



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

Perfect Weather Helps Success of 2016 RCAF Run



The Canadian Forces Snowbirds fly past prior to the start of the 8th Annual Royal Canadian Air Force (RCAF) Run, at 17 Wing, Winnipeg Manitoba, on 5 June 2016. Please see pages 6-7 for more RCAF Run coverage. Photo: MCpl Rick Ayer

In this issue:
THE VOXAIR
SKYDIVES AT
CANOPY
CONTROL
COURSE

PAGE 2

ARE YOU
AS FIT AS A
FIREFIGHTER

PAGE 3

WING
COMMANDER'S
HONOURS
AND AWARDS

PAGE 4

OVERWHELMING
SUCCESS
AT MANITOBA
AIRSHOW

PAGE 8

DREAMS TAKE
FLIGHT FOR
SPECIAL KIDS

PAGE 11

COME AND
HAVE FUN
ON
THE BIG BIKE

PAGE 15

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Voxair Skydives at SAR Tech Course in Gimli



Martin prepares for his first ever skydive.
All Photos: Gloria Kelly

by Martin Zeilig, Voxair Photojournalist

It happened so suddenly that I had no time to feel frightened during my first skydive off the ramp of a RCAF CC-130 Hercules from 435 Squadron.

I was at the Gimli Industrial Park Airport on May 20 to report on the first Search and Rescue (SAR) Canopy Control Course held in Canada.

A media release said there may be an opportunity for media representatives to participate in tandem jumps if operations and the availability of instructors allowed.

A number of instructors from Skydive Manitoba, which is affiliated with both the Canadian Sport Parachuting Association and the Manitoba Sport Parachuting Association, were assisting the SAR Techs with the instruction and providing tandem jumps to civilian participants during the course.

A few days earlier, two members of a CITY Television crew had gone tandem skydiving while covering the course in Gimli. I was with Gloria Kelly, National Defence Public Affairs Outreach, just after they emerged from the Herc on the runway by Hangar 16.

Their wide-eyed, unrestrained enthusiasm was convincing so I asked Gloria to try and arrange a jump for me too.

I drove up to Gimli with Gloria and Emmanuel Goffin, an Instructor and Research Fellow for the Centre for Defence and Security Studies at University of Manitoba,

as well as an officer of the French Air Force.

Watching the SAR Techs float down gracefully that breezy, sunny day after deploying their parachutes to a, more often than not, pinpoint landing on the somewhat circular gravel target on the grass between the two runways merely whetted my desire to jump.

Emmanuel and I were the two tandem jumpers.

Prior to our flight, which came late in the afternoon, we were given a brief lesson by a Skydive Manitoba tandem instructor, Michael Plueschow on what to expect during the jump and how to position ourselves after we were attached to our particular instructor.

"Arch your back. Keep your hands crossed over your chest before you jump. Breathe through your nose, not your mouth. Kick your feet between your instructor's legs and up against his bum. Extend your legs before landing. Don't worry. You'll have fun," Plueschow said.

After we had donned our jump suits, leather helmets, and had our harnesses on, we waddled out the hangar to the waiting van. A few minutes later, we boarded the Hercules piloted by Captain Joel Bouchard of 435 Squadron.

"When I fly the airplane for the SAR techs, I'm responsible for their safety," Capt Bouchard said. "For training jumps like this week we need to agree on altitude and the airspeed at which they'll exit the plane, and also other factors. I'm operating the radio and have to make sure there's no conflict with other possible aircraft. We both also need to agree about the landing area. In a nutshell, we need to work together to make sure the mission is safe and successful."

I had that conversation in my mind as the sturdy and ever reliable Herc roared down the runway and lifted off into the wild blue yonder. Next to me was my tandem instructor, Garth Brown, who works as a carpenter in Winnipeg.

Once we reached our jumping altitude of about 10,000 feet, the loadmaster, Master-Corporal Paul Comeault, lowered the ramp and gave the signal for us to stand and prepare to shuffle single file towards the downed platform.

Garth was standing right behind me. He connected his harness to me, while I pulled a set of well used large clear plastic goggles over my glasses.

The rush of air slammed into my body as we plummeted into the void and accelerated to almost 200 kilometres per hour in an exhilarating and adrenaline-surge free fall that, as I found out afterwards, lasted for 35 seconds.

We did a couple of dizzying 360 degree turns during that period and at 5,000 feet Garth deployed the para-

chute, which jolted us upward immediately.

"Hold your arms up," Garth shouted into my ear as we began to glide at a more gradual angle rather than speed straight downwards.

He handed me the parachute's steering toggles allowing me to do very basic 90 degree turns each way. I was, in effect, controlling our rate of descent.

Spreading out below me was an astonishing panoramic bird's eye view of Lake Winnipeg and the surrounding countryside.

Our landing wasn't completely perfect as my legs weren't fully extended but it was without incident and I was relieved to have returned safely to terra firma.

Due to the still surging adrenaline, I felt somewhat disoriented and wobbly legged for some time afterwards.

Afterwards, when we were back in the hangar, Emmanuel and I each received a letter size "First Jump Certificate" from the Canadian Sport Parachuting Association.

"It was just an amazing experience," Emmanuel said on the relaxing drive back to Winnipeg down the wide and smooth Highway 9 as the late afternoon sun shone through the car's curving windshield. "I was not anxious. Actually, the weird thing is that I feared to be scared once at the edge of the platform. I did not know what to expect. At the end of the day you don't have time to think about your apprehensions and potential fears. Everything goes fast, and in a blink of an eye you jump in the emptiness and feel the incredible sensation and the adrenaline."



Coming in for a safe landing is best done tethered to an expert. Congratulations on your first jump Martin!

17 Wing Brews Coffee for Tim Hortons Camp Day

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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@PersSvcs@Winnipeg

VOXAIR STAFF

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

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

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

Martin Zeilig
Photojournalist
(204) 833-2500 ext 6976

Maureen Walls
Sales Coordinator
(204) 895-8191

Capt McCulloch-Drake
Wing Public
Affairs Officer

Broose Tulloch
Layout/Ad Design

Misra Yakut
Accounting

Traci Wright
Proofreading

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Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
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(Left) Dom Molina and CWO Doug Clark dispense coffee to Tim Horton's drive through customers at the Ness and Mount Royal location on Camp Day, Wednesday, June 1st.



(Right) LCol Danielle Clouter, W Admin O, and Hannah Delure get coffee for their customers during the annual Tim Horton's Camp Day at the Ness and Mount Royal location. On Camp Day 100% of the proceeds from coffee sales go to Tim Horton's Camps.
All photos: Bill McLeod, Voxair Manager.

Firefighters Ace Fitness Test



A 17 Wing Firefighter goes up and down a ladder while wearing self-contained breathing apparatus for the Firefighter Fitness Test at the Wing Firehall. Photo: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

Fitness and Sports Instructor Mark Lavallee acknowledges that there are many CAF personnel who are very fit.

After all, there are certain strict physical training standards they're required to meet.

But, they don't have to do the firefighters fitness test, said Lavallee.

He was one of several PSP Fitness and Sports staff members putting the 17 Wing firefighters through their yearly fitness tests on May 27 at the 17 Wing Firehall.

