stjamesvw.com

baldwinson
INSURANCE BROKERS

HOME INSURANCE!
TENANTS INSURANCE!
CAR INSURANCE!
DRIVERS LICENSES!

204-889-2204

17 WING WINNIPEG
in the CANEX BUILDING

autopac

A Manitoba Public Insurance product

HOOK & SMITH

Barristers, Solicitors & Notaries Public

201-3111 Portage Ave,
Winnipeg, Manitoba R3K 0W4

Dennis A. Smith, Winston F. Smith, Q.C.,
Grant W. Davis and Bernard Toews

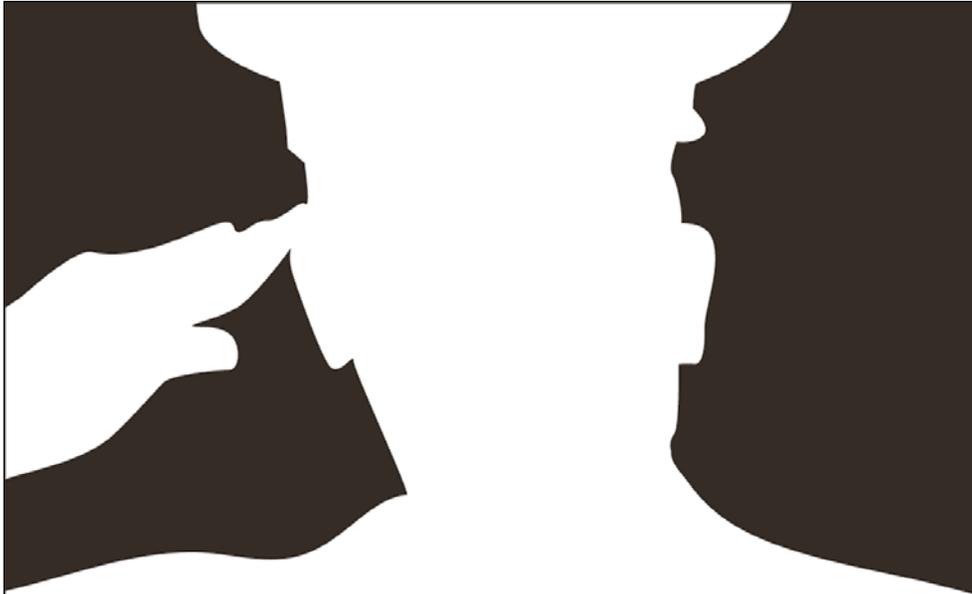


Telephone - (204) 885-4520

Fax - (204) 837-9846

Email: general@hookandsmith.com

Providing legal services to the community since 1984 in the areas of corporate and commercial law, real estate (residential and commercial), civil litigation, wills and estates, family law and transportation law.



CALLING ALL VETERANS!

**Mon. Oct. 23, 2017
7:00-9:00 p.m.**

(Doors open at 6:30 p.m.)

Holiday Inn Airport West
2520 Portage Avenue, Winnipeg

We want to hear from serving and retired members of the CAF, the RCMP and their families. Join us for a town hall discussion to share your release and transition experiences. Help us make a difference in the lives of veterans and their families.



National Association
of Federal Retirees
Association nationale
des retraités fédéraux

Visit us online for more details
and reserve your seat!
www.federalretirees.ca/veteransinitiative

2017 • 2017 • 2017 • 2017 • 2017 • 2017

INAUGURAL JOINT WINGS' DINNER

HOSTED BY: 17 Wing Winnipeg – Warrant Officers' & Sergeants' Mess

GUEST SPEAKER • Brigadier-General Christopher Ireland – Deputy Combined Joint Force Air Component Commander and Deputy Commander Canadian NORAD Region

SATURDAY 28 OCTOBER @ Canadian Forces Base Winnipeg 17 WING WINNIPEG Bldg 61 – Combined Mess

MIXED DINING-IN STYLE DINNER
TICKETS \$50⁰⁰ /PERSON

Preferred method to purchase tickets is by credit card online at: bit.ly/2017JWD
CAF Reg'd units may utilize Appearance Book or cash options to WOSM Mess Manager, Bldg 61, Lower Floor
US attendees MUST utilize the online credit card option. * Deadline for payment is WED 18 OCT 2017 *

COCKTAILS - 1800 hrs DINNER - 1900 hrs

JOINT ALL-RANKS DINNER BETWEEN MILITARY MEMBERS & THEIR SPOUSES/SIGNIFICANT OTHERS FROM GEOGRAPHICALLY-CLOSE BASES
17 Wing Winnipeg (Manitoba, Canada), Grand Forks Air Force Base (North Dakota, USA), Minot Air Force Base (North Dakota, USA) & Cavalier Air Force Station (North Dakota, USA).

