

VOXAIR



THE VOICE
of the AIR FORCE

OFFICIAL PUBLICATION OF THE R.C.A.F. IN WINNIPEG

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



The 5 km Run start for the 9th annual Royal Canadian Air Force (RCAF) Run on Sunday, May 28. The RCAF Run is a charitable fitness event hosted by 17 Wing Winnipeg and held in support of the Soldier On program and the Support Our Troops Fund. Please see page 2 for our articles and pages 8-9 for photos. Photo: Sgt Daren Kraus, 17 Wing Photojournalist

In this issue:

THE VOXAIR
TURNS 65
YEARS OLD
THIS WEEK

PAGE 2

HMCS
CHIPPAWA
WELCOMES NEW
COMMANDING
OFFICER

PAGE 4

17 WING
VOLUNTEERS
APPRECIATED AT
CELEBRATIONS
DINNER THEATRE

PAGE 6

STAND UP
COMEDY STANDS
UP FOR 17 WING
FAMILIES

PAGE 10

COMMUNITY
RECREATION HAS
NEW OUTDOOR
ADVENTURES
FOR YOU

PAGE 12

LOVE THROUGH
THE AGES-A
17 WING LOVE
STORY

PAGE 15

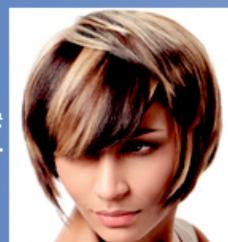
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**2017
RCAF RUN**

Feet Take Flight at the 2017 RCAF Run



17 Wing Winnipeg host the 9th Annual Royal Canadian Air Force (RCAF) Run on May 28 2017. Photo: MCpl Rick Ayer

by Ashley Demers, Voxair Intern

More than two thousand eager participants showed up on a cool, rainy day to make the ninth annual RCAF Run a great success. This year, the race occurred on Sun, May 28, and consisted of a 3km Family Fun Run, 5km and 10km races, a half marathon, and a half marathon relay.

The half marathon and the half marathon relay runners were the first to depart at 9 a.m., followed by the 10 km, and then the 5 km runners. The Family Fun Run was left until last, with families departing at 11 a.m.

Of all participants, Master-Corporal Jilles Szikora

was the first to cross the finish line. Szikora ran the 5km race, and credits his success to hard work and regular training, as well as determination and a positive mentality. He is an avid runner and cyclist.

"It's good to know that at 40 years old I can still keep up with the young'uns," said an out of breath Szikora. "It was just like 'Can I get through it? This pain is something else.'"

Szikora was extremely proud of himself, and said that last year he came in second place. This year, he was hoping to beat last year's record. Despite some confusion over directions he still managed to pull through.

"The problem was that everyone knows I like to run," said Szikora, "and I shot my mouth off this spring, saying 'I want to win it this year'. So it was like 'Oh crap, I shot my mouth off. Now I have to actually deliver.' It's cool that I did."

As always, one of the main goals of this event was promoting fitness across 17 Wing. However, the race also acts as a fundraiser for two very important charitable organizations. Both "Support Our Troops" and "Soldier On" will receive equal shares in the profits made.

According to Chief of Staff for the Organizing Committee, Lieutenant-Colonel Heather Collins, each of these organizations has an important cause. Causes include supporting military families, and helping members recover from physical and mental issues.

"In this past year the Military Family Fund has been

incorporated into Support Our Troops," said Collins, "so it's still going to the same purposes. The Soldier On Program helps ill and injured serving service members and veterans to return to a new reality of physical fitness, especially after catastrophic injuries."

Collins mentions that the race has also changed in other ways. When the run was originally created, there was no Family Fun Run option. There was still a family element, but families were set to start with the 5km runners, and do a full 5km. Over the past few years, the number of kilometres has been reduced to three, and families were given their own separate start time.

An event of this caliber takes an insane amount of effort and teamwork, which both Collins and Wing Commander Andy Cook would like to acknowledge. Both would like to say thank you to sponsors, volunteers, and runners alike.

"I'm extremely proud of everyone who makes this run happen," said Cook. "We've got great participation from everybody in the Military; Military families, our civilian partners and title sponsors. I'm really pleased that this is an event where the entire community can come together for a very worthy cause."

Since the event began as a fundraiser, it has raised more than \$200,000 for charitable organizations. It has also served to improve fitness and give non-Military personnel a sense of welcome to the Military community.

**2017
RCAF RUN**

RCAF Run Successful Despite Weather

by Martin Zeilig, Voxair Photojournalist

Cool and blowy with occasional showers did not deter some 2100 men, women and children from participating in the 9th Annual RCAF Run on Sunday, April 28 at 17 Wing.

"Despite the weather, it was a really good turnout," said RCAF run organizer Lieutenant-Colonel Heather Collins in a military tent set up at the Race Village just as the final participants were crossing the finishing line on blocked-off Wihuri Road near the parking lot entrance to Building 90 Sports and Recreation Centre.

She estimated that some \$20,000-\$30,000 had been raised for the Run's two charities-- Soldier On and Support Our Troops. Soldier On is a Canadian Armed Forces program that supports currently serving members and veterans to overcome their physical or mental health illness or injury through physical activity and sport.

All event routes took participants along the RCAF flight line past a display of aircraft-- among which were a CT-155 Hawk supersonic jet trainer, a CF-150 Har-



17 Wing Winnipeg host the 9th Annual Royal Canadian Air Force (RCAF) Run on May 28 2017. Photo: MCpl Rick Ayer

vard II, a CC-130 Hercules, the cockpit of a CF-188 Hornet, and a couple of helicopters and other equipment inside 16 Hangar.

Wing Commander Andy Cook expressed "enormous" pride in the team of military and civilian volunteers who came together to make the Run such a success.

"They coped with many challenges, not the least of which was this unpredictable weather," he said during an interview.

But, they managed to deliver a very professional event, Col Cook added.

"The rain is a mere inconvenience, if it can even be labelled that," said one blunt spoken gentleman, who wished to remain anonymous.

He and a friend were part of a long procession of individuals, some pushing covered baby strollers, in the 3 K segment of the Race through the base. A couple of younger children uttered cries of delight as they traipsed through puddles much to the bemusement of their parents.

"Just think of what our troops went through during the First and Second World Wars," continued the middle aged man, as the gentle but persistent rain pelted his already soggy Radar Research Pocket Cap (available at

outfitter stores, he said). "This is a small price to pay for having fun."

"The fact that this many people showed up on a wet day showed their dedication and support for us," said LCol Collins. "It was great to see so many in the timed events, and so many families that had toddlers and kids in strollers."

