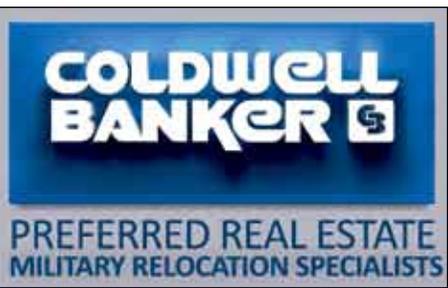




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THE VOXAIR

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



17 Wing Winnipeg welcomed the Invictus Games Flag as it makes its way across Canada to Toronto. The Invictus Games Toronto 2017 is an international sporting event for wounded, ill, and injured servicemen and women and veterans, featuring a dozen adaptive sports including archery, athletics, indoor rowing, powerlifting, cycling, sitting volleyball, swimming, wheelchair basketball, wheelchair rugby, wheelchair tennis, and golf. For more information about the flag tour please see page 3. Photo: Bill McLeod, Voxair Manager.

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Toonie Walk/Run 2017 a Successful Start



17 Wing participates during the Toonie Run/ Walk on August 30, 2017, 17 Wing. Photo: Cpl Justin Ancelin, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

Lieutenant-Colonel Clayton Kotzer, a self-professed casual runner, flashed a smile of satisfaction moments after completing the five kilometre run in a time of 25 minutes.

"It was terrific to see all the members of 1 Canadian Air Division, 2 CAD and 17 Wing out participating in a terrific cause," he said as sweat streamed down his brow and soaked his green University of Saskatchewan "Huskies" t-shirt.

LCol Kotzer was one of just over 250 military and civilian DND employees taking part in the Toonie 3 km Walk/5 km Run, the preliminary kickoff event in support of the Government of Canada Workplace Charitable Campaign (GCWCC) on the sunny early morning of August 30 in the parking lot of Building 90. Stefan Dowhayko, Fitness Leader, Personnel Support Programs (PSP) was OPI for the event, which included nutritious refreshments afterwards. Following a warm up led by PSP fitness leader Lee-Ann Brookes, participants followed a route out around the fitness track and circumnavigated the base back to the starting point under the red Runners Room inflatable arch.

The GCWCC is a charitable giving option that was developed for federal employees and retirees, notes the Government of Canada website. The Campaign takes place from coast to coast between September and December each year.

Guest speakers at the opening of the morning activities were William Linden, the sponsored executive with the United Way of Winnipeg, and Gemma Eko-Davis, volunteer coordinator with Meals on Wheels.

"The United Way of Winnipeg, 17 Wing and Meals on Wheels Winnipeg share a lot of similarities such as our name characteristics," Eko Davis said. "While the RCAF connection goes back to the year 1922, the beginnings of Meals on Wheels is rooted in the united effort of a group of dedicated men and women called the Home

Welfare Association formed in 1920 to help those in need after the (First World) War. Please give generously to the United Way of Winnipeg. Your donations to the United Way helps build healthy people and strong communities as they support the work of agencies like Meals on Wheels Winnipeg."

"As GCWCC Co-Chair it was encouraging to see so many people in attendance this morning," said Captain Stuart Ireson, whose co-chair of GCWCC 2017 is Captain Kate Pinsent and Deputy Co-Chair is Lieutenant Andrew Kim. "It's always good to get outdoors, stay active and contribute to a good cause."

The goal this year is to raise \$100,000, he added.

"It's up to every member to decide where they will donate their money," said Lieutenant Colonel Geneviève Lehoux, 17 Wing Deputy Commander-- this year's "GCWCC Champion," who is representing Wing Commander Colonel Andy Cook.

The official GCWCC Kick-off event is the BBQ, CC-130 Hercules and Fire Truck pull on September 8 outside of the main flight doors of Hangar 16, Capt Ireson, the Wing Personnel Selection Officer, noted.

He pointed that related

Free Week!

From September 11-17 military members or civilians can try the Fitness Classes at Building 90 for free.

After Free Week, a person can either pay a drop-in fee or get a Fitpass to continue on with the classes.

The drop-in rate is \$9 for military/recreation membership holders and \$11 for everyone else.

A Fitpass is \$100 for the season for military/recreation membership holders and \$140 for others.

A Fitpass holder can go to any fitclass as many times as they want during the season.



events will include: Casual Fridays plus designated days for themed dress; GCWCC Golf Tournament; GCWCC TEME Breakfast; a Wing Commander's Ball Hockey Tournament; Beard Growing/Nail Polish competition (October); Jail and Bail; TEME Car Wash; 17 Wing Imaging Portraits; and themed lunches with Command Team servers.

"The GCWCC is a great way to improve the lives of those that need it most in our community," Capt Ireson explained in an email. "The focus for this year's campaign is to have maximum participation – every Defence Team

member in the Winnipeg area! Whether it's donating on the GCWCC donation forms from your unit reps or getting involved in the numerous events we have planned in the coming months, the opportunity is there for us to meet our \$100k target and make real improvements in the lives of people in our community."



17 Wing Chaplain, Lt(N) Leslie Fox completed the Toonie Run/ Walk on August 30 despite having broken her ankle earlier in the summer.

Photo: Cpl Justin Ancelin, 17 Wing Imaging

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\$140 Without Membership (includes unlimited class access)

DAILY DROP-IN \$9 Military Personnel and with Recreation Membership \$11 Without Membership

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20-20-20				0930 - 1030 hrs (B90 MPR)	1700 - 1800 hrs (B90 MPR)		
Aqua-Fit		1600 - 1645 hrs (Pool)		1600 - 1645 hrs (Pool)			1500 - 1600 hrs (Pool)
Fusion Fitness	0930 - 1030 hrs (B90 MPR)	1700 - 1800 hrs (B90 MPR)		1700 - 1800 hrs (B90 Gym)			
Indoor Cycle	1630 - 1730 hrs (B90 Spin Rm)		1700 - 1800 hrs (B90 Spin Rm)			1045 - 1145 hrs (B90 Spin Rm)	
Muscle Boot Camp						0930 - 1030 hrs (B90 Gym)	
Pilates			0930 - 1030 hrs (B90 MPR)				
Pilates (Beginner)				1730 - 1830 hrs (B90 MPR)			
Pilates (Advanced)				1830 - 1930 hrs (B90 MPR)			
POUND®			1815 - 1915 hrs (B90 MPR)				
Sunrise Tabata FREE for Military & DND				0630 - 0715 hrs (B90 MPR)			
Sunrise Yoga FREE for Military & DND	0630 - 0715 hrs (B90 MPR)						
TRX +	1800 - 1900 hrs (B90 Gym)						
Weight Room Circuit		0930 - 1030 hrs (B90 MPR)					
Yoga for Active Living							1330 - 1430 hrs (B33 Activity Rm)
Yoga Beginner Vinyasa		1815 - 1915 hrs (B90 MPR)					
Zumba	1745 - 1845 hrs (B90 MPR)						

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Invictus Flag Arrives at Wing

"I always hoped the Invictus story would continue after the inaugural London Games. After having seen so many people benefit from their journey to the Orlando 2016 Games this year, I definitely did not want it to end there. I am absolutely delighted to announce that the Invictus Games legacy will continue when Toronto hosts the third Invictus Games in September 2017. See you in Toronto!" Prince Harry (as quoted in the Invictus Games Tonto 2017 brochure)



Sergeant Jason Sarrazin waves the 2017 Invictus Games National Flag at 17 Wing, on August 31, 2017.
Photo: Pte Montpetit, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

Being an Invictus Games Toronto 2017 flag bearer in Manitoba was, in a very real way, a family affair for Master Corporal Marie-Eve Coleman.

Her mother, Aviator Martine Duval, is competing in golf at the Games, which will be held in the Ontario capital from September 23-30.

MCpl Coleman commented that her mother was injured during training in 2011.

Cpl Coleman and fellow local Invictus Games flag bearers, Corporal Dean Anania, Master Corporal John Gerlack and Sergeant Jason Sarrozin, took part, along with about 150 other military and civilian personnel, in the National Invictus Games flag tour in the parking lot near Building 90 (Fitness and Recreation Centre) on the morning of August 31.

In the months leading up to the Invictus Games Toronto 2017, the Official Invictus Games Flag will travel with 150 Flagbearers from coast to coast to bring the spirit of the Games and the power of sport to all Canadians, notes the IGT 2017 website. Invictus is the Latin word for "Unconquered."

"The Invictus Games Flag is a physical representation of the unconquerable spirit of competitors, and embodies the hope and spirit of the 550 competitors who will be participating in the 2017 Invictus Games," says

the online information. "The 37-day cross-Canada journey will visit 22 military bases, 15 Legions and over 50 communities who have been a part of Canada's rich 150-year history.

"The Invictus Games Foundation was established in London, England, in 2014 to pursue and develop the legacy of the Invictus Games, Prince Harry's adaptive sport event for injured, ill and wounded servicemen and women and veterans. Adaptive sport is often incorporated into the rehabilitation program of ill, wounded or injured persons.

"Adaptive sport competitions like the Invictus Games help currently serving members as well as veterans in overcoming their physical or mental health illness or injury. They have been tested, yet they have proven they cannot be defeated, inspiring us all to overcome our own obstacles and lives with an INVICTUS SPIRIT."