"All of our 16 members of the firehall successfully passed the test," said firefighter Corporal Matt Sankey during an interview in his office.

"We do it annually," he added. "The PSP staff come over, and we set up all the different firefighter related tasks in the hallway. The time limit is eight minutes and one second."

The ten tasks firefighters are required to do include, the One-Arm Hose Carry, the Ladder Raise, Charged Hose Advance, First Ladder Climb, Weighted Sled Pull, Forcible Entry, Victim Rescue, Second Ladder Climb, Ladder Lower, and, Equipment Carry.

It all begins with a one or minute warmup at the firefighter's discretion.

Once the warm-up is complete, they dress in their protective equipment, which includes the jacket, pants, rubber boots, flash-hood, helmet, leather work gloves, harness, and the self contained breathing apparatus (SCBA). The jacket collar must be fully done up and the helmet visor must be down. All firefighters have to wear a 5-point harness under their SCBA as well.

Before the start of the circuit, the firefighters have to be properly dressed and have no loose straps or belts. The assisting firefighter must ensure that the air tank is full and the firefighter being evaluated has to check the SCBA for proper operation.

Throughout the evaluation, the firefighter is in-

structed to move quickly at a very brisk walk, not a run, towards the finish line, said Lavallee.

The exercise is designed to simulate the actual tasks firefighters have to do during a fire or some other emergency, Cpl Sankey, who's been a CAF firefighter for seven years, explained.

For example, the one-arm hose carry simulates the task of carrying a hose full of water from a fire truck to a fire hydrant or to the scene of a fire.

The weighted sled pull mimics the requirement to pull equipment onto a roof or into a burning building hand-over-hand. For safety reasons during the evaluation, this task is simulated on the floor versus having the firefighter actually pull equipment onto a roof.

"You need to make sure you're physically fit year round to do this test successfully, because this test is a gauge of whether you're physically fit to be a firefighter," Cpl Sankey said. "Everyone trains differently for it. If you need help, PSP is very accommodating. They'll come directly to the firehall to help with weekly training."

Lavallee observed that the PSP staff first did a pre-evaluation of the firefighters, and then put them through a warmup.

"We also took them through each station and

then got the test going," he said. "We could only do one person at a time."

Besides no failures, there weren't any injuries either during the process, Lavallee added.

"I did the firefighters test at CFB Borden in 2014 as a member of the fitness staff there," he said. "So, we would know what the guys are experiencing. The firehall here has offered their facility to our PSP staff to take the test."

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Sports Trivia

The Stanley Cup

by Tom Thomson and Stephen Stone

1. What was the original cost of the Stanley Cup?
2. Who has the most Stanley Cup rings as a player?
3. Whose name appears on the Stanley Cup the most?
4. Who has the most penalty minutes in one playoff game?
5. Who has the most penalty minutes in their career in the Stanley Cup Final?
6. How many Stanley Cup rings does Mr. Hockey have?
7. Which coach holds the record for Stanley Cups won?
8. Who scored the fastest two goals in NHL playoffs?
9. Which goalie has the greatest number of wins in the playoffs in his career?
10. Which goalie has appeared in the greatest number of Stanley Cup Final games?
11. Which goalie has the greatest number of playoff shutouts in a career?
12. How many Stanley Cup rings did Bobby Hull win?
13. How many Stanley Cup rings does Wayne Gretzky have?
14. Who has the greatest number of Stanley Cup rings, who was not a member of the Montreal Canadiens?
15. Which is the oldest NHL team to never have won the Stanley Cup?
16. Which team currently has the longest drought for Stanley Cup Final victories?
17. Who scored the Toronto Maple Leafs' last Stanley Cup winning goal?
18. Who was the winning goalie in that game?
19. Who scored the fastest two goals from the start of a game in the NHL playoffs?
20. What is the record for shutouts by both teams in a Stanley Cup Final series?

Sports Trivia Answers on page 14

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Wing Commander's Honours and Awards



17 Wing Commander Col Andy Cook (left) and 17 Wing CWO Mike Robertson (right), present Maj B.A.F. Schur with the GSM-Expedition, during the Wing Commander's Honours and Awards Ceremony, on June 7th, 2016, 17 Wing. All Photos: Cpl Darryl Hepner



MCpl R.M. McNeil received the GSM-Expedition.



Cpl J.P. Bustillo received the GSM-Expedition.



Cpl T.J.B. Weldegebriel received the GSM-Expedition.



Maj Shur received the Canadian Forces Decoration Medal (CD).



Capt MacLennan received the CD.



Capt J.A. Sicard received the CD.



Sgt R.J. Chapman received the CD.



Sgt C.M. Linteau received the CD.



MCpl R.J. Acorn received the CD.



MCpl Michalopoulos received the CD.



MCpl C.J. Portman received the CD.



Cpl B.A. Tremblett received the CD.



MCpl Bianco received the 17 Wing Commander's Commendation.



17 Wing Food Services Flight received the 17 Wing Commander's Commendation.



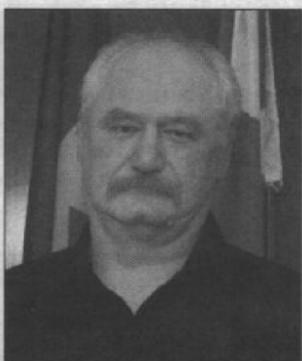
Sgt Edison, MCpl Deon, and Cpl Chorley received the 17 Wing Commander's Commendation.



MS Cindy Kramer received the 17 Wing Coach of the Year Award.



MWO Paul Lucas received the 17 Wing Defence Aboriginal Advisory Group Certificate of Appreciation.



Ed Kehler received the 17 Wing Defence Aboriginal Advisory Group Certificate of Appreciation.



MCpl C.J. Portman received the Director of Flight Safety Coin.

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TheVoxair.Ca

CFSAS Honours and Awards



CFSAS Commandant, LCol Pierre Viens (left) presents Maj David Dunwoody the General Service Medal (GSM) Kuwait, on May 26, 2016 at Bldg 84, 17 Wing.

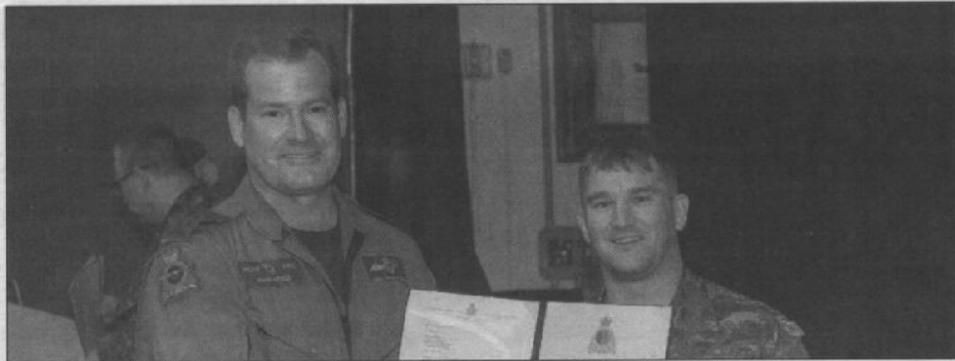


CFSAS Space Director, Maj Cameron Lowdon (left) and Mrs. Stephanie Novakowski (right), promote Sgt James Novakowski to WO, on May 26, 2016 at 17 Wing.