DRESS MILITARY: 2 Mess Standard (Navy, Army, Air) or 2B Mess Service CIVILIANS: Formal Attire, Business Suit acceptable

SHOULD YOU REQUIRE ADDITIONAL INFORMATION, CONTACT:
CANADA: WO Mike Manny, PMC – 17 Wing WOSM @ 204-833-2500 ext. 4859
USA: MSgt Byron Ball, GFAFB @ 701-741-1743

Give us
a call:
THE VOXAIR
(204) 833-2500
ext. 4120

Find out
the
benefits of
advertising
with us

AMCC
940 Vimy

Assiniboine Memorial Curling Club
LEARN TO CURL INSTRUCTIONAL LEAGUE

Sundays 11AM to 1PM
16 weeks starting October 22
On-ice instruction throughout entire season
LOTTSA hands on and individual instruction at first
A bit less hands on instruction as the season progresses
Not so much instruction at the end of the season
First few weeks based around basics
Then move into skill development
Then move into skill challenges
Then move into small games
Then move into mini-league
2 social events
Kitchen open for breakfast and lunch
Lounge open for refreshments

LEARNTOCURL@CURLAMCC.CA

PERSONAL CLASSIFIEDS

LOCAL HOPS FOR SALE

Selling locally grown Cascade hops for home brewers. Hops picked within the last two weeks, dehydrated and packaged in freezer bags. \$4.00 an ounce. Call 204-807-6195

YOUR AD HERE

Call 204-833-2500 ext 4120

RCAF MESS KIT

I would like to pass on my RCAF Mess Kit if anyone would like to have it. Size 42/44, waist 38 Max height 5'5". Made by Ralph The Tailor. Cannot be up sized any more but can be downsized, just take it to Ralph for alterations. It's in like new condition. FREE, just come pick it up. First email to hit my in basket gets it. garryol@shaw.ca

HONEY FOR SALE

Still in the beehive last week. \$10 for 1 kg tub or \$5 for 1 lb tubs. Call 204-807-6195

Send us an e-mail today to place your FREE Classified ad (of 50 words or less) at: voxair@mymts.net. Classified ads will run for one month (two issues) unless space permits or specified otherwise.



17 Wing Community Recreation Fall 2017 Fitness Schedule

REGULAR CLASSES RUN MON 11 SEP TO SUN 17 DEC							
FITNESS PASS		\$100 Military Personnel and with Recreation Membership (includes unlimited class access)					
		\$140 Without Membership (includes unlimited class access)					
DAILY DROP-IN		\$9 Military Personnel and with Recreation Membership			\$11 Without Membership		
TIMES	MON	TUE	WED	THU	FRI	SAT	SUN
0630-0715	Sunrise Yoga free for military & DND B90 MPR Cris			Sunrise Tabata free for military & DND B90 MPR Cris			
0930-1030	Fusion Fitness B90 gym Cris	Weight Rm circuit B90 MPR Bruce	Pilates B90 MPR Alan	20-20-20 B90 MPR Bruce		Muscle Boot Camp B90 gym Trish	
1045-1145						Spin B90 Spin Room Trish	
1330-1430							Yoga for Active Living B33 Activity Room LeAnne
1500-1600							Aqua-Fit B90 Pool Natalia
1600-1645		Aqua-Fit Pool Meire Anne		Aqua Fit B90 Pool Cris			
1630-1730	Spin B90 Spin Rm Jo						
1700-1800		Fusion Fitness B90 MPR Bruce	Spin B90 Spin Room Jo	Fusion Fitness B90 Gym Bruce	20-20-20 B90 MPR Bruce		
1730-1830				Pilates B90 MPR Alan			
1745-1845	Zumba B90 MPR Meire Anne						
1800-1900	TRX + B90 gym Cris						
1815-1915		Yoga Beginner Vinyasa B90 MPR Trish	Pound B90 MPR Lorna				
1830-1930				Pilates (Advanced) B90 MPR Alan			