She also observed that it took 260 volunteers, most being CAF members, to help make the day such a success. Some of those individuals began working at 5:30 A.M., she noted, adding that many of them would be staying "to take down" the village and the portable metal fences and bleachers alongside Wihuri Road.

"We'll hope for some sunshine for the next RCAF Run, which will take place on May 27, 2018," LCol Collins commented.

She also thanked the sponsoring organizations, mentioning Applebee's, the multiple media outlets, the Running Room, Access Storage, and the Winnipeg Airport Authority, among numerous other deserving companies.

Meanwhile, licenced massage therapists and massage students provided soothing hands-on relief for tight and aching muscles in the two tents set up for free massages.

Race Participants and volunteers, who were provided with free bananas and replenishing beverages post-race, were also able to chow down afterwards on barbecued spareribs, slathered with a special sauce, and fresh Caesar salad prepared in the Applebee's tent.

Meanwhile, the some of the VIPS present at the RACE were Dr. Doug Eyolfson, MP - Charleswood-St. James-Assiniboia-Headingley, representing the Federal Government; Mr. Jon Reyes, MLA St. Norbert and the Manitoba Special Envoy for Military Affairs; Mr. Scott Gillingham, City Councillor for St. James-Brooklands-Weston, representing Mayor Brian Bowman; Matt Hazard, DJ from the Jim Patterson Group.

Besides Col Cook and his wife, Tracy, other high ranking military officers participating were Major-General Drouin, Commander 1 Canadian Air Division, and his wife, Nicole; Brigadier General Chad Manske, Deputy Commander, Canadian North American Aerospace Defense Region, and Deputy Combined/Joint Force Air Component Commander for 1 Canadian Air Division; Brigadier General Boyle, DComd I CAD; Brigadier General Cochrane, Commander 2 Canadian Air Division.

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65th Anniversary of The Voxair Sports Trivia

by Martin Zeilig, Voxair Photojournalist

On May 30, 1952, Charlie Grimm succeeded Tommy Holmes as manager of the Boston Braves major league baseball team, French composer Darius Milhaud's "West Point Suite" was premiered by the West Point Band at Carnegie Hall, Troy Ruttman won the Indianapolis 500 at an average speed of 207.48 kilometres per hour-- and the first issue of The Voxair was published.

Yes. This is our 65th year as the official publication of 17 Wing-- and we're going strong.

Technology has been the biggest factor in the paper's evolution over the years, noted a former employee.

"The most significant change in 65 years was our switch from manual cut and paste to electronic layout and production," added this onetime manager at The Voxair, who wishes to remain anonymous.

"It was a learning curve, like going from a horse and buggy to driving a car. We started out with three Mac computers. Until that point, putting a paper together was a very social event and lots of fun. We had donuts and coffee and everyone was assigned a certain task. Until the 1980s, the job of putting the paper together

was mostly a secondary duty for CAF personnel. Then everything became more automated."

But, wages have stayed the same, for the most part, over the years, the former manager observed.

The editorial board for that first issue-- which was in a magazine format-- were F/O (Flying Officer) K.J. Reid as Editor-in-Chief; News Editor was F/O F.G. Balan; Art Editor, F/O S.D. Callin. An Advertising Manager, Circulation Manager, Production Manager and Business Manager were also listed on the inside cover.

That initial issue included an editorial by F/O Balan, who wrote, in part: "There has been considerable optimism around the various units regarding the new R.C.A.F. Winnipeg magazine. It is therefore with great pleasure that we present to you the first issue of VOXAIR."

"One question that is predominant in all our minds is 'Why VOXAIR?' Breaking the world down we have V-O-X the Latin (sic) word meaning voice, and A-I-R from Royal Canadian Air Force. Combining the two we arrived at our slogan 'Voice of the Air Force.'

"In order that this publication may reach as many as possible it is to be published tri-weekly to coincide with the graduating course of the Air Navigation School. At this time we would like to tip our hats to the originator of VOXAIR-- Flying Officer Callin. Well done!

Remember-- this is your magazine, so give us your

criticisms verbally or written. We, too, want a good magazine."

A photograph, which accompanied the page 2 "Cover Story", showed Flight Cadet H. Spikings of Windsor, Ontario, the honour graduate of the first course of navigators trained at 2 ANS receiving his wings from the Right Honourable Hugh Montague, Viscount Trenchard, GCB, GCVO, DSO, DCL, LLD, Marshal of the Royal Air Force.

The concise article observed that, "more than anyone else," Viscount Trenchard deserves the title "Father of the Royal Air Force." It went on to describe his illustrious career.

A variety of other stories also ran in that issue including, among others: "Current Affairs" by Flying Officer D.H.P. Brown, "The Atom: Bomb or Benefit" by Flight Sergeant J.E. Marsh, "Early Days of the RCAF Auxiliary in Winnipeg" by Flight Lieutenant Bill Morriss, "Peg Personality", "Thank God for Lots of Air" by C.R. Brereton ("Senior Air Traffic Controller, and, Winnipeg A.T.C. Reproduced with the kind permission of the Canadian Air Line Pilot").

Not surprisingly, numerous advertisements appeared too-- some of which will be familiar to

people of a certain generation. For example, "Congratulations Graduates" was printed at the top of a Hudson's Bay Company ad that listed Khaki Gabardine and Blue Worsted military suits for \$95 and \$115, respectively. It also featured illustrations of a saluting graduate and a North American Aviation F-86 Sabre jet fighter-- which was then being flown by the RCAF. A box, with a drawing of a twin engine propeller driven plane, on page 6 said "June 14 is Air Force Day/Gates Open to the Public at 1 p.m. Invite Your Friends Show Them Your Air Force at Work."

The (now defunct) Silverwood's Dairy Products had a full page advertisement with a photograph of the Canteen Snack Bar, RCAF Station, Winnipeg.

This publication has evolved over the past decades. Today, we are a biweekly tabloid style newspaper featuring a prominent online presence, including a loyal following on our Facebook site.

One thing, though, remains constant: Our dedication to providing well written stories about the activities and people at 17 Wing.

Thanks for your continued support. We look forward to being here another 65 years in one form or another and what was said in 1952 still stands; we are your voice so give us your critiques either verbally or written and we will continue to try and improve what we do.