CFSAS Commandant, LCol Pierre Viens presents Mrs. Trella Blanco the 16 Wing Commander's Coin on May 26, 2016 at Bldg 84, 17 Wing Winnipeg, MB.

RCAF Commander Holds Townhall at 17 Wing



LGen Michael Hood, Royal Canadian Air Force Commander presents a Canadian Joint Operations Command Commander's Commendation to then Sgt Edward Hebb for outstanding contributions as the ATF Electrician Technician in support of Op REASSURANCE, during the town hall held at CFB Winnipeg MB, 1 June 2016.

All Photos: Cpl Gabrielle DesRochers

by Martin Zeilig, Voxair Photojournalist

Since taking command of the Royal Canadian Air Force (RCAF) in July of 2015, Lieutenant-General (LGen) Michael Hood has focused a great deal of attention with an institutional agenda, leading the RCAF towards the future. And while no one can truly predict the future, LGen Hood believes that an "agile and more fully integrated" air force with the right combination of reach and power is the key to delivering air power in that unknown future.

The key to achieving success in any organization is through the joint will and effort of its people, and that includes the over four hundred men and women from Canadian Forces Base Winnipeg and 17 Wing who attended a town hall meeting on Wednesday, June 1, to listen to LGen Hood speak about the RCAF, and ask him any questions.

Following presentations to Winnipeg military members, LGen Hood spoke to the assembly and began with the need for greater coordination and cooperation.

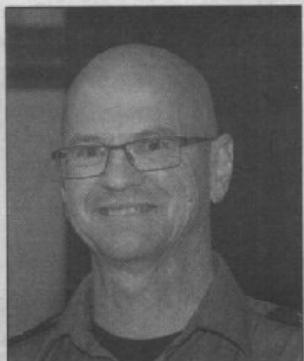
"To achieve airpower mastery in today's interconnected and interlinked world, all members of the RCAF must fly in formation, working together as one, regardless of their job, their aircraft, or their mission," said LGen Hood.



LGen Michael Hood, Royal Canadian Air Force Commander, addresses men and women from 17 Wing, 1 and 2 Canadian Air Division at CFB Winnipeg, 1 June 2016. Photo by: Cpl Gabrielle DesRochers



MWO John McDougall received a RCAF Commander's Coin.



MS Daniel Rondeau received a RCAF Commander's Coin.



Cpl Nicole Rondeau received a RCAF Commander's Coin.



Capt Daniel Vanderbyl received a RCAF Commander's Coin.



Sandi Bode received a RCAF Commander's Coin.



Natalie Fondren-Gasc received a RCAF Commander's Coin.

"We must also work together with our coalition partners, sister services, DND colleagues and other government departments and organizations so that we may continue to defend Canada and its interests at home and abroad."

Greater coordination and cooperation, however, will not, by itself, be enough to see the RCAF into the future according to LGen Hood.

"Our ability to adapt and overcome the challenges we face now, and in the future, will greatly depend on creating and supporting an environment that encourages our people to share their ideas about how we can deliver high-calibre air power in a safe and more effective manner. Lessons learned are but one way for our people to contribute to the intellectual capital of the RCAF," he said.

While the majority of the RCAF Commander's presentation focused on the ability of Canada's Air Force to meet the defence challenges of today and into the future, LGen Hood also touched upon the important role of history and heritage. Our history and heritage, he explained, offers many lessons that we can still learn from and achievements we can celebrate.

In 2024, the RCAF will celebrate its 100th Anniversary. Around the same time it is planned that volumes 4 and 5 of the official history of the RCAF will be published.

Full Time Military Member, Part Time Tree Hugger

by Martin Zeilig, Voxair Photojournalist

Early on in the interview, Master Corporal Izabella Roberts plunks a copy of the thick soft covered Arborists' Certification Study Guide on a table in the meeting room down the hall from The Voxair office.

It's her tree-pruning bible-- one illustrated with photographs, drawings, diagrams and MCpl Roberts own tiny and precise hand-written notes on various pages.

"This is an amazing book," said MCpl Roberts, Chief Clerk, Integrated Personnel Support Centre (IPSC) Winnipeg, who is also a certified and licenced self employed arborist.

"It teaches you everything you need to know about being an arborist. I had to know this whole book inside and out. There was a three hour exam, plus another part where I had to identify trees and shrubs sometimes by the photo of a leaf or a bud or even a twig or bark or even just the description. The course was very intensive."

She studied to be an arborist in the Faculty of Agriculture, University of Manitoba.

"It was a large class with only a handful of female students," said the slender and strong MCpl Roberts, who graduated from the program in April 2014. "It was an evening course, two hours every Monday. It was theory only with a couple of workshops afterwards that were voluntary but strongly recommended. It's exciting and something different. It takes a certain amount of artistic skill and interpretation to prune a tree while maintaining its health and structure."

She explained that you begin "practising" what you're taught in the classroom after you begin working



When not serving, Master Corporal Izabella Roberts can be found up a tree. Photo: Supplied

for a company.

Although MCpl Roberts briefly worked for a local tree pruning company, she has, for the most part, been working on her own since graduation.

She gives her clients individualized attention-- and they appreciate that.

For example, MCpl Roberts, who exudes a joyful passion for life, tells about a client she had last year who was "very emotionally attached" to spiraea shrubs that her mother had planted 60 years ago.

"So, I had to prune them back not only to have them look pleasing, but also to encourage better health because they were older plants," said MCpl Roberts, "Plus, she didn't want anyone else touching them, and she was a referral from another client who was happy with my work. I'm actually going back to her place this summer to check on the shrubs and chat over coffee with her."

"If I can apply my skills and knowledge to whatever they want done in their yard, then it just makes me and my clients happy. I love life. I really enjoy the look I get from people when they see what I do. They're surprised."

MCpl Roberts was born in Lodz, Poland and moved here as a child with her parents.

She calls being an arborist challenging-- a job that requires a lot of technical skills.

"You just can't cut a tree or even a branch and call it pruned," MCpl Roberts, the single mother of a nine year old daughter, remarked. "I also love being outside even when it's very hot with high humidity. I'll be out there pruning or cutting trees down. It's such a good workout."

Snowbirds, Soldier On among special guests at 8th Annual RCAF Run



A CC-130 Hercules from 435 Transport and Rescue Squadron saw a lot of visitors during the 2016 RCAF Run at 17 Wing Winnipeg on June 5. Photo: Cpl Darryl Hepner

by Martin Zeilig, Voxair Photojournalist

When you want good weather for an event, it helps to invite the weather man, joked CBC meteorologist John Sauder, who volunteered as the master of ceremonies for the 8th Annual RCAF Run on Sunday, June 5.

"The weather couldn't have been nicer, especially with that good breeze," agreed Major Dave Treanor of the Canadian Forces School of Aerospace Studies as he and his grandchildren investigated the CF-18 cockpit interactive display.