ALCOHOL, OTHER DRUGS AND GAMBLING
- TRUVE MOUABLES AVAILABLE

APPREZENZ - EN PLUS
SUR L'ALCOOL, LES AUTRES DROGUES ET LE JEU EXCESSIF
- DRUVE MOUABLES DISPONIBLES

Alcohol, Other Drugs and Gambling: Supervisor's Training

7 & 8 November 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

7 et 8 novembre 2017

Reconnaitre 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

17 Wing Member Competes Internationally at Commonwealth Meet

by Cpl Ben Langley

On 14 September 2017, I competed on the biggest stage of my lifting career; the international stage of the Commonwealth Powerlifting held in Potchefstroom, South Africa. Representing Team Canada, I weighed-in at 161 lbs/73.05 kgs, squatting 250 kgs/551 lbs, bench pressing 155 kgs/ 341 lbs, and deadlifting 250 kgs/551 lbs tying my best total of 655 kgs/ 1444 lbs.

I competed amongst nine competitors in the 74kg Men's Open (24 - 40 years of age) taking home five different silver medals. I was second in my weight class, second squat, second bench, second deadlift, and second overall for the entire Commonwealth competition pound for pound.

Leading up to this contest my training was fantastic and my goals were 551 lb squat, 340 lb bench and a 600 lb deadlift. With each lift every lifter has three attempts; my first attempt at squat was 230kgs/507lbs followed by 240kgs/530lbs and for my final attempt I squatted 250kgs/551lbs. For bench-press I opened with 140kgs/308lbs followed by 150kgs/331lbs and successfully took my third attempt at 155kgs/341lbs.

Going into deadlifts I was ahead in first by 10kgs so the end result would be close. My first attempt I was red lighted with 250kgs/551lbs due to my shoulder not being fully back and upright. Instead of increasing the weight I decided to err on the side of caution and use the same weight for my second attempt and successfully lifted it. By this time I was in second place by 20kgs so I decided to take my third attempt at 270kgs/595lbs to tie with the other competitor and win first place by body weight since I weighed-in lighter. Unfortunately 270kgs proved a little too heavy as I managed to lift it only 3/4 of the way up but couldn't finish.

At the end of the day I went 7/9 and couldn't have been happier with my performance. Both second place in my weight class and second overall was a major

accomplishment as this is only my second competition in the "Open" weight category. I was glad to represent CAF and Canada for the 2017 Commonwealth Powerlifting and Bench-press Championships.

MAJOR BILL DALKE IS THE WINNER OF JOHN CONRAD'S BOOK, AMONG THE WALKING WOUNDED, SOLDIERS, SURVIVAL AND PTSD.

TO BE ENTERED FOR A CHANCE TO WIN A COPY OF LAURIE-ANN JOHNSON'S CHILDREN'S BOOK A KITE FOR RUSSELL PLEASE SEND US AN EMAIL WITH A SUBJECT HEADING OF FEEDBACK AT VOXAIR@MYMTS.NET AND TELL US SOMETHING WE COULD IMPROVE ABOUT THE VOXAIR OR SOMETHING WE ARE DOING RIGHT.

17 WING • COMMUNITY RECREATION • LOISIRS COMMUNAUTAIRES • 17^E ESCADRE

FREE! GRATUIT!

Family Fun SPORTS DAY IN CANADA

JOURNÉE SPORTIVE d'Amusement en Famille AU CANADA

FRIDAY ★ 20 OCT ★ 2017
VENDREDI

BLDG • BÂT. 90

4-5 pm + 16 h à 17 h FAMILY FUN SPORTS TABLOID • GYM
AMUSEMENT EN FAMILLE TABLOÏD SPORTIF • GYMNASÉ

5-5:30 pm + 17 h à 17 h 30 PIZZA & SLUSHIES • MULTI PURPOSE ROOM
PIZZA ET "SLUSHIES" • LA SALLE POLYVALENTE

5:30-6:30 pm + 17 h 30 h à 18 h 30 FAMILY SWIM • POOL
NAGE FAMILIALE • PISCINE

INFO - DAWN.REDAHL@FORCES.GC.CA • EXT. /POSTE 7013

17 WING / 17^E ESCADRE
COMMUNITY RECREATION / LOISIRS COMMUNAUTAIRES

FÊTE d'HALLOWEEN PARTY!

SATURDAY 28 OCT LE SAMEDI

1 PM - 4 PM BLDG 90 - 680 WIHURI RD.
Hamster Ball • Crafts
Haunted House • Cookie Decorating
Bouncers • Games • Canteen
& TONS OF OTHER FUN ACTIVITIES FOR ALL AGES!

