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THE VOXAIR

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RCAF RUN 2019 A SOLD OUT SUCCESS



The RCAF Run attracted more than 2100 people and was sold out this year. Please see page 2 for complete story and page 8 for more photos.
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2019 RCAF Run a Sold Out Success

By Martin Zeilig, Voxair Photojournalist

Sarah Lowying, a researcher at the National Research Council in Winnipeg, expressed an opinion that was shared by other participants at the 11th Annual Royal Canadian Air Force Run on a cool, overcast May 26th. "The organization is fabulous," Ms Lowying said during an interview with The Voxair just moments after she had completed the five kilometre portion of the race. "The Kit pick up was easy. They're so passionate with making it go."

The event attracted over 2100 participants, the highest number ever, according to Lieutenant-Colonel Brian Quick, Deputy Wing Commander and Chief of Staff for the RCAF Run.

Lieutenant-General Al Meininger, Commander of the RCAF, was a special guest at the race. Support of the Soldier On program and the Support Our Troops Fund. The event included a Manitoba Runners' Association accredited half-marathon, a half-marathon two person relay, a 10-kilometre race, a 5-kilometre race, and a 3-kilometre Family Fun Run/Walk.

A race village, which included 20 tents of various sizes for displays from sponsors and other groups was set up in the parking lot of Building 90 (Fitness and Recreation Centre).

A children's activity area--with a face painting table, paper folding, tattoos, bouncy castles, games, all supervised by PSP staff-- was set up in the gym of Building 90.

An assortment of Canadian Armed Forces and civilian aircraft including, a CT-142, a CH-146 Griffon, two C-130 Hercules and a CH-146 were on display along the flight line while a cockpit of a CF-18 Hornet was set up in the race village, along with a CAF helicopter. 17 Wing Commander Colonel Eric Charron said the RCAF Run is the culminating moment of many months of planning by the "dedicated 17 Wing folks led by my Deputy Wing Commander and a team" of numerous military and civilian employees.

"We've reversed a four year trend of downward partici-

pation," he said just prior to the low flyover to start the race by a C-130 Hercules from 435 Transport and Rescue Squadron. "Family participation again is at a four year plus high. It's a great day. The weather is a little on the cool side. But, if you ask most runners, they'd rather have it cool than too warm."

"It's spectacular, the energy, the enthusiasm, and the number of people here today," said Honorary 17 Wing Colonel Stuart Murray, who helped hand out race medallions to participants as they crossed the finish line. "Having a sold out run is, I think, indicative of how people are starting to recognize and realize the importance of the RCAF Run and what the RCAF does for this country."

"This was a fabulous day," LCol Quick said.

He also thanked the 50 member air task force and 350 volunteers for their help in organizing the race.

"It was the culmination of months and months of planning by the men and women of 17 Wing Winnipeg," he observed during an interview. "Everyone came together. Our military and civilian personnel. Everyone had a role to play today. The success you saw today is down to those people. I'm exceptionally happy. I'm appreciative that the rain stopped early this morning. This has been an exceptionally smooth day. The reason it was good today is because we put together the most amazing Air Task Force team of incredibly talented people who know what they're doing and solve problems."

He also pointed to the record participation.

"We sold out a week before the race," observed LCol Quick, who said it was a privilege to have LGen Meininger be in attendance at the run. "Folks came out because they know we're unique and want to be part of it. We made our costs as low as we could afford. Students got a very favourable rate. We also enlarged the family size for the event. We made it all inclusive costs. When you went on our website to register the taxes and fees were built into it. They were all inclusive costs. This is a very large undertaking."

He added that KF Aerospace was the main presenting sponsor.

"They gave us their full support," LCol Quick said. "We're very proud to have it."

Retired Brigadier-General Bruce Ploughman, now VP of PSP in Canadian Forces Morale and Welfare Services, and the former Commander of 2 Canadian Air Division (2013-2015), said the race has always been exceptionally well run.

"There's huge growth potential here," he observed. "We could never do something like this without the volunteers. It shows people's love of the Canadian Forces and the RCAF in particular and the folks at 17 Wing, which is a stalwart in Winnipeg."

Warrant Officer Eric Venema, the Western Regional Coordinator of the Soldier On Program, said the day was absolutely fantastic.

"I'm impressed with the improvement of the run and the support provided by the people of Winnipeg to us," he commented. "It's incredible. The Run has continually improved itself."

Soldier On is a national program that provides a safe and secure environment for all ill and injured service members and veterans where they can go and "attempt to prove to themselves that they can still do things," WO Venema, a 29 year veteran of the military from CFB Edmonton, explained. "We're there to help people network with their peers and find out that it's not so bad; and, they can overcome their disabilities and progress on to civilian life."

Race Winners:

Men's Half Marathon: Kristopher Joy in a time of 1:23:06

Women's Half Marathon: Brandy Adolphe in a time of 1:33:53

Relay Team Category: Dad and Son in a time of 33:21 for the first leg, and 1:13:02 for leg two.

Male 10 km: Jean-Charles Brau in a time of 39:19

Female 10 km: Stephanie Gerbrand in a time of 42:37

Male 5 km: Charles Gallant in a time of 19:07

Female 5 Km: Patty Walker in a time of 22:37

Please see photos from the run on page 8.

435 Sqn Assists Stranded Family

by Martin Zeilig, Voxair Photojournalist

Sergeant Brandon Schetterer, a Search and Rescue Technician at 435 Transport and Rescue Squadron, ended up "stuck in the trees a little bit" during a rescue mission in Northwestern Ontario the night of May 10 into May 11.

Things like that sometimes happen during a mission.

"It didn't slow our response at all," Sgt Schetterer said. "I was able to shimmy down, and leave the parachute there and continue on with the mission."

He and fellow SAR Tech team member, Master Corporal Jonathan Boucher Kovacs, were part of the sev-

en person crew onboard the Hercules tasked to Lake Kapikik, 407 kilometres northeast of Winnipeg, near the mining and logging town of Red Lake, to assist in the rescue of an 11 month patient who was in deteriorating health at a hunting camp.

Captain Gayle Beaudoin, the First Officer on the rescue mission, praised the work done by the SAR Techs.

"They're just amazing," she said. "I'm impressed everyday by what they do. It's a great team to be a part of and I have the utmost respect for them. They're very impressive."

Three days prior to the rescue mission the infant had taken a turn for the worse and was degrading even more, Sgt Schetterer said.

"The RCMP started to investigate what was the possibility of interagency rescue," he continued.

He added that members of the SAR Tech team had "bumped into" members of the RCMP and Ontario Provincial Police during the joint training exercise, ChintheX 19, held in Thunder Bay, Ontario recently.

"So, they knew our capabilities and the Ornge helicopter wasn't able to make it until first light," Sgt Schetterer said. "After doing a rescue assessment we flew to the area. The child's uncle had hiked eight hours to call the OPP to get us out there."

Typically, the hunting party would snowmobile in, wait for the ice to melt and then boat out but they weren't able to do that this time.

"They were stranded at that location," said Sgt Schetterer, a civilian paramedic prior to his direct entry into the CAF's SAR Tech trade eight years ago.

"When we arrived on scene we found an area very typical of northern Ontario-- trees, hills and water. After flying over a couple of times, we found a little bit of an opening in the area which we decided was suitable. So, my partner and I did jump in at 3000 feet. My partner landed right next to the cabins."

After reaching the mother and child, the two SAR Techs provided some medical care.

"She had been unwell for a period of time," Sgt Schet-



An Ornge Air helicopter hovers at the camp at Lake Kapikik on May 11. Photo: 435 Sqn

terer said. "She needed to get to a hospital. We were able to stabilize her and provide some pain relief and control her symptoms, and allow her to get some rest."

The rescue helicopter wasn't able to land because the area was so small, he added.

"They ended up having to depart because of fuel issues and weren't able to evacuate the baby," Sgt Schetterer said.

"After that, the Ministry of Natural Resources Helicopter was able to come in and land on the river bank. So, we took a 12 foot boat about a kilometre down river to locate a suitable landing spot for the helicopter. He was able to land there to get the baby, the mother, us and some of our equipment out."

The entire mission lasted about 18 hours in total.

"It was a very surreal night and day," Sgt Schetterer said.

It was another demonstration of 435 Sqn's capabilities, he emphasized.

"I'm a parent of a four year old son," Sgt Schetterer said. "It always hits close to home when you have a child of your own."

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1 CAD/CANR/JFAC Change Commanders in Winnipeg



1 Canadian Air Division Commanding Officer, Major-General Alain Pelletier, Royal Canadian Air Force Commanding Officer, Lieutenant-General Al Meinzinger and Major-General Christian Drouin sign the Change of Command Scroll during the 1 CAD Change of Command ceremony at 1 CAD, Winnipeg on May 16th, 2019.

Photo: Cpl Bryce Cooper, 17 Wing Imaging

by Bill McLeod, Voxair Manager

Major-General Alain Pelletier assumed command of 1 Canadian Air Division (CAD), Canadian NORAD Region (CANR), and the Joint Force Air Component (JFAC) from MGen Christian Drouin at a parade and ceremony held outside in front of the Air Division Headquarters Building on May 16, 2019.