The warm late-spring weather attracted nearly 2200 participants to 17 Wing Winnipeg for a day of fitness and fun that included four timed running events, an interactive static aircraft display, a survival-themed youth challenge, children's activities, and musical entertainment.

"The RCAF Run half-marathon is an excellent way to prepare for the Manitoba Marathon," said John Grivell who placed second overall in this year's half-marathon race. "I have run the RCAF half-marathon for the past five years and it is one of my favourite races to run during the race calendar year."

"It is a fantastic event," agreed retired RCMP officer Al Merrithew, as he waited for the five-kilometre race to start at 9:45 a.m. on Sunday. "It was also wonderful to see the Snowbirds start the day."

The celebrated Canadian Forces Snowbirds (431 Air Demonstration Squadron based out of CFB Moose Jaw), flying in formation, streamed coloured smoke from their CT-114 Tutor jets as they flew over 17 Wing to kick off the half-marathon individual and relay races.

Later in the day, race participants and families had



Runners at the 2016 RCAF Run had a good view of RCAF aircraft on display as they ran on the flight line. Photo: Cpl Darryl Hepner

the chance to view one of the Snowbirds' jets up close at the RCAF Run's aircraft display. Participants also had the opportunity to get up close and personal with London, Ontario, native Captain Ryan Kean of the CF-18 Demonstration Team.

"I have the privilege and honour of showcasing the skill and professionalism of RCAF pilots at air shows all over North America," said Capt. Kean, standing by his specially painted CF-18 Hornet commemorating the British Commonwealth Air Training Plan (BCATP). An important chapter in Canada's history, the BCATP was a cooperative effort by Great Britain, Australia, New Zealand and Canada aimed at training aircrew for the Sec-

ond World War, including pilots, wireless operators, air gunners and navigators.

Other special guests at this year's RCAF Run included CFB Winnipeg's own Nijmegen Marches team, a team of Canadian Armed Forces Members representing Soldier On, and a group of First Nations traditional drummers and dancers.

The Nijmegen team, sporting the distinctive CADPAT combat dress and carrying a minimum of 20 pounds of dry weight in their rucksacks, started their day earlier than most participants at 7 o'clock in the morning. Setting the same pace that they would have to maintain over the course of four days to cover a minimum of forty-kilometres-a-day during the Nijmegen Marches in July, the team crossed the finish line nearly five hours later.

Later on in the morning, members of the Soldier On program challenged the 10-kilometre and 5-kilometre races. Coming in to Winnipeg from across Canada the 11-member Solider On team, which included Captain Ryan Barber, the operations officer for the nation-wide program, and Warrant Officer Eric Venema, the western area coordinator for the program, were greeted with exuberant cheers as they crossed the finish line.

As one of the two charities supported by the RCAF Run, Soldier On has helped more than 1300 ill and injured Canadian Armed Forces members and veterans in their journey to meet and, in many cases, overcome the challenges of maintaining an active lifestyle since 2006. The second charity supported by the RCAF Run, Support Our Troops, has helped over 600 military members and their families faced with unforeseen and often immediate needs associated with military service since 2007.

Not counting this year's run, the RCAF Run has raised close to \$137,000 for the two funds.

"Every contribution helps," says Captain Bettina McCulloch-Drake, the public affairs officer for 17 Wing. "No matter how small we think our individual contribution might be, we are really making a difference together. If we encourage more people to participate in the RCAF Run every year, we will be able to contribute even more."

Contributing to the success of the RCAF Run, were the many sponsors and the over 300 military and civilian volunteers who gave their time to plan, organize and execute the day's events which included spirited performances by the Buffalo Red Thunder Drums and First Nations' Dancers.

"This is the first year that we have invited the First



Runners cross the start line at the 2016 RCAF Run, held at 17 Wing, Winnipeg MB, on June 5. Photo: MCpl Rick Ayer

Nations community to participate in the RCAF Run," said RCAF Run Deputy Chair Lieutenant-Colonel Heather Collins. "With Canadian Forces Base Winnipeg and 17 Wing being located on Treaty One land it's really important for us to foster positive relationships with the First Nations."

The 2017 RCAF Run will take place at 17 Wing Winnipeg on Sunday, 28 May. Registration is expected to open early in 2017 with early-bird prices available until a month before the race. Individuals looking to participate in the timed race events are encouraged to register early because registration for timed races ends a week or two before Race Day. Be sure to visit rcafrun.ca for updates throughout the year.



1 CAD Commander MGen David Wheeler and his wife Dorothy run for the finish line during the RCAF Run held at 17 Wing, Winnipeg on June 5, 2016. Photo: Cpl Paul Shapka

We would like to thank the following sponsors, whose tremendous support enabled us to make this year's RCAF Run the best one yet



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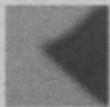
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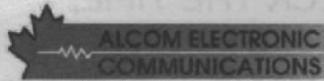


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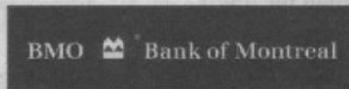


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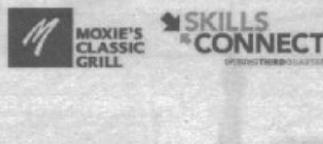
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Manitoba Airshow Overwhelming Success for CAF Participants



The CC-130 Hercules from 435 Transport and Rescue Squadron was a big hit with the crowd at the MB Airshow on June 4, as were all the military aircraft. Photo: MCpl Rick Ayer

by Gloria Kelly

They came by the thousands and patiently stood in line to get up close to a range of Canadian Armed Forces equipment and aircraft during the Manitoba Airshow, Saturday 4 June.

Over 8,000 people converged on the Southport airport to take in both static displays and aircraft in flight. Those aircraft in flight ranged from a state of the art CF-18 fighter jet to vintage aircraft that have been painstakingly restored and readied for flight.

For the CAF, the airshow provided an opportunity to showcase a range of resources from the ever popular and well known Skyhawks and Snowbirds to the lesser known search and rescue aircraft, trainers and even the remote control robot that can be used to safely examine suspicious packages or explosive devices. There was also a large contingent of air cadets from across the province in attendance.

The show was a great opportunity for anyone with an interest in aviation to spend a day touring aircraft and talking to the people who maintain them or fly in them. In the case of some of the vintage aircraft, those on hand actually were engaged in rebuilding them.

"This is a great day to come out and enjoy the airshow and to talk to members of the military community," said Maj.-Gen David Wheeler, Commander 1 Canadian Air Division. "We are delighted to be able to take part and showcase who we are and some of what we do on a daily basis."

For Reese and Jan Van Kimenader and their four children of Rosser the appeal was the array of aircraft. "We really wanted to be able to see the differ-

ent planes on the ground and in the air," said Mrs. Van Kimenader. "It's not every day you get to be able to climb into a military aircraft and talk to the people who fly them."

The show was hosted by the Manitoba branch of the 99s and was designed to be an educational as well as entertainment event. "Our goal was to create interest in aviation, especially for young women, said show chair Dr. Jill Oakes. "The response to the show was well beyond what we had anticipated."