13 H à 16 H BÂT. 90 - CH, 680 WIHURI
boules à hamster • artisanat maison hantée • décoration de biscuits
jeu gonflable • jeux • cantine
ET BEAUCOUP D'AUTRES ACTIVITÉS DIVERTISSANTES POUR TOUS LES ÂGES!

\$3 MILITARY/WITH MEMBERSHIP
\$10 FAMILY - MILITARY/WITH MEMBERSHIP
\$5 NON-MEMBERSHIP
\$12 FAMILY - NON-MEMBERSHIP

3^{\$} MILITAIRES/MEMBRE ADHÉRENT
10^{\$} FAMILLES - MILITAIRES/MEMBRE ADHÉRENT
5^{\$} NON-ADHÉRENTS
12^{\$} FAMILLES - NON-ADHÉRENTS

TICKETS CAN BE PURCHASED AT BLDG 90 FRONT DESK • VOUS POUVEZ ACHETER DES BILLETS À LA RÉCEPTION DE BÂT. 90



Connect with us:

102 Comet Street / 102 rue Comet
204-833-2500 extension / poste 4500

www.cafconnection.ca

www.facebook.com/WinnipegMFRC

www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

South Side Pre-K

We offer a play based, emergent curriculum for children ages 3 - 5 years. Children must be potty trained.

Wednesdays and Fridays
September 20 - June 20

1:00 to 3:00 p.m.

South Side Youth Centre
347 Doncaster St

\$40 per month

\$10 annual registration fee

Registration is ongoing

Space is limited

Make Ahead Meals and Lunch

Prepare some meals ahead of time for when you don't know what to make for dinner and you need it fast.

Prior to the start of the program we will have lunch.

You will make the following five recipes to freeze and save for a later date: Zesty Italian Melts; Taco Chile (V); easy baked spaghetti; Ham and Swiss Potato Gratin and Pizza Casserole.

Saturday, November 18

12:00 to 3:00 p.m.

Bring measuring spoons, measuring cups, bowls and a can opener. A cooler bag to transport meals home would be an asset.

\$50

Registration deadline: November 10

Mets préparés à l'avance et dîner

Joignez-vous au CRFM pour préparer des repas à l'avance pour les journées chargées durant lesquelles vous ne savez pas quoi préparer. Avant de commencer, nous allons dîner. Vous ferez les 5 recettes suivantes à congeler et déguster à une date ultérieure : sandwich fondante piquante à l'italienne, chili type taco (V), spaghetti au four, gratin de jambon et pomme de terre et casserole à la pizza.

Samedi 18 novembre

12 h à 15 h

Veillez apporter des tasses et des cuillères à mesurer, des bols à mélanger et un ouvre-boîte ; un sac isotherme est également utile pour rapporter vos repas à la maison.

50 \$

Date limite d'inscription : 10 novembre

Inscrivez-vous pour le service de garde. Frais afférents.

Présenté en anglais

Activité pour Adultes en français – BooTy®

BooTy® est un programme inspiré et créé par Tara Newbigging. Il s'adresse spécifiquement aux femmes et se fait nu-pieds pour assurer une connexion avec le corps et l'environnement, par le biais du mouvement. Veillez porter des vêtements amples.

Samedi 4 octobre

9 h 30 - 11 h 30

Gratuit

Date limite d'inscription :

2 octobre

Présenté en français

Family Deployment Preparedness Information Session

Preparation, education and skills are not only important for your military loved one's success during the deployment, they are also important for the family. This session will include valuable information for the family and also focus on the tools to help you and your family prepare for a successful deployment.

Thursday, November 30

10:00 to 11:30 a.m.

6:00 to 7:30 p.m.

Free

Registration deadline: November 27

*Preregister for evening childcare

Séance d'information concernant les déploiements

La préparation, l'éducation et les compétences ne sont pas seulement importantes pour le succès de votre militaire bien-aimé pendant le déploiement, mais elles sont également importantes pour la famille, que vous soyez un conjoint, un partenaire, un parent ou toute autre alternative. Cette séance d'information vous fournira des informations précieuses pour vous et votre famille et mettra également l'accent sur les outils qui vous aideront à vous préparer à un déploiement réussi.

Jeudi 30 novembre

10 h - 11 h 30

18 h - 19 h 30

Gratuit

Date limite d'inscription : 27 novembre

*Veillez-vous inscrire à l'avance pour le service de garde en soirée.

