



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

August 19, 2015

VOLUME 64, ISSUE 14

FREE

Visit us online at: www.thevoxair.ca or Like Us On facebook

17 Wing Welcomes New Wing Commander



Col Andy Cook assumed command of 17 Wing at a Change of Command ceremony on July 29th. For more on the ceremony, and to read an exclusive interview with Col Cook, please check out page 3 of this issue. Left to right: Col Cook, MGen Wheeler, and Col Roy. Photo: Cpl Ancelin

IN THIS ISSUE:

A MESSAGE FROM THE NEW COMMANDER OF THE RCAF

PAGE 2

17 WING SPORTS TEAMS HAVE BUSY SUMMER

PAGE 6

WING MEMBERS CYCLE THROUGH EUROPE FOR SOLDIER ON

PAGE 7

440 SQN MEMBERS HAVE ARCTIC ADVENTURE

PAGE 9

1CFFTS AMALGAMATES WITH 402 SQN

PAGE 14

FANTASTIC FALL DEAL AT CFB WPG GOLF CLUB

PAGE 16

Millennium
Auto Service Ltd.



- Complete Auto Service
- Computer Diagnostics
- Government Inspections
- Evening Hours

3797 Portage Avenue (Portage at St. Charles St.) Phone: 885-2690 or 632-8909 Fax: 885-2705



Sharon Blady
MLA for Kirkfield Park



Jim Rondeau
MLA for Assiniboia



Deanne Crothers
MLA for St. James

204-832-2318 | SharonBlady.ca

204-888-7722 | JimRondeau.ca

204-415-0883 | DeanneCrothers.ca

A Message from the Commander of the RCAF

By Lieutenant-General Michael J. Hood
Commander, Royal Canadian Air Force

I can't begin to express how honoured and privileged I feel to take command of the Royal Canadian Air Force and of all those airmen and airwomen who have chosen to serve their country with professionalism and dedication.

First and foremost, I want to acknowledge those RCAF members who are on duty at this very moment. They are flying missions over Iraq and Syria, guarding North America as part of NORAD, and saving the lives of Canadians 24 and 7 in our search and rescue role.

The RCAF's success in operations, at home and around the world, is a direct result of their exceptional skills, capabilities and flexibility. I am immensely proud of them.

At home, the support that our families provide to their loved ones in uniform has a direct impact on that operational success. In return, I am committed to supporting our military families in all their diversity. We will work with our partners to improve services for our families and better address their needs. They are crucial members of our RCAF team – and deserve our best.

Reflecting upon my upcoming command, I also promise to uphold and reinforce the values and ethics of the Royal Canadian Air Force. We are a vital national institution and hold an immense responsibility on behalf of all Canadians.

I will demand that we respect the dignity and rights of all our personnel – and I will be sending a very clear message to my subordinate commanders that harassment of any sort – be it sexual or otherwise – has no place in the RCAF or, for that matter, throughout the entire Canadian Armed Forces. We must rid ourselves – once and for all – of this abhorrent behaviour.

Nevertheless, I have great faith in those who serve our nation in the Canadian Armed Forces. During my tenure as commander, I will continue to invest in our airmen and airwomen – to further develop and harness their immense intellectual capacity as we think beyond the cockpit, beyond the flight line, and beyond the maintenance hangar to ensure that we remain prepared to confront future challenges.

And what will those challenges be?

My crystal ball doesn't work any better than yours, but we do know that the world is full of instability and uncertainty, and that Canadian airpower is a key instrument in achieving our Government's objectives. We must be ready to answer the call.

We will do this by enabling our four key Royal Canadian Air Force Vectors – our key attributes that are summed up as "A I R Power". AGILE. INTEGRATED. REACH. POWER.

AGILE: As we demonstrated when we geared up and

deployed our fighters and support aircraft to Libya on less than 24 hours' notice.

INTEGRATED: Across all of our air power domains – as we are during search and rescue missions where we work within a whole-of-government approach, integrating SAR platforms and personnel with assets that may often serve in other roles or integrating with other Commands during natural disasters such as the Manitoba flood or the forest fires burning on the Prairies at this very moment.

REACH: Necessary for success at home and abroad – as we demonstrated when our fleet of Globemaster aircraft, which was repatriating equipment from Afghanistan, was re-routed, at a moment's notice, half-way 'round the world to deliver aid to the Philippines in response to the humanitarian crisis that had developed there following Typhoon Haiyan.

And POWER: Essential to protecting our sovereignty at home and Canadian interests abroad. This cuts across all of our capabilities, ALL our occupations and ranks, and our entire aircraft fleet. We all have a critical role to play.

And that is the source of our strength. We are one Air Force team. And to achieve airpower mastery in today's interconnected and interlinked world, all members of the RCAF must Fly in Formation – together – regardless of their job, their aircraft, or their mission. Every Air Force capability is crucial to the defence of our great country and our values; we must all work together and Fly in Formation.

I am also committed to Flying in Formation with our sister services – the Royal Canadian Navy and the Canadian Army – as well as our colleagues in the Department of National Defence. The RCAF will be a key supporter of the Defence Team and you can count on our support – as we count on you for our own success. We will also be steadfast wingmen to our fellow government departments and organizations with whom we work in the Defence of Canada, and with our Allies as we carry out coalition operations and build interoperable capabilities.

For we must continue to strive for excellence in all that we do, and we will accomplish this by delivering A I



Lieutenant-General Michael Hood is the new commander of the Royal Canadian Air Force. Photo: DND

R Power in Formation: AGILE. INTEGRATED. REACH. POWER.

Flying in Formation.

In closing, let's remember the RCAF's motto – Sic itur ad astra – Such is the pathway to the stars. You have my pledge that I will continue to strengthen that pathway and strive with all my energy to enable the success of our airmen and airwomen and the Royal Canadian Air Force.

Your career. Your future.

Do you have what it takes to be an entrepreneur?
Does growing your own business and being in control of your success appeal to you?

There's a high demand for financial products that meet a multitude of unique needs and an even higher demand for advice and guidance from knowledgeable, professional and trusted financial security advisors.

Whether you're just starting out, or you already have a practice, we provide access to the support you need to build a business that reaches your goals.

Discover the many benefits and resources Freedom 55 Financial has to offer. For more information, call today and take control of your future.

Craig Thompson, CLU, EPC
Director, Business Development
ext. 315
craig.thompson@f55f.com

Lance Gussie
Director, Business Development
ext. 371
lance.gussie@f55f.com
lancegussie.com

124 Nature Park Way,
Winnipeg, MB R3P 0X7
204-489-1012
Fax: 204-489-1035
www.freedom55financial.com

Freedom 55
Financial
A division of London Life Insurance Company

Freedom 55 Financial and design are trademarks of London Life Insurance Company.

Recruit-4-9/14

*Our Home,
Is Your Home.*

DEANNE CROTHERS
MANITOBA'S SPECIAL ENVOY
FOR MILITARY AFFAIRS
LEGISLATIVE BUILDING ROOM 349
(204) 945-7900
MILITARY.ENVOY@LEG.GOV.MB.CA

VOXAIR

OFFICE HOURS

Monday to Friday
0830-1500 hrs

CONTACT

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

Accounting
(204) 833-2500 ext 4121

Submissions/Reporter
(204) 833-2500 ext 6976
voxair@mymts.net
+VOXAIR@PersSvc@Winnipeg

VOXAIR STAFF

LCol Danielle Clouter
Wing Admin O
(204) 833-2500 ext 5281

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

Michael Sherby
Voxair Manager
(204) 833-2500 ext 4120

Brittany Nordman
Layout Designer

Martin Zeilig
Photojournalist
(204) 833-2500 ext 6976

Maureen Walls
Sales Coordinator
(204) 895-8191

Misra Yakut
Accounting

Traci Wright
Proofreading

Capt McCulloch-Drake
Wing Public
Affairs Officer

Sgt Bill McLeod
Wing Public Affairs
Photojournalist

Printed By
Derksen Printers
204-326-3421

Visit Us Online: www.thevoxair.ca

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

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

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

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

Col Cook Assumes Command of 17 Wing



Col Andy Cook, incoming 17 Wing Commander salutes MGen David Wheeler for the first time as the 17 Wing Commanding Officer during the 17 Wing Change of Command Ceremony at CFB Winnipeg MB, on July 29th, 2015. Photo: Cpl Gabrielle DesRochers

**By Sgt Bill McLeod
17 Wing Photojournalist**

With skies threatening rain and gusting winds, Colonel Andy Cook assumed command of 17 Wing Winnipeg from Colonel Joël Roy during a parade held inside 11 Hangar on 29 July, 2015.

The Reviewing Officer (RO) for the change of command parade was Major General David Wheeler, Commander 1 Canadian Air Division, the operational headquarters of the Royal Canadian Air Force.

Following the arrival of the VIPs - including the Lieutenant Governor of Manitoba, the Honourable Janice Filmon and her husband former Premier Gary Filmon, the Manitoba Military Envoy, Deanne Crothers, several Members of Parliament, and Honorary Colonels - MGen Wheeler inspected the troops with both the incoming and outgoing Wing Commanders and the 1 Canadian Air Division Chief Warrant Officer Michael Scarcella and 17 Wing Chief Warrant Officer Michael Robertson.

Major General Wheeler talked about the operational roles of the Wing and explained some of the Wing's missions to the invited guests.

"17 Wing Winnipeg provides an extremely necessary operational role in supporting the Royal Canadian Air Force and the Canadian Joint Operations Command in conducting search and rescue," MGen Wheeler said. "As you know, SAR is a no-fail mission for the RCAF and a critical safety feature for Canadians operating aircraft throughout Canada including our vast northern territories.

Outgoing 17 Wing Commander Colonel Joël Roy talked about the busy years for the Wing in supporting two deployments in Eastern Europe and the Middle East and meeting all of the domestic operational demands.

"A lot of what we did over the last two years fell in the hands of the support units, stretching their capabilities to the extreme. And while a well-deserved spotlight

is on those who deployed and did the missions, I want to underline the extraordinary contribution of those who remained here and made it possible for everything to continue," Col Roy said.

"I could spend the day mentioning people here that truly impressed me with their talent and dedication, often working above their rank. If I have one merit over the last two years, it is simply to have guided this talent, put it in the sunlight, allowing it to grow and shine," he added.

Col Roy will continue his career in Winnipeg as he has moved to a position at 1 Canadian Air Division.

Following the signing of the Change of Command documents Col Cook spoke to the audience and members of his new command, introducing himself and his ideals.

Col Cook is no stranger to 17 Wing and the operational mission of the Wing. He was posted to 435 Transport and Rescue Squadron from 1997 until 1999 and was trained as an air-to-air pilot. In total, Col Cook has 5000 flying hours, 1800 of those on the CC-130 Hercules.

"Canada is our unifying force - Canada's goals are our goals - the Canadian identity embodies the higher ideals we all serve. We are a people who believe in tolerance, acceptance, and compassion," he said.

"We have always fought the enemies of these Canadian principles. And we will continue to fight them. We will fight them abroad, and will fight them within our own ranks. Together, we will work as one team, one military family - dedicated to accomplishing our missions and guided by the principles for which that one simple word we wear on our shoulders stands," Col Cook added.

After Col Cook assumed command of the parade and led the advance in review order, the traditional three cheers for the departing Col Joël Roy, and the dismissal of the parade there was a reception at the 17 Wing Officer's Mess.

New Wing Commander Happy to Be Back at 17 Wing

**By Mike Sherby
Voxair Manager**

Things have come full circle for Colonel Andy Cook. 17 Wing's new Commander first learned how to fly as an Air Operational Pilot at 435 Squadron, and now he's returned to do his last operational flying in the RCAF back where it all began.

"Prior to Winnipeg I'd been an instructor in Moose Jaw, but I hadn't really become an operational pilot, I didn't have a niche, and then I got my operational direction here in Winnipeg, so I'm super excited to be back," he says.

The words excited, privileged, and exceptional come up again and again as Col Cook talks about his new posting. He brings a positive, friendly attitude to his job, and says that he's a relaxed, approachable leader, but one who can be firm when required.

"I believe in enjoying my time at work, and I think the men and women of 17 Wing should expect a very friendly Wing Commander. And when I'm not friendly they should probably be concerned, because there's probably something to be concerned about," he says with a laugh.

Col Cook, who was born in Cobourg, Ontario, earned his Pilot's Wings in 1993 and spent his first tour as a flying instructor at 15 Wing Moose Jaw. He was then posted to 435 Squadron from 1997 to '99 as an air-to-air refueling pilot, where he learned how to fly the CC 130 Hercules. Since then his career has taken him around the world and back again, including tours in the Afghan Theatre.

Now back in Winnipeg, he says that it is one of his personal and professional goals to meet every single person at 17 Wing over the next two years.

"One of the great necessities for a Wing Commander is that you don't just need to command, you need to be seen commanding, and that is something that the folks at 17 Wing can expect from me."

Although he is very excited to take over in his new

role, Col Cook says that people won't be seeing too many changes for the next little while.

"One of the best pieces of advice I ever received, as a junior officer, was from another former Wing Commander here, Doug McLennan, and what he told me was 'Whenever you take over a new position Andy, don't change anything for six months, unless it needs to be changed,' and I've used that advice ever since."

It helps that he is on the same page as his predecessor, Col Roy, on the priorities for 17 Wing. He says that his plans as Wing Commander are to continue the focus on supporting personnel, families, and ill and injured members here at 17 Wing.

"I think by taking care of the people who work for us here at 17 Wing, and by doing everything we can in our power to meet their personal and professional needs, then outstanding operations and support to operations just naturally follow."

Col Cook also believes strongly in dealing with the issues that were brought to light by the Deschamps Review on Sexual Misconduct and Sexual Harassment in the Canadian Armed Forces.

"There is no place in the CAF for any kind of harmful sexual behaviour," he says. "We cannot shrink away from this challenge, because it's not the RCAF way, and it's not the 17 Wing way. So I intend to do everything in my power to support the initiatives of Gen Vance, LGen Hood, and MGen Wheeler to tackle this issue head on, to root it out, and to fix it."