TD Winnipeg International Jazz Festival presents:

The Mike Manny Trio

Saturday June 25th 2016

Time: 8:00 pm

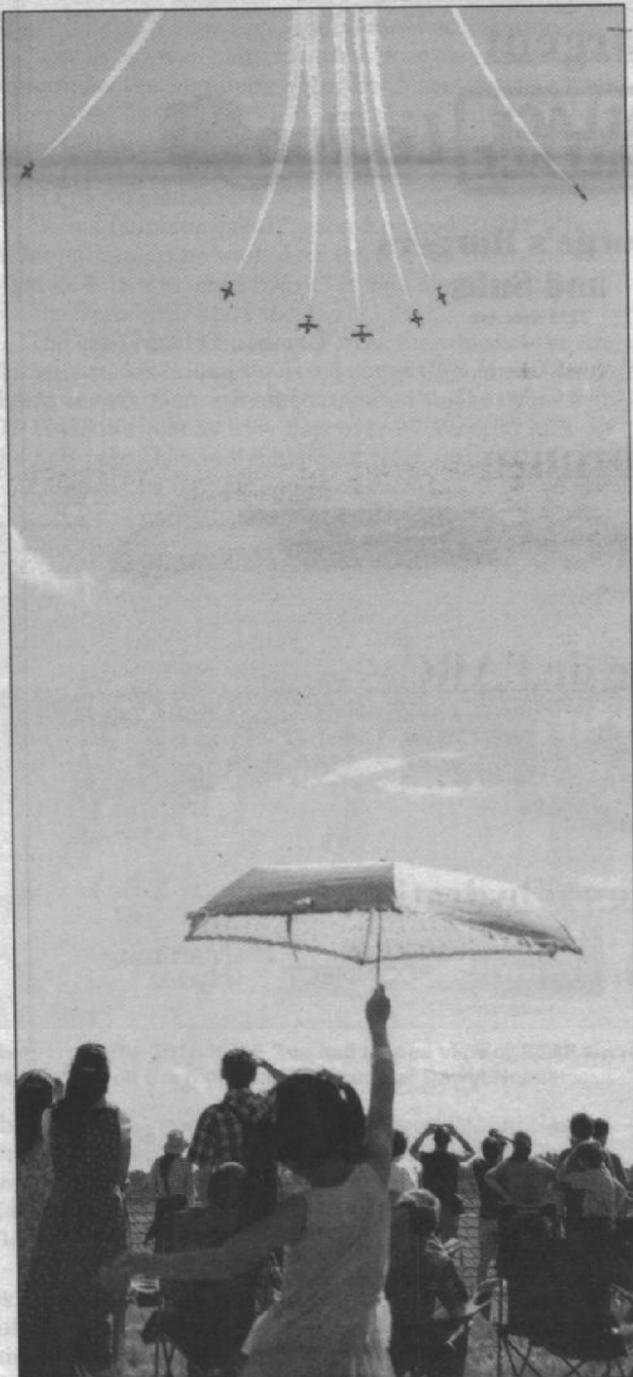
Venue: The Rachel Brown Theatre

211 Bannatyne Avenue, 2nd Floor

Cost: \$15 / adv

Tickets available at:

www.jazzwinnipeg.com/event/mike-manny-trio



The Canadian Forces Snowbirds (431 Demonstration Squadron) during the 2016 Manitoba Air Show hosted by Southport, Manitoba on June, 4th, 2016. Photo: OS Erica Seymour 17 Wing Winnipeg, Imaging

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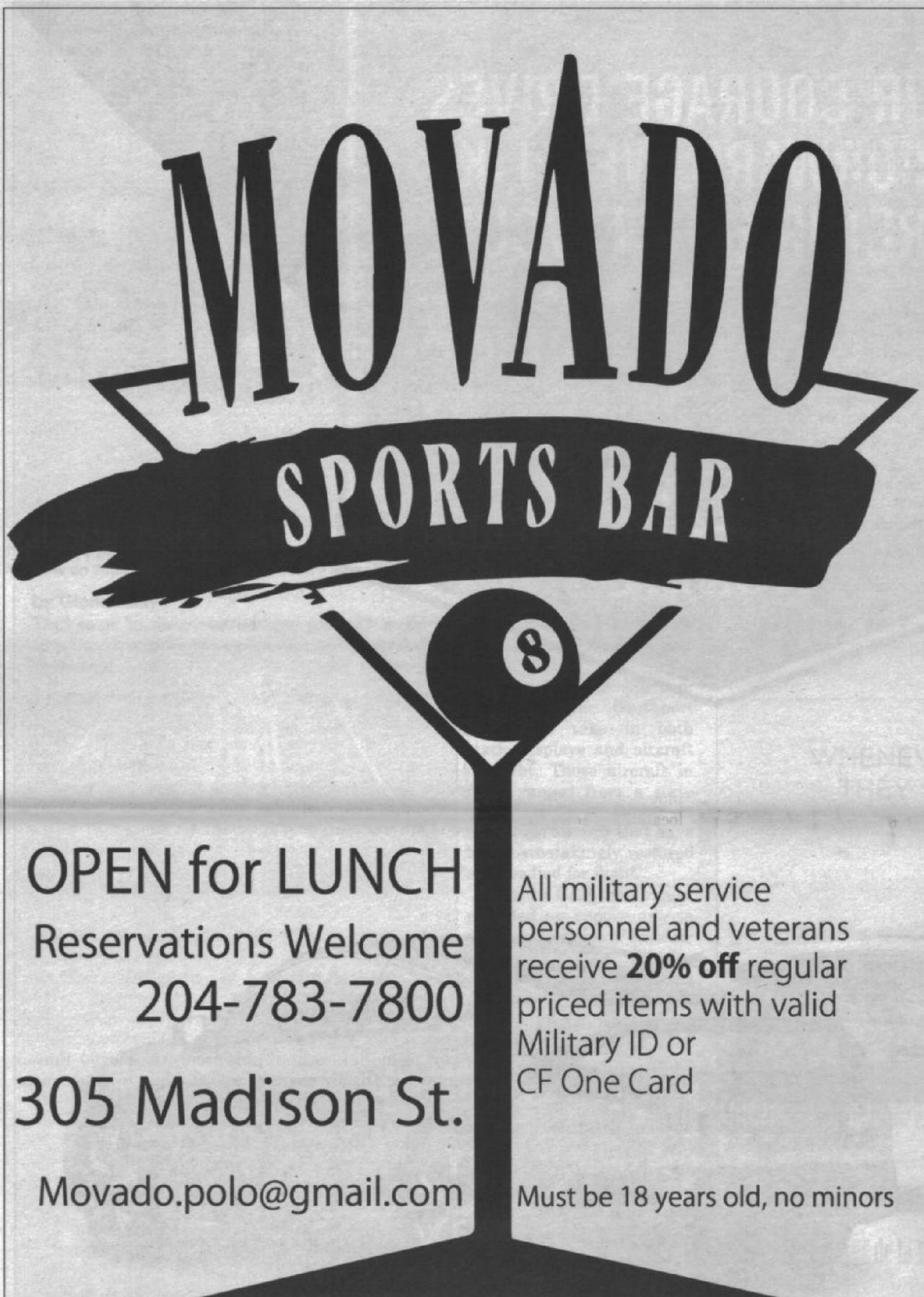