The triple commands meant that the parade had three separate signing ceremonies with three Lieutenant-Generals in attendance. LGen Al Meinzinger, RCAF Commander, presided over the Change of Command for 1 CAD and was also the Reviewing Officer for the parade. LGen CJ Coates, Deputy Commander NORAD, signed the Change of Command for CANR and LGen Mike Rouleau, Commander Canadian Joint Operations Command, signed the Change of Command for the JFAC.

After the parade was formed up on the sunny but gusty Manitoba morning, but before the ceremony be-

gan, a low and slow flypast in front of the seated VIP guests and dais by a pair of noisy Canada Geese drew a laugh from everyone.

After the review of the parade, MGen Drouin addressed the crowd at the ceremony and reflected on his experiences.

"I will repeat here what I said at my Change of Command in 2016," MGen Drouin said. "Aren't we living in a great country? I came from a modest upbringing and barely spoke any words of English. I got the opportunity to fly helicopters and they paid me to have that much fun-pretty cool-to eventually end up commanding our country's operational air force is simply incredible."

MGen Drouin went on to thank the Province of Manitoba and the City of Winnipeg for their support for various programs, like the relocation program that the Special Envoy for Military Affairs, Jon Reyes, has been championing and he also said that despite growing up a Habs fan "by birth," he was now a Jets fan.

Following the signing of certificates for the three commands, LGen Mike Rouleau, Commander CJOC, spoke to the guests and spectators and related a story about his experience with the RCAF.

"I took the Challenger here with the Air Force Commander, he gave me a lift and it was awesome, and I got off the plane with my suitcase and my briefcase," LGen Rouleau said. "It was raining sideways. I slipped on one of the stairs and before I knew it I was on my behind at the bottom of the stairs and Lieutenant-Colonel Dave Snow, who was flying the Challenger, was there to grab me and it dawned on me that it was like the story of my career with the Air Force. When I was down and needed help, someone from the Air Force was there to get me out of there."

LGen CJ Coates, Deputy Commander NORAD, addressed the audience next.

"Our success at NORAD hinges on our interoperability, which is especially complex because of our unique bi-national structure," he said. "We rely on cohesive actions by our regions for mission success."

"NORAD headquarters has been taking a serious look at our ability to deter adversarial aggression in

today's dynamic security climate, especially with the increase in the scale and complexity of our adversaries' military activity," he continued. "The close coordination that you drove with ANR to respond to activities in our Arctic helped NORAD stretch our resources to deliver a harmonized strategic message to our adversaries."

The RCAF Commander, LGen Al Meinzinger, addressed the audience following LGen Coates.

"This is clearly an emotional day as we bid farewell to an experienced dedicated Commander within the RCAF and we welcome another," he said. "I think it's even more poignant as it's MGen Drouin's last week in uniform and I know today is certainly more precious, poignant, and meaningful to him and his family."

LGen Meinzinger then talked about some of the successes that 1 CAD carried out under MGen Drouin's leadership and congratulated MGen Pelletier on taking over.

"I know firsthand the capabilities and the outstanding qualities you bring to the post, your tremendous skill, your professionalism, your leadership, and your class," LGen Meinzinger said to MGen Pelletier. "You have commanded at all levels and I believe you are perfectly suited to move the operational air force forward. You are the right leader at the right time to tackle the challenge ahead."

MGen Pelletier expressed his pleasure at being asked to take command.

"I'm thrilled and honoured to be amongst you today on a traditional Winnipeg cool and windy day, to take command of the famous 1 CAD, a division that stems back to 1957 if my history is right, the operational arm of the Air Force," he said.

"It is my intent to continue advancing the yardstick well set by MGen Drouin, in the improvement of the command and control of RCAF activities in order to better support the whole spectrum of Canadian Armed Forces operations at home and abroad."

At the end of the service there was a real flypast of CH-146 Griffon helicopters and following the service a reception was held in 1 CAD headquarters.

17 Wing Welcomes New Wing Chief Warrant Officer



(L-R) Incoming 17 Wing Chief Warrant Officer Claude Faucher, 17 Wing Commander, Colonel Eric Charron, and outgoing 17 Wing Chief Warrant Officer Jérôme Rossignol sign the Change of Appointment certificates at the 17 Wing Chief Warrant Officer Change of Appointment on May 15th, 2019 at 17 Wing. Photo: Avr Tanner Musseau-Seaward, 17 Wing Imaging

by Bill McLeod, Voxair Manager

Chief Warrant Officer (CWO) Claude Faucher assumed the appointment as 17 Wing CWO from CWO Jérôme Rossignol at a small ceremony held in the Jimmy Holland Room of the Warrant Officers' and Sergeants' Mess on May 15, 2019.

Following the entrance of the Chief Warrant Officers and the Presiding Officer, 17 Wing Commander Colonel Eric Charron, the ceremony began with the singing of O Canada by Sergeant David Grenon of the RCAF Band.

CWO Rossignol spoke to the assembled guests and offered some advice from his more than 36 years of service before the signing of the certificates.

"As a little guy from Quebec City, being able to say,

'Yes, no, Pepsi, ketchup'-that's about it, I wouldn't have seen me going that far," CWO Rossignol said. "Actually, to tell you the truth, I was looking at the NCMs and I said to myself if I could make it to Sergeant I will be somebody."

"The thing is, success is not rank," he said. "Success is happiness. If what you are doing is making you happy, that's fantastic."

He went on to thank the various units and lodgers of 17 Wing for making his job easy and included thank yous to certain individuals like Gloria Kelly at Public Affairs, Loriann McNabb, the 17 Wing Business Manager, and his assistant Sgt Mike Kuruliak.

CWO Rossignol joined the Canadian Forces Reserves as an infantryman with the 'Voltigeurs de Québec' in 1983 and component transferred to the Regular Force as an artilleryman in 1986, completing his basic training in Shilo, MB. He worked with 5 RALC working on the M109 for five years before taking an occupational transfer to the Canadian Air Force as an Aero Engine Technician. He then took another occupational transfer to Flight Engineer and worked on the CH-146 Griffon.

CWO Rossignol has deployed to Cyprus, Kosovo, Bosnia twice, and Afghanistan. Before coming to the WCWO position in Winnipeg, his last posting was as Senior Occupation Advisor for the Flight Engineers.

After a brief signing ceremony and the ceremonial passing of the drill cane from CWO Rossignol to Col Charron and Col Charron to CWO Faucher, Col Charron talked about the qualities he found in the CWO Rossignol.

"The Command Team partnership is one of those relationships that you can't describe to someone unless they have experienced it," Col Charron said. He mentioned that CWO Rossignol was the sixth CWO he had worked with but the first aircrew and he brought operational experience to the Wing Command Team.

"To describe you in a few words is, perhaps, to not do

you justice," Col Charron said. "You are professional to a fault, you use humour-although at the right time...and Andy Cook, my predecessor, was pretty insistent on this, your sense of loyalty."

The incoming Wing CWO offered some insight into where some of his priorities lay for the future of 17 Wing by giving some advice to Wing members.

"The new defence policy of 'Strong, Secure, Engaged' won't be an easy one for 17 Wing," CWO Faucher said. "We have promises of added strengths, we have increases in responsibilities for the reserve unit, we have promises of new equipment and technologies and all this falls back on the people you're training."

"The only way you can achieve this is with people," he added. "You don't have the people, you don't have the mission."

"I am therefore asking all of you to pay particular attention to your member's welfare. Be quick to recognize their good work when it's truly deserved. Help them reach their full potential-guide them, coach them, mentor them. Foster a professional military ideology which is essential in maintaining the public trust."

CWO Faucher joined the CAF in 1985 as an Airframe Technician and has served with multiple squadrons on the CF-18, the CH136 Kiowa, and the CH146 Griffon. He has worked in Recruiting and in multiple roles at 1 Canadian Air Division as well as Sqn CWO for 413 Transport Search and Rescue Sqn. Before coming back to Winnipeg his last position was as the Deputy Judge Advocate CWO in CFB Borden, ON.

He has deployed to Haiti, Bosnia, and Afghanistan.

Following CWO Faucher's address, CWO Rossignol was called up to the front of the room again by Col Charron. In quick succession, he went from CWO to Second Lieutenant, 2Lt to Lieutenant, and Lt to Captain. His last rank was presented by Major General Christian Drouin, 1 Canadian Air Division/Canadian NORAD Region Commander.

RCEME Changes Flag and Beret Colour



Members of 17 Wing RCEME, raise a new flag, while conducting RCEME 75th Anniversary celebrations, in front of Building 129, in Winnipeg, on 15 May 2019.

All photos: Cpl Kyle D. Morris, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

"You're walking in the footsteps of others," says Master Warrant Officer Mike Tintor, 17 Mission Support Squadron (MSS), Transport Electrical Mechanical Engineers (TEME) Flight, as he emphasizes it does not matter what branch of the Canadian Armed Forces you're in.

But for him and Captain Jason Lee, Royal Canadian Electrical Mechanical Engineers (RCEME) Officer-- 17 MSS TEME Flight, this year is special because it's the 75th anniversary of the Corps of the Royal Canadian Engineers Service Corps and Royal Canadian Ordnance Corps.

The anniversary was marked on May 15 with a series of events, including most significantly, the introduction of a new blue beret and flag change for RCEME.