Présenté en anglais

Mature Women's Group

Join us for an evening of coffee and conversation as we discuss topics geared to midlife. If you're a 45+ woman this is a great way to meet others and share your wisdom and expertise about navigating life's journey.

Monday, October 30

7:00 to 9:00 p.m.

Free

Drop-in

Groupe de dames – 45+

Joignez-vous à nous pour une soirée de café et de conversation touchant la force de l'âge. Si vous êtes une femme âgée de 45+ ans, vous aurez l'opportunité de rencontrer d'autres femmes et de partager avec elles votre sagesse et vos expériences de vie.

Lundi 30 octobre

19 h - 21 h

Gratuit

Présenté en anglais

Evening & Saturday Occasional Childcare Westwin Children's Centre

642 Wihuri Rd.

Call 204-833-2500 ext. 2491 to register.

Drop your child(ren) off at the OCC for crafts and games while you enjoy some time to yourself.

THURSDAYS ONLY: Don't want to cook? For an additional \$5 we will provide pizza, veggies and drink for your child. Please indicate when booking if you would like to order pizza for your child(ren).

Thursday, November 16

4:30 to 7:30 p.m.

Saturdays, November 4

9:00 a.m. to 12:00 p.m.

\$5 per hour, per child

Ages: 6 months to 3 years old.

Thursday Registration deadline: November 14

Saturday Registration Deadline: November 2

In collaboration with PSP's Active Kidz for ages 4-12 years. Please call ext. 2057 to register for Active Kidz.

Service de garde occasionnelle en soirée ou samedi Salle de garde occasionnelle

630, ch. Wihuri Composez le 204-833-2500, poste 2491 pour vous inscrire.

Déposez votre(vos) enfant(s) à la Salle de garde oc-

casionnelle du CRFM pour du bricolage et des jeux et accordez-vous du temps pour vous.

JEUDI SEULEMENT : Vous ne voulez pas cuisiner?

Pour un supplément de 5 \$, nous fournirons de la pizza, des légumes et un breuvage pour votre(vos) enfant(s).

Indiquez lors de l'inscription si vous désirez que nous commandions de la pizza.

Jeudis : 16 novembre

16 h 30 à 19 h 30

Samedi : 4 novembre

9 h à 12 h

Salle de garde occasionnelle

630, ch. Wihuri

5 \$ de l'heure, par enfant

Âges : 6 mois à 3 ans

Date limite d'inscription pour jeudi: 14 novembre

Date limite d'inscription pour les samedis : 2 novembre

En collaboration avec Active Kidz de Loisirs PSP pour les enfants âgés de 4-12 ans. Pour l'inscription à Active Kidz, composez le 2057.

A Parent Community

A 'community' of parents will discuss topics related to parenting children of all ages. Stop in and have some coffee and conversation while your children play and get to know each other.

Fridays, October 20, 27

9:30 to 11:30 a.m.

Free

Drop-in program

« A parent community »

Durant ce programme, les parents discutent de sujets concernant les enfants de tous âges. Arrêtez-vous au CRFM pour prendre un café pendant que les enfants s'amuse entre eux.

Les vendredis 20 et 27 octobre

De 9 h 30 à 11 h 30

Gratuit

Programme d'halte accueil

Présenté en anglais

A Parent Group

Join us for some parenting discussions and networking. Learn about different stages and topics with other parents. Children under 18 months will stay in the room with the parents and play.

Wednesday, October 25

9:30 to 11:30 a.m.

Free Drop-in program

NEW JOB POSTING

The MFRC is hiring a part-time Relocation Assistant. This is a new job opportunity with the Winnipeg Military Family Resource Centre. Watch our website, Facebook page and the next edition of the VoxAir for more details.

OPPORTUNITÉ D'EMPLOI

Le CRFM engage un(e) assistant(e) de Relocation à temps-partiel. Cette nouvelle opportunité d'emploi est au Centre de Ressource des Familles Militaires de Winnipeg. Visitez notre site internet, Facebook et la prochaine édition du Voxair pour plus de détails.