The competitors will come from 17 nations and participate in 12 adaptive sports during the eight days of competition at various venues in the Greater Toronto Area.

"It's so important that we recognize the CAF members with visible and invisible injuries," said Dr. Doug Eyolfson, Liberal Member of Parliament for Charleswood—St. James—Assiniboia—Headingley, who was one of several dignitaries, including former CAF member Jon Reyes, MLA St. Norbert (the Province of Manitoba's Special Envoy for Military Affairs), at the event. "It's important to show up and support these people and let them know it's okay to say, 'I'm not alright', and to celebrate everyone's recovery."

Frazer Hedwin, the senior manager of special projects Invictus Games Toronto 2017, observed that one of the pleasures of the flag tour has been meeting the men and women who are serving, and thanking them for their service to Canada.

"As much as it's about competition and camaraderie, it's (the Invictus Games) about telling stories of the men and women who are still serving," he said during an interview.

He said the tour has been transforming and empowering for himself and his 12 or so staff members.

"We're seeing actual examples of that throughout the country, and support for CAF members," Hedwin said.

"On top of supporting my mom, I also served in Kabul Afghanistan in 2010," said MCpl Coleman, mentioning that her mother will undergo a double knee transplant after the games. "So, I've seen a lot injured members. I was lucky to come out healthy both mentally and physically. So, this is a way for me to support those not so fortunate."

Sports Trivia

Quotes from Sports Movies

by Stephen Stone and Tom Thomson

We give you the quote, and you name the movie and the sport. Bonus points if you can name the character and actor.

1. "Juuuust a bit outside."
2. "Yo Adrian! I did it!"
3. "We shut them down because we can. Tonight, we are the greatest ____ team in the world!"
4. "The inches we need are everywhere around us. They're in every break of the game, every minute, every second."
5. "Wax on, right hand. Wax off, left hand. Wax on, wax off."
6. "Always protect the McNuggets."
7. "You must've been something before electricity."
8. "Show me the money!"
9. "There's no crying in ____."
10. "I must break you."
11. "Pick me out a winner, Bobby."
12. "I'll make it."
13. "I always felt a man's grip on his club just like a man's grip on his world."
14. "I believe in the Church of ____."
15. "You had me at 'Hello'."
16. "I sure miss playing basketball. I got depressed as hell when my athlete's foot and jock itch went away."
17. "You're gonna eat lightning and you're gonna crap thunder."
18. "People will come, Ray. People will most definitely come."
19. "Momma says alligators are ornery because they got all them 'tee'... but no 'toofbrush'."
20. "Protect yourself at all times."

Sports Trivia Answers on page 14



Vimy, the Invictus Games mascot, and BMO the Bear had a dance off at the 17 Wing Invictus Games flag event at 17 Wing on August 31. Photo: Bill McLeod, Voxair Manager

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Family Time is Quality Time for 2 CAD



(Left to right) 2 CAD Division Chief Warrant Officer, CWO Pierrot Jette, 2 CAD Headquarters Commanding Officer, Maj. Joy McClure and 2 CAD Commander, Brig.-Gen. David Cochrane, giving the welcome address at the 2 CAD Family Day, on August 25, 2017, Assiniboine Park, Winnipeg, Manitoba. Photo: Sgt Jody Hudec, 2 CAD

by OCdt Kylie Penney, 2 CAD

Any passers-by would have assumed a big family BBQ was in progress at Picnic Area Four of Assiniboine Park on August 25, 2017. It was actually 2 Canadian Air Division's (2 CAD) Family Day, which brought members of the unit and their families together for a day of fun.

"The morale and welfare committee felt we needed to put something together for our families. The schools were still out for the summer and we were hoping to give our members an opportunity to bring their families to enjoy a day in the park while also meeting other families and members of the unit," said Lieut. Dalwinder Kalay, the OPI for the event. "The event had about 11-13 volunteers who helped planning, coordinating, shopping for food, cooking and of course setup and teardown."

The morning started with a welcome address from the 2 CAD Commander, Brig.-Gen. David Cochrane and the 2 CAD Division Chief Warrant Officer, CWO Pierrot Jette, and was followed by a team challenge. A chance flyby of a Snowbird aircraft over Picnic Area Four marked the commencement of the fun and games. The challenge consisted of games like bocci ball, bean bag toss, croquet, ladder toss, hula hoop and washer toss. Adults, teenagers and children all worked together to complete each activity and the top three teams were rewarded with prizes for their gallant efforts.

In between the challenge and BBQ, people socialized, played Beach Ball and Volley Ball. The highlight for some of the children was getting their faces painted. A new member of the unit, WO Joel Rhodes, arrived at 2 CAD in July and brought his wife Leah and his two daughters to the event.

"My daughter Piper thought the Face painting was great. She got a colourful cat and was actually very upset when I washed it off that evening," he said laughing. "My other daughter Briar is only 11 months old and she

seemed to enjoy her first big BBQ."

The event enabled the families to take a break from their daily routines and spend good quality time together before the fall.

"Once September arrives, quality time can be hard to find for families due to work, volunteering, children's school schedules and their after school activities. Families are the pillars of our unit members, providing them the support they need at home to get their jobs done effectively when they are at work. Days like these are required to remind everyone of how important it is to carve out good quality time with family," said 2 CAD Headquarters Commanding Officer, Maj. Joy McClure.

The 2 CAD Family Day was a huge success and because the family time at the event truly equated to quality time, everyone left in the afternoon, relaxed, happy, and with big smiles on their faces.



Members of 2 CAD with their families at the 2 CAD Family Day, on August 25, 2017, Assiniboine Park, Winnipeg, Manitoba. Photo: Sgt. Jody Hudec, 2 CAD

Working as a team during Operation NANOOK



Members of 38 Canadian Brigade Group approach a river in all-terrain vehicles during Operation NANOOK, near Rankin Inlet, NU on August 18, 2017.

Photo: Cpl Dominic Duchesne-Beaulieu, Task Force Nunavut Imagery Technician

by Lucy Ellis, Task Force Nunavut Public Affairs

Arriving in Rankin Inlet, Nunavut in the late summer, there are a few things that stand out: the terrain is rough and rocky, most people drive trucks or ATVs, there are no trees anywhere, and the wind coming off the water cuts through your clothes. The beauty of the landscape can distract from a critical feature: operating and living in a remote, Northern location can be incredibly difficult.

The Canadian Armed Forces (CAF) conducted Operation NANOOK 2017 in Rankin Inlet from August 14 to August 26, 2017. The importance of building relationships was central throughout the operation.

It comes as no surprise that there is a high degree of camaraderie among Canadian Armed Forces members

from the same unit or brigade, but this operation stressed the importance of developing relationships beyond that.

"Not only did Operation NANOOK enhance our capability to operate in austere conditions in Canada's North, it also provided our task force members with an outstanding opportunity to engage with our whole-of-government partners in a realistic, emer-

gency scenario," said Lieutenant-Colonel David Fraser, Commander Task Force Nunavut.

For the first portion of the operation, the Arctic Response Company Group (ARCG) worked closely with Canadian Rangers from 1 Canadian Ranger Patrol Group. The Canadian Rangers are the experts in the north. They come from northern communities, and they know this land better than any troops from the south.

"None of this would be possible without the Rangers," said Major Samantha Burch, ARCG Company Commander. "I think that 38 Canadian Brigade Group gets better each year at working with the Rangers, and learning more of what they have to offer."

The Canadian Rangers shared traditional knowledge

and survival skills with the ARCG troops. They showed them which berries could be eaten, how to catch a fish in a weir, how to make a fire when there is no wood, and how to cook their meals on slate rocks.

This was also the first time that the 38 Canadian Brigade Group has deployed to the north on ATVs in the summer.

"The Rangers gave the troops some tips and tricks on how to secure their loads better on their ATVs and trailers, and how to properly traverse the land and how to read the land," said Warrant Officer Lionel Packulak. "We now have a better idea of how light we have to pack the equipment."

In the second portion of the operation, the CAF was part of a whole-of-government response to a simulated barge fire in Rankin Inlet. The scenario was designed to stress the local emergency response system to see how they would handle a mass casualty.

As it unfolded, CAF members worked side by side with members of approximately 35 other government departments and agencies. These included the Public Health Agency of Canada, Indigenous and Northern Affairs Canada, Rankin Inlet Health Centre, Rankin Inlet Emergency Management Services, Rankin Inlet Fire Department, Kivalliq Inuit Association, the Hamlet of Rankin Inlet, the Mayor and Council of Rankin Inlet, and many more.

"It was beneficial to see how we would fit into this scenario and how we'd be able to help and use our resources to do what we can to support the community," said Captain Ted Jackson, Task Force Surgeon.

CAF members also acted as the simulated casualties. Moulage artists covered them in graphic, fake wounds to make the situation as realistic as possible. With all of the partners coming together, the scenario provided valuable insight into the best way to respond to emergencies in the North.

Whether you're spending a night out on the land as a platoon or dealing with a crisis as a community, teamwork is the key to success in Canada's north.

PTSD Awareness Event Supports Veterans



Jessie Tyre Williams leads the way during the 22 Pushup Challenge in July at Memorial Park.

All Photos: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Spot seemed to tolerate the attention he was receiving at the 22 Push-Up Challenge at Memorial Park.

People just couldn't pass by the ever alert and energetic two year old blue merle Australian Shepherd without stroking his thick silky coat and chatting with his owner, Master Warrant Officer Kelly Russell.