When Col Cook manages to find some free time, he likes to unwind by indulging in his passion for music. He's been a guitar player since he was 10-years-old and is a big fan of East Coast music. He's even contacted 402 Squadron to get some bagpipes lessons.

His other passions are his never-ending quest to make his computer run as fast as possible and golfing, something in which he admits he has lots of room for improvement!

"The Wing can expect to see very good leadership and very bad golfing," he says with a smile!



17 Wing's new Commander, Col Andy Cook talks to the Voxair. Photo: Mike Sherby



CANADIAN MILITARY MORTGAGE.COM

CFB Wpg Member Receives YWCA Women of Distinction Award

By Mike Sherby
Voxair Manager

When Corporal Regyn Guinto started training at Dragon's Den Panglaban Mixed Martial Arts, she was one of only a handful of women in the Women's class. Thanks to her hard work and enthusiasm for the sport, Dragon's Den Panglaban now has almost 20 female members who attend classes regularly.

One father who trains with his two kids at the Den was so impressed that he nominated Cpl Guinto for a Winnipeg YMCA/YWCA Women of Distinction Award, which she ended up winning on May 6th of this year.

Cpl Guinto who works at 1 CAD HQ as a full-time Reservist, calls winning the award in the Health, Wellness, and Fitness Category, a complete surprise.

"I was in my glory, up there surrounded by all these awesome women and just listening to everyone's story," she says.

Her journey towards mixed martial arts began after she had a life threatening aneurysm removed. It was 2011 and she had just finished her basic training course.

"They found it pretty much by fluke," she says. "I couldn't do anything for 6 months until I got it fixed. While I was recovering I decided that next year, 2012, I wanted to get into MMA."

An old friend, and current fiancé, Alex Ferrer, just so happened to get into contact with her and she started training at Dragon's Den, located at 84 Isabel Street, less than three months after the surgery.

"I fell in love with the training program. It's not like a regular gym where you go in and just lift weights. There's a big mix. You do conditioning, strength training, techniques, which you can actually use in real life situations."

It wasn't long before Cpl Guinto was helping Ferrer regularly at the gym, and is now co-owner, handling all administration and new memberships. She now spends about 5 days a week training and assist with the classes.

The style of MMA that the gym teaches is called "Panglaban" which means 'for fighting' in Filipino. It's a style that Dragon's Den head instructor modeled after his biggest idol, Bruce Lee.

"He (Alex) took his (Bruce Lee) style and reworked it into Panglaban. It covers striking, punching, clinching, and grappling; all four fighting ranges of mixed martial arts itself."

Cpl Guinto says that practising Panglaban is both a physical and mental exercise, and that her philosophy is 'strong mind, strong body'.

"I enjoy it for the workout, it's very unique, and for the fitness itself, the nutrition and whatnot, it keeps me healthy. We tell all our members "Don't just go to the gym to train, make it a lifestyle."

Dragon's Den Panglaban holds Men's, Women's, Teen's, Children's, and Co-Ed classes. The Advance/Fighters Class is for those serious about learning more and in competing. As well, the Panglaban Kali (weapons training) class is also a part of their training program. Cpl Guinto says that no experience is necessary before

coming in, and they take all shapes and sizes.

"We get a lot of people telling us, 'we want to join, but we need to go to the gym first and get in shape,' with the Den that's not the case at all. You can just come in, and we'll guide and help everyone. It's not just myself and Alex, it's the members themselves. Everyone's so open and non-judgemental."



Cpl Regyn Guinto received a YWCA Women of Distinction Award. Photo: Submitted

Mud Slinging Just Part of the Fun at Mud Hero

By Martin Zeilig
Voxair Photojournalist

Captain Rebecca Nurse and Warrant Officer Denise Grant got down and dirty with over 3500 other participants at the 2015 Mud Hero at Hill Top Resort, about one hour north of Winnipeg, on July 25. And they wouldn't have had it any other way.

Capt Nurse and WO Grant were part of group of 10 members from 17 Wing who participated in the event. Major Lisa Baspaly, Commandant of Canadian Forces School of Meteorology, was there too with her team the Met Mudslingers.

"It was a lot of fun, physically challenging, and a great team building activity," Maj Baspaly said.

Mud Hero contests, which are held across Canada, take place over an obstacle-ridden six kilometre course. Events are timed, so you can challenge yourself against your friends or last year's personal best. This year's competition was held to raise money for CancerCare Manitoba.

Both Capt Nurse and WO Grant completed the course in under an hour.

"We did it together," said Capt Nurse. Waves of 200-250 participants started at half hour intervals beginning at 10 a.m.

Participants had to slog through mud pits, clamber over old vehicles, slide into a pool of water, climb over a

20 foot high cargo netting rope ladder, and walk over a teeter-totter and balance beam among other obstacles.

But for Capt Nurse and WO Grant the highlight obstacle was a long and shallow mud trench called Kong.

"It was the last obstacle and you are up to your neck in mud," explained WO Grant. "When you try to climb out, it's slippery and muddy. We didn't sprint through the course."

Having warm and sunny weather was a definite bonus, Capt Nurse said.

"Cleaning up afterwards is difficult because you're covered in black, thick mud," WO Grant said with a laugh. "But because we are seasoned veterans, we brought buckets of water from Winnipeg. We were smart this year."

Their attire for the day consisted of shorts, a top and an old pair of runners.

"People do it for the fun, some laughs, the memories, and the camaraderie," WO Grant said. "There's also a beer tent and barbeque afterwards."

Both women said they plan to compete in the 2016 Mud Heroes.

"There were people cheering along the way, and other participants were friendly," Capt Grant said. "Even though we did it unofficially, they were happy to see the military represented there."



Members of Met Mudslingers at the end of the Mud Hero event. Photo: Submitted

THE VOXAIR

Give us a call:
204-833-2500 ext. 4120

Find out the benefits of advertising with us

17 WING
Care & Share

Golf
TOURNAMENT

FRIDAY **4 SEPT** 2015
*RAIN DATE: 18 SEPT

CARE to play? 0800hrs

\$40 per player 17 Wing Golf Club
Air Force Way

COST INCLUDES:
18 holes of 'best ball' golf, lunch & great prizes!

REGISTRATION:
careandshare@forces.gc.ca
204-833-2500 ext. 5087

REGISTRATION THROUGH WCHAP ENDS: 1 SEPTEMBER 2015
CASH ONLY REGISTRATION ACCEPTED ON DAY OF TOURNAMENT

Organized by the Chaplains of 17 Wing
with the support of CFB Wpg Golf Course.

ALL PROCEEDS FROM THE TOURNAMENT GO TO SUPPORT THE 17 WING CARE & SHARE FUND

**17 WING
Care & Share**

AS THE 17 WING INTERNAL BENEVOLENT FUND, THE CARE & SHARE PROGRAM RUNS THROUGHOUT THE YEAR.
VARIOUS EVENTS PROVIDE THE NECESSARY FUNDING REQUIRED TO ASSIST OUR MILITARY AND DND FAMILIES.

Our Vision...
To uphold the dignity & well-being of military & civilian employees of the Department of National Defence
through the provision of emergency financial & commodity support in times of personal crisis.

**BALDWINSON
INSURANCE**
Rec Centre (Wytewold Rd.)
Drivers Licences & **autopac**
204-889-2204
A Manitoba Public Insurance product

Former Rifles Take Part in Amazing Race



Bryan and Cynthia Boyd, former members of the Royal Winnipeg Rifles on episode 1 of the Amazing Race. Photo: CTV.ca.

By Martin Zeilig
Voxair Photojournalist

Among the tasks that Brian and Cynthia Boyd had to perform in episode 2 of the Amazing Race Canada were to paraglide off a mountain on the outskirts of Santiago, Chile, participate in a traditional Rapa Nui dance, help children at a local community centre complete a mural, and shoot some selfies at strategic locations around the city.

It was frenetic and wildly entertaining for the viewers and the participants alike.

The husband and wife team, both of whom are City of Winnipeg Police Officers, are retired members of the Royal Winnipeg Rifles. They were competing against 10 other teams from across Canada.

During a telephone interview with The Voxair from their home just outside of Winnipeg, the couple said they watched the American version of The Amazing Race years ago.

"We both love the show, the adventure, travel and integrity," Cynthia Boyd said. "So, we knew that when it came to Canada, we were going to apply."

So when CTV announced Season Three of the show last November, the couple, who met more than 20 years ago while serving in the CAF, had their chance.

"We shot our application video while we

were battling the flood of 2014" he said. "We were in our hip waders in our driveway that was flooded by the Assiniboine River. We were standing by our boat which was our only mode of transportation. It was a hot sunny day with mosquitoes. We said 'Hey, Amazing Race Canada, this is our challenge for 2014' as our house was surrounded by three feet of water with sandbags around it."

With tens of thousands of people applying to be in the race, the couple didn't get their hopes up too high said Brian.

"We didn't find out till the end of March that we were successful," he said. "We had to keep it secret. Nobody found out about it until our team announcement in the middle of June."

Another secret they have to keep is who won the race. Although shooting took place in May, the winners won't be announced until the final episode airs in September.

One thing they can say is that the entire process was a fun, challenging opportunity. And they were glad for their chance to be cultural ambassadors.

"We were very proud to represent the prairies," said Cynthia.

Members of the public can vote every day for their favourite Amazing Race Canada team for more chances to win at theamazingrace-canada.ctv.ca/FuelYourFavouriteTeam

Roller Derby Fever Takes 17 Wing by Storm

By Martin Zeilig
Voxair Photojournalist

By day 17 Wing's Building 21 is home to FORCE Tests and Unit Fitness, Classes, and parade, but at night it transforms into a rock 'em sock 'em speedway track. That's because at night, Building 21 is the practice space for the Winnipeg Roller Derby League (WRDL).

1 CAD's Captain Julia Rantz and Corporal Victoria Coombs are both members of WRDL, one of five teams in the WRDL.

The WRDL was founded in January, 2008 by a group of women determined to bring the exciting sport of women's flat track roller derby to the River City. The WRDL welcomes women of all shapes and sizes, from any profession or background, and with any skating skill level.

The league is currently divided into two travel teams, the All-Stars and the Bombshell Brawlers, who play against teams from other leagues, and three home teams, The Corporation, Backseat Betties and Valkyries' Wrath, who face off against each other in an annual Summer Series.

The entire league practises in Building 21.

"In the winter, we practise three times per week, and in the spring and summer, once a week in Building 21, and twice a week at the Fort Garry Curling Club," Capt Rantz said.

"It's a year round sport. That's why we use Building 21 because it's a large space, and we can set up two tracks that are readily accessible."

The sport is highly complex, but the basics are that the match consists of two 30 minute periods, and teams are allowed 14 players on the bench. Each team fields five skaters for each jam, a two-minute play where each team tries to score. The team appoints one player as the jammer, and points are scored each time the jammer laps members of the opposing other team. It's a highly physical sport, with

blockers doing all they can to stop the jammer from advancing.

"Offence and defence are all happening at the same time because both teams are sending jammers through simultaneously," Cpl Coombs said. "The game is complicated because of strategies. It's chaotic, and a lot of fun. It's a great way for new people to the city to become involved in something active and with great camaraderie."

League games are played at the FGCC because it's easier for spectators to gain access to a civilian site than to a military base.

"I like the sport because it's really for anybody, all body types. That's what makes the sport unique," Cpl Coombs. She first took up roller derby after moving to Winnipeg from Nova Scotia in 2008.

"This is an exhilarating sport where it's not over until the final whistle blows."

In a recent game at the FGCC, with less than 15 minutes left on the clock, the All Stars were down 40 points to the Minnesota Roller Girls.

"We came back to win the game by over 30 points," Cpl Coombs said. "The crowd was on their feet cheering for us at the end."

PSP fitness instructor, and Capt Rantz's husband, Ron Nicolas is the team's strength and conditioning coach, as well as a coach of the All Stars.

"Working out is a huge part of our sport," Capt Rantz said. "Now we're a top 10 team in Canada, and that's basically due to our extra training and our growing together as a team."

The Confusion Corner Roller Derby Competition, featuring multiple teams from Winnipeg and elsewhere, will take place from August 22-23 at the FGCC. For further information about the WRDL contact Capt Rantz or Cpl Coombs, or send an email to freshmeat@winnipegrollerderby.com



Some fast and furious action during a recent Winnipeg Roller Derby League practise session in Building 21. Photo: Submitted

HOUSEWATCH

Don't leave your house to chance—
Leave it to us.

Did you know that your homeowner's insurance policy may require that your home be checked regularly, as often as everyday when you're away?

Commissionaires' team of bonded security professionals will perform routine internal and external inspections of your property. Our new WiredTime technology places barcodes strategically throughout your home and property, allowing you to keep track of us while we keep track of your home security, giving you complete peace of mind.

CF Members Get A 10% Discount

CAA Manitoba members now **SAVE 10%**
on Commissionaires' Mobile Services

TRUSTED. EVERYDAY. EVERYWHERE.
www.commissionaires.mb.ca
942-9553

17 Wing Falcons Place 2nd at PR Ball Hockey Tourney

By Chris Merrithew
PSP Sports Coordinator

The 17 Wing Falcons recently participated in the 2015 Prairie Region Ball Hockey Championships at CFB Shilo, placing 2nd overall. The tournament was a hotly contested affair with four teams (CFB Edmonton, CFB Shilo, 4 Wing Cold Lake and 17 Wing Winnipeg) battling for the right to represent the Prairie Region at the CAF National Championships. The Falcons opened the tournament in a closely played match against CFB Edmonton. This game saw lots of end-to-end action with numerous chances for both teams. Unfortunately for Winnipeg, Edmonton capitalized on a scoring opportunity late in the game, for a final score of Edmonton 3 Winnipeg 2. The Falcon's next game took place in the afternoon versus the home town favourite, CFB Shilo Stags. The Stags came out flying with amazing speed and agility. They jumped to an early lead but the Falcons soon tied it up with continued pressure and close coverage. Penalties came to haunt the Falcons, as the Stags scored with 27 Seconds left in a 5 vs 4 Power Play. To the Falcons' credit they had fought off a 5 vs 3 Power Play by the Stags for over 3 ½ minutes. The younger legs of the Stags soon proved too much for the Falcons as fatigue set in and numerous penalties resulted in a flood of goals. Final score Shilo 7 – Wpg 1. Un-phased by the upset loss, the Falcons showed their maturity and reflected on the game's successes and covered off how to correct the pitfalls of the previous game. The high-spirited team quickly regrouped, made some minor adjustments to their lines, and set their sights on their upcoming opponent - Cold Lake.