Sports Trivia

Conn Smythe Trophy

by Tom Thomson and Stephen Stone

1. What is the Conn Smythe trophy?
2. Who determines the winner?
3. Can you describe the trophy?
4. Who was the first winner of the Conn Smythe trophy?
5. Who is the only left winger to win the trophy?
6. Who is the only defenseman to win the trophy twice?
7. Who is the first Nova Scotia-born player to have won the trophy?
8. Who is the only player to have won the Conn Smythe three times, in three different decades and with two different teams?
9. Who is the first player to win the Conn Smythe for a team which did not win the Stanley Cup?
10. Who is the only player to win the trophy for a team which has never won the Stanley Cup?
11. How many times has the Conn Smythe trophy been awarded to a player whose team did not make the Stanley Cup final series?
12. Which Conn Smythe winner scored only eight playoff points?
13. Who is the only player to win the Conn Smythe the year before he won the Calder Cup as league rookie of the year?
14. Who are the only players to receive the trophy in consecutive years?
15. Who is the only player not previously mentioned here to win the Conn Smythe more than once?
16. Who is the first American-born winner of the trophy?
17. Who is the first Swedish-born winner of the trophy?
18. Who is the first Russian-born winner of the trophy?
19. How many players have won the Conn Smythe trophy and the Hart trophy as league MVP in the same year?
20. Which team has the greatest number of Conn Smythe winners?

Sports Trivia Answers on page 14

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LCdr Stewart Assumes Command at HMCS Chippawa



Incoming Lieutenant-Commander Colin Stewart (L), Captain Patrick Montgomery (C), and Outgoing Lieutenant-Commander Ian Gillis (R) sign the official Change of Command Certificates for HMCS Chippawa.
Photo: Ashley Demers, Voxair Intern

by Ashley Demers, Voxair Intern

There was lots of marching by the Ship's Company of Her Majesty's Canadian Ship (HMCS) Chippawa on the evening of Tuesday, May 9, as one commanding officer stepped down and another up.

Lieutenant-Commander Ian Gillis, approaching retirement, has now turned over command to Lieutenant-Commander Colin Stewart.

The Change of Command Ceremony began with the parade, as well as the arrival of the Official Party. These were followed by an inspection of the Ship's Company and various promotions and presentations.

Even following the ceremony and signing of the Change of Command certificates, LCdr Gillis can hardly believe that his time as commanding officer has come to an end.

"I haven't really had a chance to let it sink in as of yet," said LCdr Gillis. "The feeling of being in command never leaves you when you're in command."

"I've had a lot of sleepless nights," he added. "Hope-

fully those will pass, because having a command is a great responsibility."

Like LCdr Gillis, LCdr Stewart also had difficulty accepting that he's officially in charge. After 30 years of service, his hard work and dedication continue to pay off.

"I'm still trying to process it," said LCdr Stewart, "I started here as an ordinary seaman when I was 17. Thirty years later I'm taking command of the unit. I don't know if the responsibility has sunk in yet."

While he's still getting over the thrill of the situation, LCdr Stewart is proud of himself, and he's not the only one. His mother and father flew in from Nanaimo, B.C. to witness the ceremony. His father, James Stewart, is delighted by his son's achievements. Though James never spent any time in the military, many of his family members have, and he knows the importance of this event to his son.

"It's a highlight of his career," said James. "My family, my father and some of my brothers were Air Force. Strangely enough, his mother's family were Navy, so maybe he got it from his mother's side."

LCdr Stewart was excited that his parents had the opportunity to come down to observe his appointment.

"It's very important," he said. "They've supported me as I grew up and supported my decision to join the Navy. I like to think that they had a hand in me getting here."

Family seemed to be a common theme throughout the night, as LCdr Gillis' wife was also present. He says that his wife has been his biggest supporter over the years. He mentioned that after his retirement in two months, they're planning on moving to the Okanagan Valley in BC for a new adventure.

Before turning over command, LCdr Gillis witnessed the promotion of several members of his Ship's Company and the distribution of iconic coins to former commanding officers and those who have demonstrated great respect and excellence.

Respect is one thing that is extremely important to LCdr Gillis.

"It comes from the Royal Canadian Navy Code of Conduct," said LCdr Gillis. "Something I wanted to ensure is that everyone respected each other. Yes, we have different ranks, and we have different jobs in the unit, but being polite to people, it just makes things go a lot smoother."

"There's no need for confrontation. There's no need for getting in people's faces. Respecting one another, it just helps everything. There's no room for disagreement."

LCdr Stewart has great respect for LCdr Gillis and LCdr Gillis returns it. Though both men admit that LCdr Stewart will probably run things differently, they both have confidence that he'll be able to come through for HMCS Chippawa.

With his new position in command, LCdr Stewart will have to set and enforce policies, provide a strategic direction of where the ship goes, and do what he can to accomplish any mission set by the Admiral.



Coxswain Warren (L) and Lieutenant-Commander Colin Stewart (R) present Lieutenant-Commander Ian Gillis (C) with a framed copy of his favourite photo as a retirement gift. Photo: Ashley Demers, Voxair Intern

435 Sqn Operations Officer Reflects on Military Career



Major Dennis Scharf
Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Major Dennis Scharf, Squadron Operations Officer at 435 Search and Transport Squadron, was well on his way to a career as a pilot with Air Canada until he received a phone call from the Canadian Armed Forces Recruiting Office in Calgary, Alberta.

That was 26 years ago.

"I look after providing and coordinating aircraft and crews to conduct search and rescue and air-to-air refueling," Maj Scharf said during an interview in his office looking out on the tarmac and the Winnipeg skyline. "We burn 2500 hours per year flying on our Hercules aircraft."

A native of Lundar, a small community just over 100 kilometres northwest of Winnipeg in the Manitoba Interlake region, Maj Scharf, 54, noted that he worked in Alberta for 10 years before joining the CAF.

"I was flying for Okotoks Flying Centre as an in-

structor on multiengine planes," he said, noting that he attended Mount Royal College in Calgary for a year to obtain his commercial pilot's licence and then proceeded to get his multiengine and instructor's rating just before being hired by the OFC. "I also trained on float planes and was working towards my commercial helicopter pilot's licence. I worked on the pipelines in southern Alberta and in a glass factory too out of Medicine Hat. After graduating from high school, I went to work to build a life for myself."

Maj Scharf had actually applied to the CAF several years earlier.

"They called me up and asked, 'Can you be in Chilliwack, BC. For basic officer training?' This was in 1991," he said, mentioning that he received his private pilot's licence at age 16 from Interlake Aviation in Gimli, MB. "By this time, I had written off ever hearing back from the CAF. I had just been hired by Sun West Charter out of Calgary and was well on my way to Air Canada when I got that phone call from the military recruiting officer in Calgary. I always wanted a military career."

Despite his experience in the civilian aviation world, Maj Scharf said that he had to go through the CAF's whole training progression.

"They had to teach me the military aspect of flying, which is more disciplined than civilian flying, and of a much higher standard," he emphasized.

The young man from rural Manitoba first had to take the primary flying course on a Slingsby Firefly, and then the basic flying course on the Tutor jet trainer at CFB Moose Jaw.