Sports Trivia Answers

1. Aaron Judge, New York Yankees. Judge hit his 52nd dinger on September 30, 2017 to eclipse Mark McGwire's record of 49 set in 1987.
2. Teemu Selanne, Winnipeg Jets, 1992-93 - 76.
3. Babe Ruth - 11.
4. Auston Matthews, Toronto Maple Leafs, October 12, 2016 - 4.
5. Hank Aaron and Alex Rodriguez - 15.
6. Mr Hockey himself, Gordie Howe with 22.
7. Babe Ruth - 12. Mike Schmidt, Philadelphia Phillies - 8.
8. Paul Coffey, Edmonton Oilers, 1985-86 - 28 games.
9. Ralph Kiner, Pittsburgh Pirates - 7.
10. Dave Christian, Winnipeg Jets, February 29, 1980 - 7 seconds.
11. Fred McGriff, Toronto Blue Jays, 1989, and San Diego Padres, 1992; Mark McGwire, Oakland Athletics, 1987 and 1996, and St Louis Cardinals, 1998-99.
12. Martin Brodeur - 691.
13. Alex Rodriguez - 25.
14. Dave Schultz, Philadelphia Flyers, 1974-75 - 472.
15. Toronto Blue Jays, September 14, 1987 - 10.
16. Tom Barroso - 48. All assists.
17. Cincinnati Reds, September 4, 1999 - 9.
18. Bobby Orr, Boston Bruins, 1970-71 - 139.
19. New York Yankees vs Oakland, August 2, 2011 - 3.
20. Doug Jarvis, October 8, 1975-October 10, 1987 - 964.

Soldiers First Professional Medal Mounting & Framing

Court Mounting
Full and Miniature Medals

Contact Dan at (204) 396-7041 or
e-mail sfpmedalmounting@gmail.com



Ralph's Custom Tailors

Military Messkit

CANEX No Interest
Credit Program Available

Text or email for measurement appointments

Text: 204-298-5019

Email: rc5139@shaw.ca

ANAVETS – ROCKWOOD 303

341 Wilton Street (204) 475-5852



CHASE THE KING OF CLUBS & 50/50

Every Thursday @ 5:30pm

Friday Night Meat Draw @ 7:00pm

Oct. 20th & 21st * The Blackwater Band

Oct. 27th & 28th * The Otherside

Nov. 3rd & 4th * Ricki Redbone

Halloween Dance – Oct. 28th

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Information overload will give you a headache. Limit time for the media and drama. You long for a simpler, easier existence. When things around you seem chaotic it wears you out. The best solution is to take action. Organize. Offer assistance. In helping others you help yourself.

Taurus (April 20 – May 20): Positive relationships with coworkers make each day easier. Work at establishing bonds. You are creative and inventive. Your portable skills are in demand. And by building rapport you can do so much more. To lower stress, clear your schedule of excessive commitments.

Gemini (May 21 – June 21): Read the fine print on all documents you sign at this time. Participate fully in decisions being made that affect you. Make the effort to establish gentle daily routines. When you're emotionally settled you feel more confident about making future plans. An optimistic attitude is an asset.

Cancer (June 22 – July 22): Your assumptions will be off if you don't have all the details about a situation. Your consideration for others might make you hesitate to ask questions you think will make them uncomfortable; which is another assumption. Practice empathetic listening. To err is human.

Leo (July 23 – August 22): You're happiest when life is full. Impulsive acts energize you. You love to be seen as a trailblazer and trend setter. The challenge is to consider others and to get organized. How you perceive things affects your reactions to people and events. Focus on being impartial and realistic.

Virgo (August 23 – September 22): If you are disappointed in how others treat your successes and failures it's time to take responsibility for maintaining boundaries. How you navigate your life is your concern. Follow your own north star. Look at your life and your dreams then create a map to your future.

Libra (September 23 – October 23): Take charge of your inner dialogue. Does your self talk motivate, over-excite or drain you? Ponder experiences that have affected you deeply. Refrain from self-judgment. Practice detachment to cultivate peace of mind. Keep heading in the direction of your dreams.

Scorpio (October 24 – November 21): The more you learn the more jaded you can become. Challenge yourself to interact with people who have a different perspective. Be willing to listen and speak from the heart. Focus on making deep connections. Disassociate from toxic people who do not enrich your life.

Sagittarius (November 22 – December 21): Looking at your actions from another's point of view can give you a more balanced perspective. Shifts in one part of your life influence things in another. Become aware and respond to your current reality. You can't always make life conform to your expectations.

Capricorn (December 22 – January 19): Get organized so you'll be free to accept invitations. Good habits ensure you won't burn out as you flow from one dynamic experience to the next. But remember to be flexible. Don't make a habit a rut. Alleviate boredom by switching your routine from time to time.

Aquarius (January 20 – February 18): Trying to present a cool façade can be exhausting. Especially when your mind is spinning with possibilities. You can motivate yourself by aiming for perfection but you also need to accept that perfection is an illusion. Don't be fooled by the posers. Keep it real.