Day two of the tournament saw Winnipeg facing Cold Lake to determine who would place 3rd or 4th in the round robin. From the start, the Falcons were rel-

less in pressuring their opponents. The tactic work extremely well as the resulting pressure caused numerous turn-overs and the Falcons controlled most of the central zone play. The hard work of the third line of the Falcons was a significant factor in this game; it was their dogged determination in the offensive zone that resulted in the game winning goal. Final Score: Wpg 2 - Cold Lake 1. The win not only put the Falcons into the 2 vs 3 Semi-Final Match against CFB Edmonton, it also bolstered the Falcons' confidence.

The Semi-Final match was a fast paced game that saw the Falcons dominating play over a surprised Edmonton team. Falcons' forward Cpl Matt Sankey had a stellar game breaking through on multiple occasions and notching all 4 of the Falcons' goals in the 4-0 upset win. The other Semi-Final game saw CFB Shilo taking on 4 Wg Cold Lake. This was another hard fought contest. At the end of regulation time, the two teams were equal with three goals apiece. In the OT, however, it did not take Shilo long to capitalize on an error; setting the stage for to the Battle of Manitoba in the finals.

In the final game, the Stags came out flying, making quick passes and keeping pressure on the Falcons. They capitalized early when Wpg could not corral a bouncing ball off of a rebound. The Stags kept forcing the play frustrating the Falcons at every turn. To settle the team down, the Falcons took an early time-out to regroup. This decision appeared to be what was needed as the Falcons began to play positional hockey, creating some scoring chances of their own and getting out of the first period with the game still within reach. At the start of the second period it looked as though the Falcons would mount a comeback, as they did create some great opportunities but failed to capitalize. Penalties once again became a big factor, limiting the Falcons ability to main-

tain any kind of a sustained offense. Backing up the Wpg team however was their all-star goaltender, Capt Simon Rollin. His amazing glove saves off of point blank shots and last-second saves kept the game close. In the end, however, it was the relentless play of the Stags that proved too much for the tired group of Winnipeggers. A few more shots eventually found their way into the back of the Falcons' net resulting in a final score of Shilo 4 - Wpg 0.

The 17 Wg Falcons Ball Hockey Team wish to express their sincere appreciation to their chains of command, their work mates and the 17 Wg PSP staff for their support over the course of the Wpg Ball Hockey Season, and the Prairie Regional Tournament.



Action on the rink during the PR Ball Hockey Tournament. Photo: Submitted

17 Wing Hosts Spirited PR Slo-Pitch Tournament

By Martin Zeilig
Voxair Photojournalist

Despite losing in the deciding game of the 2015 Prairie Region Men's & Women's Slo-Pitch Championships, held from July 13-16, Master Corporal Jason Fortin, who pitched for 17 Wing, still put a positive spin to his team's overall performance.

"We outscored all the teams in the round robin," he said. The men's team posted a 3-1 record for the tournament, including a 21-0 pasting of Wainwright in their semi-final match.

The CFB Cold Lake men's team de-

feated 17 Wing 26-11 in the finals on July 16. Cold Lake also captured the women's championship earlier that morning by defeating CFB Edmonton 11-6.

MCpl Fortin, who was picked up by Cold Lake for the National Tournament in Borden, said that the 17 Wing men's team was only put together a couple of days before the competition. He said the lack of experience as a team definitely impacted their ability on the field.

"It showed up in the final score because Cold Lake had a more experienced team," he said. "But, we're already look-

ing forward to putting a team together for 2016, and to be even stronger than we were this year."

The tournament MVPs were Corporal Cody St. George for the men's team and Master Corporal Alisha Fisher for the women. Both players were from Cold Lake, and will go on to play in the nationals at the end of August.

"This was an excellent tournament," said Master Corporal Laura Frey, who played second base for CFB Edmonton's women's team.

She said that the games, especially in the women's division, were really close.

"The competition throughout the week was of a very high level. It was good to see that," said Chris Merrithew, PSP Sports Coordinator, who headed the tournament's organization committee.

He said that the Prairie Region has always had strong ball players.

"All the teams were evenly matched throughout the week," Merrithew added. "But, Cold Lake rose to the top at the end.

They'll do very well at the Nationals."

He said that both Winnipeg teams were very competitive and spirited.

"It's great to see this high level of competition," said Merrithew, who was pleased to see the large turnout of cheering fans at the games, particularly the 100 or so who watched both gold medal matches. He was also grateful that the weather held out except for a minor and brief sprinkle of rain at one point in the championship game.

Cold Lake right fielder/pitcher Sergeant Jamie Campbell called his team's first place finish a character win, especially since the squad had lost to 17 Wing in round robin play.

"We fought as a team," he said. "I couldn't be happier."

Sgt Campbell also praised the tournament's organizers.

"This was the best regionals I've ever been to," he said. "We had excellent support."

17 Wing Golf Team Takes 1st Place at PR Tournament



Winners and participants of the PR Golf Tournament. Photo: Submitted

The team dominated the field by winning by 21 strokes over CFB Edmonton. Maj Cameron Lowdon won the individual award with a total of 220 and was selected to represent the Prairie Region along with Maj Rang Phan at the CAF National Golf Championships. Cpl Chad Banks is the 1st alternate on the team. Photo: Submitted



Private Brandan Kane, back catcher for the 17 Wing men's slo-pitch team, swinging at a pitch during semi-final action at the 2015 Men and Women's Prairie Regional Slo-Pitch Championship (July 13-16). Photo: Martin Zeilig

Bike Ride Takes 17 Wing Members From Paris to London

By Martin Zeilig
Voxair Photojournalist

Master Corporal Tamar Freeman admits that she had some trepidation about taking part in the eighth annual Big Battlefield Bike Ride from Paris to London.

MCpl Freeman, an Aviation Physiology Technician at the Canadian Forces School of Survival and Aeromedical Training (CFSSAT), said she never imagined the scale of the ride when her colleague MWO Fuentespina first approached her about it.

"He said it was about 600 kilometres," said MCpl Freeman, who suffers from an injury she received in 2006 while was deployed in Afghanistan. "But it's hard to visualize what that really means."

The Big Battlefield Bike Ride (BBBR) is organized by Help for Heroes, a British charity that helps support veterans.

This year's route took riders on an emotional and challenging journey past the beaches of Normandy D-Day along with other historic WWII sites, all while cycling alongside their fellow wounded, injured, and ill colleagues.

CAF participation in the ride was coordinated through Soldier On, a charity which encourages ill and injured CAF personnel to attain and maintain a healthy and active lifestyle. Around 350 military personnel, both able bodied and disabled, from across the world took part in this year's ride held June 12-23.

"The event is held to raise awareness about injured soldiers," Master Warrant Officer Fuentespina, MWO of JPSU Prairie Region and a former professional cyclist.

This was MWO Fuentespina's third time making the ride, which he first became involved with due to his pro cycling background.

"One day at a conference in Ottawa three years ago, the OC mentioned my background in cycling," MWO

Fuentespina said. "The program manager of Soldier On, Major Jay Feyko, called me, and said after the convention, 'Why don't you just lead our Canadian team over there.' So I ended up leading the Canadian soldiers in cycling events all over the world."

With riders doing an average of 100 kms a day, a cycling camp was held in Victoria, British Columbia prior to the event. Members of Canada's National Cycling Team provided some training tips for the five Canadian riders to make sure they got the most out of their trip.

"This year we started off right in Paris, and then we ended up at Windsor Race Course by Windsor Castle in London," added MWO Fuentespina.

"The last day is called the 'Hero Ride.' Although we're only one group of 350 riders, there were five or six other Helper Heroes Charity Rides going on simultaneously. We all ended up on the same day at Windsor Castle, so we were 1200 riders in total."

MCpl Freeman, who rode a carbon fibre Cervelo P2 triathlon bike, said she enjoyed the camaraderie during the trip.

"The other Canadian rid-

ers were amazing," she said. "MWO Fuentespina was very knowledgeable and helpful. Soldier On also was incredibly supportive with equipment. I'd do it again in a heartbeat. It gave me a tremendous amount of confidence of what I will be able to do again in the future. Being with the other riders was an uplifting experience."



Canadian riders on the 2014 Battlefield Bike Ride from Juno Beach to Vimy Ridge. Photo: woundedwarriors.ca.

17 Wing Powerlifter Reaches New Heights at Championship

By Martin Zeilig
Voxair Photojournalist

By the time you read this, Private Benjamin Langley will most likely have already surpassed his personal bests in powerlifting. He's progressing that rapidly.

Pte Langley, who works at Wing Transportation, Electrical and Mechanical Engineering Squadron (TEME), won a bronze medal in the 74 kilogram Junior category at the Canadian Powerlifting Union National Championships in St. John's on April 13. His best lifts in the competition were a 474 lb squat, a 303 lb bench press, and a 486 lb dead lift.

"This was my first major competition, my third competition overall, and my first one outside of Manitoba," Pte Langley said.

Of the six Manitobans who competed only one other medalled, Dan Lamoureux, who won a gold in the 93 kilo category.



Private Benjamin Langley performing a deadlift at the Powerlifting National Championships. Photo: Submitted

"If I had competed in the Open Category, I would have tied for third," said Pte Langley, 22, a graduate of West Kildonan Collegiate Institute in Winnipeg.

A former body builder and Manitoba provincial amateur wrestling champion, he began powerlifting in June 2014 when he entered the Power in the Parkland competition in Dauphin, Manitoba.

"I took third place overall in the entire meet," he said. He also won the Best Junior lifter at the meet.

Then last November he won the Open and Junior events in both the military and civilian categories at the 17 Wing Powerlifting Championship held in the multipurpose room at the 17 Wing Fitness and Recreation Centre.

Pte Langley trains five days a week at Good Life Fitness on Regent Avenue with his cousins and training partners, Ryan and Tyler Kolesar. Ryan competed with him at the Nationals where he placed fourth in the 66 kilogram Open event.

"I got into powerlifting because I was doing body building for about five years," he explained. "On my qualification course at CFB Borden, I met a CAF member, Chad Terry, who was a powerlifter. He told me that, for my size, my strength was 'unreal.'"

Then, after getting posted to Winnipeg, he and his cousins entered the competition in Dauphin "just for fun".

"Placing third overall inspired me to see how far I could go in powerlifting," he continued. "Then when I took first place overall at the 17 Wing competition, I abandoned body building altogether, and just began focussing on powerlifting. Coming from a wrestling background, I like winning and being stronger than guys twice my size."

He explained that everything in power lifting is broken down into a coefficient factor know as a Wilk's Factor.

"That gives you a number so you know, pound for pound, who's the strongest guy in the competition, and that determines the overall winner," said Pte Langley.

He noted that his best coefficient number in competition so far is 416, with 400 being the benchmark for a national class performer.

"Body building gave me knowledge of weight lifting, and how to build muscle and strength," said Pte Langley, who expressed appreciation for the support provided by 17 Wing to help him to compete at the Nationals in St. Johns, as well as the assistance provided by PSP Sports Coordinator Chris Merrithew, Captain Lee and CWO Boudreault.

"My plan is to completely focus on powerlifting until I get to a point where I'm done with the sport. My immediate goal is to win more local competitions, while more long term plans are to go to the World Powerlifting Competition next year."

Pte Langley says his girlfriend, Nicole, and his buddies are big supporters of his competitive weight lifting efforts.

"But they tease me in a good natured way so I've got to stay humble."

HOOK & SMITH

Barristers, Solicitors & Notaries Public

201-3111 Portage Ave,

Winnipeg, Manitoba R3K 0W4

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



Telephone - (204) 885-4520

Fax - (204) 837-9846

Email: general@hookandsmith.com

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

RMC Welcomes Aboriginal Students to Leadership Year Program

By Martin Zeilig
Voxair Photojournalist

Her eyes teared up a little as Dorothy Ruben hugged her son, Jordan Tutcho-Ruben, 20, minutes after the conclusion of the Aboriginal Leadership Opportunity Year (ALOY) Enrollment Ceremony on July 31 at the Citizenship and Immigration Canada Ceremony Room in the Via Rail Station.

The close bond between mother and son was evident. "I'm so proud of my son for accomplishing this so far," Ruben said.

Besides Tutcho-Ruben six other Aboriginal men were also part of the enrollment ceremony. They were Chase Boulette, Kyle Grenier, Nathan Kohinski, Dylan Meekis, Jonathan Pash, and Warren Strang.

The ALOY is a one-year program held at the Royal Military College that is designed to expose students of Aboriginal heritage, the military, and to train them in key leadership skills. The program allows participants to develop a variety of skill sets while gaining accreditation for further post-secondary education.

Currently in its seventh year, the 10-month program admits an average of 18 to 20 students each year. Applicants from across the country are chosen by a selection committee consisting of representatives of the Canadian Defence Academy, the Canadian Forces Recruiting Group, academic leaders from and Aboriginal advisors. Selection is based on academics and culture. The program includes sports, field trips, leadership development, military training, cultural support activities and individual learning plans.

Students are enrolled in the CAF for one year as an Officer Cadet and receive tuition, books and accessibility to all educational requirements, which is the same as

all other Cadets. At the end of the year, graduates have several options they can choose from. They may choose to apply to continue their studies in a degree program through either the Regular Officer Training Program or the Reserve Entry Training Plan, or to return to their home communities or to any post-secondary institution of their choosing.

In his opening remarks at the ceremony, Major Ronald Lee, the attesting officer, who is also Metis, congratulated the seven aspiring officers for taking their "first bold step into a world beyond your dreams."

"Canada needs leaders such as yourselves and what you have the potential to become," he said. "You are energetic leaders who not only understand the principles of duty, honour and courage, but also understand and practice the principles of fairness, compassion and mutual respect. The Canadian Armed Forces will present you with endless opportunities, and you will experience situations that will alter your perspective on the world around you."