On 15 May 1944, the Corps of RCEME was formed in Kingston, Ontario, with the fusion of elements of the Royal Canadian Engineers, Royal Canadian Army Service Corps and Royal Canadian Ordnance Corps, following the model of the Royal Electrical and Mechanical Engineers (REME)," says provided information. "With the increase of mechanized equipment during World War II, the need to have one corps dedicated to service and maintenance was increasingly apparent. Trucks had become the de facto means of transportation and logistic support, armoured vehicles had replaced cavalry, weapons were increasingly more complicated, as well as the advent of radios and radar, it was apparent the extant model of different corps for each job was inadequate

for a modern, mechanized army.

Since 1944, the Corps of RCEME has consistently distinguished itself as a "Regiment of small units everywhere", spanning every unit in the Canadian Army, as well as the majority of units in the Royal Canadian Air Force, the Royal Canadian Navy, the Canadian Special Operations Command and other Level 1s in the Canadian Armed Forces (CAF), the material explains.

Members of the Corps have participated in every operational mission since 1944, and they continue to support land-based equipment on operations and training worldwide," it continues.

"However, the spread of RCEME personnel in small units everywhere presents many challenges because it is difficult to bring its members together to honour its history and heritage. This is done yearly as members congregate regionally for Exercise BLUEBELL and RCEME Day events; however the tempo of operations inevitably prevent some members from participating. In 2019, there is an opportunity to recognize the importance of this Corps' contribution to the CAF over its 75 years of existence.

"The 75th Anniversary will be a celebration of the Corps of RCEME's continued existence and longevity after 75 years of dedicated service to the Army."

It is an important milestone that will promote Corps identity, boost morale, and build confidence amongst our serving members while strengthen relationships with our community and industry, according to the article.

"We decided to alter our RCEME flag slightly by adding our RCEME crest, the horse emblem in the middle," Capt Lee said during an interview, along with MWO Tintor, in his office in Building 129 on May 14. "This will increase our esprit-de-corps. We're going from the green beret to the darker blue beret."

The colour blue has a long association with Armies including both the French and British

armies, says information provided by Capt Lee.

"The colours blue and scarlet/red are the defining colours of our Army and all uniforms have been based on either both these colours and almost all on blue," explains the article. "All uniforms have their origins to field working dress which was blue. Even regiments with scarlet/red uniforms would often employ a lesser visible dark blue uniform for patrolling or foraging. Hence the origins of our patrol dress uniform and forage caps."

During the RCEME Diamond Jubilee event-- which included festive activities for REME personnel-- Capt Lee and MWO Tintor presented Wing Commander Colonel Eric Charron and the Padres with a giant cheque for \$3812 to the Wing Chaplain's Care and Share Fund-- which supports local military members who are hurting financially.

The money was raised at the 2018 fall tire change that's held as part of the annual Government of Canada Work Place Charitable Campaign.

"This anniversary is a significant milestone in the history of the Corps," MWO Tintor said.

He also pointed to the direct correlation between D Day, the Allied landing on the beaches of Normandy on June 6, 1944, and RCEME.

"First and foremost, I'm proudest of working with our professional technicians, the expertise they have and their ingenuity every day," said Capt Lee, who noted that there are 48 military personnel and 18 civilian workers in RCEME at 17 Wing,



Members of 17 Wing RCEME replace headdress with new dark blue headdress, while conducting RCEME 75th Anniversary celebrations, in front of Building 129, in Winnipeg on 15 May 2019.

Winnipeg Transition Centre to Hold Discussion Forum



Major Sylvie Landry OC CAF Transition Centre Winnipeg. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

An upcoming discussion panel will focus on some of the demands serving members will face as they prepare to transition out of the Canadian Armed Forces.

The Transition Centre Forum will take place on June 12 at 1300 hrs in the Netherlands Theatre (Career and Learning Centre). It is being organized by Major Sylvie Landry OC CAF Transition Centre Winnipeg.

"Every member of the CAF, from the newest recruit up through the CDS, will transition at some point in

their career," Lieutenant-Colonel Orin Wing, Commanding Officer, CAF Transition Unit MB/SK, said in an email. "Major Landry has put a lot of her personal time and effort into organizing a panel of guest speakers who have already transitioned so that they may share their experiences with us. This outstanding initiative will allow attendees to gain insight on some of the challenges they can expect to face as well as some of the positives that await us all."

A number of veterans from 17 Wing who have transitioned to civilian life will be on the panel, Maj Landry said.

"We're going to ask them specific questions about transition," she explained. "We're going to let the audience ask questions afterwards. I want to demonstrate the good, bad and ugly of transition. Often people leave and we don't hear about it. I want to share these stories. There's no cookie cutter approach to transition. We're doing this as part of the Second Career Assistance Network Seminar with Military Family Resource Centre and the Personnel Selection Office."

Maj Landry said her inspiration for organizing such a panel came after reading an article by a high ranking member of the United States Military that touched on "the bias of transitioning" of senior leaders.

For example, Maj Landry observed that a Colonel or a Wing Chief can transition out and the next day they're working part time at Rona.

"My point about it is more that transition is a personal process and there are no right and wrong ways to

transition about what you do after the military in terms of job," she said. "Some seek high tempo civilian work, some just want to keep busy and working part time, going to school, or just enjoying life and their family life."

"So, it doesn't mean what type of job you do, it's more about your next identity, who you are after you remove the uniform," she added. "The first 90 days are hard to digest. After that, you go through the normal ups and downs of society as a veteran."

Maj Landry said she anticipates participants will ask panelists the following types of questions: When did you start thinking about transition? How did you find out that what I'm doing now is what I wanted to do? How long did it take you to get a doctor? How were your first 90 days? Was it emotional? How did your family take it? Did you discuss it with them?

"That's the information I want them to pass along," she added. "From my research on these members, I was more concerned with how they're doing as civilians than how the transition was."

Maj Landry said she's also looking for a spouse or a partner of a serving member to look at the impact on the family side.

"My goal is to see what they know," she added. "Because working in unionized work, working for billable time, working for your own company is a totally different ball game than wearing the uniform. It's a totally different culture. People don't realize that. I have a lot of friends who have transitioned and they say 'I wish I had known that.' Transition has nothing to do with loyalty. Transitioning takes time, and you need a plan."

Sports Awards Presented to 17 Wing Members



17 Wing Commander Colonel Eric Charron, is presented with the Award for Aerobic Excellence by Rick Harris, Senior Manager PSP, and Leeona Bond, 17 Wing Fitness Coordinator, during 2019 Annual Sports Awards and Breakfast held at 17 Wing Officers Mess, on April 17th. All Photos: Avr Tanner Musseau-Seaward, 17 Wing Imaging



17 Wing Commander Colonel Eric Charron (Right), presents the Sergeant Glen MacLeod Memorial Award to Corporal Lyndsay Cross (Centre) with the assistance of Chief Warrant Officer Lee Darling (Left).



Sergeant Anthony Foster was presented with the Male Athlete of the Year Award.



Captain Sonja Hansen was presented with the Female Athlete of the Year Award.



Corporal Paul Todd was presented with the Official of the Year Award.

by Martin Zeilig, Voxair Photojournalist

17 Wing held its Sports Award Ceremony in the Officers' Mess on May 17.

The ceremony was organized by Dawn Redahl, Acting 17 Wing Sports Coordinator, who also was MC for the event.

Wing Food Services provided a buffet breakfast that included fried eggs, sausages, bacon, waffles, hash browns, fresh fruit slices, coffee, juices and other beverages.

The RCAF Band's Brass Ensemble played a number of pieces, while the procession was led into the dining area by a bagpiper.

Sergeant Anthony Foster (ice hockey and ball hockey) won Male Athlete of the Year.

Captain Sonja Hansen (ice hockey and golf) was named Female Athlete of the Year.

Officer Cadet Dennis Gowen was Coach of the Year. Corporal Paul Todd was Official of the Year. Team of the Year was the 17 Wing Men's Soccer Team.

The 17 Wing base sports include golf, basketball, slo-pitch, volleyball, soccer, curling, ball hockey, hockey-- old timers, hockey-- men's, hockey-- women's, badminton/squash, running, triathlon, and swimming.

The 17 Wing Recreation Sports Program consists of slo-pitch, golf, curling, volleyball, and hockey in A, B, C Divisions.

The Sergeant Glen Macleod Memorial Award was presented to Corporal Lyndsay Cross.

Sgt MacLeod served in the CF from March 1978 to December 1990 and here at 17 Wing from August 1986 to December 1990, noted Redahl during the presentation ceremony.

"Throughout his career he displayed tremendous enthusiasm and dedication to the game of hockey, particularly within the CF," she said. "While here in Winnipeg, Glen devoted countless hours to the organization of the Wing Hockey League and the BAMEO team. On the 5th December 1990, Sgt MacLeod passed away suddenly while playing hockey. During his lifetime he was the embodiment of the qualities of enthusiasm, loyalty, perseverance and dedication to both his family and the Intersection Hockey League."

To honour his memory and insure that these qualities are held in high regard at 17 Wing Winnipeg, a trophy was commissioned in Sgt MacLeod's name, Redahl continued.

She added that this trophy is awarded annually to the player who best displays the qualities of sportsmanship, dedication, enthusiasm, and love for the game of hockey.