"Then, I went back to Southport (Portage La Prairie, MB) to get my wings for flying a King Air," Maj Scharf said, noting that he's married with one adult son. "I was already advanced through the courses because of my previous civilian experience. Then, I was posted to 435 Squadron just after moving back from CFB Edmonton. I've either been flying or augmenting here on a Hercules for the past 22 year with the exception of one training instructor in Air Force Standards session on a King Air

in Portage, 2001-2005."

Over the years, he's flown a grand total of 117 Search and Rescue missions/ taskings/medevacs (estimated from his logbook) with an impressive total of 7496.1 hours of military flying. Maj Scharf has flown on a wide variety of operations-- from delivering aid to refugees in Tanzania in November 1996 from Entebbe, Uganda to dropping flares to provide light for Flood Relief workers building the dike in Brunkild, during Manitoba's "Flood of the Century" in 1997, among many other rescue and search flights on a C-130 Hercules.

His duties as a SOO are numerous, including: being a SAR Aircraft Commander, a SAR Pilot Instructor, a standards instructor check pilot (ICP), and the Wing ICP ("I look after all the investigations of all 17 Wing Aircraft").

"I'm also a maintenance test pilot and squadron chief maintenance test pilot," added Maj Scharf, who has a Bachelor of Arts Degree in Integrated Studies from the University of Manitoba. "We do the acceptance test flights for any aircraft that come out of heavy maintenance with Cascade Aerospace in Abbotsford, BC. I'm also the Operations Officer here, and the Human Performance Military Aviator coordinator. I just gave up my duty as the military board assignment director at the Royal Aviation Museum of Western Canada."

Those many responsibilities rest easy on his wide shoulders.

"I'm happy doing what I'm doing," Maj Scharf said. "At my level I'm able to constitute to efficiency of the squadron with my experience."

He added that all this practical knowledge will be of benefit in his upcoming new posting at 1 Canadian Air Division.

His years in the military have been very rewarding, Maj Scharf offered.

"I'll stay as long as the CAF keeps me," he said. "I'm interested in being involved in the new fixed wing SAR aircraft, and hoping to be part of the introduction in Co-mox to replace the Buffalo and the Herc."

Veteran Pilot Receives French Medal for Wartime Service

by Ashley Demers,
Voxair Intern

Flight Lieutenant (Ret'd) Murray Peden is one of many great Canadian Second World War heroes. Just recently, Peden received news that he was being named a Chevalier (Knight) of the French Legion of Honour.

He was told that being made a Chevalier is a thank you for his great service to France. Although he was not told any particular reason for the honour, he believes it is for supply runs he did for the French Resistance.

"It made me very pleased," said Peden. "I gather there has been some intention on the part of the French Government to recognize or reward people who helped them regain their independence. I was quite surprised indeed to find out that I was selected for this."

The honour was cleared with the Canadian Government this past February, and Peden has since been named a Chevalier. He has received other awards in the past, including the Distinguished Flying Cross, which was awarded to him by the King at Buckingham Palace in the mid 1940s.

Peden first enlisted in the Military in 1941, at age 18. Since he wanted to go into the Air Crew, he started out as Aircraft 2nd Class, or AC Deux. He was given a uniform, and performed small ground tasks while he awaited his flight training.

Eventually Peden's patience was rewarded, and in 1942 he began his basic flight training with Tiger Moths. Following basic training, he was among the selected to move onto multi-engine aircraft. By the time he left the war, he was capable of flying multiple planes including Cessna Cranes, Wellingtons, B-17 Flying Fortresses,



and Short Stirlings.

"Stirlings, by that time, were fairly obsolescent," said Peden, "so we didn't do that many raids on Stirlings before we switched over and went into the new radar countermeasures section, and that's where we began flying Fortresses."

Peden was stationed at Royal Air Force (RAF) Tempsford. He wasn't quite sure what that entailed, but he quickly found out after landing in Tempsford that the King and Queen were present to inspect people who were flying that night.

"It was a rather hurried arrival," said Peden. "Anyways, it turned out to be a very nice occasion. We proceeded to be inspected by the King and Queen, and instead of the usual dinner in the Mess, or lunch in the Mess, the pre-flying meal that you usually got, they made an announcement that the King had asked that the people who were flying that night have tea in the Mess with them."

During his time in Tempsford, Peden performed several missions. In the beginning, he was tasked with flights to lay mines in enemy waters. These trips could be just a few hours away, or they could be way up into Norwegian areas. Later on, he took part in bombing German cities.

One mission that still sticks out in his mind is a raid in Gelsenkirchen, Germany. On his trip to Gelsenkirchen, enemy aircraft twice attacked him and his crew. They were shot so badly that an engine caught fire and an emergency landing at RAF Woodbridge was required.

The landing was rough. In addition to the engine, Peden says the plane veered intensely. They quickly realized the right landing gear's tire was shot away, which caused the plane to take them directly into a parked Lancaster. Unfortunately, this Lancaster happened to be carrying 11 thousand pounds of explosives.

"We didn't know it at the time, of course," said Peden. "We immediately bailed out of the aircraft. Two of our members of our crew had been wounded. When I got out I ran over to see where they were. That's when we sort of ascertained from the voices that were coming through

the loudspeakers, maybe the ground crew should be kind of careful. Because the Lancaster was sitting with 11 thousand pounds of bombs on it, and we had just went through it!

"That's the kind of trip that sticks out in your mind for some time."

Peden decided to leave the RCAF when the war ended. His aim was to continue flying, and get a commercial license. Unfortunately, he fell one year short of the age requirement at 22.

Since he was too young to receive his commercial license, he returned to school. He pursued an arts course, and then later attended the University of Manitoba (U of M) for law. During his law course he met the love of his life, and they were married before he finished school.

"I actually acquired somebody who could act as a secretary and take a lot of my legal notes," said Peden jokingly.

After graduating, he moved into a Crown Prosecutor position for a few years before going into private practice. He then went into Provincial Services as Chairman of the Manitoba Securities Commission for his final twenty years of law.

Eventually, he published a book called "Fall of an Arrow", which tells the story of the Avro Arrow. His next book, released soon after the first, was called "A Thousand Shall Fall" and is his most well known. "A Thousand Shall Fall" was first published in 1979 but has been since republished several times due to its success. The book is well detailed and autobiographical in nature.

"It's been out for a long, long time," said Peden. "It was printed in England, and also back here. I simply pointed out the training I had and the experiences that I had as a pilot in the Royal Canadian Air Force."

Since the publishing of "A Thousand Shall Fall", Peden has also published another book recounting his experiences as a Crown Prosecutor. He called it "Hearken to the Evidence".