He also thanked the parents, relatives and friends who have "given these young people the encouragement and support" they needed to make it to this point.

Jordan Tutcho-Ruben, who is hoping to study psychology at the RMC, says that he was influenced by watching his father, a long-time member of the RCMP.

"I saw him serving the community," said the resident of Emerson, Manitoba. "I want to be someone just as admirable, someone who will serve his country and the people of Canada."

Maj Lee called the ALOY an essential and valuable program for Canada.

"The reflection of the military in a democratic country is a reflection of society," he said. "Canadian Aboriginals

are an integral part of our society, and so programs like this help us to achieve that mixture which is reflective of the general population. It's a big step for these young men. This is the first step in what could be a lifelong and rewarding vocation."



The seven participants, along with attesting officer, Major Ronald Lee, at this year's Aboriginal Leadership Opportunity Year (ALOY) Enrollment Ceremony on July 31 at the Citizenship and Immigration Canada Ceremony Room in the Via Rail Station. Photo: Martin Zeilig

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

CFSAS Seeks to Improve the Future of Canada's Air Force, One Person at a Time

By Capt. Bettina McCulloch-Drake
17 Wing Public Affairs

A proud French-Canadian from Joliette, Québec, Lieutenant-Colonel Pierre Viens was originally inspired to join the Canadian Armed Forces (CAF) after seeing movies depicting aircraft carriers. While the CAF no longer had aircraft carriers by 1981, Canada's growing Air Force presented its fair share of challenges to the keen mind of the newly minted Officer Cadet Viens, a computer engineering student at the Royal Military College of Canada (RMCC) and future navigator with the Royal Canadian Air Force (RCAF).

Thirty-four years later, hard work, determination and a penchant for problem solving has its own reward. As the newly appointed commandant of the Canadian Forces School of Aerospace Studies (CFSAS) in Win-

nipeg, Manitoba, LCol Viens believes opportunities to grow and improve come from looking at challenges or problems from different perspectives and seeing beyond the black and white.

"Black and white is easy. But, living in the grey is more fun," says LCol Viens who encourages his staff and students to test their limits and discover for themselves what possibilities exist.

A former associate professor at RMCC in Kingston and the former Deputy Director of Curriculum at the Canadian Forces College in Toronto, LCol Viens believes that CFSAS is unique among the other schools in the RCAF. "Think of the other schools in the Air Force. These schools take people from the street and train them to operate or maintain aircraft. CFSAS, on the other hand, takes these operators and maintainers and improves them."

LCol Viens is not suggesting the RCAF does not train its people to a high standard in their chosen occupations, rather he believes that professional military education courses and programs offered through CFSAS will enable individuals to grow into the critical thinkers and visionary leaders the RCAF and the CAF will need going into the future.

"Our students will one day become part of the project teams that will bring new capabilities in the RCAF," says LCol Viens.

Established in 1987, CFSAS has grown to offer professional military education in the areas of aerospace systems, operational electronic warfare, operational test and evaluation, and space applications and operations. Through a partnership with the University of Manitoba, aerospace systems students at CFSAS are now able to earn a Master's in Arts (Aerospace) or a Master's in Engineering (Aerospace) degree. Alternatively,

those aerospace systems students who do not pursue a Master's degree can now complete a Post Baccalaureate in Aerospace Program Management.

Promoting life-long learning over the course of a member's career, CFSAS also delivers the Air Force Officer Development Program aimed at junior officers and, more recently, the RCAF Unit Command Team Orientation Program and the Flight Supervisors Course.

As for what lays ahead for CFSAS, LCol Viens cannot say for sure but he sees further opportunities for growth, especially in the areas of space given the continued development of satellite technology, surveillance and communication. "What we need to do is look at where we want to go as an organization," says LCol Viens. "When you know where you want to go it is easier to plot a course to get there."

LCol Pierre Viens took over as the CFSAS Commandant in July 2015. He would like to thank his wife Barbara, his children and his extended families in Joliette, Que., and Brighton, Ont., for their continued love and support as he embarks on this new challenge.



Lieutenant-Colonel Pierre Viens (left) was appointed as the new commandant at the Canadian Forces School of Aerospace Studies (CFSAS) in July 2015, taking over from Lieutenant-Colonel Daniel Desrochers (right). Colonel Yve Thomson, Commander 16 Wing (centre), presided over the Change of Appointment ceremony which was held at 17 Wing, Winnipeg. Photo: Cpl Gabrielle DesRochers

NEW ARRIVALS

Puzzled about Manitoba Driver Licences and Plates?



Obtain them at your
Base Insurance Office
in the Main Rec Centre

autopac
A Manitoba Public Insurance product

- Fire insurance? • Contents?
- Driver Licences? • Auto Insurance?

Call us or drop in to:

BALDWINSON INSURANCE

BLDG 90 (REC CENTRE) • WHYTEWOLD RD

MONDAY TO FRIDAY: 8:30 AM TO 5:00 PM

Phone: 889-2204

Fax: 885-1964

440 Sqn Members Trek Across Ellesmere Island



Participants Capt Bryan J. Sullivan, Capt J. Corey G. Gander, Lt Kris J. Kelusky, Cpl Cory B. Gallant, Cpl Mike T. Nesbitt, Cpl R. Andrew Hall. Photo: Cpl M.T. Nesbitt

By Cpl R.A. Hall

Flight Engineer, 440 Sqn Yellowknife

THE PLAN

In June 2015, 440 Vampire Sqn Yellowknife sent six members on a 120 km hike in Quttinirpaaq National Park - the second most northerly park in the world located on Ellesmere Island in Nunavut.

THE TEAM

Our team consisted of myself, Capt Bryan J. Sullivan, Capt J. Corey G. Gander, Lt Kris J. Kelusky, Cpl Cory B. Gallant, Cpl Mike T. Nesbitt, and Cpl R. Andrew Hall. We were three pilots, two flight engineers, and one maintenance technician. We varied in age and time-in from first-tour Lieutenants and fit, young NCMs to a rugged multi-tour pilot looking at the twilight of his outstanding RCAF career. We accumulated some substantial local ruck training in the trails around Yellowknife prior to our departure into the high Arctic and formed into a cohesive unit ready to face the perils of a remote exercise such as this.

PARK HISTORY

Quttinirpaaq National Park was established as Ellesmere Island National Park Reserve in 1988. The name was later changed to Quttinirpaaq in 1999 and

became a national park in 2000. The park is extremely remote only seeing a handful of visitors each year. Tanqueray Fiord, the team's destination, is a Parks Canada outpost which was previously a defence research establishment from 1963 to 1972 named "Operation Tanqueray". The area is known for its Thule Inuit artifacts. Evidence of their camps can be seen in the form of small boulder rings and stone tools found throughout the park even today.

PRE DEPLOYMENT DIFFICULTIES

For safety and air support purposes, the exercise was planned within OP NEVUS. Named "Ex TOP OF THE WORLD", the exercise

lived up to its name. Travelling a distance of 2473km north, it was a huge logistical feat to get the team from 440 Sqn at the 62nd parallel in Yellowknife to Hazen Lake at the 81st parallel.

Despite aircraft unserviceability and several changes to the plan, the team managed to leave on time. Thanks to the combined efforts of 440 Sqn maintainers along with 440 Sqn Twin Otter and 450 Sqn Chinook air support, the team was inserted into Hazen Lake where they started their long trek south.

THE HIKE

The TOP OF THE WORLD team carried 60lb packs averaging 15 gruelling kilometres per day. Temperatures ranged from -5 to 10C. The terrain in Quttinirpaaq Park is diverse, ranging from flat rocky terrain to steep mountainous valleys with Hummocks (ankle breaking earth humps). It took the team time to adapt to the environment and maintain a steady pace.

With no trees for reference, being far above the tree line, the hikers found it hard to judge distance in the park. A hill seemingly a kilometre away, could actually have been 4-5 kilometres away.

Small shrubs and tiny flowering plants were the only

vegetation at that latitude in June. Muskox, wolves and arctic hares were some of the wildlife seen off in the distance.

24 hour daylight in the summer made sleeping a challenge. Even at 2am, the sun circled at the same height in the sky.

Many large glaciers are situated throughout the park. Melt during the summer creates large deltas and fill valleys with fast flowing rivers. Stream crossings were a daily occurrence. The fast moving glacier runoff ranged from ankle deep to breast high. The crossings were never easy to get used to and were by far the most challenging obstacle during the hike.

SUMMARY

Though ten days were planned, the team managed to complete the hike to Tanqueray Fiord in eight days. Eating freeze dried food, navigating and sleeping on the ground refined the team's outdoor skills while stream crossings and the rugged terrain pushed personal limits. Morale remained high throughout the hike and plenty of humour could be found amongst the tight knit 440 Sqn crew. This year's adventure training proved to be an overall success.

Adventure training is an invaluable tool for developing CAF members. All members are encouraged to submit proposals and follow through with their training ideas. It doesn't always have to be as difficult as 440's trip to Quttinirpaaq Park, but it should be based on a goal worth achieving. Though this trip was particularly challenging for its members, it was a worth every long kilometre.



Hikers trek across the arctic tundra. Photo: Cpl M.T. Nesbitt

17 Wing Cleaning Staff Ensures Wing is Kept Sparkling Clean

By Martin Zeilig

Voxair Photojournalist

Chantal L'Heureux, a member of the 17 Wing Cleaning Staff, hauls her green portable vacuum cleaner, affectionately known as "Henry," down the carpeted floors of 17 Wing Headquarters.

A member of the 17 Wing Cleaning Services for four years, L'Heureux heads out the door and down a wide stairway to the main floor Janitor's room where Henry is stored along with all the other cleaning supplies necessary for her work.

It's almost time for the hardworking L'Heureux's 30 minute lunch break. She started her day much earlier that morning, and will work till 1400 hrs. Her daily routine ranges from vacuuming and dusting to cleaning the bathrooms and taking out the garbage, plus sundry other related tasks.

L'Heureux is one of about 52 indeterminate and seven term employees in 17 Wing Cleaning Services, says Peter Vail, Area Supervisor at of 17 Wing CS, during an interview in the office he shares with Michael Mac Neil, the Superintendent of 17 Wing CS, in Building 77.

"We have three hospital cleaners," he said, mentioning that cleaning staff are all members of the Public Service Alliance of Canada. "We also have cleaners in accommodations at the Dakota Inn."

Cleaning is a very labour intensive occupation, observed Major Charleen MacCulloch, former Wing Personnel Services Officer.

"We routinely deal with injuries despite our best efforts to keep the workplace safe. Repetitive strain injuries are very common. This reduces our available work-

force and we hire term and casual employees to fill the gaps

In a perfect world, 17 Wing should have approximately 90 cleaners to do all the required daily tasks, she added, but you have to deal with what you have.

Diana Amyot, a cleaner for the past five years, stressed that the best thing about working at 17 Wing are the people.

"They are fantastic here," she said with a smile during a break in her work load on the main floor of Building 129.

"This makes my job easier. They're very friendly. Somebody always cracks a joke, or puts a smile on your face."

Mac Neil has been working at 17 Wing CS for almost 35 years now, while Vail has been there for 28 years.

"Everything used to be done by hand," Mac Neil says. "Now we have a lot of automated equipment. Even safety has changed with personal protective equipment like rubber gloves, eye goggles, and safety boots, among other items."

Mac Neil and Vail triage the daily cleaning requirements and assign employees and work where needed, noted Maj MacCulloch.

"As a result, larger tasks such as wall washing and window cleaning are only done periodically throughout the year."

The cleaners also utilize surge cleaning on weekends to tackle various large-scale tasks, she said, adding that surge cleaning occurs in the early spring so that cleaners can eliminate all the additional wintertime grime and dirt.



Peter Vail, Diana Amyot, and Michael MacNeil pose for a photo during a brief break from their duties. Photo: Martin Zeilig

"The cleaners at 17 Wing work very hard to ensure a high standard of cleanliness on the base," Maj Culloch said.

"The reality of our staffing limitations forces all of them to do more with less. I'm very proud of the work they do, and the standards they maintain. I encourage everyone to take a moment to thank their cleaners for the work they do."

For L'Heureux, it's all about taking pride in your work.

"It's reflected in that quality of work that's achieved. And this also is a great way to interact with all kinds of people."

Veterans Ride Across Canada

By Captain Bettina McCulloch-Drake
17 Wing Public Affairs

The Ride Across Canada, a 200-day horseback relay ride from British Columbia to Newfoundland, visited 17 Wing Winnipeg, Manitoba, on July 15, 2015.

The story of each Canadian Armed Forces (CAF) member, serving or retired, starts somewhere.

For Paul Nichols, a former member of both The Calgary Highlanders and 2nd Battalion, Princess Patricia's Canadian Light Infantry, The Ride Across Canada (The Ride) to raise awareness of the physical and mental health challenges of CAF veterans came out of his own personal journey.

"When I left the Calgary Highlanders, I left the brotherhood and my support network," he said as he related his story to a group of CAF personnel at 17 Wing Winnipeg. "As a veteran who has been under fire and struggled to make the transition to civilian life, I know how lonely it can be, making a home in a community that doesn't recognize a contemporary veteran."

"I stopped telling my stories and then began to spend a lot of time inside my own head, wondering if my service had been worthwhile. My own journey included my dog, my horse, and a lot of time alone on the river with a fly rod. Ultimately, it was a Bosnian woman in the shop that took the time to share her story that changed my life, and I am a different person today because of her."

Having served overseas in the former Yugoslavia in the 1990s, Paul admitted that his transition from service life to civilian life was, in many ways, a difficult one, but his wife and his horses helped him along his journey to rediscover himself. Now, several years later, he has reached a point in time where he can share his story with others and encourage

other serving and former CAF members to do the same.

Of course, when you are meeting people for the first time, riding into a community on the back of a horse helps to break the ice. It's almost as if the rodeo has come into town. But, there is nothing showy about this train of horses.

Paul, on his horse Zoe, and the other horses and riders that accompany him along the way, are on a mission. Their shared aim is to travel across Canada to raise awareness of veterans' issues and bring a greater appreciation of the fact that CAF veterans are a diverse group.