"I've had him for a year now," said MWO Russell, who's been working at the Joint Personnel Support Unit. "He's changed my life. Spot gave me my life back."

MWO Russell, who is retiring this October after 32 years in the Canadian Armed Forces, has Post Traumatic Stress Disorder.

The event, which attracted about 40 people on July 22, was sponsored by Planetary Persuasion Ltd. in association with international recording artist and singer/song writer, Jessie Tyre Williams-- founder of the National PTSD Benefit Gala.

"I've been working on different ways I can make a difference in a world that all too often seems hopeless for many, and I found that PTSD is a place that could use funding and help," said Williams. "PTSD is a silent illness and not easily recognized and/or understood."

The theme for this year's event-- as evidenced by a

tent set up with Canadian flags hanging from strategic places and a number of individuals wearing T-Shirts emblazoned with the Maple Leaf-- was the Red & White 150 commemorating Canada's 150 birthday.

"The objective of the challenge is to create national awareness of Post-Traumatic Stress Disorder as a treatable injury and to eliminate the stigma associated with it," Williams wrote in a media release. "This year we are also working with Pilates Manitoba, Fitness on the Go, Advantage Conditioning and Melt (all fitness organizations in Winnipeg), working together to personally train and teach you to overcome personal struggles that many of us face by using fitness techniques and conditioning practises to help you better understand your mind and body."

Proceeds were donated to CVETS Pets, a 100 per cent volunteer run not for profit organization founded by former Winnipeg Blue Bomber long-snapper Chris Cvetkovic.

"The Cvets Pets Helping Vets program provides support to military veterans and Canadian first responders diagnosed with post-traumatic stress disorder (PTSD)," says information provided by Ms. Williams. "The main focus is to provide kits to Veterans and First Responders who own a service dog. These kits provide everything you need to own a dog and are provided free of charge."

MWO Russell, whose spouse, Master Warrant Officer Irene Rochon, was also in attendance (along with her dog, Ginger, a small but chunky Shifa-Inu), noted that it normally takes 52 weeks for a dog to be trained and qualified to Level 3-- full access to go anywhere, including flying and travel anywhere in the world.

"We qualified in four months," she said, adding that she and Spot trained in Ottawa at Audeamus Training Centre-- where many service dogs are trained. "I was there for one week. I went back, again, for one week. Spot was already 70 percent trained when they got him."

She noted that Spot was donated by a dog breeder in Ottawa.

But, most such canines are rescue dogs, MWO Russell remarked, as Spot, sitting on the moist grass beside his

owner, glanced up at a noisy twin propeller plane flying low overhead on this greyish rain threatening day.

"They have to go through a month of assessment before they're determined to be successful," she said. "Before I had Spot, I couldn't leave my basement for over a year. Now, I go grocery shopping or to the gym."

She's also giving talks about PTSD.

"I've been asked by the University of Saskatchewan to give a talk in August at their annual weekend for student doctors, social workers and veterinarians," MWO Russell continued.

"Spot is full of life," she stressed. "Spot is my baby and my best friend. He's got my back. He goes everywhere I go. At first I didn't want him because I didn't want people to see I was weak."

During a brief interview following the event, Ms. Williams gave a special thanks to Annabel Scott from Pilates Manitoba, Chris Cvetkovic and publicist Glenda Jacob, as well as to everyone who attended the 22 Push Up Challenge.



MWO Kelly Russell and MWO Irene Rochon and dogs participated at the 22 Pushup Challenge at Memorial Park.

First Resiliency Conference Held at Wing



Shana Robinson, T.J. Tyrus, Osamede Arkunmwunde, and Pierre Evans on stage taking questions from the audience at the Real Life Resiliency Conference. Photo: Bree-Ann Merritt

by Martin Zeilig, Voxair Photojournalist

Winnipeg based motivational speaker Shana Robinson inspired Senior Airman Sheena Subido to tell her own story.

Maybe it was Robinson's advice to "not take your life for granted," or some other impactful comment. It took strength of character for SA Subido to do that.

SA Subido, 22, who is from Guam, a U.S. island territory in Micronesia, in the Western Pacific and works at the United States Air Force Base in Minot, North Dakota, was one of about 100 participants, including over 60 from Minot and the USAF base in Grand Forks, ND, at the Real Life Resiliency Conference: Discussing Mental, Physical, Social & Emotional Resilience in the Building 90 theatre on August 17.

With tears in her eyes while holding the mic, the slightly built SA Subido, who is of Philippine heritage, recounted the sacrifices her parents made for their three children.

"Dad was our greatest weakness," said this gentle and eloquent young woman. "But, in my eyes, he was

my greatest strength. Mum was always a hard working woman. Our whole family share the same perspective of living interdependently, and reaching your full potential. In life, people are always going to push you down. I always like to keep myself humble and remember my upbringing. Even if you do have happy memories, you should always remember the hardships."

The three other speakers included Pierre Evans, author/trainer/CEO of his consulting firm, Re-Empower, LLC; the Winnipeg-based Osamede Arkunmwunde, entrepreneur, author, speaker, and investor; and T.J. Tyus, passionate motivator, educator, personal trainer and author. Mr. Tyus had a bench press on stage which he used to connect with audience members on a personal level while discussing relevant, real life issues.

A former high school, collegiate, and professional athlete, Tyrus learned what it felt like to fall from glory after having been charged with a felony crime his junior year of college and accused of murder his senior year at Central Michigan University," says his website.

"It took about a year to organize," said Master Sergeant Kelvin Leggett, part of the US detachment at 1 Canadian Air Division, one of the organizers of the conference.

"We wanted to do a motivational speaking seminar with all civilian speakers. I wanted to do an international event and make it happen. So, between getting the commanders to communicate with each other and to agree with this (conference), we got it done. I thought all the speakers were great. I'm pleased by the turnout."

This was the first ever such conference held at 17 Wing, he added, while also mentioning that resiliency training is held bi-annually for members of the United States military.

"I feel that the attendance should have been greater

that it was from 17 Wing personnel," said Frank Emond, Services Manager / (IPSC) Integrated Personnel Support Centre Winnipeg, during a break in the conference. "Everything discussed by the presenters provided the resiliency that many of our folks in the CAF would benefit from."

Lieutenant Padre Laura Coxworth said that it's always good to learn more about resiliency and hear from passionate speakers.

"All of your success is hidden in your past," said Mr. Evans, 40, who was born and raised in Providence Road Island, the author of the soon-to-be published book, They Counted Me Out (Eric Thomas & Associates).

One should never succumb to the dark places, he emphasized during an interview.

"There is light," Mr. Evans said. "Your job is to find that light and not expand the problem. I live by that."

130 Hercules and Fire Truck pull on September 8 outside of the main flight doors of Hangar 16, Capt Ireson, the Wing Personnel Selection Officer, noted.

He pointed that related events will include: Casual Fridays plus designated days for themed dress; GCWCC Golf Tournament; GCWCC TEME Breakfast; a Wing Commander's Ball Hockey Tournament; Beard Growing/Nail Polish competition (October); Jail and Bail; TEME Car Wash; 17 Wing Imaging Portraits; and themed lunches with Command Team servers.

"The GCWCC is a great way to improve the lives of those that need it most in our community," Capt Ireson explained in an email. "The focus for this year's campaign is to have maximum participation -- every Defence Team member in the Winnipeg area! Whether it's donating on the GCWCC donation forms from your unit reps or getting involved in the numerous events we have planned in the coming months, the opportunity is there for us to meet our \$100k target and make real improvements in the lives of people in our community."

New Hope Golf Fundraiser for Veterans

by Don Adamko, Project New Hope

Deployments are a standard expectation of our men and women in the Canadian Armed Forces. They deploy to the far reaches of the world proud to serve their country. Most come back healthy; exhilarated at having made a difference in the world. Some are less fortunate and come back as casualties. Perhaps the least fortunate are those who return and externally appear to be normal but have within them a ticking psychological time bomb that eventually – weeks, months, years later – manifests itself in varying forms of psychological impairments as a result of the Operational Stress Injuries (OSI) sustained during deployment. OSIs are equally as incapacitating as any physical injuries people may sustain.

A number of agencies exist which support Veterans with combat injuries. One of these is Project New Hope Canada (PNHC) a Manitoba based not-for-profit organization founded in 2009 and working in the Interlake region. Current members of PNHC include retired Military, Public Service and Civilian volunteers who are giving back to the military community. PNHC's mission is to provide support to Veterans and their families suffering from OSI. Over the last several years PNHC has



PNHC Golf Tournament Coordinators, Don and Carolyn Adamko. Photo: Supplied

supported four Spousal Retreats which have benefited approximately 75 spouses of Veterans with OSI from the Winnipeg and Shilo areas. Spouses are the front line

support for Veterans and these retreats arm them with some tools and peer support necessary to deal with the issues that an OSI brings.

To continue supporting Veterans, PNHC will be holding a fund raiser Golf Tournament at 17 Wing Winnipeg on Friday 15 September 2017. First Tee Off time is 9:00 AM. This will be a Texas Scramble, best ball foursome competition using team play for scoring. You can register as a team or individually and be placed on a team. The tournament offers prizes for team winners, straightest drive, closest to pin as well as putting and chipping skill competitions. A Buffet lunch will be served at noon after the competition. Package price for green fees, and lunch is \$40 per golfer (\$30 for club members) with extra lunch tickets available for \$10. Pre-registration is required by 11 Sep. Call Carolyn at 204-461-1616 or 1-204-383-5223 or register at the Golf Club.