Pisces (February 19 – March 20): Commit to doing things differently. Turn what isn't working into a learning experience. You're seeing the warning signs sooner with yourself and others. Be proactive. Be the best you can be each day and aim for positive results. Life will test you right now. You're ready.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

THE VOXAIR

Your 17 Wing Community Newspaper
thevoxair.ca



Barala Kennels

YOUR PET'S HOME AWAY FROM HOME

- BOARDING ALL BREEDS OF CATS & DOGS
- INDIVIDUAL QUARTERS AND OUTDOOR RUN
- PET EXERCISE AND PLAY AREA • SEPARATE CAT FACILITIES
- CENTRAL AIR CONDITIONED AND HEATED KENNELS
- AIRPORT PICKUP & DELIVERY

OWNERS: GARTH AND SARA GRANT

barala@mts.net www.baralakennels.com 633-2629



HABING LAVIOLETTE

BARRISTERS, SOLICITORS & NOTARIES



RONALD HABING
BA. LL.B.

and

SIDNEY LAVIOLETTE
BA. LL.B.

REAL ESTATE & MORTGAGES • WILLS & ESTATES
• FAMILY & CIVIL LITIGATION • FAMILY LAW •
BUSINESS LAW

2643 Portage Avenue

Phone: (204) 832.8322 • Fax: 832.3906

ron@habinglaviolette.com

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...

ST. JAMES LEGION

Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

CHASE THE ACE

Monday 6 pm

TEXAS HOLD 'EM

Tuesday 7 pm

ZUMBA

Tuesday / Thursday 10-11 am

LINE DANCING

Tuesday / Wednesday 7-9 pm

DANCE TO LIVE BANDS

Friday 8pm-1am June-August

Every Saturday 7-11 pm

MEAT DRAWS

Friday 5-7 pm

Saturday 2-5 pm



mmmm...
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering

1245 Inkster Blvd
2591 Portage Ave
487 St. Mary's Rd
718 Osborne St





Lt (N) Lesley Fox Capt Paul Gemmiti Capt Greg Girard Maj Hope Winfield Capt Emanuelle Dompierre

Chaplain's Corner

Get Help Over The Wall

"The more isolated and disconnected we are, the more shattered and distorted our self-identity. We are not healthy when we are alone. We find ourselves when we connect to others. Without community we don't know who we are..."

When we live outside of healthy community, we not only lose others. We lose ourselves...Who we understand ourselves to be is dramatically affected for better or worse by those we hold closest to us."

— Erwin Raphael McManus



by Padre (Captain) Kevin Olive 1CAD Division Chaplain Assistant

"One man, one kit!" I still remember those words barked out by our section commanders. What that boiled down to was the realization that no one is responsible for your kit but you! YOU have to keep track of it, YOU have to keep it clean and YOU have to carry it. It makes sense. For a lot of us, we were used to "other" people in our lives picking up after us or finding those missing socks in the dryer. A large military unit on the go cannot afford to be distracted by these simple details. Add to this, military kit lost can be used by the enemy. I still remember living in Israel as a young man and being impressed by seeing 18 year old men and women hitch-hiking home for the weekend with their weapons. I was unaware of the burden it placed on them - that if they lost their weapon, they could do jail time. So your kit is serious stuff.

Somehow, this idea of one man, one kit can get transferred over into the area of personal problems. The intent of personal responsibility for your kit was never meant to mean that YOU have to sort out all of your problems on your own. I have met too many people who feel that somehow they are letting the team down by not being able to cope with their problems on their own. In reality, nobody makes it in the military without the help of others. Eric Greitens, retired Navy Seal and now the Governor of Missouri, argues that the only way he made it through basic Seal training was to keep going for the sake of others. If it was just himself, he

would have quit.

The military in really is the ultimate team sport. We are there to cheer each other on.

Strength is not the ability to do everything on your own; it's the courage to know when you need the help of another to get the kit over the wall. Reach out for help because I can guarantee you there is someone waiting for the opportunity to share your burden.

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE: (English Only) 1100 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 Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

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

Padre Laura Coxworth
(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 Military Community Chapel
2235 Silver Ave
(west off Whytefold/Wihuri Road)

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Bilingual) 1600 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.*

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

TBD
ext 6914

MAIN OFFICES
Building 64,
Lower Level, North End.

EMERGENCY DUTY CHAPLAIN
Contact MP Dispatch ext 2633.