"We have been asked many times on this ride how we are going to get 80-year-olds on the horses," said Terry Nichols, Paul's wife, a certified therapeutic riding instructor.

The perception is that Canada's veterans are people served in the World Wars and the Korean War, and during the early days of peacekeeping. Although some of the veterans who have joined Paul on the Ride are from those eras of our shared history, many of the serving and retired CAF members who have registered as guest riders in their communities are considerably younger.

"Canadians still don't think of serving and former CAF members in their twenties and thirties as veterans," Paul says. "And yet, many of these men and women have served on at least one overseas tour."

Paul has since returned to the military as a Canadian Ranger with 4 Canadian Ranger Patrol Group out of British Columbia.

"By the time our journey ends in St. John's [Newfoundland and Labrador]," he said, "it is hoped that more Canadians will have a better understanding of who their veterans are and some of the challenges they face."



Paul Nichols, originator of The Ride Across Canada and the Communities for Veterans Foundation, speaks with a member of 17 Wing during his visit to Manitoba. Photo: Mike Sherby

17 WING GCWCC CALENDAR of EVENTS 17^E ESCADRE CCMTGC CALENDRIER des ACTUALITÉS

2015 AUGUST • AOÛT

SD	ML	TM	WM	TU	FR	SIS
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- AUGUST • AOÛT**
- 26 Toonie 3Km Walk/Marche, 5Km Run/Course
 - 29 Family Dog Walk • Promenez votre chien en famille

2015 SEPTEMBER • SEPTEMBRE

SD	ML	TM	WM	TU	FR	SIS
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

- SEPTEMBER • SEPTEMBRE**
- 9 17 Wing Campaign Kick-off & Herc/Fire-Truck Pull • Lancement de la campagne de la 17^e Escadre et Concours de halage d'un Hercules/d'un camion d'incendie
 - 11 Themed Casual Fridays Begin • Vendredis en tenue décontractée en thème commencent
 - 17 GCWCC Golf Tournament • Tournoi de golf de la CCMTGC Rain date 21 Sept / Journée de reprise en cas de pluie le 21 sept
 - 18 City of Winnipeg United Way Plane Pull • Concours de halage d'un avion de la Ville de Winnipeg pour Centraide

2015 OCTOBER • OCTOBRE

SD	ML	TM	WM	TU	FR	SIS
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- OCTOBER • OCTOBRE**
- 1 Beard Growing Contest & Nail Polish Period Begins • Compétition de Laisser pousser la barbe et période de pouvoir porter du vernis à ongles commencent
 - 16 TEME Breakfast • Déjeuner par l'Escadron de TGEM
 - TBC/AC 10th Annual Ball Hockey Tournament • 10^e annuel Tournoi de hockey-balle

2015 NOVEMBER • NOVEMBRE

SD	ML	TM	WM	TU	FR	SIS
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

- NOVEMBER • NOVEMBRE**
- 2 Beard Growing Contest & Nail Polish Period Ends, Contest Judging • Fin de la Compétition de Laisser pousser la barbe et du port du vernis à ongles; Jugement de la Compétition
 - 19 GCWCC Jail & Bail • CCMTGC – Incarcération et Caution

2015 DECEMBER • DÉCEMBRE

SD	ML	TM	WM	TU	FR	SIS
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- DECEMBER • DÉCEMBRE**
- 4 Last Casual Friday • Dernier vendredi à porter la tenue décontractée
 - 17 Wing 2015 GCWCC Ends • Fin de la CCMTGC de 2015 de la 17^e Escadre
 - 9 RCAF Band Concert at the Centennial Concert Hall • Concert de la Musique de l'ARC à Centennial Concert Hall
Proceeds to the Care & Share and GCWCC / Profits au Care & Share de 17^e Escadre et la CCMTGC

YEAR-LONG FUNDRAISERS • COLLECTE DE FONDS TOUTE L'ANNÉE

- TEME Squadron Car Wash • Lave-Autos de l'escadron de TGEM
- CAF/DND Portraits at Wing Imaging • Photos des FAC/MDN au Service d'imagerie de la 17^e Escadre

FOR MORE INFORMATION CONTACT / POUR DE PLUS AMPLES INFORMATIONS, CONTACTEZ
Capt McCulloch-Drake • bettina.mcculloch-drake@forces.gc.ca • ext./poste 6499
Capt Tan • xiaodong.tan@forces.gc.ca • ext./poste 5258

17 WING WINNIPEG • 17^E ESCADRE WINNIPEG <http://17wing.winnipeg.mil.ca/cms/en/home/organizations/GCWCC/GCWCC.aspx>

GOVERNMENT OF CANADA WORKPLACE CHARITABLE CAMPAIGN
 CAMPAGNE DE CHARITÉ EN MILIEU DE TRAVAIL DU GOUVERNEMENT DU CANADA

Remember, small gifts can add up to big dividends.
YOU Can Make A Difference!
 N'oubliez pas, les petits dons peuvent donner lieu à des contributions importantes.
VOUS pouvez changer les choses!

The Strength of Teamwork . . .
 The Reputation of Results

Dan Vermette
 Service en Français

THE DAN VERMETTE TEAM
 255-4204
danvermette.com

École francophone
 Maternelle à 8^e année
 École la plus près de la 17^e Escadre

Transport scolaire
 Garderie francophone
 Centre de la petite enfance et de la famille

École Roméo-Dallaire

DIVISION SCOLAIRE FRANCO-MANTOBAINE

81, chemin Quail Ridge, Winnipeg (Manitoba) R2Y2A9 (204) 885-8000
<http://rdallaire.dsfm.mb.ca> • romeo.dallaire@atrium.ca

The MP National Motorcycle Relay Rolls Through Winnipeg

By Martin Zeilig
Voxair Photojournalist

Major (ret) Bob Edwards plants his foot on the side of his 2009 Harley Davidson Electra-Glide motorcycle and proceeds to pull up the cuff of his right pant leg, revealing a striking symbol tattooed on his right calf.

Its two swords crossed over an anchor within an oval topped by a gold crown and flanked by a garland of red Maple leaves. It represents the three branches of the unified Canadian Armed Forces.

Maj (ret) Edwards, who spent just over 35 years in the CAF as an aircraft technician and an MP, is the OPI for the 7th Annual MP National Motorcycle Relay Ride.

He and his fellow riders were having a barbecue lunch courtesy of 17 MP Flight in the parking lot of Headingly Sport Shop at 5150 Portage Avenue on a blazing and humid August 11.

The MP National Motorcycle Relay (MPNMR) is the world's longest annual motorcycle relay Ride, and it serves as a charity fundraiser which has contributed over \$200,000 to the Children's Wish Foundation, the Military Families Fund, Wounded Warrior, and the Military Police Fund for Blind Children since its inception in 2009.

Maj (ret) Edwards was accompanied by seven other

riders on the trip, including his wife Norma Edwards, who was driving her own Harley. Of that group, four, including the Edwards, were national riders, having begun the trek on August 2 in Victoria, B.C.

"We had 26 riders drive with us to Jasper, Alberta," said Maj (ret) Edwards, whose son and daughter are in the army and navy, respectively. "People join and leave all across Canada."

"Riders visit many different bases across Canada," said Captain Marie Walinga, 17 MP Flight OC, who was at the barbecue with a number of her colleagues, including Corporal Troy Lebel, OPI for the noon hour event.

People participating in the full cross Canada ride have to pay a registration fee of \$1500.00, while Inter-Provincial riders pay \$100 per person or it's free if the rider raises \$350 in donations.

"The fund for Blind Children is to help any child under the age of 21 across Canada," Maj (ret) Edwards said while other members of the relay were getting ready to start off on the next leg of the trip to Kenora.

"We'll buy braille machines for them. We provide iPads, and visual correction devices. This ride is also open to any motorcycle enthusiast who has a motorcycle capable of doing the ride."



Major (ret) Bob Edwards, OPI for the 7th Annual National Motorcycle Relay Ride, and his wife, Norma Edwards, alongside their twin Harley Davidson Motorcycles just after a noon hour barbecue on August 11 courtesy of 17 MP Flight, in the parking lot of Headingly Sport Shop-- 5150 Portage Avenue. Moments late the entire group zoomed off on their cross Canada journey. Photo: Martin Zeilig

COMMUNITY RECREATION FALL FITNESS PROGRAMS

FREE WEEK! MON. SEPT. 21 TO SUN. SEPT. 27, 2015. REGULAR CLASSES RUN MON. SEPT. 28 TO SUN. DEC. 13, 2015

MONDAYS Sept 21 – Dec 7 NO CLASS OCT 12	<p>INDOOR CYCLE CLASS 1700 - 1800 hrs Take an ultimate ride in this all out, anything goes cycling class. Speed zones, hills, intervals, drills and sprints will take your cycling to the next level.</p> <p>ZUMBA (BASIC) 1745 - 1845 hrs A fusion of Latin and International music mixed with low-and high-intensity moves for an interval-style, calorie-burning dance fitness party.</p> <p>TRAIN LIKE AN ATHLETE 1815 - 1915 hrs Do you want to jump higher, move faster and be stronger? This class will combine Tabata-style intervals, agility drills, and plyometric drills to improve your body's function. All abilities welcome!</p>
TUESDAYS Sept 22 – Dec 8	<p>FUSION FITNESS 1700 - 1800 hrs Friendly and dynamic class that combines 4 separate facets of fitness in 1 hour including cardio, strength, endurance and flexibility. Includes targeted workouts to build, shape and tone specific muscle groups. The program changes every week, and all exercises can be modified to suit the fitness levels of participants. Everyone succeeds in this class.</p> <p>YOGA BEGINNER VINAYASA 1815 - 1915 hrs Increase your body awareness, develop strength, balance and flexibility. Learn to relax and re-energize. An active and flowing yoga class.</p>
WEDNESDAYS Sept 23 – Dec 9	<p>NEW! PILATES 0930 - 1030 hrs Work hard and have fun doing Stott Pilates with one of Manitoba's senior instructors. Through a combination of exercises during each class you will tone and elongate your muscles, "fire" your deep tissue muscles, flatten abs & improve body mechanics, while alleviating stress and tension. The multi-dimensional repertoire provides effective training for injury prevention, rehabilitation, and daily movement.</p> <p>INDOOR CYCLE CLASS 1700 - 1800 hrs Take an ultimate ride in this all out, anything goes cycling class. Speed zones, hills, intervals, drills and sprints will take your cycling to the next level.</p> <p>NEW! HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.) 1930 - 2030 hrs A total-body conditioning class that uses repetitions of short bursts of intense effort to develop strength, agility and cardiovascular fitness. All abilities welcome!</p> <p>NEW! POWER YOGA 1815 - 1915 hrs A stronger and faster paced class focusing on improving strength and flexibility. This practice is a total body workout that creates longer, leaner muscles and a body with more mobility to improve circulation.</p>
THURSDAYS Sept 24 – Dec 10	<p>FUSION FITNESS 1700 - 1800 hrs A friendly and dynamic class that combines 4 separate facets of fitness in one hour including cardio, strength, endurance and flexibility. It includes targeted workouts to build, shape and tone specific muscle groups. The program changes every week, and all exercises can be modified to suit the fitness levels of participants. Everyone succeeds in this class.</p> <p>NEW! PILATES (CHAIR) 1630 - 1715 hrs Gentle functional fitness for the individual with limited mobility. Strengthen posture, improve agility, feel balanced and secure just standing up from a chair, increase your level of functional fitness. You will feel stronger and more confident when walking. A small amount of the class is done standing behind your walker or chair.</p> <p>NEW! PILATES (BEGINNER) 1730 - 1830 hrs A system of exercise where smooth, continuous movement and proper breathing will tone and lengthen your muscles, increase abdominal and back strength, improve posture and body mechanics, reduce joint and lower back stress and leaving you feel refreshed and taller. You will be introduced to the BOSU, which focuses on balance, core and back strength. Adding in the cardio aspect of BOSU gives this session a complete workout.</p> <p>NEW! PILATES (ADVANCED) 1830 - 1930 hrs A class for those who have previously taken Pilates, understand the exercises and are stronger after taking the beginner course. This class will focus on breathing techniques, balance, strength, flexibility, body awareness and posture. You will be introduced to the BOSU which focuses on balance, core and back strength. Adding in the cardio aspect of BOSU gives this session a complete workout.</p>
FRIDAYS Sept 25 – Dec 11	<p>WEIGHT ROOM CIRCUIT 1830 - 1930 hrs Starting with a dynamic warm up and ending with a good stretch, the instructor will provide a different circuit every week, help you learn the machines, build your confidence using them, and coach you to increase endurance and strength. A great class for beginners or for those more advanced.</p>
SATURDAYS Sept 26 – Dec 12 NO ACTIVE KIDS OCT 10	<p>MUSCLE BOOT CAMP 0930 - 1030 hrs This is a fun and fast-paced full body resistance workout using mats, dumbbells, BOSU and other apparatus. The focus is on toning and strengthening abs, butts, thighs and developing upper body strength and endurance. Suitable for all levels.</p>
SUNDAYS Sept 27 – Dec 13 NO CLASS OCT 11	<p>NEW! SHALLOW-DEEP AQUA-FITNESS 1500 - 1600 hrs A fun-filled class using the whole pool – deep and shallow ends – to give you a complete workout. A great way to train your cardiovascular system without impact on your joints. Participants are encouraged to use both water depths but if you have a preference of deep or shallow you have the option to stay at one depth.</p>

Due to the nature of our military facility there may be unforeseen interruptions and/or closures therefore programming may be cancelled. CHILDREN ARE NOT PERMITTED TO ATTEND OR OBSERVE ADULT CLASSES.

Healthy Pets for Happy Families

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

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

Associated Veterinary Hospitals

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

Recycle or pass along this newspaper when you're done.