Nowadays, the great Flight Lieutenant Peden is comfortably retired. He resides proudly in Winnipeg with his loving wife, Jean.

MFRC Shows Appreciation for Early Childhood Educators

by Ashley Demers, Voxair Intern

The Week of the Early Childhood Educator (ECE) was thoroughly embraced this year by the Military Family Resource Centre (MFRC). Throughout the week, daycare and nursery school staff members were spoiled with things like tea and biscuits, lip balms, candy, and more.

The Week of the ECE was created by the Manitoba Child Care Association (MCCA) in 1992 to show child-

care workers how much they're appreciated for the work that they do. This year, Week of the ECE ran from April 24 until April 28, and donations were raised by parent volunteers to provide educators with different treats throughout those days.

According to Jamie Doherty, the Deployment Services Coordinator at 17 Wing MFRC, no number of goodies can ever match up to the level of gratitude that should be given. However, every little bit helps, and it shows educators that the work they're doing makes a difference.

"I think a week of recognition is not enough to be quite honest with you," said Doherty, "but at least it is that special week that we can do a little bit more, and say thank you."

According to the MCCA website, the quality of care in a childcare centre is only as good as the caregivers that work there, so caregivers should be given the appreciation they deserve.

"Warm, responsive interactions, strong relationships, consistent, sensitive, well-educated and fairly compensated early childhood educators are among the most important predictors of quality in child care," says

the website. "Manitoba can't work without early childhood educators."

Doherty is confident in the quality of care that the West Wing Nursery School and the MFRC Child Care Centre provide, and even entrusts them with her own daughters.

"They spend more time during the week with our children than we do," said Doherty. "They help them learn and grow and teach them how to be special little social people in our community."

As part of Week of the ECE, on April 28, the MFRC Child Care Centre had its yearly professional development day. On this day each year, the daycare is closed to allow staff members to do professional development and learn from guest speakers.

Week of the ECE isn't just celebrated by the 17 Wing MFRC. It's known throughout Manitoba, and every community celebrates it differently. Its purpose is to ensure that educators know their importance, as well as share with the public that quality child care and education is a priority in this province.

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17 Wing Volunteers Treated to Dinner and a Show

by Ashley Demers, Voxair Intern

On May 18, 17 Wing volunteers received free admission to Celebrations Dinner Theatre as a thank you for their work. Throughout the night, audience members were full of laughs as they took in a satiric rendition of "Grease", called "Greased 2".

The 17 Wing Volunteer Celebration is held on a yearly basis to show volunteers how much their hard work is valued by everyone on the Wing. According to the MFRC Coordinator of Volunteers, Barbara Thuen, anybody who currently volunteers, or volunteered this year, was welcome.

"We can't say thank you enough to the volunteers," said Thuen. "They really do make a difference. They're the heart of everything we do here. Without them, it would be hard to have the impact that we do."

Each year, there is a mixture of fresh and familiar faces, but Thuen says that doesn't matter. New or a regular, each volunteer makes a huge difference on the Base. They help with everything from parenting programs, to welcoming new families into the community, and more. This event shows appreciation, and gives them a chance to relax and mingle with their fellow volunteers.

As always, the doors opened early for 17 Wing members who wanted to be present for the opening comments and prize draws at 6 p.m. Following that, the doors opened to the public, and starter soups and salads were served. The show itself began at 7 p.m.

Part way through the performance, a dinner intermission was held and volunteers received a choice of entrée. They were able to fill their stomachs with tasty menu items like the "Boss Beef" or the "Cool Cat Chicken". If they wished, they could satisfy their thirst with a "Greased Lightning" or a "Sandra's Dee-Light".

Overall the event was a success, and Shane Chorneyko, the theatre's Floor Manager, was happy to help with it. He said he is confident in the theatre's ability to put on a good show for each and every performance.

"They (the actors) come from all over Canada," said Chorneyko. "The guy who plays Johnny (Brad Zacharias), it's his fourth or fifth show at this point. He's a wide range of characters. All of the actors have a very wide skillset in a range of singing to acting."

Chorneyko was right, as the spoof of "Grease" was a great success. The combination of role reversals and classic songs both pleased and amused the crowd. The delicious, cleverly named, food and beverages were just bonuses.

According to Deanne Bennett, a Community Recreation Coordinator for 17 Wing, the event's venue changes yearly, however this year was an exception. Last year's success made Celebrations Dinner Theatre an easy choice again this year.

"It was a very good success," said Bennett. "People seemed to enjoy it so we've decided to go with it one more year. We may change it up next year to do something a

little bit more family oriented, but we find that this is really good for the adults and the couples."

Both Thuen and Bennett would like to make it known how much Canex and Celebrations Dinner Theatre contributed to this event. They would like to thank Canex for its thorough sponsorship, and Celebrations Dinner Theatre for its exceptional food, performance, and overall service.



Rick Harris, Senior Manager Personnel Support Programs, Deanne Bennett, Community Recreation Coordinator, Joel Roy, Executive Director of the Winnipeg MFRC, to recognize volunteers at 17 Wing, and Rhonda Porteous, Canex Manager deposit cheque from Canex to recognize volunteers at 17 Wing. The funds were used to help pay for the Volunteer Celebration at Celebrations Dinner Theatre on May 18. Photo by Bill McLeod, Voxair Manager

Wings and Wee Folk Entertains



MFRC Choir performing at Wings and Wee Folk May 5th. Photo: Supplied.

by Martin Zeilig, Voxair Photojournalist

Posters tagged Wings & Wee Folk, held at the Charleswood Legion on May 5, as an "Evening of Community Building, Song & Dance."

That advance publicity proved accurate.

The evening, which attracted about 240 people, featured performances by the Military Family Resource Centre's Community Choir, the McConnell School of Dance, the Manitoba Pipe and Drum Band, the Irish Cowboy Tom McDermot, and, the Irish Myst Choir.

The MFRC Choir, which was under the direction of Stanley Knowles School music teacher Sarra Dziver, performed a selection of songs from the hit musical Les Misérables.

A five dollar meal, consisting of a grilled sausage on a bun with coleslaw, was available too and a cash bar was constantly busy.

"I'm looking forward to an outstanding evening of entertainment," Wing Commander Colonel Andy Cook, a member of the MFRC Choir said, as he and his wife Tracy were each enjoying a conversation with other guests.

He also thanked the Charleswood Legion for their ongoing support to 17 Wing.

Col (Ret'd) Joel Roy, Executive Director of the MFRC praised Lois Mallett, Chairperson of the Board of Directors of the MFRC, for helping organize Wings & Wee Folk.

He pointed out that Mallett has connections to both the Irish Myst Choir and the MFRC Choir.

"She had this tremendous idea," he added.