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Manitoba Airshow Overwhelming Success



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15 juin • Diner conférence • Chambre de commerce francophone de Saint-Boniface • info. : 235-1406

16 juin • Célébration – 40 ans de l'École Technique et Professionnelle • Université de Saint-Boniface • info. : 237-1818

16 juin • Ciné-Feel – La Pirogue • Alliance Française du Manitoba • info. : 477-1515

18 juin • Concert de Rayannah • Jazzfest Winnipeg • info : 989-4656

19 juin • Concert de Kelly Bado • Jazzfest Winnipeg • info : 989-4656

20 juin • Lancement du jardin du patrimoine • l'Association catholique manitobaine de la santé • info : 235-3136

20 juin • Rencontre de validation communautaire - Région urbaine • Société franco-manitobaine • info : 233-2556

23 juin • Le grand régal Cajun • Festival du Voyageur • info : 237-7692

24 juin • Fête de la Saint-Jean-Baptiste au Parc Provencher et concert de Luce Dufault au CCFM • CCFM • info. : 233-8972

24 juin • Concert de Suzanne Kennelly Jazz • Jazzfest Winnipeg • info : 989-4656

25 juin • Cinéma – Les êtres chers • CCFM • info. : 233-8972

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

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Dreams Take Flight and land in Orlando

by Martin Zeilig, Voxair Photojournalist

For Preston Heath and 137 other children from Winnipeg, their trip to Walt Disney World in Orlando, Florida, on April 6 showed that dreams do come true, particularly when a group of dedicated volunteers, charitable organizations and agreeable parents are involved.

The children, ages six to 12 years, and their guardians, spent a day at the world famous "enchanted" Disney Theme Park courtesy of Dreams Take Flight, "a national volunteer charitable organization dedicated to providing the trip of a lifetime to medically, mentally, physically, socially or emotionally challenged children," notes the DTF website.

"With the aid of Air Canada, other national and local organizations and businesses, money is raised to make the dream a reality in Vancouver, Edmonton, Calgary, Winnipeg, Toronto, Ottawa, Montreal and Halifax. Funds not required for its primary purpose can be gifted by Dreams Take Flight to other registered charities that benefit physically, mentally or



Mireil Kehler, a Dreams Take Flight organizer with participants (left to right) Keira, age 7, Ellie, 8, and Amelia, 7. Photo: Supplied

socially challenged children and are within the policies adopted by Dreams Take Flight Canada.

"2014 marked a milestone in the Dreams Take Flight Program. 25 years ago some employees of Air Canada, located in Toronto, decided they should do something to improve the lives of children and had an idea of taking them to Wonderland in Toronto. From that suggestion, the thought developed to see if they could take them to Disney World instead."

Aileen Heath, who's married to Corporal Aaron Heath, a vehicle technician at 17 Wing, said her son, Preston, 10, was overjoyed by his experience on the trip.

"He had an amazing trip," she stressed during a telephone interview with The Voxair, noting that Preston has been diagnosed with autism. "He was able to return home and afterwards prepare his own story for his classmates school. For us

as parents in the military, who have an autistic child, this experience couldn't happened without Dreams Take Flight, and the MFRC (Military Family Resource Centre) It's the first time Preston had ever been away from our care for an extended period of time."

Heath noted that their daughter, Sierra, participated in DTF last year.

"At the meet and greet beforehand with the kids and Fred Penner, Preston got to meet his group of five, and make his plans for the day," she said. "What rides and attractions they wanted to see."

She added that they arose very early on April 6 and headed to the airport where Preston met up with his group of friends.

"He told me 'I have all these new friends,'" Heath said. "I went on an airplane. I was in Disney World. I did all these new firsts."

Local DTF committee member, Mireil Kehler, who works for the Canadian Armed Forces Housing Agency and is a former Air Canada employee, explained that her role is to consult with the MFRC, Juvenile Diabetes, Rossbrook House, the Winnipeg Boys and Girls Club, and other agencies about the program.

She said that her manager, Colleen Ridley, introduced her to Diane Brine, Health Promotions Specialist at 17 Wing PSP Health Promotions and formerly of the MFRC. Together, Kehler and Brine coordinated the first local DTF in 2009.

She said that every agency nominates children who meet their criteria.

"We select the children from those nominations," Kehler continued, noting that 70 adults were on this years trip, including care givers, two medical doctors, group leaders and corporate sponsors, all of whom help care for the children throughout the day.

During the early morning flight, which is on a special chartered plane, to Orlando, passengers are served breakfast, ice cream, movies are shown and the flight attendants wear costumes, and the kids even get to meet the flight crew in the flight deck, she said.

"We land at a special spot in Orlando, 'The Millionaire Airport', for chartered flights," Kehler added. "There a group of local volunteers meet us. They have our tickets for Disney World."

Then, they board the Disney buses for the 45 minute drive to their much anticipated destination, she said, observing that DTF pays for everything on that day.

"Sometimes, I've had busy boys who want to ride the big fast roller coasters, like they have on Space Mountain," Kehler reflected. "Then, I've had little girls who want to meet Elsa and Anna from (the movie) Frozen and other Disney characters. They like to go on more sedate rides, like Little Mermaid or Dumbo."

It's an exhausting day, she confessed.

"We're trying to make the kids feel special, and give them a day they'll remember forever."

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- Rehab, Diagnostic Imaging, and Laboratory professionals
- General support services

Bonnyville Health Centre is located in Bonnyville, Alberta, approximately 51km from CFB Cold Lake



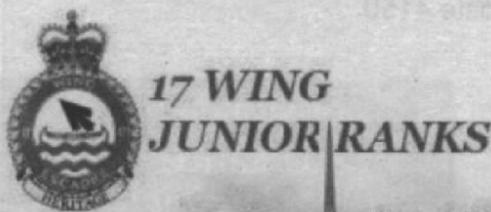
Apply on job opportunities @ CovenantHealth.ca/careers
Human Resources Toll Free: 1.877.450.7555



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Alcohol, Other Drugs and Gambling: Supervisor's Training

18 & 19 August 2016
0800-1600 hrs

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

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

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

18 & 19 août 2016

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

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



Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150

To register, contact Health Promotion at (204) 833-2500 ext.4150

BIKE TO WORK DAY
JOURNÉE "AU TRAVAIL À VÉLO"

JUNE-24-JUIN

0630 - 0900 hrs

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



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

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



GET OUT & BE ACTIVE • SORTEZ ET SOYEZ ACTIFS

JUNE is RECREATION Month
JUIN est le mois des LOISIRS

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BIKE RODEO

Saturday, June 11 • 1030-1300 hrs • Bldg 33 Parking lot
Children's bike safety course, bike decorating, small bike ride, BBQ, games, draws and prizes!

RODÉO VÉLO

le samedi 11 juin • de 10 h 30 à 13 h • Stationnement du Bât. 33
Cours de sécurité à vélo pour les enfants, décoration de vélos, parcours pour petits vélos, barbecue, jeux, prix à gagner.