ROYAL LE PAGE
Dynamic Real Estate
INDEPENDENTLY OWNED AND OPERATED

Mary Jay Hebert
REALTOR®

CELL: 204-510-5552 BUS: 204-989-5000
FAX: 204-989-7911 maryjayhebert@royallepage.ca

3-1450 Corydon Ave., Winnipeg, MB R3N 0J3

2 Canadian Air Division Honours & Awards

On 19 June 2015 at 2 Canadian Air Division, 2CAD Commander BGen Bruce Ploughman and 2CAD Chief Warrant Officer Pierre Jette presented Honours & Awards to 2CAD HQ members. All photos by: Cpl Darryl Hepner



BGen Bruce Ploughman (left) and CWO Pierre Jette (right) present CWO Boudreau (middle) with the Canadian Forces 1st Clasp (CD1).



Maj Nicholauson received the CD 1.



Capt Pelletier received the CD 1.



Capt Forget received the CD 1.



Maj Tinsley received a Certificate of Appreciation.



Maj Charron received a Physical Fitness Award for Aerobic Excellence & a Certificate of Appreciation.



BGen Bruce Ploughman, promotes LCol Denis O'Reilly to Colonel.



Col Denis O'Reilly promotes Maj David Smith to Lieutenant-Colonel. L to R: Maj Petra Smith, Col Denis O'Reilly, LCol David Smith, BGen Bruce Ploughman, and CWO Pierre Jette.

17 Wing Promotions



LCol Clouter, W Admin O promoted Sgt Williams to her new rank on 9 July, assisted by CWO Clark, the W Admin Br CWO. Photo: Submitted



Lieutenant Colonel Kyle Rosenlund (left), Commanding Officer of 402 Squadron and Squadron Chief Warrant Officer Austin Gaulton (right) present Master Corporal Daniel Everett (center) with his promotion to that rank on 4 August 2015. Photo: Cpl Gabrielle DesRochers

Changes of Command & Appointment



L to R: LCol Geneviève Lehoux, incoming 17 Wing Logistics and Engineering Branch Commanding Officer, Reviewing Officer 17 Wing Commander Col Joel Roy and Major Todd Young, outgoing 17 Wing LE Branch Commanding Officer sign the scrolls during the Change of Appointment ceremony at Stephenson Parade Square, CFB Winnipeg MB, on July 17, 2015. Photo: Cpl Gabrielle DesRochers



L to R: LCol Drew Greenaway, incoming Commanding Officer of the Air Force Military Police Group, Col Robert Delaney, Commander Canadian Forces Military Police Group and LCol Paul Thobo-Carsen, outgoing Commanding Officer of the Air Force Military Police Group sign the scrolls during the AF MP GP Change of Command Ceremony at Mynarski Hall, CFB Winnipeg, MB on July 15, 2015. Photo: Cpl Gabrielle DesRochers

435 Squadron Honours & Awards

In recent months at 435 Squadron, many promotions and awards were presented. Promotions were presented by: the Commanding Officer of 435 Sqn LCol Brent Andrews, 435 Sqn CWO Douglas Harry, and SAMEO, Maj Radek Chlistovsky. Awards were presented by Acting Commanding Officer of 435 Sqn Maj Michael Sampson and 435 Sqn CWO Douglas Harry on 4 August, 2015. Award photos by: Cpl Justin Ancelin



Cpl Daniel Van Helvert (2nd from left), receives his promotion to current rank from LCol Brent Andrews (right), CWO Douglas Harry (left) and Maj Radek Chlistovsky (far left).



MCpl Christopher Murray (center), receives his promotion to current rank from LCol Brent Andrews (left), CWO Douglas Harry (right) and Maj Radek Chlistovsky (far right).



MCpl Kurtis Kivi (center), receives his promotion to current rank from LCol Brent Andrews (left), CWO Douglas Harry (right) and Maj Radek Chlistovsky (far right).



MCpl Michael Gallant (center), receives his promotion to current rank from LCol Brent Andrews (left), CWO Douglas Harry (right) and Maj Radek Chlistovsky (far right).



MCpl James Briggs (center), receives his promotion to current rank from LCol Brent Andrews (left), CWO Douglas Harry (right) and Maj Radek Chlistovsky (far right).



WO Marcel Hamilton (center), receives his promotion to current rank from LCol Brent Andrews (left), CWO Douglas Harry (right) and Maj Radek Chlistovsky (far right).



MWO Christian Ritchot (center), receives his promotion to current rank from LCol Brent Andrews (left), CWO Douglas Harry (right) and Maj Radek Chlistovsky (far right).



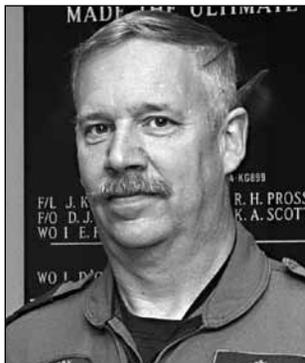
MWO Alan Blanchette (center), with his wife, receives his promotion to current rank from LCol Brent Andrews (far left) and CWO Douglas Harry (right).



Maj Whitney Camm (center), receives her promotion to current rank from LCol Brent Andrews (left), accompanied by MWO Kenneth Reynolds (right).



MCpl Paul Comeau (center) receives his CC-130, 1000 Hour Certificate from Maj Michael Sampson (left), and CWO Douglas Harry (right).



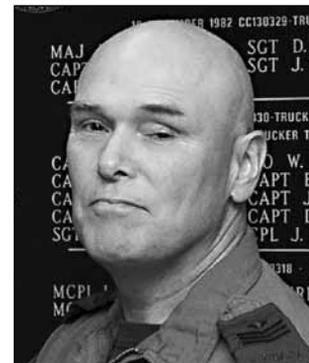
MCpl Brian Perry received his CC-130, 2000 Hour Certificate.



Sgt Kirby Pilgrim received his CC-130, 2000 Hour Certificate.



Major Art Jordan received his CC-130, 2000 Hour Certificate.



Sgt Kim Blake received his CC-130, 3000 Hour Certificate.



**17 WING
JUNIOR RANKS**

MONDAY – THURSDAY

Lunch 1130 – 1300 hrs
Afternoon 1500 – 1900 hrs

(Hours may be extended to 2200 hrs depending on attendance)

FRIDAY

Lunch 1130 – 1330 hrs
Afternoon 1500 – 2400 hrs

SATURDAY – SUNDAY

CLOSED

Hours will fluctuate on nights with scheduled events

Pool Tables Air Hockey Foosball

Cable TV Shuffleboard

WIFI Internet WII Games TGIF's

Available for Weddings, Socials, Private or Unit Functions / Contact the Junior Ranks Admin Office Bldg 61 / 204-833-2500-5245



www.facebook.com/
thevoxair

1CFFTS Amalgamates with 402 Sqn

By Martin Zeilig
Voxair Photojournalist

It was an historic moment on August 14th, as a ceremony at 17 Wing marked the amalgamation of 1 Canadian Forces Flight Training School into 402 Squadron on August 14 in the Officers' Mess.

The amalgamation will help to streamline training and education. The ceremony also saw the transfer of responsibility for 402 Squadron from 16 Wing Borden to 15 Wing Moose Jaw.

The event's significance was not lost on Lieutenant Colonel Kyle Rosenlund, Commanding Officer of 402 Squadron, or on any of the other participants.

1 CFFTS is a unit that traces its history back to the British Commonwealth Air Training Plan, through the Central Navigation School, and the Canadian Forces Air Navigation School; "a unit with a proud heritage of training Air Combat Systems Officers (once Air Navigators) and Airborne Electronic Sensor Operators," LCol Rosenlund said in his introductory remarks.

He singled out Col Thomson and her team at 16 Wing for ensuring the "smooth transition" of 1 CFFTS' personnel and responsibilities to 402 Squadron.

He also praised the efforts of LCol Russ Defer, former Commandant at 1 CFFTS, and LCol Trevor Campbell, former 402 Sqn CO, "whose work on the Master Implementation Plan was essential to our success."

"Without this support, the amalgamation of these two fine units would not have been possible," added LCol Rosenlund.

LCol Rosenlund also praised the work of 1CFFTS HCol Eldren Thuen.

"I would also like to highlight the hard work and steadfast support of Honorary Colonel Thuen, whose presence as 1 CFFTS' Honorary Colonel was felt and appreciated each day. We have worked together within the 1 CFFTS context, and I look forward to working with you again in the near future."

Col Yve Thomson, Commander of 16 Wing Borden, said the merger was a great way to improve RCAF op-

erations.

"It's evolutionary," she remarked during an interview following the ceremony. "We're looking for better ways to do business. What we've done in aligning the new 402 Squadron with 15 Wing at CFB Moose Jaw is we're taking advantage of some synergies. We are seeing more similar air crew training being achieved."

What doesn't change is that 402 Sqn will remain at 17 Wing.

"But, now they are aligned with 15 Wing rather than 16 Wing," Col Thomson said. "They are no longer responsible to me, but to Colonel Day at 15 Wing."

15 Wing is the principle site of the NATO Flying Training in Canada (NFTC) program and is the home of both 2 Canadian Forces Flying Training School and the world-famous 431 Air Demonstration Squadron, also known as The Snowbirds.

"All future pilots go through 2 CFFTS, and then when they finish phase two training, they're divided into three different strains," Col Day said.

Individuals going on to fast jet/instructor flying stay in Moose Jaw for the next phase of their training and to eventually receive their wings, while helicopter and multi-engine aircraft personnel move on to 3 CFFTS Portage La Prairie.

"I do a lot of trips to Portage, and now I'll be making a couple of trips to 402 Squadron too. Their operation doesn't change. All the personnel will still do the same



Col Yve Thomson, Commandant of the CF Logistics Training Centre, BGen Bruce Ploughman, Commanding Officer of 2 CAD and Col Alex Day, 15 Wing Moose Jaw Base Commander, sign the transfer of Command Scrolls of 402 Sqn from the Air Force Training Centre to 15 Wing, on Aug 14, 2015 at Building 76, 17 Wing Winnipeg. Photo: Cpl Darryl Hepner

jobs."

Col Thomson emphasized that change can often bring opportunity.

"So, it's good and necessary," she said.

The mandate of 1 CFFTS was to produce winged aircrew (both ACSOs and AESOps) to support RCAF and CAF operations around the globe.

"Although we may feel sadness today as we disband this great unit, know that the torch has not been dropped, but rather passed to 402 Squadron," LCol Rosenlund.

"In this way we will continue not only to meet its mission, but also to commemorate its legacy."

440 Sqn Member Invested in OMM

By Capt John T.W. Miller
Pilot, 440 Sqn

To one who has given so much to his community, the joy of giving and the honour of serving are often enough. But then, it is important to recognize when someone has truly gone "above and beyond" and embraces the idea of "service before self." Warrant Officer (WO) Jacques Lamarche has been given one of the nation's highest honours when he was appointed to the Order of Military

Merit as a Member for his unwavering devotion in service of his nation and the communities in which he has lived. His investiture into the order took place in February 2015 at Rideau Hall in Ottawa and was presided over by Governor General and Commander-in-Chief of Canada, the Right Honourable David Johnston.

WO Lamarche joined the Canadian Armed Forces in 1986 as an Aero Engine Technician. In a career spanning almost thirty years, he has served at 440 (Transport and Rescue) Squadron (SQN) when it was in Edmonton, 433 SQN in Bagotville, 416 SQN and 109 FTTS (Field Technical Training School) in Cold Lake, and as the CF-18 ECS LCMM (Engine Control Systems Life Cycle Material Manager) in Ottawa. He concluded his career as a member of the Regular Force at 440 (Transport) SQN in Yellowknife at the rank of MWO, serving as Squadron Warrant Officer from 2008 to 2011. Transferring to the Reserve Force as a WO, he continues to serve at 440 SQN as Technical Training Advisor on a part-time basis. When he is not working at the Squadron he can be found at Summit Air where he serves as a Manager.

Throughout his life and military career, WO Lamarche has distinguished himself through his tireless service to the community. In addition to other volunteering endeavours, he has given his time in the following capacities: Vice President of Commission Nationale des Parents Francophones (CNPF); Northwest Territories Representative and President of Association des Parents Ayant Droit de Yellowknife (APADY); Comité de Parent de l'École Allain St-Cyr; JTFN Oldtimer Hockey Team Rep; Defence Aboriginal Advisory Group (DAAG) member; 440 SQN Hockey Team Rep; 440 SQN Entertainment Committee; 440 SQN Vampires Relay for Life; President of 4WG Cold Lake Ball Hockey League; President of Cold Lake Gardening Club; President of Mackenzie School Parent Committee; Junior Forest Warden Leader; and soccer coach.

LCol Vince Wawryk, 440 (T) SQN Commanding Of-

ficer, commends WO Lamarche's achievements: "When the award was announced I was in absolute agreement. Jacques' sphere of influence in both the RCAF and in the communities in which he has lived has been massive. He has made things better everywhere he has gone and I can't think of anyone more deserving of this kind of national recognition. We in the Bat Cave are mighty proud!"

"I was extremely happy and proud to be receiving such a prestigious award" says WO Lamarche. "It means a lot to me and my family. The investiture was a wonderful event that I will cherish forever."



WO Lamarche (left) is inducted into the Order of Military Merit by His Excellency the Right Honourable David Johnston (right), Governor General of Canada. Photo: Submitted

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



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

St. James



670 Century Street, Winnipeg Phone: 204 788-1100

stjamesaudi.com

stjamesvw.com

BGen Cochrane Assumes Command of 2CAD

By Mike Sherby
Voxair Manager

It was a sweltering hot day, but the men and women of 2 Canadian Air Division proudly withstood the heat to welcome their new Commander, Brigadier General Dave Cochrane.

The Change of Command Ceremony, held at the Stevenson Parade Square on August 14th, saw outgoing Commander BGen Ploughman pass command to BGen Cochrane with LGen Hood, Commander of the RCAF, acting as the Reviewing Officer.

A native of Toronto, BGen Cochrane entered the CAF in 1982. After receiving his ASCO wings, BGen Cochrane flew with 426 and 436 squadrons in Trenton, in the tactical and strategic airlift roles on the CC-130 Hercules. BGen Cochrane was commander of 426 Transport and Training Squadron in Trenton from 2006 to 2009, and was then deployed for six months as Commanding Officer Theatre Support Element at Camp Mirage in Dubai, UAE.