In her opening remarks as MC, Mallett, who sang with the Irish Myst Choir later, said the idea of Wings and Wee Folk came from Kieran Savage, president of

the Irish Association of Manitoba Club, 654 Erin Street.

"At our Christmas concert, he was speaking with guests from 17 Wing and said wouldn't it be great to get our two communities together, and here we are," she said. "I'm sure Kieran would be happy to sell memberships to the Irish Club if you are interested."

Mallett also noted that the Community Choir, which was started three years ago under the direction of RCAF Band member Sergeant David Grenon, is a "great vehicle to integrate the military members" into the community of Winnipeg and vice versa.

She added that the choir concert is on June 14 at the Wing Chapel.

At one point during the evening, Phil Otis, President of the Charleswood Legion, presented LCol (Ret'd) Don Brennan, the immediate past executive director of the MFRC, with a framed Royal Canadian Legion "Friendship Award". It recognizes "individuals or organizations who show their support of the activities and work in the community of Legion Branches, Zones, Districts and Provincial Commands."

The award was signed by David Flannigan, Dominion President, RCL.

"The Charleswood Legion is the most supportive Legion in Winnipeg," Brennan said later. "Every year they give us a donation and come to our coffee break, and they attend the (Yellow Ribbon) Gala. My hat is off to this Legion for their support of military families."

Lesley Jensen, a retired civilian employee at 1 Canadian Air Division and her friend, Gail Trepanier, retired from Wing Food Services, were amongst those enjoying the night's entertainment.

Both women are members of the Legion.

"I think this collaboration is a wonderful idea," said Jensen. "It shows how the Legion is supporting the military and their families. I support the MFRC. They're doing a wonderful job."

Trepanier echoed her friend's comments. She quipped that the event would be perfect if it was held on "Saint Paddy's Day".

It turned out to be, as Mrs. Mallett had said earlier, a fun filled evening of music and community building.

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RCAF Band Piper Plays at Vimy



Sgt Alan W. Buchanan, piper (RCAF Band), and Sgt D'amour, bugler, moments after the Last Post / Reveille / Lament at the 100th anniversary of the Battle of Vimy Ridge on April 9th. Photo: Supplied.

by Martin Zeilig, Voxair Photojournalist

More than a month after the event, Sergeant Alan W. Buchanan admitted that he still does not know why he was asked to be the official piper at the 100th anniversary of the Battle of Vimy Ridge on April 9th

It turned out to be an experience of a lifetime.

"Out of all the pipers in the Regular Forces, I was selected to go late last year," said Sgt Buchanan, a bagpiper with the RCAF Band. "A message came to my chain of command they asked me, 'Do you want to go to Vimy Ridge?' My response was affirmative. What I had to do was straightforward, including some extra music."

They were all remembrance ceremonies at various locations, he observed during an interview, noting that those other sites were at Cabaret Rouge British War Cemetery and then at Tyne Cot War Graves Cemetery

and Memorial to the Missing (a Commonwealth War Graves Commission burial ground for the dead of the First World War in the Ypres Salient on the Western Front) where he played some "informal music appropriate for a gravesite."

Sgt Buchanan, 52, who's been with the RCAF Band since 2010, said that moments after playing the Last Post, Reveille and Lament, he and the CAF bugler, Sergeant Guillane Damour, marched off to a standing ovation from the thousands of guests at the ceremony.

"Their appreciation was meaningful to me," he said, noting that the majority of the crowd was Canadian.

Sgt Buchanan, a native of Glasgow, Scotland who moved to Dundas, Ontario with his family in 1979, mentioned that he also piped in the delegation from Veteran Affairs Canada at Menin Gate Memorial in Ypres Belgium, as well as playing at a ceremony at Beaumont Hamel.

The Menin Gate Memorial to the Missing is a war memorial in Ypres, Belgium, dedicated to the British

and Commonwealth soldiers who were killed in the Ypres Salient of World War I and whose graves are unknown and the Newfoundland Regiment fought at Beaumont Hamel on the first day of the Battle of the Somme and were almost wiped out.

Sgt Buchanan said he also got to mingle backstage with a number of celebrities after his performance at Vimy Ridge, including actor Canadian actor Paul Gross, who he first met during when he played the bagpipes at the Grand Opening in Winnipeg of

Gross's 2015 movie, Hyena Road. He also met Manitoba born musician/composer Loreena McKennitt; and, CBC T.V. news anchor Peter Mansbridge, among others.

"I've been to Vimy twice before as part of the delegation that supported the 2010 and 2011 Nijmegen Marches," he said. "I was very proud to be there. My family expressed their admiration as well. In addition, when I was performing I wore the Wing Commander's Pipe Banner."

The magnitude of the ceremony, and the variety of musicians, actors and speakers that impressed him too, Sgt Buchanan observed.

"One thing I've never done before is play for three members of the British Royal Family," he said in reference to Charles, the Prince of Wales, and his two sons, Prince William, Duke of Cambridge, and Prince Henry of Wales. "In addition, there were a lot of my friends from the CF Regular Forces and Reserves, plus civilian friends too. It was a good experience, and an honour to have played there. It was a huge well done production."

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Around The Wing



Runners at the 9th Annual RCAF Run on May 28th were positive despite the changing weather. Photo: Cpl Darryl Hepner, 17 Wing Imaging



Buzz, Boomer, and Mick E. Moose bust a move at the RCAF Run while the RCAF Band provides the upbeat tunes. Photo: MCpl Rick Ayer 17 Wing Imaging

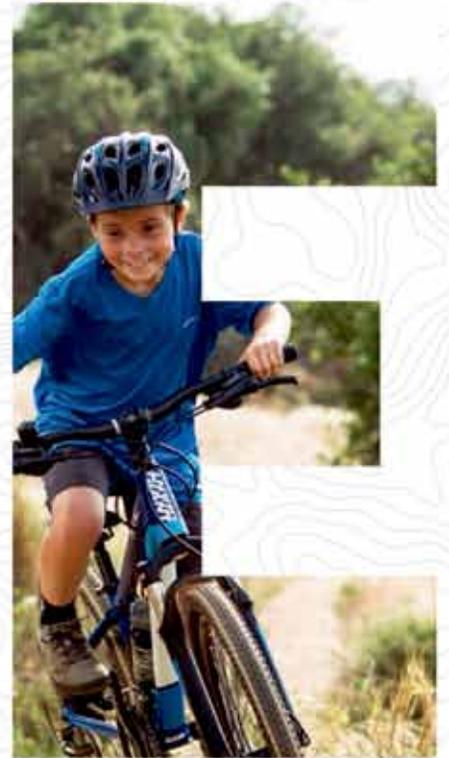


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Runners get to run past aircraft on the 17 Wing flight line at the 9th Annual RCAF Run, on May 28th, 2017 at 17 Wing. Photo: Cpl Darryl Hepner, 17 Wing Imaging