PNHC is holding two additional fund raisers this fall. On 9 Sep 2017 a Motorcycle Ride In Rally and Family day will take place in Teulon MB and on 22 Oct 2017 an Old Time Dance followed by a Fall Supper will take place in the Meadow Lea Hall (Marquette area). See the PNHC web site for more info

2 CAD Hosts People's Liberation Army Air Force at Units

by Capt David Meister, 2 CAD Public Affairs

Brig.-Gen. Dave Cochrane, Commander of 2 Canadian Air Division (2 CAD), recently hosted delegates from the People's Liberation Army Air Force (PLAAF), including Maj.-Gen. Wang Gang, their Assistant Chief of Staff.

The purpose of the visit to 2 CAD units by senior leaders from the PLAAF was to enable the exchange of information regarding pilot training. From 23 to 24 August, the delegation visited 2 CAD headquarters, the Canadian Forces School of Aerospace Studies, Canadian Forces School of Survival and Aeromedical Training, 402 Squadron, and 3 Canadian Forces Flying Training School in Portage La Prairie (Southport), MB. They learned about aircrew training, the pilot training curriculum and the aircraft 2 CAD employs at 15 Wing and 17 Wing.

"The visit was very positive and the delegation appeared to be extremely happy with the entire experi-



2 CAD Commander, Brig.-Gen. David Cochrane gives a tour to the People's Liberation Army Air Force at 3 CFFTS Southport on August 24, 2017, Southport, Manitoba. Photo: Cpl. Justin Ancelin, 17 Wing Imaging

ence," said Brig.-Gen. Cochrane. "The 2 CAD units put a lot of hard work into planning this event and their professionalism truly highlighted the quality of the RCAF aircrew training programs."

As highlighted in Strong, Secure, Engaged: Canada's

Defence Police, The Canadian Armed Forces are building their relationship with the Chinese People's Liberation Army, including through bilateral cooperation and an ongoing dialogue between the two countries.

In 2013, Canada and China signed the CAF-PLA Cooperation Plan Initiative, which encourages visits and dialogue between senior level officials, as well as dialogue and cooperation on defence issues of mutual interest. As highlighted in the Canada-China news release of September 1, 2016, the CAF and PLA are enhancing dialogue and cooperation in the areas of peace operations, Humanitarian Assistance and Disaster Response, ship visits, and military education.

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Vimy Flight – Birth of a Nation Tour

by Martin Zeilig, Voxair Photojournalist

It was Winnipeg's turn to welcome Vimy Flight "Birth of a Nation Tour" early August at the Royal Aviation Museum of Western Canada and the Winnipeg/Lyncrest Airport (57119 Murdock Road).

Vimy Flight is, as their website states, "a team of dedicated volunteer Canadian military pilots, who are retired or active, and ground support that had the honour" of performing a commemorative biplane flyover at the Vimy Ridge Memorial in Vimy, France on April 9, 2017 during the 100th anniversary commemoration of the First World War Battle of Vimy Ridge. (Vimy Flight is a grass-roots organization, run entirely by volunteers and relies on the support of Canadians and the corporate community, says their website.)

"Today, with over 230,000 of combined flying experience, the ten hand-picked pilots understand the tremendous risk and courage required to fly these fragile craft," says the online source.

A media event, which attracted about 60 people including an official representative from the Province of Manitoba, at the RAMWC on August 4th included an appearance by three members-- team leader Allan Snowie, pilot and flight safety officer Dale Erhart and pilot Gordo Cooper-- of the Vimy Flight Team and a Nieuport 11, a 7/8 scale flying replica of the primary aircraft flown by the heroes of Vimy Ridge.

"I'm very excited to be here," said Lieutenant-Colonel John Schwindt, Commanding Officer of 402 Squadron. "It's important to recognize our heritage. I've been to Vimy a few times."

At one point, participants headed out into the sparkling sunshine to witness a flyover by two of the biplanes that were parked at Lyncrest.

The replicas were four Nieuport 11airplanes (known as the Bébé for its diminutive size, said a handout, which noted that the French aircraft was so successful that it was also used by other allied countries) and a Sopwith Pup.

All the planes are powered by modern Volkswagen engines, and constructed with contemporary fabric and other material and have some modern instruments in the cockpit.

Yet, they are all still "stick and rudder" operations, noted Erhart.

"The flyover was very good," said Duane Arndt, a resident of Austin, Manitoba, who was at the event with his three sons, Christopher, 13, Kashton, 8, and Wallace, 14.

"It's unique. Anybody that puts this much effort to bring history to life is worth supporting. It's important for me as a parent to expose my kids to many different experiences. It's what connects them to the world."

Meanwhile, Helen Halliday, President & CEO of the RAMWC, said having a replica First World War biplane on exhibit, albeit for a few days only, was an opportunity to show the evolution of aircraft technology, just over a decade after the Wright brothers built and flew the world's first motorized aircraft.

The assault on Vimy Ridge, the northern part of the wider battle of Arras, began at 5:30 am on Easter Monday, April 9, 1917, notes the Veterans Affairs Canada website.

"It was the first occasion on which all four divisions of the Canadian Corps attacked as a composite formation," it says. "The Canadian achievement in capturing Vimy Ridge owed its success to a range of technical and tactical innovations, very powerful artillery preparation, sound and meticulous planning and thorough preparation."

"At Vimy, the Canadian Corps and the British XVII Corps on their immediate southern flank had captured more ground, more prisoners and more guns than any previous British Expeditionary Force offensive."

Aviation played a large part in the success at Vimy Ridge 100 years ago, noted Erhart in his brief speech.

"Canada's contribution over there has been well written about and well documented. But, what's not so well written and documented is the fact the air element had

provided so much preparation and intelligence though aerial reconnaissance and aerial mapping that really did change the outcome of the war," he said.

During the flyover at Vimy Ridge in April, Snowie, who doesn't consider himself to be "an emotional individual," admitted he was brought to tears looking down on that magnificent monument.

"Looking down at that ridge from the air is a moment you will remember," he continued.

The Vimy Flight is also honouring past members of the RCAF, he observed.

"At that time, it was the RCN and the Royal Flying Corps, and later on the Royal Air Force," he explained.

Snowie pointed out that the lead aircraft, which had flown over the museum a bit earlier, honours Redford "Red" Mulock of Winnipeg.

"Mulock became famous for his role in pioneering the use of parachute flares to spot for artillery at night," said provided information.

"He attained the highest rating of any Canadian in the Royal Naval Air Service, and was the only Canadian honoured as a Companion of the British Empire. Upon his return home after the war, Mulock entered the Royal Canadian Air Reserves, serving as Honorary Aide de Camp for two Governor Generals. He also went on to work with commercial airline pioneer James A. Richardson in the establishment of air mail service in Quebec. Mulock passed away in Montreal in 1966 at the age of 80."

Snowie paused for a brief moment near the end of his low key, sometimes anecdotal and profound presentation. Then, he continued: "I look around the room and many of you are like me, we're the baby boomers. World War One was our grandfather's war. We are the last living link with their memories. And, it's important that we pass on what we know and what we've learned to our grandchildren. So, that's truly the education part of what we're trying to do here."

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Around The Wing



Incoming 23 Canadian Forces Health Services Centre (CFHSC) Commanding Officer, Major William Wallace, 1 Health Services Group Commander, Colonel Marc Bilodeau and Outgoing 23 CFHSC Commanding Officer, Commander Wade Brockway sign the Change of Command Certificate as part of the 23 CFHSC Change of Command Ceremony at 17 Wing, Winnipeg on August 17, 2017. Photo: Cpl Joey Beaudin 17 Wing Imaging



A golfer tees off while a minor distraction occurs behind him during 2017 Share and Care Golf Tournament on August 25, 2017, Winnipeg. Photo: Pte Montpetit, 17 Wing Imaging

MFRC & Health Promotion Peg City Amazing Race a Runaway Success



The MFRC and Health Promotion held the first ever Peg City Amazing Race on August 19. This event built on the success of the Peg City Car Rally held the previous year. Eight teams were challenged to race around the city completing detours and road blocks. Teams were very fast and finished the race in a speedy 2 hours. Thank you to the volunteers who ran each challenge for us. This Peg City Amazing Race could not have been run without your assistance. Above: Contestants of the Peg City Amazing Race. Left: Kathy Dmytrisin, Health Promotion, Jenny Brennan, MFRC, Diane Brine, Health Promotion, Dana Glover, MFRC, and Colombe Pelletier, MFRC, organized the Peg City Amazing Race for 17 Wing families. All Photos: Supplied



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Around The Wing

435 Sqn Rescues Northern Residents Threatened by Forest Fires During Operation LENTUS



435 Sqn members unload luggage at Winnipeg for people evacuated who were threatened by forest fires in Northern Manitoba. Photo by Pte Montpetit, 17 Wing Imaging

On Thursday, August 31, 2017, two CC-130H Hercules aircraft from 435 Transport and Rescue Squadron based at 17 Wing Winnipeg assisted in the evacuation of people from communities in Northern Manitoba affected by forest fires as part of Operation LENTUS. Each aircraft was making multiple trips between Winnipeg and St. Theresa Point First Nation airport. Operation LENTUS is the Canadian Armed Forces (CAF) response to natural disasters in Canada and follows an established plan of action to support communities in crisis. This plan can be adapted to multiple situations such as forest fires, floods, ice storms, or hurricanes. Photo: Cpl Justin Ancelin, 17 Wing Imaging



435 Transport and Rescue Squadron members load luggage onto a CC-130H Hercules based at 17 Wing Winnipeg during the evacuation of people from communities in Northern Manitoba affected by forest fires as part of Operation LENTUS. Photo: Cpl Justin Ancelin, 17 Wing Imaging

Retirement of a Sentinel



Tom Reimer, CEO of the Commissionaires in Manitoba watches while Wing Commander Colonel Andy Cook coins Commissionaire Arlene MacDonald. Arlene is a familiar friendly face at the main gate on Wihuri. Photo: Bill McLeod, Voxair Manager

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17 Wing Lifeguard Medals at Indigenous Games



Ryan Neilson gave local sports fans plenty to cheer about with his performances in the pool.

Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

There is a reason that Ryan Neilson achieved his personal best in all his races in the pool at the 2017 North American Indigenous Games, July 16-23 in Toronto and came away with two gold medals (200 freestyle and 400 freestyle), three silvers (for the relay race, 50 free style and 50 backstroke) and a bronze (100 freestyle).

It had nothing to do with luck.

"It was right at the end of the swimming season," Neilson, 19, whose mother is Warrant Office Michelle Neilson, said during an interview with The Voxair. "So, I was at peak form. I was doing seven practises a week beforehand leading up the Man-Sask Swim Meet, July 6-9, at the Pan Am Pool. I also had personal bests at that competition except for one race."

The North American Indigenous Games is the largest continental sporting and cultural gathering of Indigenous people, welcoming more than 5,000 athletes, 2,000 volunteers and a countless number of spectators and dignitaries from across Turtle Island, says the NAIG website.

It was "an opportunity to experience the unifying power of sport and culture" on the traditional lands and homelands of "the Huron-Wendat Nation, Metis Nation of Ontario, Mississaugas of the New Credit First Nation, Mississaugas of Scugog Island First Nation and Six Nations of the Grand River as our community partners and traditional inhabitants of the lands of the City of Toronto, Region of Hamilton, Durham Region and surrounding areas."

Besides swimming, the others sports included were archery, box lacrosse, baseball, basketball, athletics, canoe/kayak, rifle shooting, wrestling, softball, volleyball, golf, badminton, and soccer.

"He had quite a games," said Ian Grunewald, head coach of the St. James Seals Swim Club of Neilson --

a member of the Seals. "The times he posted were extremely fast. I was impressed. He's had quite a progression. There's still something more with this young man. I'm hoping to see what this year brings him. He came to me with lots of raw talent, and now we're fine tuning things to see if he can get to the next level. He's very focussed and he listens and works hard, and is willing to make changes to do the work that's necessary."

A former member of the 17 Wing Flying Tigers Swim Club, the 6'3", 170 pound Neilson, has been swimming competitively for the past eight years.

He acknowledged that the NAIG was the highest level meet at which he's competed so far.

"I've competed at the Provincials and inter-provincially before," said this 2016 graduate of Sturgeon Heights Collegiate, who works as a life guard at the Building 90 pool and also teaches swimming.

Neilson, who is Mi'kmaq on his father's side, began training with the NAIG team, under coaches Ben Shewchuk and Kimberley Moores, in early July at Bonivital Pool and at the Cindy Klassen Recreation Complex.

"We had five practises, and I went to four of them," said Neilson.

He noted that the level of competition at the NAIG was "a wide spectrum."

"There weren't a lot of swimmers," said Neilson, noting that swimming competition was held at the Toronto Pan Am Sports Centre-- located at the northern grounds of the University of Toronto's Scarborough campus in the suburb of Scarborough. "But, some of them had competed at higher levels of competition."

"The crowds were amazing," Neilson said.

He observed that one of the best moments during the swimming competition was when members of Team Saskatchewan began cheering for Team Manitoba.

"They could cheer for us because they didn't have any older swimmers in the relay, and we were really close to Team Alberta," Neilson explained. "So, Team Saskatchewan started cheering for us. In individual races, I could them cheering, 'Go, Ryan, Go.'"

He's now hoping to qualify for the Western Regionals and National Championships in 2018, and eventually the National Trials for the 2020 Canadian Olympic Team.

Neilson, who also competed in athletics and water polo in high school, has a philosophical attitude about swimming.

"It's just you and the water at the end of the day," he mused. "It's always been there for me. If I've had a bad day, I can go to the pool and just swim. You can't make excuses for anything. It's both an individual and team sport. But, at the end of the day, it's about how hard you've worked."

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- If you experience even mild CO poisoning symptoms, immediately consult a physician

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Division Chaplain is Called After Joining the Military



New 1 CAD Chaplain LCol Michel Dion happy to be back in the prairies. Photo: Martin Zeilig

by Martin Zeilig, Voxair Photojournalist

"It's great to be back on the prairies," Lieutenant Colonel Michel Dion, the new Division Chaplain, said with a smile, during a recent interview in his sparsely decorated third floor office at 1 Canadian Air Division. "I grew up on a dairy farm in a predominately French community."

In his case, LCol Dion, a member of the Roman Catholic Church, was born and raised in the bilingual village of Zenon Park, situated in northeastern Saskatchewan, near Tisdale, in the Carrot River Valley.

From grades 10 to 12, LCol Dion attended a private French Catholic high school, Collège Mathieu in Gravelbourg, Saskatchewan.

"I joined the CAF in Regina immediately after gradu-

ating from high school, and was accepted as a student at the Collège militaire royal de Saint-Jean", he said. "I had always wanted to join the military. I loved the idea of being part of an institution, the discipline, order and profession was always fascinating to me. I also had a strong desire to serve my country, and eventually that blossomed into serving God and the Church in the CAF."

But, LCol Dion first joined as an armoured officer, and was in that profession all through college.

"I was already questioning my choice of profession when the sudden death of my dad in May 1993, a few days following my graduation from Military College, became an event that was instrumental in confirming my call to the ministry," he explained.

"A few short months after, in January 1994, I was sitting in my first theology class at l'Université de Montréal exploring whether I wanted to go into the ministry. I had to come to terms with my calling and what God wanted me to do."

He was trying to find his way in the military through his passion for God and theology, LCol Dion confessed.

"With time, it became very clear to me that this was my calling," he continued. "It was at about the same time that I discovered the possibility of becoming a lay chaplain within the CAF. Having a full time job, I had study evenings and weekends. During this period that I also got married, and my wife and I began a family together."

In January 1999, having completed his Theology degree, he was accepted as an RC lay military chaplain (pastoral associate), promoted to the rank of Captain and posted to CFB Wainwright as the RC Chaplain.

"I was there for three years," LCol Dion said. "It was a challenge for my family, but it turned out to be a very positive experience. I was then posted to Ottawa as a Unit Chaplain at the Canadian Forces Support Unit. During my time there, I completed a MA in Theology

from l'Université de Montréal."

In 2006, he was promoted to the rank of Major and appointed the Base Chaplain at CFB Petawawa.

"Shortly after my arrival, I was ordained a Deacon within the Roman Catholic Church-- the first one to be ordained for the RC Military Diocese of Canada," said LCol Dion. "During the fall of 2008, I deployed to Afghanistan as a Senior Battle Group Chaplain with Task Force 3-08 in Kandahar. The tour was very challenging but also a very enriching experience for me. So far, it has been the highlight of my career."

Upon his return to Canada, he was posted to the Office of the Chaplain General at the National Defense Headquarters in Ottawa as a staff officer responsible for recruiting. Then, in 2010, LCol Dion was selected to do two and half years of post-graduate studies in Canon Law at St. Paul University in Ottawa in view of preparing him to serve as chancellor of the RC Military Ordinate of Canada from 2013 to 2016.

"For me learning Latin opened my eyes to a whole new world," LCol Dion said about his studies at St. Paul U. "We don't realize how much the ancient Roman culture and language has not only influenced the Church but western society in general."

Before arriving here at the beginning of July, LCol Dion, 45, who with his wife, Annie, has four sons (the eldest 19, the youngest age 12), attended the Joint Command and Staff Course at the Canadian Forces College in Toronto for a year where he completed a Master's Degree in Defence Studies.

"My primary role here is to lead the chaplains within 1 CAD, and to ensure the religious and spiritual well-being of all the members of 1 CAD," he said. "It's very important to me to try to be a role model to my chaplains, to be a servant-leader."

Captain Handley is "Moving on up"!



Col Ron Walker (Right) promoting Harold Handley, with his family to the rank of Captain. Photo: LCdr James Cantafio

by LCdr James Cantafio, 2 CAD

On Monday July 31st, 2017 Lt Harold Handley was promoted - again. At a unit gathering held at the 17 Wing Officers Mess, Capt Handley received his fifth successive promotion in 5 years.

Capt Handley has had an exceptional career within the Canadian Armed Forces to date. Having successfully served in several locations across Canada and on deploy-

ment, Capt Handley has performed an array of different jobs at successive ranks. He joined the cadets in 1980 raising to the rank of CPO1 with RCSCC Rainbow. The experience provided him with insight into RCN operations and whetted his appetite for a life with the military.