A number of CISM (International Military Sports Council) athletes were also recognized: Joanna Jarrett, CISM Swimming-- Team Trainer; Warrant Officer Michelle Neilson, CISM Swimming-- Official; Captain Stuart Ireson, CISM Men's Soccer; Corporal Cross and LS Imhoff, CISM Women's Soccer; Master Corporal Kyle Van Genne, CISM Men's Volleyball; Lieutenant Dallas Buhr, CISM Women's Volleyball; Major Jennifer Jones, Capt Hansen & Private Allan McDonald, CISM Golf; and Lieutenant Eric Travis, CISM Triathlon.

"These members, through their hard work and dedication, have reached the pinnacle of the Canadian Armed Forces Sports program by representing the Canadian Forces and competing against the best athletes in the world at various competitions," Redahl said.

Sgt Foster, 38, who works at 402 Squadron, said it

felt great to be named the Male of Athlete of the Year.

"To balance your home life and work and all the hard work we put into doing what we do, it's a busy schedule," he remarked. "But, when you get an award like this, it pays off in the end. Ultimately, I couldn't do it without the strong sports program we have at 402 Squadron and all my teams."

Capt Hansen, an instructor at 402 Sqn, said she was "very surprised" to have won her award.

"I had no idea people thought of me in that way," she said. "It's great. I've been playing hockey since age eight and golfing since age 15. I've been playing hockey in the CAF since I joined 12 years ago. I've been playing soccer too, as well as volleyball and golf."

Meanwhile, both Capt Hansen and Sgt Foster maintained that ice hockey should be included as a CISM sport.

17 Wing Commander Colonel Eric Charron said he did not expect to receive an award for Aerobic Excellence at the ceremony.

"My award came as a bit of a surprise," Col Charron said. He received his white seal to the second level for completing a minimum of 16,000 units of aerobic exercise.

"What a great privilege to see people who take fitness to the next level," Col Charron said during his brief comments at the podium. "It's one of those pillars of the CAF. It's a testimonial to your personal motivation. It's also a testimonial to your supervisors recognizing that doing this stuff makes you more efficient at work and more motivated. But, the motivation is yours. You're taking it the extra step."

He also commended the PSP staff for providing out-

standing instruction in the pool and the gym.

"I wouldn't be standing here before you if I didn't have a regular PT program," Col Charron said.

"Having that source of regeneration is a lifestyle, and all of you are embracing it. Congratulations. Well done. Fitness staff you're part of our success."

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17 Wing Holds Indigenous Awareness Week



Nikki Komaksiutiksak, Family Support Worker at MMIWG, and Jenelle Sammurtok, Inuit Student Support Worker, present the Manitoba Inuit Association presentation, 17 Wing Winnipeg, MB, on May 21, 2019. Aboriginal Awareness Week was held 21-24 May 2019 at the 17 Wing Winnipeg showcasing a different event each day.

Photo: Sgt Daren Kraus, 17 Wing Photojournalist

by Martin Zeilig, Voxair Photojournalist

Canadians, in general, need to know that the Inuit were affected just as much as their southern First Nations brothers and sisters by past injustices, according to Devin Beaudry, a retired Canadian Armed Forces Sergeant and a member of the Defence Aboriginal Advisory Group at 17 Wing.

Mr. Beaudry was one of about 35 military and civilian personnel gathered in the atrium of Wing Headquarters on May 21 to hear a presentation and performance by Nikki Komaksiutiksak, an Inuit throat singer, who works for the Manitoba Inuit Association as the Family Support Worker for the Missing and Murdered Indigenous Women and Girls.

That was one of several events held to mark Indigenous Awareness Week throughout the base.

Also in attendance at Wing HQ were the Minister of Veterans Affairs, the Honourable Lawrence MacAulay who's also Associate Minister of National Defence; and,

General (retired) Walt Natynczyk, a native of Winnipeg and former Chief of the Defence Staff, and the present Deputy Minister of Veterans Affairs Canada. Both men were on a scheduled visit to 17 Wing.

Other activities included a sunrise ceremony on May 21; a traditional First Nations meal of bison stew with wild rice and a blackberry puree garnished with bannock prepared by Master Seaman Jessica Spence, an Oji Cree from Peguis First Nations-- at the All Ranks Mess on May 22; a presentation on reconciliation by Theodore Fontaine, a member of the Sagkeeng First Nation in Manitoba who attended the Fort Alexander Indian Residential School from 1948 until 1958, and the Assiniboia Indian Residential School from 1958 to 1960; and, a sweat lodge ceremony at the Sweat Lodge behind the Wing Chapel on May 24th.

"This is the beginning of our Indigenous Awareness Week," Wing Commander Colonel Eric Charron said following the presentation and performance by Ms. Komaksiutiksak, who was accompanied by her associate, Jenelle Sammurtok. "How fitting that we talk about the north and Canada with the Inuit. We learned about the culture, some of the history and some of the wrongs, some of the way forward and how we're beginning to educate ourselves."

He also mentioned that throat singing is well rooted in Inuit culture.

"It's amazing that something is happening here every day this week," Col Charron continued. "We're trying to open our eyes and minds to Indigenous culture. We're very proud here in Winnipeg. We have an active program and it's due to our DAAG."

Ms. Komaksiutiksak, who's originally from Chesterfield Inlet, Nunavut but has lived in Winnipeg for about 30 years, gave a concise PowerPoint presentation on the history of the Inuit.

"There are a lot of organizations that are looking at the 93 recommendations from the Truth and Reconciliation Commission," she said to The Voxair. "Part of that is building relationships with Indigenous people across Canada. One of the things that I find as a southern Inuk is that Inuit are often underrepresented when it comes to our stories. Being Canadian, I think it is so impor-

tant for the common Canadian to know who we are and where we came from.

"I think it's great that we have the opportunity to present our culture and our nation to 17 Wing. I think it's important to build that relationship. As well, knowing some of the recruitment strategies that can further develop with the Inuit population so that we're included in these conversations."

Mr. Beaudry, who was wearing a traditional Metis ribbon shirt, called Ms. Komaksiutiksak's presentation amazing.

"I grew up thinking that the Inuit weren't really affected by the government," he said.

Master Corporal Holly A. Young, Aeromedical Technician at the Canadian Forces School of Survival and Aeromedical Training Instructor Flight, said the presentation and throat

singing were very important displays of cultural awareness and education for people.

"Not too many people knew much about Inuit culture," she added. "I think it was a positive educational experience, especially with all the leadership here. I think they can disseminate that information back down to their units. The week's events are there for you to absorb."



Bison Stew with Wild Rice and Blackberry puree prepared by Master Seaman Jessica Spence, an Oji Cree from Peguis First Nations. Photo: Martin Zeilig, Voxair Photojournalist



Nikki Komaksiutiksak, Family Support Worker at MMIWG, and Jenelle Sammurtok, Inuit Student Support Worker, delivering the Manitoba Inuit Association presentation. erans Affairs, the Honourable Lawrence MacAulay who's also Associate Minister of National Defence; and, General (retired) Walt Natynczyk, a native of Winnipeg and former Chief of the Defence Staff, and the present Deputy Minister of Veterans Affairs Canada. Photo: Sgt Daren Kraus, 17 Wing Photojournalist

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College Corner

Aerospace Studies Program 71 visit Aerospace and Defence Contractors in the United Kingdom

In April, students and staff from the Aerospace Studies Program (ASP), Serial 71, traveled to England on an eight-day Military Industrial Visit. Their aim was to meet with Aerospace Industry representatives in Bristol, Filton, Luton, Stevenage, and Yeovil and gain insight into the UK Aerospace industry. At Rolls Royce Bristol, the group toured the LiftWorks facility for the F-35 vertical lift system, and the EJ200 maintenance, repair, and overhaul facility for the Eurofighter Typhoon propulsion system. Next was Airbus Filton, presenting the A400M wing production line and their wing test facility. At Leonardo helicopters in Yeovil, the group toured the Augusta Westland rotor blade production line, and the AW101 assembly line. Thursday's stop was Leonardo electronics to learn about the electronic support systems they provide. On the last day of their visit, ASP 71 students visited MBDA Stevenage to learn about available missile systems, as well as tour their simulation and testing facilities. Throughout the visit, ASP 71 had the privilege to be accompanied by Brigadier-General Boyle, Deputy Commander of 1 Canadian Air Division/Canadian NORAD Region Headquarters, who signed on as the tour commander giving the students the opportunity to gain insight and understanding on the command element's perspectives. The Aerospace Studies Program provides graduates the knowledge and experience necessary to support the RCAF with the identification, acquisition, testing, and evaluation of new capabilities and technologies.



RCAF Barker College News

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2019 RCAF Run



Runners make their way down the flight line at the 11th Annual Royal Canadian Air Force (RCAF) Run at 17 Wing, Winnipeg Manitoba, on May 26, 2019. Cpl Kyle Morris, 17 Wing Imaging



Winnipeg City Councillor, Shawn Nason, with daughter, at The 11th Annual Royal Canadian Air Force (RCAF) Run at 17 Wing, Winnipeg Manitoba, on May 26, 2019. Photo: Cpl Brian Lindgren, 17 Wing Imaging



A family prepares to participate in the 11th Annual Royal Canadian Air Force (RCAF) Run at 17 Wing, Winnipeg Manitoba, on May 26, 2019.