GROUP RIDE

Saturday, June 18 • 1000 hrs • Bldg 90 Parking lot
Group ride to Fort Whyte and back
LUNCH IS AVAILABLE TO PURCHASE OR BRING YOUR OWN

GROUP RIDE

le samedi 18 juin • à 10 hrs • Stationnement du Bât. 90
Randonnée aller-retour en groupe au Fort Whyte
POSSIBILITÉ D'ACHETER SUR PLACE OU D'APPORTER SON REPAS

FREE SPIN CLASS

Monday, June 20 • 1700 hrs • Bldg 90

COURS DE CARDIOVÉLO GRATUIT

le lundi 20 juin • à 17 h • Bât. 90

BIKE MAINTENANCE CLINIC

Monday, June 20 • 1830 hrs • Bldg 33 Activity Room

ATELIER GRATUIT D'ENTRETIEN DE VÉLO

le lundi 20 juin • à 18 h 30 • Bât. 33 - salle des activités

OUTDOOR NOON SPIN CLASS

Tuesday, June 21 • 1200 hrs • Bldg 90

CARDIOVÉLO DU MIDI EN EXTÉRIEUR

le mardi 21 juin • à 12 h • Bât. 90

FREE SPIN CLASS

Wednesday, June 22 • 1700 hrs • Bldg 90

COURS DE CARDIOVÉLO GRATUIT

le mercredi 22 juin • à 17 h • Bât. 90

TIRE CHANGING CLINIC

Thursday, June 23 • 1200 hrs • Bldg 33 Activity Room

ATELIER DE CHANGEMENT DE PNEUS

le jeudi 23 juin • à 12 h • Bât. 33 - salle des activités

BIKE TO WORK DAY PIT STOP

Friday, June 24 • 0630 hrs • Whytefold Rd & Silver Ave
YELLOW RIBBON TRAIL

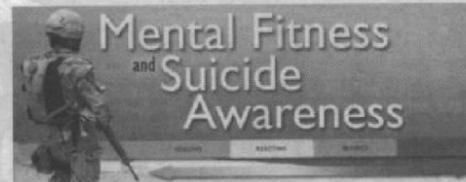
JOURNÉE « AU BOULOT À VÉLO » ARRÊT RAVITAILLEMENT

le vendredi 24 juin • à 6 h 30 • ch. Whytefold et av. Silver
PISTE DES RUBANS JAUNES

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Mental Fitness & Suicide Awareness: Supervisor Training

This course is course coded!

6 July 2016

0800 - 1600 hrs

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

Force Mentale et Sensibilisation au Suicide

- Formation du Superviseur

Il s'agit d'un cours auquel on a attribué un code!

6 juillet 2016

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www.familyforce.ca / www.forcedelafamille.ca

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

Upcoming MFRC Programs and Events

NEW!! Support to Medically Releasing CAF Members and their Families

Monday, June 27 from 1830 – 20130 hrs
(A light supper will be provided)
Childcare is available upon request.

The MFRC is hosting an informal gathering for medically releasing CAF members and their families. Join us for an evening of good food and great conversation. Let's celebrate this time of transition and learn from each other's experience and wisdom. Help us build a "Community toolbox" for a smooth transition for the whole family. Together we can make a difference. Those in attendance will be eligible for a chance to win a \$250.00 Canex gift certificate.
RSVP by 20 June 2016 by calling Laurie Jackson at 204-833-2500 ext 4478

MFRC Annual General Meeting (AGM)

Tuesday, June 28 at 7pm
Childcare is available free of charge

Family members of military personnel are invited to attend our annual AGM. This is an opportunity to guide programming for the next year and participate in the election for new members of our Board of Directors. A community coffee break will be held after the meeting.

MFRC Summer BBQs 2016

Are you ready for summertime fun?
The MFRC Summer BBQ's are ready to resume!
The first BBQ of the season will take place on THURSDAY, JUNE 9, 2016!

BBQs begin at 11:30am, in the grassy area at the NORTH parking lot of the MFRC. Come out for a tasty lunch break, and visit with friends and co-workers!
BBQs will take place on the following Thursdays:
June 9 and 23
July 14 and 28
August 11 and 25

Be sure to mark your calendars and join us!
We are pleased to offer a choice of: Hamburgers, Smokies, Chicken burgers,

Hot Dogs, water and soft drinks, chips and a vegetarian option.

We look forward to seeing you several times throughout the summer!

Tiny Tots Summer Camp

We are offering two weeks of summer camp for children ages 3–5 (children must be toilet trained). Please send a lunch and

appropriate outdoor clothing including a hat and sunscreen.

Week one: Artful Antics. From splatter paint to sculpting clay this week is sure to be a lot of fun!

Week two: Wet n' Wild. Are you ready for a week of water play? Bring your bathing suits and be prepared to get wet!

Mondays, Wednesdays, Fridays from 10am to 3pm:
July 18, 20, 22

*Registration \$60. Deadline: June 30, 2016

August 15, 17, 19

*Registration \$60. Deadline: July 30, 2016

Kids Care, 630 Wihuri Rd. Call 204-833-2500 ext 2491 for more information or to register.

Messy Play Day

Parents and preschoolers...put on your old clothes and come have some messy fun! There will be mud, water, paint and all things that fizzle, pop and bubble! Join us at Westwin Children's Centre to discover the joy of messy play!! Monday June 20 1–3pm. \$5/family
Call 2491 by June 16 to register

Community Connections Photo Contest

The Winnipeg MFRC Community Connections newsletter is undergoing a change. Starting in September we will be publishing a larger, completely revamped Community Connections newsletter. In celebration of our 25th anniversary and the launch of the new newsletter format we are holding a photo contest. The intent of the photo contest is to select a picture that will be featured on the cover of the Community Connections.

We would like each picture submitted to capture an aspect of the military lifestyle and what being a part of a military family means to you.

If we choose to use your picture on the cover of the Community Connections you will receive a \$100 gift card to a place of your choosing.

Photos must be received no later than June 30, 2016. The winner will be notified by July 8, 2016.

Please submit your picture electronically by emailing a jpeg file to dana.glover@forces.gc.ca.

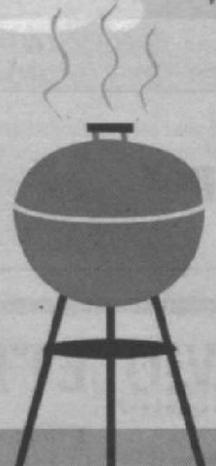
The winning picture will become the property of the MFRC and will be used on the cover of the Community Connections

– September to December 2016 edition. Only good quality, clear, sharp images will be considered.

Submitted pictures will not be returned to the sender unless it is requested.

2016
MFRC CRFM 25
Summer BBQs d'été

COME OUT FOR A TASTY LUNCH BREAK AND VISIT WITH FRIENDS AND CO-WORKERS!
SORTEZ POUR UNE DÉLICIEUSE PAUSE-REPAS ET PROFITEZ-EN POUR PASSER UN BON MOMENT AVEC DES AMIS ET COLLÈGUES !