Upon his return to Canada in 2010, BGen Cochrane assumed command of 8Wing/CFB Trenton, where he

was awarded the Meritorious Service Medal thanks to the great work by the 8 Wing/CFB Trenton members in their support of the SAR Mandate and the outstanding airlift support to Operation Hestia (Haiti), Op Mobile (Libya), and Op Athena (Afghanistan).

In 2013 BGen Cochrane assumed the position of Senior Advisor to the National Security Advisor in the Privy Council Office in Ottawa.

In his speech at the ceremony, BGen Ploughman thanked everyone who had helped him during his time as commander.

"Quite simply, this is my thank you speech," he said. "What surprises me about the staff at 2 Canadian Air Division is not that you do the impossible, but that you make it look easy."

BGen Cochrane said that he was thrilled to be taking command of 2CAD, noting that training was a passion of his.

"Morale, team spirit, and a healthy work environment are important to me," he said. "And there is no place for harassment of any sort at 2CAD or in the RCAF."

He ended his speech by thanking BGen Ploughman for his "outstanding work" at 2CAD.

"I look forward to continuing to move the yardsticks with my 2CAD team."



l to r: BGen Ploughman, LGen Hood, and BGen Cochrane at the 2CAD Change of Command. Photo: Mike Sherby

CASUAL FRIDAYS VENDREDIS EN TENUE DÉCONTRACTÉE

Get into the spirit & support a worthy cause! Entrez dans le jeu et appuyez une bonne cause!

10 JUL/JUIL TO/AU 4 DEC 2015

For a donation of \$2 per week pers will be eligible to wear civilian clothing!
Charitable receipts will only be issued to members who pay for a minimum of 10 Fridays (\$20) in an advance lump sum.

Pour un don de 2 \$ par semaine le personnel sera admissible à porter une tenue civile!
Un reçu pour dons de bienfaisance sera remis uniquement aux membres qui paient pour un minimum de dix vendredis (20 \$), soit un montant forfaitaire payé à l'avance.

THEMES • THÈMES Questions concerning clarification on appropriate civilian clothing (R50 01-002) are to be addressed directly with the WCCO. Les questions concernant des précisions sur la tenue civile appropriée (OP Ete 01-002) doivent être adressées directement à l'Adju. Ete.

- 11 SEP/SEPT. Red, White and Blue Day • Journée du rouge, blanc et bleu
- 18 SEP/SEPT. Caribbean Carnival Day • Journée au carnaval des Caraïbes
- 25 SEP/SEPT. Journey Around the World Day • Journée voyage autour de monde
- 2 OCT/OCT. 1960s Day • Journée 1960s
- 9 OCT/OCT. 1970s Day • Journée 1970s
- 16 OCT/OCT. 1980s Day • Journée 1980s
- 23 OCT/OCT. 1990s Day • Journée 1990s
- 30 OCT/OCT. Halloween Costume Day • Journée costume d'Halloween
- 6 NOV/NOV. "Support Our Forces" Red Shirt Day • Journée chemise rouge • Appuyez nos Forces •
- 13 NOV/NOV. Olympic Spirit Day • Journée d'esprit olympique
- 20 NOV/NOV. Winnipeg Jets Day • Journée Jets de Winnipeg
- 27 NOV/NOV. Grey Cup Day • Journée Coupe Grey
- 4 DEC/DEC. Life at the North Pole Day • Journée la vie au pôle Nord

FOR MORE INFORMATION PLEASE SEE YOUR UNIT REP/CANVASSER • POUR OBTENIR PLUS DE RENSEIGNEMENTS VEUILLEZ CONSULTER VOTRE REPRÉSENTANT D'UNITÉ/SOLLICITEUR

GOVERNMENT OF CANADA WORKPLACE CHARITABLE CAMPAIGN
CAMPAIGNE DE CHARITÉ EN MILIEU DE TRAVAIL DU GOUVERNEMENT DU CANADA

YOU can Make A Difference!
VOUS pouvez changer les choses!

17 WING WINNIPEG • 17^e ESCADRE WINNIPEG <http://17wing.winnipeg.mil.ca/en/home/organizations/SWCC/SWCC.aspx>

17 WING FIRE CHIEF'S CORNER Fuel for Summer Activities



Camping, cottaging and meals on the barbecue are Canada's summertime passions. In addition, more and more Canadians travel by RV during the summer.

Propane is the energy source that often powers these activities. It is versatile, economical and safe, and can be taken where no other fuels can go. Stored as a liquid and used as a gas, it will cook meals, heat the cottage or trailer, ensure a supply of hot water, and even refrigerate food.

According to Bob Cunningham, managing director of the Propane Gas Association of Canada, propane appliances are growing in popularity.

"People who use propane all year round are usually familiar with how to handle it properly," he says. "But many Canadians use it mainly on vacation or for the barbecue. As with any fuel, safety is always important, and special care is needed when reacquainting yourself with a product not used for several months."

Propane is a colourless and odourless gas. A smell is added so you can detect a leak by a strong, distinct odour like rotten eggs or boiling cabbage. Leaking propane is heavier than air and will flow to low-lying areas.

If you suspect a leak, turn off the supply of propane at the cylinder and leave the area immediately. Do not turn light switches or flashlights on or off, or operate phones. Once you are well away from the area, phone your service supplier. If you suspect your gas barbecue is leaking or smell an odour shut off the cylinder and do not light the grill.

Propane incidents are rare, in part because of strictly enforced safety regulations. All cylinders must have a decal identifying the contents as a flammable gas. In Canada, they must be inspected and re-qualified or replaced every 10 years. A date stamp on the collar of the cylinder indicates when it was last qualified. Only a qualified technician may fill your cylinder. It is illegal for an attendant to fill an outdated cylinder, or to fill a cylinder beyond 80% capacity.

"Anyone who uses propane cylinders must follow the rules when transporting, storing or handling them," advises Emile Therien, president of the Canada Safety Council.

"Beyond this, it comes down to common sense," he says. "Look after your appliances, make sure they are well ventilated, and use them only for what they were meant to do. For instance, burners and ovens are designed for cooking, not to heat your tent or RV!"

The Canada Safety Council recommends an annual safety inspection of your whole system, including the appliances.

For many summer chefs, gas barbecues are the appliance of choice. They require similar precautions, including a safety check, cleaning and maintenance at the start of the season, and good ventilation around the equipment.

"It's absolutely essential for the tubes to be clear and in good repair," notes Ivan Tanner of the Ottawa Fire Service. "Spiders and other insects love to build nests in them and that can cause dangerous blockages."

When using the barbecue, turn the cylinder service valve on first then turn it off (to make sure it works correctly/properly). When you finish, ensure no propane is left in the hose and then close the burner control valves. Make sure the gas grill is shut off and has completely cooled before covering it.



award winning
**Assiniboia
Animal
Hospital**

Gentle with
Pets & Prices

889-5570
3050 Portage Avenue

www.pspwinnipeg.ca



Mental Fitness and Suicide Awareness
It's one thing to look after your body. Just don't forget about your mind.

Mental Fitness and Suicide Awareness: Supervisor Training
This course is course coded!
16 September 2015
0800 – 1600 hrs

For more information or to register, contact Health Promotion at 204-833-2500 ext 4150

Sensibilisation à la santé mentale et au suicide : Formation du superviseur
Il s'agit d'un cours auquel on a attribué un code!
16 septembre 2015
8 h à 16 h

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 204-833-2500 poste 4150

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



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



BOUFFE-SANTÉ
pour un rendement assuré

TOP FUEL
for Top Performance



22 and 23 Oct 2015
0830-1600 hrs
2-day course/cours de 2 jours

For more information or to Register contact Health Promotion local 4150



Ce que vous mangez fait toute la différence!

Les ateliers du programme Bouffe-santé pour un rendement assuré accroîtront vos connaissances et vous donneront des conseils pratiques pour améliorer vos choix alimentaires.

What you eat makes a difference!

Top Fuel for Top Performance workshops will provide you with knowledge and practical tips to tune-up your food choices.

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

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



Recycle or pass along this newspaper when you're done.

CFB Winnipeg September Promo
Non-members who buy a 2016 membership on or after 1 Sep 2015 golf the rest of 2015 for free!



Canada National Défense / Defence nationale

STRESS: Take Charge!

A Canadian Forces Program

Le stress : ça se combat!

Programme des Forces canadiennes

For more information contact the Health Promotion Director on your Base/Wing or Formation

Pour plus de renseignements, communiquez avec le directeur de la promotion de la santé de votre base, escadre ou formation

Want to increase your stress hardiness, enhance your performance, ramp up your resilience?

Stress: Take Charge!

13 and 14 October 2015
0830 - 1600 hrs

For more information or to register contact Health Promotion at 204-833-2500 ext 4150

Voulez-vous augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

Le stress: Ça se combat!

13 et 14 octobre 2015
0830 h à 1600 h

Pour plus d'information ou pour vous inscrire, appelez le bureau de promotion de la santé au 204-833-2500 poste 4150



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



HEALTH & PHYSICAL FITNESS FOR LIFE!
SANTÉ ET CONDITIONNEMENT PHYSIQUE POUR LA VIE!



TONIE

3KM WALK / 5KM RUN
MARCHE / COURSE

IN SUPPORT OF GCWCC • À L'APPUI DE LA CCMTGC

AUGUST 26 AOÛT

BLDG 90 PARKING LOT • PARC DE STATIONNEMENT DU BÂT 90

0730 hrs – Warm-up
0800 hrs – Start

07 h 30 – Réchauffement
08 h 00 – Commencement

ONLY \$2

All proceeds to GCWCC/United Way

SEULEMENT 2 \$

Tous les fonds recueillis seront donnés à la CCHTGC/Centraide

LIGHT SNACK AT FINISH!

COLLATION LÉGÈRE À LA FIN!

Open to CAF Members, DND employees, & Military Family • Les militaires, leurs familles et les employés civils du MDN peuvent y participer.



GOVERNMENT OF CANADA WORKPLACE CHARITABLE CAMPAIGN
CAMPAIGNE DE CHARITÉ EN MILIEU DE TRAVAIL DU GOUVERNEMENT DU CANADA

OPI / BPR

Lee-Ann Brookes • Lee-Ann.Brookes@forces.gc.ca • ext./poste 4833

YOU Can Make A Difference!
VOUS pouvez changer les choses!

17 WING WINNIPEG • 17^e ESCADRE WINNIPEG <http://17wing.winnipeg.mil.ca/units/information/organisations/GCWC/GCWC.aspx>



Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

MFRC WINNIPEG **FREE!**
movie night under the stars
 at the MFRC
 Tuesday **25** August
 MOVIE STARTS AT 8:30 PM

PIZZA AVAILABLE FOR PURCHASE FROM 5:00 - 7:30 PM

Featuring the 2015 Disney movie **CINDERELLA**
Movie will be shown in English

THE RED EMBER
 Wood fired pizza food truck serving pizza made from local Manitoba ingredients: crispy, chewy crust and delicious seasonal toppings! Gourmet and made to order.

Bring your blankets, sleeping bags & lawn chairs...
we'll provide the popcorn!



Throwback to last August when military families enjoyed the Red Ember Pizza Truck and Movie under the Stars. This year's event will be happening on August 25, 2015.

• FREE • FUN FOR EVERYONE •

TOMATO GROWING AND PUMPKIN-THEMED BAKING CONTESTS! HAYRIDES, BOUNCY HOUSE, PHOTO BOOTH, WINNIPEG TROLLEY, PETTING ZOO, SPARKY & MUCH MORE!

FALL FAIR

17 WING

SATURDAY • SAMEDI
12 SEPT 2015

10:30 - 14:30 10 h 30 à 14 h 30

Wing Welcome Coffee 10:00 - 11:00 • MFRC Café de bienvenue à l'Escadre 10 h - 11 h • CRFM

Hosted by / Présentée par :
 MFRC & PSP • CRFM et les PSP

FOR MORE INFO. / POUR EN SAVOIR PLUS : 204-833-2500 EXT/POSTE 5139 OR/OU 4500

FOIRE AUTOMNALE

CONCOURS DE CULTURE DE TOMATES ! CONCOURS DE RECETTE À BASE DE CITROUILLE ! PROMENADE EN CHARRETTE, STRUCTURE GONFLABLE, CABINE PHOTOGRAPHIQUE, TROLLEY, PETITS ANIMAUX, LE CHIEN SPARKY ET BEAUCOUP PLUS!

• GRATUIT • DIVERTISSEMENTS POUR TOUS •

17 WING 17^e ESCADRE

Family Dog Walk

Promenez votre chien en famille

in support of GCWCC à l'appui de la CCMTCC

Saturday le samedi **AUGUST 29 AOÛT 2015**

MFRC Childcare Centre - 630 Wihuri Rd. • Garderie du CRFM - 630, ch. Wihuri

1000 hrs **10h**

Registration begins at 9:30 am
 Inscrivez-vous à partir de 9 h 30

REGISTRATION IS BY DONATION
 A charitable tax receipt will be issued for donations of \$20 or more

INSCRIPTION ACCOMPAGNÉE D'UN DON
 Un reçu pour don de bienfaisance vous sera remis pour un don de 20 \$ et plus

FOR MORE INFORMATION CONTACT /
 POUR DE PLUS AMPLES INFORMATIONS, CONTACTEZ

MFRC | CRFM 204-833-2500 ext./poste 4500

GOVERNMENT OF CANADA WORKPLACE CHARITABLE CAMPAIGN
 CAMPAGNE DE CHARITÉ EN MILIEU DE TRAVAIL DU GOUVERNEMENT DU CANADA

17 WING WINNIPEG • 17^e ESCADRE WINNIPEG <http://17wing.winnipeg.mb.ca/cms/en/home/organizations/GCWCC/GCWC.aspx>

YOU Can Make A Difference!
VOUS pouvez changer les choses!