WO Dwayne Guay, Search and Rescue Technician, 17 Wing HCol Stuart Murray, the Hon. Cathy Cox, Manitoba Minister of Sport, Culture, and Heritage, LGen Al Meinzinger, RCAF Commander, and RCAF CWO Gadreault pose for a photo at the 11th Annual Royal Canadian Air Force (RCAF) Run at 17 Wing, Winnipeg Manitoba, on May 26, 2019. Photo: MCpl Justin Ancelin, 17 Wing Imaging



The first person to cross the finish line at the RCAF Run still had energy to spare. Photo: MCpl Justin Ancelin



BGen Mario Leblanc, Commander 2 Canadian Air Division, appears to be having a great time at the 11th Annual Royal Canadian Air Force (RCAF) Run at 17 Wing, Winnipeg Manitoba, on May 26, 2019.



A piper leads the runners to the start line at 11th Annual Royal Canadian Air Force (RCAF) Run at 17 Wing, Winnipeg.



The Family 3k Walk/Run was a popular event at the RCAF Run.



Thomas enjoyed getting a look at the cockpit of a CF-18 at the Race Village at the RCAF Run.



Dawn Redahl, Acting 17 Wing Sports Coordinator, leads the runners in a warm up at the 11th Annual Royal Canadian Air Force (RCAF) Run at 17 Wing, Winnipeg Manitoba. Photo: Bill McLeod



Families were well represented in the 11th Annual Royal Canadian Air Force (RCAF) Run at 17 Wing, Winnipeg Manitoba, on May 26, 2019. Photo: Sgt Daren Kraus, 17 Wing Photojournalist



LGen Al Meinzinger, RCAF Commander (centre in blue windbreaker) and RCAF CWO Gadreault (right of RCAF Comd) begin their run in the 11th Annual Royal Canadian Air Force (RCAF) Run at 17 Wing, Winnipeg Manitoba, on May 26, 2019. Photo: MCpl Justin Ancelin, 17 Wing Imaging

Around The Wing



(L-R) 17 Wing Commander, Col Eric Charron, , LCol Kenneth Mills, 17 MSS CO, Capt Jason Lee, RCEME Officer, MWO Michael Tintor, and additional members of 17 Wing RCEME, present a cheque to "Care and Share," on behalf of 17 Wing TEME flight, to the 17 Wing Chaplain, Maj Hope Winfield (centre), in Building 129, in Winnipeg on 15 May 2019. The cheque was the proceeds from the TEME Fall Tire Change. Photo: Cpl Kyle D. Morris, 17 Wing Imaging



Major Lianne Anderson, Commandant of the Canadian Forces School of Survival and Aero-medical Training promotes WO Jason Patterson to the rank of MWO. Photo: Supplied



Diane Brine, Health Promotion Manager, gives her all to get the sandbag dummy across the line on May 13 when Canadian Forces Morale and Welfare Services staff who don't have to do the Force Fitness Test completed it in solidarity with the staff who have to complete it yearly, like the Sports and Fitness Instructors. Photo: Leeona Bond, 17 Wing Fitness Coordinator



Commander of the Royal Canadian Air Force, Lieutenant-General Al Meinzing inspects that parade during the 1 Canadian Air Division Change of Command ceremony at 1 CAD, Winnipeg on May 16th, 2019. Photo: Cpl Bryce Cooper, 17 Wing Imaging



On May 13, the Canadian Forces Morale and Welfare Services members that don't have to do the Force Fitness Test did it in solidarity with the staff who do. Non Public Funds Human Resources, Health Promotion, Mess Staff, and others all carried out the test that the Fitness and Sports Instructors have to complete yearly. Fancy Yu, Mess Manager for the Junior Ranks and Warrant Officers and Sergeants' Messes goes on her tip toes to get the sandbag to the mark. Photo: Leeona Bond, 17 Wing Fitness Coordinator



Temer Members and (Second from left) LCol Mills, 17 MSS CO, 17 MSS CWO Cheyne Todd, and 17 Wing Commander Colonel Eric Charron pose for a photo for National Road and Vehicle Safety Week, taken at 17 Wing entrance gate, at 17 Wing Winnipeg Manitoba on 14 May 2019.



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Sports Trivia

NHL STANLEY CUP PLAYOFFS

by Stephen Stone

1. Which team has won the greatest number of Stanley Cups? How many?
2. Which team went the most seasons without a Stanley Cup win? How many years?
3. When did Toronto last win the Cup?
4. Who scored the fastest goal in NHL playoff history?
5. Gordie Howe set the record for fastest goal in the playoffs at 9 seconds on April 1, 1954 vs Toronto. Whose record did he beat?
6. Who scored the fastest overtime goal in NHL playoff history?
7. Who scored the fastest two goals from the start of an NHL playoff game?
8. Who scored the fastest two goals in an NHL playoff game?
9. Who holds the record for most career playoff penalty minutes?
10. Who holds the record for most career playoff games without winning a Stanley Cup?
11. Who holds the record for most career playoff games?
12. Who holds the record for most consecutive playoff seasons?
13. Who has won the most Stanley Cups as a player?
14. Who has won the most Stanley Cups as a non-player?
16. Who holds the record for most career playoff goals, assists and points?
17. Which players hold the record for most points in a single playoff game?
18. Which goaltender holds the record for most career playoff wins?
19. Which goaltender holds the record for most career playoff shutouts?
20. Who is the only NHL head coach to win a Stanley Cup final game playing in net?

Sports Trivia Answers on page 14

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• Stroke Recovery Association of Manitoba

6 juin • Journée francofune à KidsFest

7 juin • Visite à la ferme • CPEF

8 juin • Tour de France au Centre Notre-Dame

11 juin • 5 à 7 : À la gare

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Pour plus d'informations et pour voir le calendrier au complet, visitez le <http://www.sfm.mb.ca/calendrier>

Miracle on the Red River

by Maj Marc André Aselin, 17 WFSO

Everyone remembers Capt Chesley "Sully" Sullenberger. If you don't, he was the aircraft commander of the A320 who heroically landed in the Hudson River, after flying through a flock of Canada geese on departure from LaGuardia airport in New York City. The bird strike was reported at 2800'. "Sully" saved the lives of everyone on board, and only God knows how many on the ground had the unimaginable happened.



Winnipeg airport has two runways, creating four possible departure paths. On a 31 or 36 departure, aircraft depart over farmland. Should a pilot be forced into an unplanned landing, there is lots of room to do so. The bigger issue is departing on runway 18 or 13. If a total engine failure would happen at low altitude while departing over the city, there is a good chance the aircraft could not be turned around to the airport, or be in gliding distance of the Perimeter Highway. While "Sully" landed on the Hudson, the Red is too narrow and sinuous to attempt such a glorious feat.

Sounds scary right? That obviously is a very dramatic scenario. The odds of having a double engine failure in a modern airliner are very slim, about as slim as another pilot pulling a move like "Sully's". That being said, let me take you to Moose Jaw SK, in April 2008. Around 4 pm, a CT 155 Hawk aircraft, a single engine jet aircraft, suffered an engine failure a few seconds after departure. The pilot attempted to return to the airport without success. After the pilots ejected, the aircraft crashed just outside the perimeter of the base. Had they attempted the same manoeuvre in Winnipeg, while departing to the south, consequences would have been disastrous.

In our database, the oldest bird strike incident we can pull up is from 1964, a CF104 was destroyed after hitting a bird. Since then, there have been 101 incident reports with serious damage from bird strikes. In 18 of those, the aircraft was destroyed. In one, a crew of two lost their lives.

Why am I telling all these scary stories? Because that is what I do as a Wing Flight Safety Officer (WFSO). I think up all that stuff so that my team and I can balance the odds in our favour. Can we eliminate all threats to aviation? There is no way. However, when we see a threat, we make an effort to counter it. Civilian agencies have similar systems and by working together, we cast a wider net to identify and mitigate risks. My counterpart at the Winnipeg Airport Authority identified such a risk a few weeks ago. Specifically, we needed better wildlife control on 17 Wing to avoid such catastrophic encounters. The measures put in place are now in line with other bases who share facilities with civilian operators. Contractors hired by the Winnipeg Airport Authority are qualified to ensure methods used are the least intrusive possible to fauna and that animals are humanely treated. Does this mean we will never hit birds around the Winnipeg Airport? Of course not, but deterring migratory birds from calling 17 Wing their home is the only mechanism we have to mitigate the risk to military and civilian operators, their passengers and personnel at the Winnipeg Airport.

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accept Pulitzer's offer. Davey and the newsies are shocked at Jack and turn their backs on him. Jack later meets with Katherine once more and she tells him that despite her romance, she was always on Jack's side. After seeing a drawing Jack made depicting the abuse conducted at the refuge, she realizes Jack stole the food and clothing for the other boys there. The two share a brief romantic moment and Katherine states that "I have something to believe in, now that I know you believed in me". Jack admits that the feeling is mutual.