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

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

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

Proudly assisting military members and their families for over 22 years.



Kelly Clements S.R.E.S., C.E.R.C.
kelly@theclementsgroup.ca

- Military Relocation Specialist
- Honorable, Trustworthy and Referable
- Assisted over 2000 buyers and sellers
- Comprehensive Relocation Package

www.thedementsgroup.ca
204-987-9808
RE/MAX executives realty



Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 204-888-7973 FAX: 204-832-3461

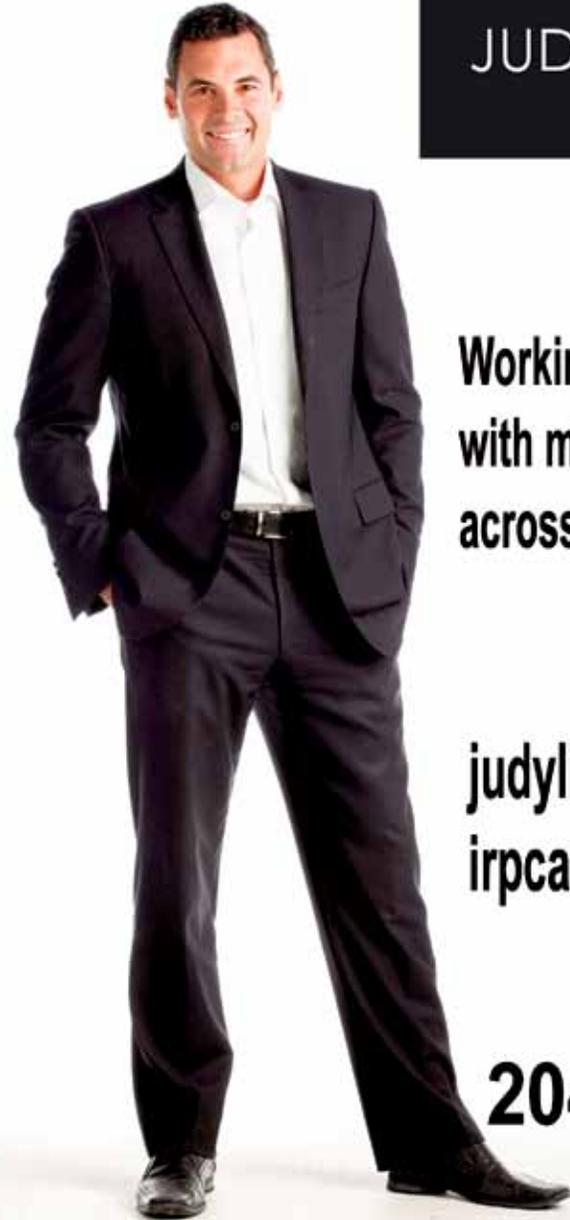
E-Mail: info@cgklaw.ca Website: www.cgklaw.ca

George E. Chapman, Q.C., (Ret.) Kelly P. Land, B.A., LL.B
Mindy R. Lofchick, LL.B Alan R. Goddard, B.A., LL.B
Serge B. Couture, B.A., LL.B Allan L. Dyker, B.A., LL.B
Almer Jacksteit, B.Comm., LL.B Katherine C. Misko, B.A., J.D.

Our fees conform to the ERS guideline

A long established law firm conducting a general practice for all types of legal work.

JUDY LINDSAY
Team Realty



Working with military clients across Canada since 1984

judy Lindsay.com
irpcanada.ca

204-925-2900

MAXIMUM Realty Ltd. Serving Winnipeg & Surrounding Areas
Residential - New Homes - Condos - Relocation - Referrals



Lee Wren
(204) 781-4487
leewren@mts.net



Eva Bessas
(204) 470-3332
ebessas@mts.net



Brendan McGurry
(204) 799-3022
mcgurry@mts.net

THE VOXAIR

ADVERTISING OPPORTUNITY

Our ads get results with members buying and selling homes

YOUR AD COULD BE HERE

Call The Voxair Sales: 204-2500 ext 4120

Trudy M Johnson, B.A.



Hall of Fame
Relocation Specialist
Lifetime Achievement Award



Cell: 204.981.1529
Email: trudyj@mts.net
www.trudyj.com

40th year of Professional Success in the Winnipeg Real Estate Market



Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service



Proud to Assist Military Families
Relocation Specialist

30 Years Experience in the Winnipeg Real Estate Market

www.joannegebauer.com
joanne@joannegebauer.com
Toll Free: 1-877-778-3388