Capt Handley joined the Regular Force in August 1986 and was eventually promoted to Sergeant in 2009 and posted to 17 Wing in 2012. He has been promoted in quick succession since then from: Warrant Officer, Master Warrant Officer, Officer Cadet, Second-Lieutenant, Lieutenant, to Captain. When asked which rank he preferred to serve at, Capt Handley replied, "Every rank has had its high points and low, but working with other people across the chain of command ... has always been a rewarding experience. Motivated people who work together are what makes the system work." Capt Handley currently serves as a Training Development Officer at 2 Canadian Air Division (2 CAD) within the Training Development Services where he manages training, education, and learning support services for the RCAF.

The Director of Air Force Training, Colonel Ron Walker, presented Capt Handley his promotion at a short ceremony that was held at the 17 Wing officer's mess in the presence of his colleagues, friends, and family. Colonel Walker acknowledged the effort, dedication, and commitment that Capt Handley has demonstrated over the years to the betterment of the service, including the emphasis and role that training & education has contributed towards the advancement of the institution of the RCAF and towards other serving members. Furthermore, Major Joy McClure, the Commanding Officer of 2 CAD HQ, acknowledged the role that families play in supporting military members in their career advancement, education, and quality of life.

Largely on his own time as a non-commissioned member, Capt Handley completed a Master in Education (M.Ed), which contributed to his career of choice as a Training Development Officer (TDO) and subsequent promotions.

Congratulations Captain Handley. We look forward to your next potential promotion

PERSONAL CLASSIFIEDS

HOME FOR RENT

Available immediately: 4 Bedroom, 3 Bath, 2 Car Garage located in the Maples, walking distance to all amenities and schools in Seven Oaks School Division. Home has been remodeled, painted, and is energy efficient. Central air, SS appliances and newer window upgrades. Heated tandem garage opens to backyard which allows for entertaining. Low maintenance backyard, above ground pool, hot tub, and private fenced yard. Master bedroom includes 4 piece ensuite and walk-in closet. Newer upgrades include shingles, soffits, eaves troughs, and siding. Above ground pool removal is negotiable. \$1750.00 per month (negotiable). Photos and additional information at comfree.com/749330 Phone: 204-470-3315

FRESH EGGS FOR SALE

Fresh Brown eggs from Free Range chickens available at 17 Wing daily. Call 204-807-6195

FULLY FURNISHED RENTAL

Fully furnished, 2-story, 4-bedroom, 2.5 bathroom home for rent in Crestview area. Hardwood floors throughout. Quiet neighbourhood a short walk from grocery stores, restaurants and Portage Avenue. Playground and bike paths nearby. \$2000/month. Available September 1st. Email musicman105@hotmail.com to set up an appointment to view. Kijiji ad: <http://ow.ly/mGTO30evtZO>

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

HOUSE FOR SALE CLOSE TO 17 WING

Beautiful 3 bdrm slab home 1092 sq.ft., 30 Ladywood Dr (corner lot): 1 1/2 bath, walk-in-shower; Newer kitchen maple cabinets; Heated tile flr kit/dr; Laminate flooring hallway/bdrms; R-20 insulation- R 50-60 in attic; Electric heat-no gas; Ground flr deck in backyard w custom made tarp; Large insul. garage 24x31; Heated piping in floor; 60 amp. Electrical panel; 200 amp Electrical service; All appliances incl.; By appt. 204-895-2901/ Cell: 204-793-0069. Open House - 1:30-4:00pm, Sunday, August 27th. Asking \$295,900.00

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.

www.pspwinnipeg.ca

Fall Pool Schedule 2017

Tuesday September 5th to Friday December 22nd 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Casual Swim kiddie pool	1815 - 2000	1900 - 2000	1815 - 2000 <i>(free entry)</i>	1900 - 2000		1300 - 1500	1030 - 1200 <i>(free entry)</i>
Casual Swim main pool	1815 - 2000	1900 - 2000	1815 - 2000 <i>(free entry)</i>	1900 - 2000		1300 - 1500	1300 - 1500
Lap Swim	1100 - 1300	0630 - 0730	1100 - 1300	0630 - 0730	0630 - 0730	1500 - 1600	1030 - 1200
	1815 - 2000 (2 lanes)	1900 - 2000 (2 lanes)	1815 - 2000 (2 lanes)	1900 - 2000 (2 lanes)	1600 - 1645		1300 - 1500 (2 lanes)
Aqua-fit Lessons		1700 - 1900		1700 - 1900	1800 - 2130	0930 - 1200	1500 - 1600
Birthday parties						1200 - 1300	1200 - 1300

Hot tub available during all casual & lap swims

Flying Tigers Swim Team (FTST)
flyingtigersswimteam@hotmail.com
Monday 1645 - 1815
Wednesday 1645 - 1815
Friday 1645 - 1800
Saturday 1600 - 1700
Sunday 0900 - 1000

Triathletes
Bonnie McKissock
204 - 229 - 9447
Saturday 1500 - 1600
Sunday 1030 - 1200

Scuba
Darren McDonald
204 - 833 - 2500 ext 6275
Monday 2000 - 2150
Wednesday 2000 - 2150
Sunday 1700 - 1900

Thanksgiving weekend pool schedule

Friday October 6 th	Saturday October 7 th	Sunday October 8 th	Monday October 9 th
no lessons	no lessons	Lap swim 1130 - 1230 Casual swim 1230 - 1400	closed

Horaire de la piscine d'automne 2017

Mardi 5 septembre - vendredi 22 décembre

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
Natation libre pataugeoire	18h15 - 20h	19h - 20h	18h15 - 20h <i>(entrée gratuite)</i>	19h - 20h		13h - 15h	10h30 - 12h <i>(entrée gratuite)</i> 13h - 15h
Natation libre piscine principale	18h15 - 20h	19h - 20h	18h15 - 20h <i>(entrée gratuite)</i>	19h - 20h		13h - 15h	13h - 15h
Nage en longueur	11h - 13h	6h30 - 7h30	11h - 13h	6h30 - 7h30	6h30 - 7h30	15h - 16h	10h30 - 12h
	18h15 - 20h (2 voies)	19h - 20h (2 voies)	18h15 - 20h (2 voies)	19h - 20h (2 voies)			13h - 15h (2 voies)
Aquaforme Leçons		17h - 19h 3 oct - 5 déc		17h - 19h 5 oct - 7 déc	18h - 21h30 29 sep - 15 déc	9h30 - 12h 30 sep - 16 déc	15h - 16h
Fêtes d'anniversaire						12h - 13h	12h - 13h

Bain tourbillon disponible pendant toutes les baignades

Équipe de natation Flying Tigers
flyingtigersswimteam@hotmail.com
lundi 16h45 - 18h15
mercredi 16h45 - 18h15
vendredi 16h45 - 18h
samedi 16h - 17h
dimanche 9h - 10h

Club de triathlon
Bonnie McKissock
204 - 229 - 9447
samedi 15h - 16h
dimanche 10h30 - 12h

Club de plongée
Darren McDonald
204 - 833 - 2500 ext 6275
lundi 20h - 21h50
mercredi 20h - 21h50
dimanche 17h - 19h

L'horaire de la fin de semaine de l'Action de grâce

vendredi 6 octobre	samedi 7 octobre	dimanche 8 octobre	lundi 9 octobre
pas des leçons	pas des leçons	Nage en longueur 11h30 - 12h30 Natation libre 12h30 - 14h	fermé

WEIGHT wellness Lifestyle Program

Combine good nutrition and physical activity for a healthy lifestyle!

Thursday's
21 September—9 November
1300-1600 hrs

- Real life eating for real people
- Set realistic goals
- Manage hunger & food cravings
- Look beyond the fads
- Incorporate physical activity
- Find community resources
- Maintain motivation

Free!

Free for military members, DND employees and their adult family members! For more information or to register please contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca

POIDS-santé Programme Style de vie

Une bonne alimentation et de l'activité physique pour un mode de vie sain!

Les jeudi
21 septembre—9 novembre
De 13 h à 16 h

- Bien manger pour bien vivre
- Se fixer des objectifs réalistes
- Intégrer l'activité physique
- Ne faites pas attention aux modes du jour
- Gérer votre faim et vos envies d'alimentation
- Trouver des ressources communautaires
- Maintien de la motivation

C'est gratuit pour les militaires, les employés du MDN et les membres adultes de leur famille! Pour de plus amples renseignements ou pour vous inscrire, communiquez avec la Promotion de la santé en composant le (204) 833-2500, poste 4150 ou écrivez à l'adresse healthpromo@forces.gc.ca

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!
20 September 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!
20 septembre 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.

Sensibilisation à la santé mentale et au suicide

Managing Angry Moments (MAM)

4 & 11 October
0830 - 1600 hrs

Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

Gérer les moments de colère

4 et 11 octobre
08 h 30 à 16 h 00

Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptati qui vous conviennent.

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
Promotion de la santé dans les Forces canadiennes

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

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

CFB WINNIPEG GOLF CLUB PRESENTS OUR SEPTEMBER PROMO

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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

Family Sponsor Program

The Winnipeg MFRC is continuing to offer families who are newly posted to Winnipeg the opportunity to be matched with a volunteer military family, living in their area, as their sponsor family. The goal of this match-up is to help with the new family's transition to their new neighbourhood and community. If you would like to be part of this exciting program, either as a volunteer family sponsor or as a newcomer family, please contact Barbara Thuen at the Winnipeg MFRC for more information.