Back at the World, Pulitzer converses with Warden Seyder about Jack while Katherine listens. Seyder reveals that Jack is actually an escaped criminal, originally detained for stealing food and clothing. Jack soon arrives and confronts Pulitzer. During the conversation, Pulitzer reveals that he is actually Katherine's father. Katherine, who was hiding in the room, tries to apologize to Jack for not telling him, but Jack brushes her off as he is led by Seyder into the office. Pulitzer offers Jack a compromise: if the strike is called off, he will be cleared of all charges and given enough money to leave for Santa Fe, but if not, he and the other newsies will be sent to the refuge. Meanwhile, Spot Condon, head of the newsies in Brooklyn, brings in his ranks in full support of Jack's protest. Jack gathers the newsies, and not wanting to put them in any more danger, reluctantly suggests they

headline and imagine what it would be like to be famous. Meanwhile, Crutchie writes a letter to Jack, reflecting his experience at the refuge. Katherine, Katherine, and Les later find Jack hiding out in the basement of Madella's theatre, painting a backdrop of Santa Fe. Davey and Katherine attempt to decide their next move, but Jack refuses to put the newsies in danger again. Davey reminds him that they'll have to take risks in order to get Crutchie back. Jack eventually complies.

Jack and Katherine then join the newsies in printing their own paper, one that will determine the outcome of the strike. The newsies' paper is sent to Governor Theodore Roosevelt, who arrives in full support of the newsies' cause. Defeated, Pulitzer compromises with Jack once more. Jack proposes that Pulitzer buy back every paper the newsies fail to sell every day, that making him seem more generous and making more boys want to sell papers for him. Pulitzer is reluctant at first, but agrees. Crutchie is freed, Seyder is arrested, the refuge is shut down, and the strike ends.

Pulitzer offers Jack a job as a daily political cartoonist, which Jack initially declines. Jack prepares to say goodbye to Katherine, as he now plans to leave for Santa Fe, but Katherine says that wherever he goes she will go with him. The two share a kiss, and Jack elects to remain a newsboy and accept the cartoonist job.

MUSIC BY: Alan Menken
LYRICS BY: Jack Feldman
BOOK BY: Harvey Fierstein

CREATED BY: Danny Troob
INSTRUMENTAL MUSIC & VOCAL ARRANGEMENTS BY: Michael Kosarin
DANCE ARRANGEMENTS BY: Mark Hummel

The next morning, Katherine visits the sickening newsies in Jacob's Dail and cheers them up by showing them that her article about the strike made the front page of the New York Sun. Theifield, the newsies all rejoice at making the

backdrop for Jack refuses to tell Davey why Seyder was after him. While at the show, Jack spots a young female reporter named Katherine Flanahan. He attempts to flirt with her, but she brushes him off as he does a drawing of her. Jack laments his blossoming feelings for her as the show continues.

The next morning, Jack and the newsies discover that the cost of newspapers has been raised to sixty cents per hundred. Outraged, Jack organizes a protest. Katherine is inspired by Jack's leadership and artistic abilities, and sees the newsies' strike as an opportunity to be seen as a more serious journalist, something she struggles with because of society's view of women, and decides to cover the protest.

The next day, Jack fails to properly motivate the newsies, as he isn't always the best with words, but Davey steps in and rallies the newsies for a full scale strike against the New York World. The protest is cut short when the boys are engaged in confrontations with the police and strikebreakers. Jack, upset at the protest's failure and the capture of Crutchie, laments the situation and promises himself that he'll soon leave New York forever.

The next morning, Katherine visits the sickening newsies in Jacob's Dail and cheers them up by showing them that her article about the strike made the front page of the New York Sun. Theifield, the newsies all rejoice at making the

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17 Wing Moves! For the Health and Wellness Challenge

May 31 – June 16

Diane Brine, Manager, 17 Wing Health Promotion
It's that time of year again!

It's time for the annual Health and Wellness challenge. This year, Health Promotion has partnered with Participaction's Community Better challenge. The challenge will run for 2 weeks from May 31 to Jun 16.

What is the Community Better Challenge? It is a brand new annual physical activity challenge that encourages communities to sit less and move more together. We all know that people who are regularly physically active are consistently more productive after seven hours of work than those who aren't. This is a chance to step away from your desk and connect with your co-workers for some fun, healthy competition. If we work together, Winnipeg might just be named 'Canada's Most Active Community'. 17 Wing Health Promotion has registered as a workplace to be able to track our active minutes together.

There are several ways to participate. You can sign up individually or as a team of 4. If you want you can simply track your steps throughout the challenge. Easy enough. But we are hoping that you will choose to track your active minutes as well. What is an active minute? Active minutes are those times when you are exercising in the moderate to vigorous zone. Moderate activity is when your heart rate is up and you can still talk, but

singing may be out of the question. The choice is yours.

How do you track? Tracking sheets will be available on CAFConnection website as well as from the Health Promotion office. The tracking form is set up to track both steps and active minutes. Fill in the sheet and return it to the Health Promotion office. We will look after the rest. Participaction has created a mobile app to use for the challenge as well. The app will track your active minutes daily. If you are using a fitness tracker already, you can sync your tracker to the Participaction app and it will record both your active minutes and your steps for you. If not, the app is easy to use to track your minutes. The mobile app is free to download for both Apple and Android systems. Don't have a mobile phone or you can't use it at work? Health Promotion has pedometers for you to use throughout the challenge.

For more information about this program or any other program offered through Health Promotion, please contact our office at 204-833-2500-4150 or stop in to see us, room 219, CANEX Building.
Let's get active!



17 Wing Community Recreation
Aquatic DAY CAMP
Sports & Games

INCLUDES:

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

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

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

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

Youth 10-14 yrs

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

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

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

REGISTRATION:
www.cafconnection.ca/winnipeg

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



RECREATION LEADER TRAINING

16 YEAR OLDS * 4 WEEK PROGRAM **2**
MUST BE 16 YEARS OF AGE ON THE START DATE OF TRAINING

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

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

July 22 - Aug 16 * 9 am - 4 pm

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

TRAINING	PRACTICAL CERTIFICATIONS
• Behaviour management techniques	• Safeguard
• Control of group	• Swim-to-Survive
• Lesson plans for games & activities	• Swim-to-Survive Plus
• Leadership	• Standard First Aid with CPR-C/AED certification
• Culture of respect & inclusion	• NCCP - FMS certificate (National Coaching Fundamental Movement Skills)
• Child & vulnerable adult protection	• HIGH FIVE certification (Nationally recognized certification in Recreation Programming)

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

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

ONLINE REGISTRATION BEGINS: Membership - Wednesday, April 10 • Non-membership - Wednesday, April 24
www.cafconnection.ca/winnipeg



PLAY, YOUR WAY! **JOUEZ À VOTRE FAÇON!**

JUNE is RECREATION Month **JUIN est le mois des LOISIRS**

SPONSORED BY PARRAINÉE PAR 

FAMILY BBQ & PLAY *Free!*
Thursday, June 6 • 1700-1900 hrs • Bldg 90
Hotdogs, bouncers, games and more!

ADULT GROUP PADDLE (AGES 18+) *Free!*
Saturday, June 15 • 0900-1900 hrs • Maskwa River
Membership \$50 • Non-membership \$55

FAMILY CIRCUIT *Free!*
Sunday, June 16 • Bldg 90
Bouncers & Games: 1230-1330 hrs
Swim: 1330-1430 hrs
Movie & Snacks (The Lego Movie 2): 1500-1700 hrs

BIKE TO WORK PIT STOP *Free!*
Monday, June 17 • 0600-0900 hrs •
Corner of Silver Ave. & Wihuri Rd.

ADULT PLAY NIGHT (AGES 18+) *Free!*
Wednesday, June 19 • 1700-2100 hrs • Bldg 90
Bouncers & Games: 1700-1800 hrs
Hot tub: 1800-1830 hrs
Movie & Pizza (Aquaman): 1845-2100 hrs

ADULT GROUP HIKE (AGES 18+)
Saturday, June 22 • 0900-1800 hrs
Elk Island Shoreline Trail
Membership \$12 • Non-membership \$17

ACTIVE KIDZ
Tuesdays, Thursdays & Saturdays • Bldg 33
All month join us for a variety of activities!

BARBECUE ET JEUX EN FAMILLE *Gratuit!*
Jeudi 6 juin • 17 h à 19 h • Bât. 90
Hotdogs, jeux gonflables, jeux et bien plus!

PAGAIE EN GROUPE POUR ADULTES (ÂGES 18+) *Gratuit!*
Samedi 15 juin • 9 h à 19 h • Rivière Maskwa
Membres 50 \$ • Non membres 55 \$

CIRCUIT EN FAMILLE *Gratuit!*
Dimanche 16 juin • Bât. 90
Jeux, gonflables et autres : 12 h 30 à 13 h 30
Natation : 13 h 30 à 14 h 30
Film et collations (Le Film Léo 2) : 15 h à 17 h

VÉLO AU BOULOT - STAND DE RAVITAILLEMENT *Gratuit!*
Lundi 17 juin • 6 h à 9 h • Coin de l'ave. Silver et du chem. Wihuri

NUIT DE JEUX POUR ADULTES (ÂGES 18+) *Gratuit!*
Mercredi 19 juin • 17 h à 21 h • Bât. 90
Jeux, gonflables et autres : 17 h à 18 h
Jaccuzzi : 18 h à 18 h 30
Film et pizza (Aquaman) : 18 h 45 à 21 h

RANDONNÉE EN GROUPE POUR ADULTES (ÂGES 18+)
Samedi 22 juin • 9 h à 18 h
Sentier Elk Island Shoreline Trail
Membres 12 \$ • Non membres 17 \$

ENFANTS ACTIFS
Mardi, jeudi et samedi • Bât. 33
Venez vous joindre à nous ce mois-ci pour participer à une diversité d'activités!