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Around The Wing



Applebees were proud to serve their delicious ribs and ceasar salad to the attendees at the 9th Annual RCAF Run, on May 28th, 2017 at 17 Wing. Photo: MCpl Rick Ayer, 17 Wing Imaging



Runners turn into the main gate at 17 Wing during the 9th Annual RCAF Run, on May 28th, 2017 at 17 Wing. Photo: MCpl Rick Ayer, 17 Wing Imaging



435 Transport & Rescue Squadron Search & Rescue Technician, Sergeant Reagan Kruger (Left) and a Loadmaster, Master Corporal Paul Comeau (Right) deploys lifesaving equipment from the ramp of a CC-130 Hercules during CHINTHEX 2017 from May 4 - 8, 2017 near Kenora, Ontario. Photo: Cpl Justin Ancelin, 17 Wing Imaging



A 435 Transport & Rescue Squadron Search & Rescue Technicians parachutes from a CC-130 Hercules at a simulated boat accident during CHINTHEX 2017 from May 4 - 8, 2017 near Kenora, Ontario. Photo: Cpl Justin Ancelin, 17 Wing Imaging

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LCol Denis Forest Retires After 33 Years, Many in Winnipeg



BGen Cochrane, Commander of 2 CAD, posing with LCol Forest and family, after recognizing the importance of family in supporting the RCAF and CAF.
Photo: LCdr James Cantafio, 2 CAD

by LCdr James Cantafio, 2 CAD

After 33 years of dedicated service to the Canadian Armed Forces (CAF), Lieutenant-Colonel (Retired) Denis Forest, a familiar face to 17 Wing, has decided to

retire from the military.

A Depart With Dignity (DWD) event was held on Friday, May 19th, 2017 at a local restaurant in the Polo Park area to honour and recognize the personal, professional, and community contributions that LCol (Ret'd) Forest has made to 17 Wing Winnipeg, the Royal Canadian Air Force (RCAF), and the CAF. Over 50 family, friends, and colleagues from past and present attended the farewell luncheon. Guests of honour included BGen D.B. Cochrane, the Commander of 2 Canadian Air Division (2 CAD); Chief Warrant Officer (CWO) J.O.P. Jette, the 2 CAD CWO; and Colonel R.J. Walker, the Director of Air Force Training. Special guests in attendance at this milestone event, included LCol Ret'd Forest's immediate family; Mme Elizabeth Fillion (spouse), Gabriel and Mikael (sons), and daughter Camille.

LCol (Ret'd) Forest spent much of his career in Winnipeg, supporting the RCAF. For example, from 1995 to 2001 he was posted to Winnipeg at what was then known as Air Command Headquarters and at the Canadian Forces Air Navigation School (CFANS). After spending some time serving overseas with his family in Germany, and a year in Kingston, Ontario, he was posted back to 17 Wing as the Senior Staff Officer at 2 CAD and as the senior RCAF Command Training Development Officer

(TDO).

LCol (Ret'd) forest has not fully retired from serving within the military environment. He has accepted a permanent position within the Public Service of Canada as the Chief of Staff at the Director Material Group Management Coordination (DMGMC). He and his family intend to enjoy living near the Gatineau Hills, which is within biking distance of both home and work. An exciting path that will surely take them on the next phase of their career, moving forward.

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

Stand Up Comedy Stands Up for 17 Wing Families



Anjali Sandhu does her set at the Stand Up for Families event held at ANAVETS 283 on Saturday, May 13, to raise money for the MFRC
Photo: Supplied.

by Ashley Demers, Voxair Intern

On Sat May 13, six comedians took to the stage at ANAVETS Assiniboia Unit 283 in order to help raise money for the Military Family Resource Centre (MFRC). The show was dubbed "Stand Up for Families", and received an audience of about 90 people.

For an admission cost of 15 dollars, the audience could enjoy headlining comedians Dan Verville and Mike Green. Alongside Verville and Green were talented supporting comedians Anjali Sandhu, Elissa Wolf Kixen, Tyler Penner, and Spencer Adams.

John Bailey, the Employment, Education, Youth and Fundraising Coordinator at the MRFC, was one of the event's main organizers. He was pleased with the turnout, but says he hopes the event will continue to be better in future years.

"It's open to everybody," said Bailey. "It's advertised across the city. It's good, Stand Up for Families, and we're going to try and grow it into an even bigger event over the years. We put it on every kind of social media, and at all the places we do here on the Base. We try to network it with as many people as possible."

Like in previous years, the event was adult only.

Bailey has many ideas regarding the comedy night, however, and said that in the future he would like to create a version of Stand Up for Families that is a child friendly event.

Another idea includes making the comedy night a regular occurrence at other Legions and ANAVETS across the city. If that happened, every location would receive a chance to benefit from the fundraiser. Since some organizations host other events on Friday nights, however, the comedy nights would become strictly Saturday occurrences.

"I'm looking at doing some more work with the Legions in support," said Bailey, "so maybe do a couple of

others, and make it like a mini tour of comedy across different Legions. I don't know when that's going to happen but we'll see."

Since its beginning in 2010, Stand Up for Families has become a yearly tradition. It serves to promote awareness of Military families, and each year all proceeds go towards the MRFC and its community programs.

To find out more about upcoming MFRC events and fundraisers, visit the Winnipeg Military Family Resource Centre on Facebook.

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Fitness Instructor Passionate About Her Job

by Martin Zeilig, Voxair Photojournalist

Paola Rico Garcia used to think that body building was a sport unto itself.

But this personable “functional movement specialist” acknowledges that, after seven years as a personal trainer to bodybuilders, her opinion changed.

Rico Garcia, who operates RAM Fitness (formerly known as Rico’s Athletic Movement), teaches hour long classes called Functional Movement Flow, a fitness program offered through 17 Wing Community Recreation, every Monday and Thursday at 17 Wing in Building 90 (Sports and Recreation).

“I used to think that they (bodybuilders) were athletes,” said Garcia during a recent interview with The Voxair. “After seven years of training them, I got disappointed with the people. There’s nothing athletic about body building. On the other hand, I admire the discipline aspect of their diet. But, the obsession they show with their image killed my passion to be involved in this area. I was feeding their egos, and my own ego too.”

So she changed to something more meaningful and functional, according to her. Captain Audrey Jordan, Expeditionary Planner, CAOC/A3 Strategy Division, acknowledges that she is benefitting from Rico Garcia’s classes.