PERSONAL CLASSIFIEDS

House for rent/ long term lease

Luxury house for long term rent! 3 bedrooms, 3 full baths. Westwood area, nearby to schools, Unicity shopping center, amazing neighbourhood! 1600 sqft bungalow upstairs and basement. Move in date would be ASAP!
Come on down, take a look for your self!
Contact: Mal at (204) 221-9916 or (204) 228-0066

House for Rent in Stonewall, MB

Available for Rent 15 Aug 2015 to 01 June 2016. Newly reno'd 3 Bedroom/3 Bathroom house 30 Min from base.
Fridge, stove, dishwasher, microwave, washer, dryer included. 2000 sq/ft. No water bill. House is on excellent well with purity test avail. No Smoking. Pets will be considered. Can be partially furnished if desired. \$1700.00/Month plus utilities
t_juby@hotmail.com

FOR RENT

Beautiful Two-story house in East Fort Garry. 3 bedrooms upstairs. large master bedroom. 2 full bathrooms. Large bright open kitchen, SS appliances. Hardwood floors. Developed basement. Oversized 2 car garage. Large fenced yard. Lovely family home in a great neighbourhood! \$2000 monthly. Available Summer 2015. Contact: Angela (204) 452-3211

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.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): If you're torn between doing what you want to do and doing what you think is best for those you love, take a "time out." Keeping something to yourself may seem secretive but is it really going to help the situation to share it? You may even feel worse if you opt to spill the beans.

Taurus (April 20 – May 20): Sweeping changes in the next little while lead to intense discussions with loved ones. A new development forces a decision. Discussions can provide options you hadn't considered. Before deciding how to proceed, you need to share your feelings. Then take action.

Gemini (May 21 – June 21): Maintaining the status quo is convenient but limiting. To avoid regrets, reach out and connect to those you are interested in getting to know better. Expand your circle of friends. It may be uncomfortable at first but the payoffs are worth it. Let others know what you really want.

Cancer (June 22 – July 22): Things will move more quickly than expected. The more people involved the less control you have. Expect surprising information to surface during emotional exchanges. Luckily there is someone that has all the answers and knows all the angles to help you deal with the tough stuff.

Leo (July 23 – August 22): Things are going to get very busy very soon. Though it would be nice if all your problems could be solved by someone else, it's not that simple. Sometimes you'll be blessed with help and other times you'll have to manage on your own. Luckily you're so creative you'll do well.

Virgo (August 23 – September 22): Stop worrying about when you'll see results. Do what you do because you love doing it. Promote yourself and network. Don't let doubts hold you back. If you believe in what you're doing you'll easily convince others to get on board with your latest project.

Libra (September 23 – October 23): Others will want you to take sides. Even though you'd rather not get involved you may have to. Avoiding others won't solve anything. Frustration levels are mounting. Be part of the solution. There is too high a price to pay for pretending not to see what's going on.

Scorpio (October 24 – November 21): It's time to assess how much payoff you're getting from your current lifestyle. Make a break or take a break so you can gain enough distance to see what is really happening. Make the hard decisions now. Review commitments and assess if they are still realistic.

Sagittarius (November 22 – December 21): The price of "winning at all cost" is now evident. You'll be faced with some hard questions that leave you feeling very uncomfortable. Still it's all part of learning what really works for you. This is just a small speed bump in your grand adventure called life.

Capricorn (December 22 – January 19): Do you feel a bit left behind, ignored or misunderstood? Try not to worry about how you are perceived. Creative problem solving and creative living work better than following the well-worn path. Look for ways to increase your income if your expenses go up.

Aquarius (January 20 – February 18): You'll have lots of job options to pick from. However don't take an advance cheque unless you're sure you can deliver the goods. Turning down work might seem crazy but if the deadlines are too stressful, give it a pass. Being marketable isn't everything. Follow your muse.

Pisces (February 19 – March 20): Don't avoid starting in on a new challenge. Just do it. You've learned a lot. And you can do it your way. Take the next step. Do what makes you happy. Going after what you want is natural. Expand your horizons. Connect with those who can assist you in your work.

PROUD OF OUR PAST



Welcome...

ST. JAMES LEGION

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

Texas Hold'em

Tues 7 p.m.

Line Dancing

Every Tues & Wed

8 to 10 p.m.

Dancing To Live Bands

Fri & Sat

9 p.m. - 1 a.m.

Meat Draws

Every Fri 5 - 7 p.m.

Every Sat 2 - 4 pm

FOR APPOINTMENTS CALL 775-8368

THE VOXAIR
Your 17 Wing Community Newspaper

WWW.THEVOXAIR.CA

mmmm...
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering



1245 Inkster Blvd
2591 Portage Ave
1380 Ellice Ave
718 Osborne St



Barala Kennels

YOUR PET'S HOME AWAY FROM HOME



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

OWNERS: GARTH AND SARA GRANT

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

GASTHAUS GUTENBERGER GERMAN RESTAURANT

- Authentic German & Continental Cuisine
 - Schnitzel • Beef Rouladen • Homemade Spatzle
 - Fine German Desserts • Fine Wines and German Beer
- Open Daily Monday - Friday Saturday 4:30 pm - Midnight
11 am - 11 pm Sunday 11 am - 10 pm

2583 Portage Avenue (1 block west of the Moray bridge)

Phone: 888-3133 for reservations

Catering Service Available

HABING LAVIOLETTE

BARRISTERS, SOLICITORS & NOTARIES



RONALD HABING
BA. LL.B.

and

SIDNEY LAVIOLETTE
BA. LL.B.

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

2643 Portage Avenue

Phone: (204) 832.8322 • Fax: 832.3906

ron@habinglaviolette.com

ASSINIBOIA UNIT NO. 283

Army, Navy & Air Force Veterans in Canada
3584 Portage Avenue Winnipeg, MB
Club rooms: 837-6708



BINGO: Monday, Wednesday & Friday at 7:30 pm
Early Bird starts at 7:00 pm
SENIOR'S BINGO: Thursdays at 1:30 pm
CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday 8:00pm-12:00am
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

Reimer World Corp. CEO Donates 50K to Soldier On Fund

By Martin Zeilig
Voxair Photojournalist

Dr. Donald S. Reimer was not seeking any publicity when he wrote a cheque for \$50,000 to benefit the Soldier On Fund.

"I wasn't looking forward to having a story written about me," said the genial Chairman and CEO of Reimer World Corp., one of the largest privately-held transportation companies in Canada, during an interview in his corporate office at the TD Tower.

The cheque was presented to former Chief of Defence Staff General Tom Lawson on April 20, 2105 in the Cockpit lounge of the RCAF Mess in Ottawa.

The Soldier On Fund, one of several charitable funds of the Canadian Armed Forces, is the most direct way for Canadians to contribute to supporting ill and injured members. The fund has disbursed more than \$1.5 Million for the purchase of equipment such as hand-cycles, sit skis, fishing equipment, hockey sledge and basketball wheelchair as well as training and travel expenses to participate in regional, national and international events.

Major Rick Desjardins, CO of the Joint Personnel Support Unit, Prairie Region, says that his unit and its

clients benefit immensely from Soldier On donations.

He also said Dr. Reimer's donation illustrates the recognition by the Canadian public of the sacrifices made by members of the defence team and their families.

"It highlights the appreciation of our veterans by everyday Canadians," he said. "These funds will be used to promote the fitness and recovery amongst our veterans who have sacrificed their health to serve others."

Dr. Reimer, a long-time resident of Winnipeg, says that he was initially moved by the plight of U.S. soldiers who have been injured during wars and conflicts.

He was even planning to visit some of those vets at Walter Reed National Military Medical Centre in Bethesda, Maryland.

"But, I'm a Canadian," he said. "I've got to do something in this country. So I made contact with General Thomas Lawson, and we became friends. We had lunch together and I told him, 'I could give you a cheque for \$50,000.' But I pondered the idea for maybe a year."

Dr. Reimer, who received his Doctor of Humanities Degree from Trinity Western University in 1988, Doc-

tor of Laws Degree from Providence College & Theological Seminary in 2010 and a Doctor of Laws Degree from Briercrest College and Seminary in 2011, says that he knows there are a lot of injured CAF personnel.

"They need more help than they have," he said.



On 20 April 2015, in the Cockpit lounge of the RCAF Mess located in Ottawa, Dr. Reimer, presented a cheque to the Chief of Defence Staff, General Tom Lawson, in the amount of \$50,000 to benefit the Soldier On Fund. Photo: Submitted

Everything you need to know about CFOne!

The CFOne card is the one card you need to access programs and services delivered by Canadian Forces Morale and Welfare Services (CFMWS).



The CFOne card consolidates the functions of several cards into a single card. It easily and accurately confirms your membership within the Canadian military community of one million strong and provides you with access to both the CANEX Rewards Program (the program that rewards you for shopping at CANEX) and the CF Appreciation Program (the official discount program of the Canadian Armed Forces community).

In the future, it will also be the one card to support membership to PSP sports, fitness and recreation programs and services at Bases and Wings across the country. In addition, the CFOne card will provide membership and confirm access to messes and specialty interest activities, such as golf, curling and sailing clubs.

More info at:

www.cfmws.com/en/ourservices/cfone

Au sujet de la carte UneFC

La carte UneFC est la seule carte nécessaire pour avoir accès aux programmes et services dispensés par les Services de bien-être et moral des Forces canadiennes (SBMFC).



La carte UneFC regroupe les fonctions de plusieurs cartes en une seule carte. La carte UneFC est un mécanisme simple et précis qui confirme votre appartenance à la communauté militaire canadienne, forte d'un million de membres, et vous donne accès au programme Primes CANEX (programme qui offre des primes pour les achats effectués au CANEX) ainsi qu'au Programme de reconnaissance des Forces canadiennes (programme officiel de rabais de la communauté des Forces armées canadiennes).

Ultimement, la carte UneFC sera la seule carte vous donnant accès aux programmes et services des PSP, aux mess, aux activités d'intérêt particulier et à bien d'autres avantages.

www.cfmws.com/fr/ourservices/cfone

CFB Winnipeg Golf Club NIGHT GOLF

19 September 2015
1st Tee Off at 9:00 pm.
Sunset estimated at 7:30 pm.
Shot Gun Start.
If needed, the Club has glow balls for signing out.

Members - \$20.
 (\$10 entry + \$10 per glow ball, refunded if the ball is returned)

Non-Members - \$35.
 (\$15 Green Fee + \$10 entry + \$10 ball, refund if ball returned)

Sign Up today!
Please arrive by 8:30 to allow a 9pm tee time

We are also looking for volunteers to bring Chilli! If you are interested please indicate on the sign-up sheet and see Jackie. Thank you!

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE (English Only) 0900 hrs
COMMUNITY SERVICES

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

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

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

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

CHAPLAINS

Padre Jack Barrett
 (Anglican) - Wing Chaplain ext 5417

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

Padre Christopher Donnelly
 (United Church) ext 5785

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

17 Wing
 204 833 2500



17 Wing Community Chapel
 2235 Silver Avenue
 (Near Whytewold)



Administrative Assistant
 Ms. Jaye Rynar ext 5087

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

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

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

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

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

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

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

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

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

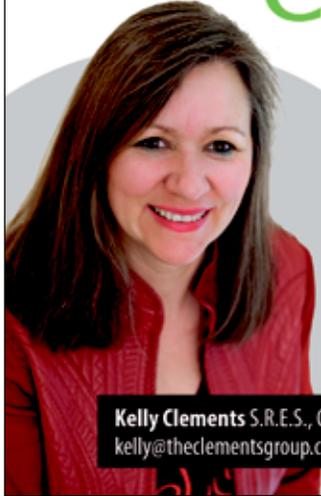
EMERGENCY DUTY CHAPLAIN
 After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

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

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

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


**Proudly assisting military members
 and their families for over 20 years.**



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

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

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



Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 888-7973 FAX: 832-3461

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

George E. Chapman Q.C. Kelly P. Land, B.A., LL.B. Mindy R. Lofchick, LL.B.
 Alan R. Goddard, B.A., LL.B. Michael J. Law, B.A., LL.B. Serge B. Couture, B.A., LL.B.
 Allan L. Dyker, B.A., LL.B. Bruce D. Haddad, B.A., J.D.

Almer N. Jacksteit, B. Comm., LL.B, Counsel

Our fees conform to the ERS guideline

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

Winnipeg's Mother Daughter Team!



LEIGH NANTON



KRISTEN BILODEAU

- Your business is our TOP priority
- Long term Military relocation specialists
- Superior service & satisfaction guaranteed
- Comprehensive relocation package
- Successfully selling homes and condos for over 45 years combined

Toll Free: 1-877-800-5066
24 Hour Pager: 204-989-5000
Info@LeighNanton.com
www.LeighNanton.com

Royal LePage Dynamic Real Estate
 3 - 1450 Corydon Ave., Winnipeg, Mb R3N 0J3



Peaceful spring afternoon at the English Gardens, Assiniboine Park

Military Relocation Specialist assisting families with their real estate needs for over 21 years

terie langen

204 987 9808 877 778 3388
www.HomesInWinnipeg.com
 terie@homesinwinnipeg.com

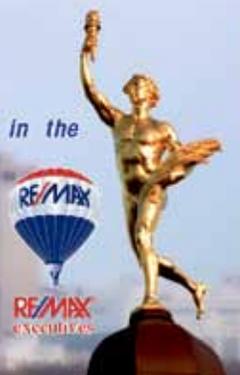


Trudy M. Johnson, B.A.
Relocation Specialist

*30 Years of Professional Success in the
 Winnipeg Real Estate Market*

Toll Free 1-877-778-3388
 Cell 1-204-981-1529
trudyj@mts.net
 Re/max Hall of Fame

"spirited energy"



Eldren Thuen
 Military Relocation Specialist

JUDY LINDSAY

Team Realty

37 years of service with you.
 Now, let me help serve you here in
 Winnipeg and across the country!

www.judylindsay.com • 204-925-2900

MAXIMUM Realty Ltd. Serving Winnipeg & Surrounding Areas

Residential - New Homes - Condos - Relocation - Referrals



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



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



Brendan McGurruy
 (204) 799-3022
mcgurruy@mts.net

Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service

**#1 RE/MAX Female Individual
 Agent Manitoba**



**Proud to Assist Military Families
 Relocation Specialist**

**30 Years Experience
 in the Winnipeg
 Real Estate Market**

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