REGISTRATION REQUIRED FOR ALL EVENTS
INSCRIPTION REQUISE POUR TOUS LES ÉVÉNEMENTS

REGISTER ONLINE AT / VEUILLEZ VOUS INSCRIRE EN LIGNE, À www.cafconnection.ca/winnipeg



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

WE ARE ON...



@WinnipegMFRC

www.CAFconnection.ca/winnipeg

SPECIAL EVENTS

COMMUNITY COFFEE BREAK

Visit with community members, pick up resources, register for programs and meet with staff. We have door prizes, occasional special guests and announcements. Thurs., June 6, 1000 - 1100. Drop-in.

MFRC COMMUNITY BBQ'S

A variety of barbeque classics are available by donation. Thurs., June 13 & 27, 1130 - 1300.

ADULT PROGRAMS

EMPLOYMENT & EDUCATION SUPPORT GROUP

This small group environment is dedicated to offering a socially supportive atmosphere for spouses who are looking for employment. Tuesdays, 0930 - 1130. Drop-in.

CAFÉ FRANÇAIS

Join us for a coffee and chat in French. This is a perfect opportunity to practice your French. Wednesdays 930 - 1130. First and Second Wed. at MFRC. Fourth Wed. École Roméo Dallaire. Drop-in.

FRENCH LUNCH 'N CHAT

Bring your lunch to the MFRC and enjoy French conversation. For all levels. Thursdays 1230 - 1315. Drop-in.

MENTAL HEALTH FIRST AID

Focuses on the basics of mental health first aid and is tailored to the needs of Veterans and the people who care for them. June 6 & 7, 0830 - 1630

LEARN TO... CARE FOR YOUR BEARD

Learn how to keep your beard soft, healthy and clean along with other grooming tips. Thurs., June 6, 1830 - 2030. Register by June 3

CRAFT DROP-IN -WEEKEND EDITION

Book yourself some "adult time out" with our extended craft time. Sat., June 8, 1200 - 1600. Free. RSVP by June 5

PARK PHOTO DAY EN FRANÇAIS

Bring your camera or cel phone and enjoy photography tips and a walk in nature at Assiniboine Park. Sun. June 9, 1400 - 1600. Register by June 4.

CRAFT DROP IN AT NIGHT

We have a child free place with 8 ft tables for you to work on your craft project. Mon., June 17, 1830 - 2030. Drop-in.

EXCEPTIONAL FUN

Fun and games night for people with exceptional needs age 16 - 30 years. Must arrive by 1900. Thurs., June 13, 1830 - 2030. Drop in.

SOUPER FRANCO

A casual francophone/Francophile gathering. Theme: Exploring the Forks Market and area. Fri., June 21, 1730 - 2030. Register by June 7.

SPECIAL NEEDS DISCUSSION GROUP

Special guest Michelle from Community Respite services will be joining us this month as we share experiences and information about services, resources and life with special needs. Thurs., June 20, 1800 - 2000. Register by June 13

CHILDREN & YOUTH PROGRAMS

OCCASIONAL CHILD CARE

Casual child care for 6 months - 12 yrs. Call 204-833-2500 ext. 2491 for cost, hours and to register. MFRC Occasional Child Care Centre, 630 Wihuri Rd.

CREATIVE TOTS

Facilitated play group at our 'South Side'. Parents are required to stay. Bilingual. South Side Youth Centre, 347 Doncaster St. Tues. and Thurs. 0900 - 1100. Drop-in. Last day is June 13.

KIDS CLUB

Drop-in care for children 18 months to 5 years. \$2 per child per session, with PSP membership. Please send along a nut/peanut snack and diapering supplies if required. Tues. & Thurs. 1630 - 1900, Sat. 0915 - 1130. Last day is June 13.

PARENT & FAMILY PROGRAMS

A PARENT COMMUNITY

A 'community' of parents will discuss topics related to parenting children of all ages. Fridays 0930 - 1130. Drop-in

A PARENT GROUP

Join us for parenting discussions and networking. Wed, 1800 - 2000, June 12 & 26. Drop-in.

PARENTING TOGETHER AT NIGHT

Join us for a parenting group in the evening. Wed., June 19, 1830 - 2030. Drop-in.

EXCEPTIONAL FUN

Fun and games night for people with exceptional needs age 16 - 30 years. Must arrive by 1900. Thurs., June 13, 1830 - 2030. Drop in.

SPECIAL NEEDS CONVERSATION GROUP

Come and discuss the challenges and rewards of managing special needs, as well as networking and sharing information about services and resources. Thurs., June 20, 1900 - 2100. Register by: June 13

All programs are free unless otherwise indicated

MFRC CRFM WINNIPEG
 102 Comet Street
 PO Box 17000 Stn Forces
 Winnipeg MB R3J 3Y5
 204-833-2500 ext. 4500

You can make a difference to the mission of the MFRC.

Volunteer - help with an event, help co-ordinate a program, pitch in to make our annual Gala a success- there are lots of ways you can make a difference for the MFRC. Ask how!

Support Through United Way and All Charities - name Winnipeg Military Family Resource Centre as the designated recipient of your donations through The United Way or All Charities programs.

Support While You Work - many employers have donation matching programs and payroll deduction plans that make it easier for you to manage your charitable contributions.

As a Sustaining Donor - Make a commitment to support our programs with either an ongoing donation through CanadaHelps.ca or with a series of postdated cheques. You will receive a tax receipt for the total at the end of the calendar year while you incorporate your charitable giving into your monthly budget.

Giving A Gift That Gives Again - whether to mark a special occasion or in the memory of a loved one, "Tribute/In Honour of" gifts are a unique and personal way to recognize the event or person.

Giving A Gift to Remember Them - In Memory gifts are a personal way to honour a life well-lived which supports the families of our military community.

Host a "Do It Yourself" Event - You can raise money in your own community. We have great ideas and supports for you and can provide tax receipts for eligible gifts. We do not host or manage your event, but we can promote it on our social media and have staff attend as schedules allow.

Leave a Legacy of Love - speak with your financial or legal advisor about establishing a planned gift through your will or insurance which names the Winnipeg Military Family Resource Centre as the beneficiary.

Donate online at <http://bit.ly/MFRCdonate>
 Registered Charity #133105536RR0001

Tax receipts will be issued for eligible donations.

SOUPER FRANCO
 Une soirée de détente en bonne compagnie avec la communauté francophone.
 Les participants payent leur repas au resto.
Vendredi 21 juin de 17 h 30 à 20 h 30
 Explorons le marché La Fourche et les alentours
 Date limite d'inscription 7 juin

EN FRANÇAIS
Samedi 9 juin
 14 h - 16 h
Après - midi de photographie au parc
 Gratuit. Date limite d'inscription : 4 juin.
 204-833-2500 poste 4500

Venez prendre des photos au jardin anglais du Parc Assiniboine. On se rencontre à 13 h 50 au Parc Assiniboine, au jardin anglais près de la statue de "La dame assise sur le banc"

MFRC CRFM
Annual General Meeting
 Open to all members of CFB Winnipeg and their families
 free childcare • door prizes • refreshments
TUES. 17 SEPT. • MFRC 102 COMET ST

BEARD CARE
 Thursday 6 June
 6:30 pm - 8:30 pm
 Register by June 1
FREE
 Growing it is one thing. But keeping it soft, healthy, clean & trimmed is another. Come learn how.

New Recruits Parent Cafe
 Are you a proud parent of a new military member?
 Come and meet the Deployment Coordinator and other parents of military members at our Saturday cafe!
 Light refreshments will be served
 Saturdays
 June 25 | July 27 | August 31
 1100-1200 hrs
 free - drop in - everyone welcome
MFRC CRFM

Sports Trivia Answers

1. Montreal Canadiens - 24.
2. New York Ranger - 54 between 1940 and 1994.
3. 1967. It was also their last appearance in the finals, the longest current drought.
4. Don Kozak, LA Kings - 6 seconds - April 17, 1977 vs Boston Bruins, breaking Gordie Howe's record set in 1954.
5. Dickie Moore of Montreal had set the record at 10 seconds seven days earlier on March 25, 1954 vs Boston.
6. Brian Skrudland, Montreal - 9 seconds - May 18, 1986 vs Calgary Flames.
7. Dick Duff, Toronto - 68 seconds - April 9, 1963 vs Detroit.
8. Norm Ullman, Detroit - 5 seconds - April 11, 1965 vs Chicago. Ullman scored at 17:35 and 17:40 of the second period.
9. Dale Hunter - 729.
10. Dale Hunter - 186 with Quebec Nordiques, Washington, and Colorado.
11. Chris Chelios - 266 with Montreal, Chicago, and Detroit.
12. Larry Robinson, Montreal and LA Kings - 20.
13. Henri Richard, Montreal - 11.
14. Scotty Bowman, four teams - 14 with Montreal, Pittsburgh, Detroit, and Chicago.
15. Jean Beliveau, Montreal - 17.
16. Wayne Gretzky, four teams - 122 goals, 260 assists, 382 points.
17. Patrick Sundstrom, New Jersey Devils - 8 points (3 goals, 5 assists) - April 22, 1988 vs Washington Capitals, Mario Lemieux, Pittsburgh Penguins - 8 points (5 goals, 3 assists) - April 25, 1989 vs Philadelphia Flyers.
18. Patrick Roy, Montreal, Colorado Avalanche - 151.
19. Martin Brodeur, New Jersey - 24.
20. Lester Patrick, New York Rangers - April 7, 1928 vs Montreal Maroons. After the Rangers' starting goalie, Lorne Chabot, was lost to an eye injury, the Maroons refused to allow the Rangers to substitute either of two goalies who were sitting in the stands. The 44-year-old Patrick took over saying, "Boys, don't let an old man down." The Rangers won the game 2-1 in overtime and the series 3-2. All games were played in Montreal as the circus was occupying Madison Square Garden.