Barbara.thuen@forces.gc.ca
204-833-2500 local 4519

Creative Tots provides an opportunity for parents/caregivers and their child(ren) to meet other families in our community. It is a free program facilitated by volunteers in a casual, friendly environment.

Thursdays, Sept. 7, 14, 21, 28
1:00 to 3:00 p.m.

FREE Drop-in program
Parent participation required

« Creative Tots »

Centre Jeunesse - sud
347, rue Doncaster

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, September 8, 15, 22, 29
9:30 to 11:30 a.m.

FREE Drop-in program

Drop-In Child Care

The Winnipeg MFRC offers Drop-in Child Care for parents to access while participating in programs, accessing our library and computers and doing other activities.

This service is offered to parents who remain in the MFRC building (102 Comet St.) for the duration of care. This Drop-in Child Care is offered Tuesdays 0930 - 1130 and 1300 - 1530; Wednesday/Thursday/Friday from 0930-1130.

Cost is \$2 per family per program. Evening programs that offer Drop-In child care require pre-registration and pre-payment for the child care. Pre-paid punch cards are available at our front desk.

Parents must provide snacks and diapering supplies and appropriate clothing for outside activities.

Stress Free Child Care

A deployment is defined as a CAF member being away from home for 30 consecutive days or more, and can also include frequent interval work related absences (defined as accumulating 30 days of absences over a three months period). For every 30 days that the member is away, the family is eligible to receive \$30 in Stress Free Childcare funds (available to use at the MFRC Occasional Childcare Center or to have supplementary childcare at your own convenience).** please note that this cannot be put towards regular scheduled childcare** A receipt will be required.

In addition, deployed families will also be entitled to a voucher for 3 free complimentary hours of Occasional Childcare at the MFRC Occasional Childcare Centre (OCC) per child (ages 6mos-5years). Deployed families will have priority for evening and weekend childcare at the OCC with registration 2 weeks in advance. In order to be eligible for this program, a Family Contact Form must be filled out at the MFRC and must be accompanied by "tasking orders" that includes the dates that the member will be away.

For more information on Stress Free Childcare, or to obtain your vouchers, please contact the Deployment Services Coordinator at 204-833-2500 ext. 2991.

Service de garde durant le déploiement

Un déploiement est défini comme une période de 30 jours consécutifs et plus, durant laquelle le militaire est éloigné de la maison, et peut également inclure des absences à intervalles fréquentes liées au travail (30 jours d'absences accumulées sur une période de trois mois). Pour chaque période de 30 jours d'absence du militaire, la famille est admissible à recevoir un montant de 30 \$ pour des frais de garde (à utiliser durant le programme de garde occasionnelle du CRFM ou pour un service de garde à la maison, à votre convenance). ** Veuillez noter que ce service de garde ne peut être utilisé pour vos soins de garde réguliers et qu'un reçu est requis.

Pour être admissible à ce programme, un formulaire de contact familial doit être rempli au CRFM et doit être accompagné du message d'assignation incluant les dates durant lesquelles le militaire sera absent.

Pour plus d'informations concernant le Programme de garde durant les déploiements ou pour obtenir vos bons pour le service de garde gratuit, veuillez contacter la coordonnatrice du Programme de déploiement et de réunion au 204-833-2500, poste 2991.

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

The primary participants eligible to access Second Language Training are civilian spouses/partners and children of CF members sixteen years of age and over. Special consideration may be given to children fourteen to fifteen years of age. A minimum of five primary participants must be registered for a course to be offered. A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85% of classes. Courses are also open to military members for a non-refundable cost of \$50 and to members of the community at a non-refundable cost of \$100 per session. Duration: 10 weeks.

Classes start the week of September 18. Register by: September 15

FRENCH BEGINNER

Mondays & Wednesdays: 6:00 to 9:00 p.m.

FRENCH CONVERSATION WORKSHOP

Tuesdays 6:30 to 8:30 p.m.

ENGLISH BEGINNER

Tuesdays & Thursdays: 9:00 a.m. to 12:00 p.m.*

ENGLISH INTERMEDIATE

Tuesdays & Thursdays: 6:00 to 9:00 p.m.

ENGLISH INTENSIVE

May be available upon request. Contact the coordinator for more information.

*Childcare is available upon request at the time of registration for day time classes for children ages 18 months to 5 years old. For military spouses who cannot attend in-class training, the MFRC also offers access to the Rosetta Stone online program

Le Service de formation en langue seconde vise à faciliter l'intégration des conjoints civils – de droit ou de fait - de militaires qui sont affectés à des endroits où la principale langue parlée n'est pas la leur.

Les participants principaux admissibles à une formation en langue seconde sont les conjoints civils de militaires – de droit ou de fait – et les enfants de militaires âgés de 16 ans et plus. Une autorisation spéciale peut être accordée aux enfants de 14 et 15 ans. Au moins 5 participants principaux doivent être inscrits pour que le cours se donne. Un dépôt de 50 \$ est requis lors de l'inscription, qui sera remboursé si l'étudiant(e) se présente à 85% des cours. Les cours sont aussi ouverts aux membres militaires au coût non remboursable de 50 \$ et aux membres de la communauté à un coût non remboursable de 100 \$. Durée : 10 semaines.

Classes débutent la semaine du 18 septembre. Inscription au plus tard le 15 septembre.

ANGLAIS DÉBUTANT

Mardis et jeudis de 9 h à 12 h *

ANGLAIS INTERMÉDIAIRE

Mardis et jeudis de 18 h à 21 h

ANGLAIS INTENSIF

Peut être disponible sur demande. Veuillez contacter le coordonnateur pour plus d'information.

FRANÇAIS DÉBUTANT

Lundis et mercredis de 18 h à 21 h

ATELIERS DE CONVERSATION EN FRANÇAIS

Mardis 18 h 30 à 20 h 30

*Le service de garde d'enfant est disponible durant les cours de jour, sur demande lors de l'inscription, pour les enfants âgés de 18 mois à 5 ans. Pour les conjoint(e)s de militaire n'ayant pas accès aux classes, le CRFM offre aussi le programme Rosetta Stone.

FREE GRATUIT
SAT. SAMEDI 09 SEPT 2017

Fall fair
17 WING

Foire automnale
17^e ESCADRE

1000 TO / À 1400
• BLDG./ BÂT. 90 • BLDG./BÂT. 33 •
• CANEX • MFRC/CRFM •

Wing Commander's Welcome & Coffee Break starting at 0930 hrs at the MFRC

la pause-café de bienvenue du commandant de l'escadre dès 09h30 au CRFM

HOSTED BY / PRÉSENTÉ PAR MFRC/CRFM

Activities for all! Activités pour tous!

FOR MORE INFO / POUR PLUS DE D'INFORMATIONS 204-833-2500 EXT/POSTE 4500 OR/OU 5139

- FREE LUNCH! REPAS GRATUIT!
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- BIKE VALET CONCIERGERIE POUR VÉLO
- YOUTH & ADULTS' ACTIVITIES ACTIVITÉS POUR JEUNES ET ADULTES
- TEDDY BEAR CLINIC CLINIQUE POUR TOUTOUS
- CLUB DEMOS DÉMONSTRATIONS DES CLUBS
- HELPING PROFESSIONALS PROFESSIONNELS AIDANTS

Sports Trivia Answers

1. Major League - baseball. Spoken by Harry Doyle played by Bob Uecker.
2. Rocky II - boxing. Spoken by Rocky Balboa played by Sylvester Stallone.
3. (hockey) Miracle - hockey. Spoken by Herb Brooks played by Kurt Russell.
4. Any Given Sunday - football. Spoken by Tony D'Amato played by Al Pacino.
5. The Karate Kid - martial arts. Spoken by Kesuke Miyagi played by Noriyuki "Pat" Morita.
6. The Longest Yard (2005) - football. Spoken by Cheeseburger Eddy played by Terry Crews.
7. Caddyshack - golf. Spoken by Al Czervik played by Rodney Dangerfield.
8. Jerry Maguire - football. Spoken by Rod Tidwell and Jerry Maguire played by Cuba Gooding Jr and Tom Cruise.
9. (baseball) A League of Their Own - baseball. Spoken by Jimmy Dugan played by Tom Hanks.
10. Rocky IV - boxing. Spoken by Ivan Drago played by Dolph Lundgren.
11. The Natural - baseball. Spoken by Roy Hobbs played by Robert Redford.
12. Hoosiers - basketball. Spoken by Jimmy Chitwood played by Maris Valainis.
13. The Legend of Bagger Vance - golf. Spoken by Bagger Vance played by Will Smith.
14. (Baseball) Bull Durham - baseball. Spoken by Annie Savoy played by Susan Sarandon.
15. Jerry Maguire - football. Spoken by Dorothy Boyd played by Renee Zellweger.
16. 16. Breaking Away - cycling. Spoken by Cyril played by Daniel Stern.
17. Rocky - boxing. Spoken by Mickey Goldmill played by Burgess Meredith. 20 strokes under par.
18. Field of Dreams - baseball. Spoken by Terence Mann played by James Earl Jones.
19. The Waterboy - football. Spoken by Bobby Boucher played by Adam Sandler.
20. Million Dollar Baby - boxing. Spoken by Frankie Dunn played by Clint Eastwood.