THURSDAYS from 1130-1300 hrs
LES JEUDIS suivants de 11 h 30 à 13 h

JUNE • JUIN 9 &/ET 23
JULY • JUILLET 14 &/ET 28
AUGUST • AOÛT 11 &/ET 25

BE SURE TO MARK YOUR CALENDARS & JOIN US!
NOTEZ LES DATES À VOTRE CALENDRIER ET SOYEZ DES NÔTRES !

WE ARE PLEASED TO OFFER A CHOICE OF:
Hamburgers, Smokies, Chicken Burgers, Hot Dogs, a vegetarian option, water, soft drinks & chips.

NOUS SOMMES HEUREUX DE VOUS OFFRIR :
Hamburgers, sandwich à la saucisse fumée, hamburger au poulet, hot-dogs, une option végétarienne, de l'eau et boissons gazeuses et des croustilles.

WE LOOK FORWARD TO SEEING YOU THROUGHOUT THE SUMMER!
NOUS AVONS BIEN HÂTE DE VOUS VOIR RÉGULIÈREMENT TOUT AU LONG DE L'ÉTÉ!

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FACE PAINTING • OUNCY CASTLES • KIDS' ACTIVITIES • FRENCH MUSIC

2016
Fête de la St-Jean-Baptiste Day

Venez faire un tour, on vous y attend !
Come celebrate with us!

à 15 h • juin 25 June • 3 pm
SAMEDI SATURDAY

MESS DES CAPORAUX ET SOLDATS – BÂT. 61 • JR. RANKS' MESS – BLDG 61

Porc effiloché 3\$ • Hotdog 1\$
Slow roasted Pulled Pork prepared by [Logo] Pulled Pork \$3 • Hot Dog \$1

Toute la communauté MDN est invitée
All the DND community is invited
FRANCOPHONES ET / & ANGLOPHONES !



MFRC CRFM
Winnipeg

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Réception du CRFM / MFRC Front Desk • 204-833-2500 poste ext. 4500



www.facebook.com/thevoxair

Today's Trivia Answers

1. \$48.67 (ten guineas)
2. Henri Richard. 11 rings, all with the Montreal Canadiens (1955-1975).
3. Jean Beliveau — 17 times (10 as a player and seven as management), all with the Montreal Canadiens.
4. Dave Schultz (Philadelphia Flyers, 1976) and Deryk Engelleand (Calgary Flames, 2015) — 42 minutes.
5. Gordie Howe — 94 penalty minutes in 55 games.
6. Four, all with the Detroit Red Wings (1950, 1952, 1954, 1955).
7. Scotty Bowman — nine.
9. Norm Ullman — five seconds.
10. Jacques Plante — 41. (Plante won 25 of those games, also a record.)
11. Martin Brodeur — 24.
12. One, with the Chicago Blackhawks in 1961.
13. Four, all with the Edmonton Oilers.
14. Leonard "Red" Kelly — eight.
15. St. Louis Blues, entered as one of the initial expansion teams in 1967.
16. Toronto Maple Leafs — 48 seasons, last victory was in 1967.
17. Jim Pappin at 19:24 in the 2nd period of game six, with assists from Pete Stenkowski and Bob Pulford.
18. Terry Sawchuk, who replaced an injured Johnny Bower.
19. Dick Duff (Toronto Maple Leafs) — 68 seconds.
20. Five (1945). Toronto had tree, Detroit had two. Toronto won the series in seven games. Harry Lumley was in goal for Detroit while Frank McCool substituted for Toronto's Turk Broda, who was overseas with the Canadian Army.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Reality is, you're not in charge of everything. Just because others support you doesn't mean your way is the only way. Maintaining the status quo or wishing things could stay the same won't help. Accept change. Deal with the tough stuff. Life may not be fair but you need to be.

Taurus (April 20 – May 20): Ignoring reality and avoiding difficult decisions won't work. You have responsibilities that must be met. Lead with your heart and your head, not your ego or pride. Listen to what others are saying. Pay attention also to what isn't said. Head games are counter-productive.

Gemini (May 21 – June 21): When your mind is racing, listen to your heart. Get in touch with your feelings. Keep a journal. It is possible to be a realistic optimist. Being too analytical may lead to logical but unappealing choices. Accept assistance graciously from people who admire and respect you.

Cancer (June 22 – July 22): You can't change the past but you can make changes that improve things in the future. You have options. When it comes to other people's lives, be an observer. When it comes to your own, take charge. Take advantage of an opportunity. Avoid getting caught up in distractions.

Leo (July 23 – August 22): You'll feel a strong desire to do what you please and go where you want to go without restrictions. If you have commitments, honor them first or you'll suffer this lapse in future. Consider a compromise. Tell others about your plan so they can decide if they want to be part of it or not.

Virgo (August 23 – September 22): Yes, you must survive in the real world but doing so at the expense of your dreams will lead to a sense of dissatisfaction. Find a way to align your life with what gives you joy. Don't let the expectation of others limit you. Determine for yourself what is best for you. Nix the excuses.

Libra (September 23 – October 23): If you feel lost and alone on a road less travelled – take heart – those that love you will understand your need for solitude but will also be there if you need them. Opt out of events and celebrations that overwhelm you. Wish others well but give yourself the space you need too.

Scorpio (October 24 – November 21): The appreciation others show for your kindness triggers a profound awareness of how connected everyone is. Educate yourself. There will always be people who won't take responsibility for their actions. Avoid them. Stay real, even if people question your sincerity.

Sagittarius (November 22 – December 21): Catching up with friends you'll hear a lot about what others are going through. You can be the voice of reason and help others or you can quickly judge and potentially burn bridges. This is an opportunity for you to develop empathy for others. Show compassion.

Capricorn (December 22 – January 19): You won't have the opportunity to mull over your options later, so consider the possibilities in advance. List best and worst case scenarios and the choices available to you so that you can act promptly when you need to. Avoid judgements and embrace all that life offers.

Aquarius (January 20 – February 18): You'd love to feel the excitement and mystery of new experiences but the pull of the known is equally strong. Your emotions are swinging radically, but you don't have to act on all of them. Be patient with a person who is still trying to learn how to connect to their feelings.

Pisces (February 19 – March 20): Things may be a bit overwhelming right now. Consider your perspective and how you can change how you look at things. Do what you can and let go of the rest. Life is a series of changes. This phase shall pass. Embrace voluntary simplicity as a way to find peace of mind.

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Shalynn Froelich
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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 5785

TBD
ext 6914

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
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 5086

SUNDAY MASS (Bilingual) 1100 hrs

COMMUNITY SERVICES

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

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

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

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

MAIN OFFICES

Building 64,
Lower Level, North End.

EMERGENCY DUTY CHAPLAIN

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

INFO PHONE NUMBER

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

WEBSITE

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

CARE & SHARE

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Contact Wing Chaplain Office for further information.

Your 17 Wing Chaplain Team

From left to right:
Lt (N) L Fox,
Capt P Gemmiti,
LCdr J Barrett,
Capt C Baxter,
Capt E Dompierre



Your 17 Wing Chaplain Team

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