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

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Money you'd saved for something special is suddenly needed to cover an unexpected expense. Non-constructive coping behavior can be triggered by your frustration so be vigilant not to slide into a habitual, negative response. It feels great at first, but it will create a bigger problem.

Taurus (April 20 – May 20): If someone breaks something you value, hold onto your temper. A caring response will be remembered for a lot longer than the life span of the broken object. Knowing when something is worth fixing and maintaining and when something is disposable saves time and money.

Gemini (May 21 – June 21): Make lists to stay on track. Your usual fantastic memory seems to be on vacation. Expect news that requires prompt action. You'll need to deal with some strong emotions that have been brewing for a while. Don't bottle up your feelings. Discuss the issue honestly and respectfully.

Cancer (June 22 – July 22): Respecting boundaries, your own and other people's, takes work. Healthy communication skills can be time consuming to learn and challenging to practice but it's worth it. Still, give yourself some leeway. No one is perfect. Learn techniques that can help you let go and move on.

Leo (July 23 – August 22): Your skills are in high demand. Your work history gives you an edge in your field. If you've benefited from another's assistance, pay it forward. Set an example for others. Consider the power of your words and how you can be encouraging. Work at maintaining positive relationships.

Virgo (August 23 – September 22): When someone breaks their promise to you, you can feel frustrated and exhausted or you can do something to take charge of the situation. Fixing another's problem isn't your responsibility. Model creative problem solving skills so they can learn to help themselves.

Libra (September 23 – October 23): Clutter is stressful. Donate or share excess stuff and fix or toss anything broken. To improve communications use paraphrasing. Repeat what you think someone has said and ask them to tell you what they heard you say. Doing this will help alleviate miscommunication.

Scorpio (October 24 – November 21): Be careful not to get carried away and make sweeping changes. Exercise caution in word and deed at this time. Read correspondence and contracts carefully. Maintain records. Submit applications. Teach people how to fend for themselves. Further education is indicated.

Sagittarius (November 22 – December 21): You have a vivid and highly creative imagination which is great when you're bouncing around new ideas. If you get caught up in worrying – act promptly. Taking one small step or completing a task can be calming. Researching options gives you peace of mind.

Capricorn (December 22 – January 19): Sometimes you don't get the time you expect to do all that you'd hoped would be possible. Sudden changes take you by surprise. This is a wake-up call. Make every day count. Be a leader not a follower. Gossip can be wrong so don't allow your beliefs to be shaped by it.

Aquarius (January 20 – February 18): Double-check assumptions. Consider creative ways to solve a problem. Others care about you. You're not in this alone, though it can feel that way sometimes. Something you thought was impossible could actually work with a few adjustments. Dare to be different.

Pisces (February 19 – March 20): Look at a problem from another angle and the solution will be obvious. Push yourself to reach goals but revise your action plan if necessary. You can't change the past so stop ruminating about what is no longer an option. Letting go of things frees you to accept something new.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

"The way to get started is to quit talking and begin doing."

- Walt Disney



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CHASE THE KING & 50/50

Every Thursday @ 5:30 PM • Draw @ approx 7:00 PM



HAPPY HOUR

Every Friday & Saturday 4:00 PM — 7:00 PM

MEAT DRAWS

Friday Night — 7:00 PM • Saturday Afternoon — 3:30 PM

LIVE BANDS

May 31 & June 1 - Still Friends

June 7 & 8 - You & What Army?

June 14 & 15 - Midlife Krisis

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PROUD OF OUR PAST



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TEXAS HOLD 'EM

Tuesday 7 pm

ZUMBA

Tuesday/Thursday 10-11 am

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Wednesday 1 pm & 7 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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Chaplain's Corner

Dignity For All Starts With Kindness

By Captain Bettina McCulloch-Drake

I think I have, to this point, lived a fairly charmed life. I grew up knowing the love of both my parents. I had access to opportunities that others may not have had growing up and I have never found myself in a relationship (work or personal) where I was scared for my life or felt helpless to change my fate.

I am not saying, however, that I have never found myself in a precarious position where things could have gone badly if the circumstances that led me to that position in the first place changed.

After all, how many times have each of us erred in our own judgement that we have made mistakes along the way?

In many of these cases I emerged, ego slightly bruised, hard lesson learned. But, there were the few times when I found it a little difficult to look others in the eye afterwards or I found it challenging to move forward with confidence and to hold my head high.

Now imagine yourself in the place where you work, go to school, or some other place where you spend a lot of your time, like your home. Are you there? Good. Now imagine being the target of regular, sometimes subtle, negative behaviours. These behaviours can be of any type. They can be physical, psychological, social, emotional, etc. The effects on you may be subtle, at first, or they may not. Either way, a part of you is under attack and the struggle for control over your life, over your sense of self, is very real.

When you are in conflict, one of your options is to escape (or to avoid). But, what if you can't see an opportunity to escape? What if you don't know where you can go to get help in moving beyond the situation in which you find yourself?

Find someone that you can talk to. Of course, it would be easier to talk to someone you already know, but sometimes you may not know many people especially if

you are new to an area.

In the case where you are new to an area, healthcare providers such as nurses, doctors, and social workers can assist you in finding the resources you need. (Of course, there are other sources of help out there, but I just wanted to touch on a few here for illustration.) Within the Defence community there are not only healthcare providers, but there are specialists available through Health Promotions, the Military Family Resource Centres (MFRCs), and Chaplain Services.

Here at Canadian Forces Base Winnipeg, representatives from the aforementioned organizations, along with healthcare professionals at 23 Canadian Forces Health Services Centre, have joined together to launch the "Dignity for All" campaign in March 2019.

This campaign takes a preventative approach towards gender-based violence and has a mandate of providing resources and support to equip members of the Canadian Armed Forces community to recognize and navigate healthy, unhealthy, and abusive relationships. Funded in part by Canadian Forces Morale & Welfare Services, under which the MFRCs fall, as part of their gender-based violence awareness initiatives, "Dignity for All" aims to improve the physical, social, emotional, and spiritual well-being of all peoples through the delivery of programs and services that promote the development of healthy, respectful relationships, workplaces, and families as well as increase the awareness of interventions and support among members of our community.

Earlier this month, on May 8, the 17 Wing Helping Professionals offered its first workshop under the "Dignity for All" banner. This workshop, entitled, "From Lateral Violence to Lateral Kindness", touched upon a variety of themes that resonated with anyone who ever experienced deliberate negative behaviours (e.g. spreading rumours about others, harassment, belit-

ting, threatening physical harm, etc.) in the workplace or in other places. Taking lessons learned from the Indigenous spirituality, presenters Lorie Thompson, Carl Stone and Robert Caribou guided twenty-five participants in a discussion about lateral violence.

One of the outcomes of this workshop was the development of a 17 Wing Declaration of Kindness that can be used by any person regardless of background or self-identification. Drawing from the 7 Sacred Teachings, the declaration reads as follows:

Courage: I will have the courage to stand up for what is right and wrong.

Honesty: I will be honest, truthful and transparent to myself and others.

Humility: I will be open, honest, secure with myself and willing to learn from others.

Respect: I will respect the dignity of all people from all cultures.

Wisdom: I will have to wisdom to know what I don't know.

Truth: I will be truthful and trustworthy.

Love: I will not be afraid to love.

For more information about the 17 Wing Helping Professionals Team or for more information about the "Dignity for All" campaign and upcoming events under that initiative, please connect with your unit chaplain via 17WingChaplains@forces.gc.ca.



(from Left) Carl Stone, Lorie Thompson, and Robert Caribou, guided 25 participants in a discussion about lateral violence on Wednesday, May 8. Photo: Major Hope Winfield, 17 Wing Chaplain Services

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE: (English Only) 900 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 Laura Coxworth
(Pentecostal)
- Protestant Faith
Community Coordinator
ext 5785

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

TBD
ext 6914

JEWISH

CHAPLAIN

Padre Noteh Glogauer
(Rabbi)
ext 5272



17 Wing Military
Community Chapel
2235 Silver Ave
(west off
Whytewold/
Wihuri Road)

CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Bilingual)

Spring/Summer Liturgy Timings: 1100 hrs
(Sunday after Easter - Thanksgiving Weekend)

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

COMMUNITY SERVICES:

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

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

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

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

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

EMERGENCY DUTY CHAPLAIN
Contact MP Dispatch ext 2633.

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

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

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

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