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Taroscopes

BY
 NANCY

Aries (March 21 - April 19): Do you want to keep trying to hold onto your expectations and assumptions or are you ready to face facts. You can't do it all, have it all, and be all to everyone. Others can't do this either. Life is full of choices. Enjoy all you have and accept what isn't possible. Count your blessings.

Taurus (April 20 - May 20): To resolve an outstanding issue, creative problem solving skills will increase the likelihood of success. If the old way isn't working change your approach. A few small tweaks will make your environment more appealing, comfortable and an enjoyable place to be.

Gemini (May 21 - June 21): Practice patience. Give yourself small rewards to stay motivated until you see results from your efforts. Significant changes take time. Do one thing a day that moves you closer to your goal. Being on the go keeps your mind occupied. This can be a useful distraction. So keep moving.

Cancer (June 22 - July 22): When you step back and look at things objectively the truth is obvious. This is a time of introspection, contemplation and consideration. Initiate one-on-one conversations with key players. Avoiding reality is not a permanent option but it is good to give yourself a time out occasionally.

Leo (July 23 - August 22): Living a life of passion is important to you. What brings you joy? How can you make the day-to-day more exciting? Your environment must be vibrant, energizing and a place where you feel at home. Sharing good music and good food with others gives you a sense of connectedness.

Virgo (August 23 - September 22): Reality can be a drag but bills and chores are a part of life. Find ways to make essential work interesting or an adventure, then it's easier to get into the tasks involved. Find ways to motivate yourself and others. Play upbeat music and dance and sing whenever you can.

Libra (September 23 - October 23): Your desire for harmony makes you a good mediator. You can understand and appreciate where others are coming from. Compromise comes easily but you also need to become comfortable with standing in your own truth. Command respect. Do what is right for you.

Scorpio (October 24 - November 21): It's not what you do but how you do it that counts. Be courageous. You need to feel passionate about life. Settling for the easy way will leave you feeling like you're in a rut. Dare to be different. Make waves when an issue means a lot to you. When you feel alive you thrive.

Sagittarius (November 22 - December 21): Allowing life to unfold as it should can free you from the need to control outcomes. Calm your urge to push your agenda. Plan for the future but recognize that decisions will be made and remade many times. Enjoy spontaneous moments with loved ones.

Capricorn (December 22 - January 19): Be patient as you adjust to your current situation for it's just a phase. Things may not fall into place as easily as you'd hoped. There are no guaranteed outcomes. However, what you think and how you feel makes a difference in what you experience. Think positive.

Aquarius (January 20 - February 18): Practice being fully present. Reflection and contemplation serve you well. Keeping things in perspective and having a sense of purpose sustain you. Your physical reality is challenging. Be appreciative of all you have and get comfortable with the concept of letting go.

Pisces (February 19 - March 20): The gift of a current challenge or crisis, is freedom. Overwhelming events help you see what is most important to you. And you'll find out how strong you. You gain greater self-awareness. Let go of things and beliefs that no longer reflect your values. Live, laugh, love.

FOR APPOINTMENTS CALL 775-8368

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 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

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

Chaplain's Corner

Care and Share Golf For Fun: Helping Your Chaplains Help Others

by Padre Paul Gemmiti

On Friday 25 August 2017 during a lovely sunny day, 68 people - amounting to 18 teams - were at the CFB Winnipeg Golf Course playing "best of three balls" golf in support of the Care and Share Benevolent Fund. At \$40 a person, and after expenses, we raised close to \$2500 for the fund.

Prizes, all great, were solicited by your chaplains and provided by willing local businesses and donors. (The list of businesses and donors follows at the end of this article. Please continue to shop at and support our sponsors as they are so good to us.)

The guest host, a well-known local personality ET Thuen - a retired Brigadier General and presently an Honorary Colonel of 402 Squadron - oversaw the play format and rules. As usual, with this being his second year assisting, he conducted the event with a dignified blend of grandfatherliness, real estate salesmanship, and chief warrant officer charisma.

Jackie Kurceba, who oversees operations of the golf course, had her smile and the clubhouse as the centre point for all activity and usual practical needs of golfers.

Gena Gerbasi, of Joe Black's Coffee Bar, freely provided hot coffee and delicious treats for the morning wake-up of folk as they gathered near the 0800 hour.

Denis Paulhus and staff, of nearby Boston Pizza, provided the wonderful lunch of free pizza and salad - including vegetarian options - for all participants as they returned from their two rounds via the nine holes, around the 1300 hour.

Concurrent to the meal and following it, the prizes for best team, most honest, closest to the line, and closest to the pin were given out. Raffle prizes galore were then drawn via purchased tickets, and lastly there was the 50/50 draw.

Of your chaplains, Padre Paul Gemmiti was the overseeing coordinator. With his calm presence and past experience of two prior tournies, the endeavor still provided fun, camaraderie, and a gentle yet determined pace of things which was brought to conclusion near the 1430 hour.

Mutual thanks to all peer chaplains - Padres Hope Winfield, Kevin Olive, Lesley Fox, Frederic Lamarre, and (newby) Laura Coxsworth - and Cpl Brenda Gullen. Of course so many parts and pieces of needed materials, arranging and rearranging, clean-up, post-administration needs, intake of monies, advertisements, covering letters, and socializing and shmoozing among our guests could not have happened without you. (Yep, even the prayer requests in advance for good weather.)

And of course, lastly to give thanks and a sincere intent of blessing upon those of you - military and civilian - who participated: to Adrienne Popke at Wing publications for updating our templates; to the Wing Commander Andy Cook who gave permission for civilian participation; to CWO Sullivan and LCol Schwindt for their involvement on that day; and the Wing Image tech and others for their recording of various people and moments. (If I have forgotten anyone, then you must forgive me. I am a chaplain who at times also needs forgiveness. :)

Boston Pizza, Joe Black Coffee, Mordens' Chocolatier, Silver Heights Restaurant, Star Grill Restaurant, Gus and Tony's Restaurant, Ness Auto, Sargent Sundae, High Tea Bakery, Swiss Chalet, Silver Heights Florist, Cora's Restaurant, Perkin's Restaurant, The KEG Restaurant, Canad Inns, Divine Clarity, Christian Sup-

ply Centre, Chamois Car Wash, Hair Force Barbers, Scouts Canada, San Vito Coffee House, Mr Electric, CAF Recruiting Centre, CFB Winnipeg Golf Club, ColdWellBanker Realty.



Tired, but happy foursome, after a round at the Care and Share Golf Tourney. Photo: Cpl MH Montpetit

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 Avenue
(west off Whytewold/
Wihuri Road)

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

TBD
ext 6914

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.*

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 <http://17Wing.winnipeg.mil.ca>, then click 17 Wing, then Services.

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

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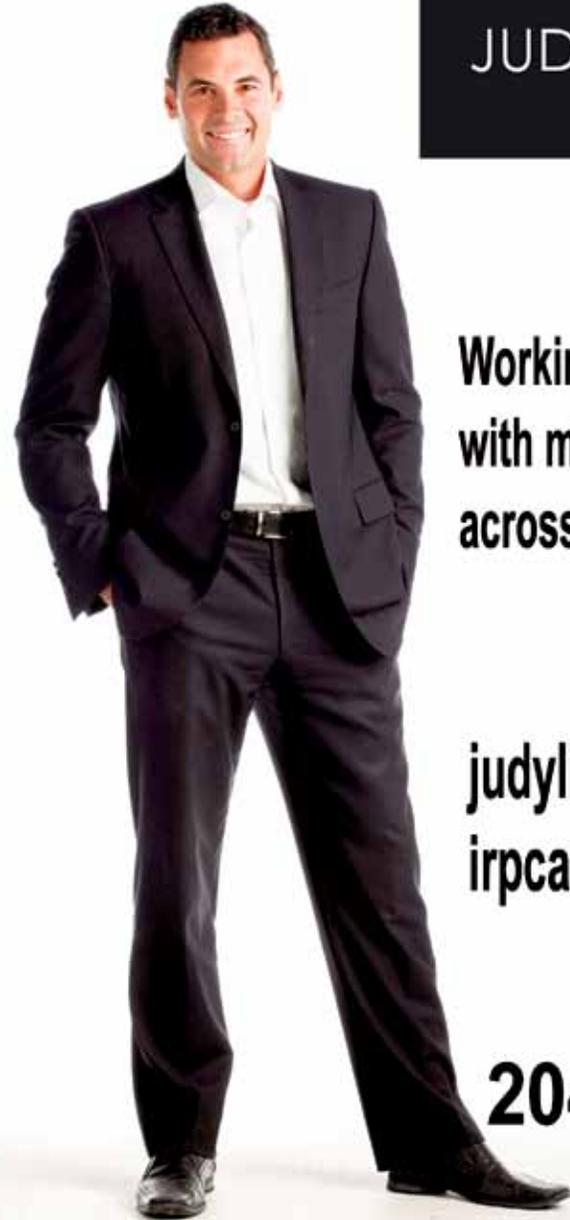
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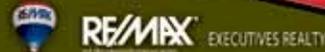
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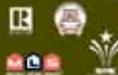
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