“I have been always been open to various types of workouts,” she said in an email response. “I like a variety and I want to make sure that I have a complete workout. I like to play sports for the social interaction, and the fitness aspect as well. I think that once you find exercises you like, working out feels more like playing than work. I do some cardio, some weights, and yoga.”

Yet, there was still a piece of the puzzle missing, she

said.

Then she discovered Rico Garcia’s fitness program.

“Functional movement flow reminds us of the movements our bodies should be able to do,” Capt Jordan explained. “It is beyond the flexibility required for yoga. I felt like a beginner when I started going to her class; and, still now, there is so much more to be learned. The movements we practice in her class are those we should be using in our day to day life. We only have one body, we need to keep reminding it how it should be moving.”

A native of Bogota, Colombia, Rico Garcia, who has a Communication and Journalism Degree (2001) from University Politecnico Granacolombiano, Bogota, began



Functional movement specialist Paola Rico Garcia, owner of RAM Fitness and a private fitness instructor in Building 90, demonstrating a kneeling one arm overhead kettle bell lift. Photo: Supplied

her current career in 2003 working as personal trainer at Shapes Fitness Centre.

Although she’s a professional journalist by training, Rico Garcia has always been, “intrigued and involved” in personal fitness.

“I got certified as a spinning instructor (stationary bicycles) in Colombia, and was taking courses in fitness and nutrition,” she continued. “When I moved to Winnipeg (with her former husband), Shapes needed someone with an understanding (of fitness).”

She applied and became a certified fitness instructor and supervisor at Shapes.

Rico Garcia, 39, started RAM Fitness while conducting a generic boot camp at a church on Main Street in 2007.

“That’s how I started in Winnipeg,” she said. “That’s how RAM Fitness started.”

Over the years, Rico Garcia has acquired various types of fitness certifications: An instructor in powerlifting (2014 coached by Andy Bolton); Kettlebell (instructor Dylan Marsh); Flexible Steel (2016); Psychology of Performance Coach; Leading Drug Free Sport Coach; RKC Instructor (Russian Kettlebell Challenge 2012), an Active Aging Specialist, among other professional qualifications.

“Whatever I do, I do with passion,” she said. “But, when I lose my passion, then God guides me to a different path. Using your body the way it was designed is the most powerful way to optimize your health.”

For further information about Functional Movement Flow, please contact Community Recreation at 7013.

John Conrad Among the Walking Wounded

by Martin Zeilig, Voxair Photojournalist

John Conrad says he had little choice in writing *Among the Walking Wounded - Soldiers, Survival, and PTSD* (Dundurn 230 pg. \$24.99).

“The stories in this book have been pounding around in my brain for some time,” he wrote in an email to The Voxair. “They will always do so; they will always be part of my life. Writing the narrative was one manner of finding out what I thought about some things that happened to my battalion in Kandahar and to me.”

An eloquent, unsparing and blunt account of his battles with Post Traumatic Stress Disorder, Conrad has

served 34 years in the CAF. A bestselling author and Colonel in the Army Reserve, he has authored a number of books and articles on Canada’s involvement in Afghanistan, including *What the Thunder Said*, a Military Book of the Month club selection in 2009. Colonel Conrad currently resides near Cooking Lake, Alberta.

“For many of our soldiers, wars never really end,” he writes in the book. “I am visited frequently in my dreams by the angel medic and this convoy ambush. A number of times over the years I have stolen glimpses of my angel medic at events, always on the margins. I have seen her in the edges of a thousand dreams; sometimes only the entwined serpent of her cap badge is recognizable. Sometimes it is her eyes, calm but arresting. Was that her on the periphery of Trooper Darryl Caswell’s funeral service? Could that have been the angel medic leaving the Operational Stress Injury Clinic (OSIC) just ahead of me? She remains deeply imprinted on my subconscious.”

This book, which at times has a novelistic style to it, is a must read for anyone who wants to gain a deeper understanding of the long term effects of PTSD on our wounded war veterans.

“The brave men and women of our armed forces an-

swered the call when we needed them,” Conrad says. “They embraced unlimited liability and gave their services to Canada without looking back, without any reservations. Now they need us.”

John Conrad consented to an email interview last month which follows below.

Voxair: What is the relationship between this book and *What the Thunder Said*?

John Conrad: My first book in 2009, ‘*What the Thunder Said*,’ was more about the up and out-the events of our tour and the tactical things that happened to my unit and The Canadian Task Force, Task Force Orion in 2006.

In this respect, ‘*Among the Walking Wounded*,’ is very much a sequel to that first little book. In this case however, the focus is down and in-- the things that happened to me and my own shifting perceptions of reality and myself. Furthermore, this book was also a way of having a conversation with people I care about, veterans, soldiers and loved ones. These sorts of conversations are difficult to get primed. But in having them, our men and women who suffer with PTSD--including their families--can find the first vestiges of recovery.

V: What do you want people to know about PTSD?

JC: I want those who suffer to understand that you are not beyond help or hope. People with PTSD can, and do, recover to lead very productive, rewarding lives. It all starts with a conversation. Silly, but it can be that easy.

Finally, I want people to understand that those with mental health injuries are not malingerers and that mental health injuries are real. In many cases those who suffer are the best heart’s blood of the United States and Canadian militaries. They care about the big issues just as a woman or a man with a broken arm would still care ...and cope.

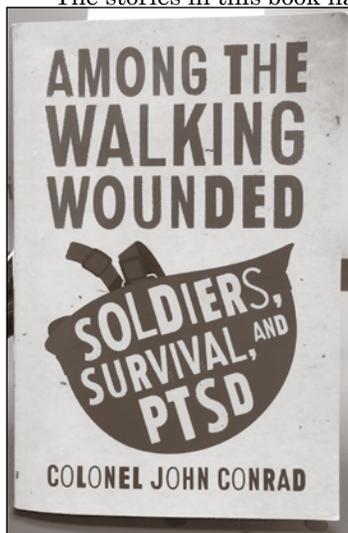
I am proud of what Canada did in Kandahar. Not in a showy, political, ‘get me more votes’ kind of way that dogs our broken political processes and today’s political elite but in an organic, existential way. Hey, we live in a great country, populated with incredible people and the best little ‘knock ‘em down and scrap it out army’ in the world. I am proud of that. I am proud that I was part of that tribe, regardless of wounds, for a little while.

V: What other things do you want people to know?

JC: First and foremost, I hope the book brings peace and some quantum of comfort for the men and women

who suffer from mental health injuries. I particularly hope that those that love wounded soldiers can come out of the shadows and be recognized for the heroic struggles and tests that they too have endured in supporting their loved ones in uniform. I further hope that in sharing my own story and the stories of other soldiers close to me that I have helped to unmask and characterize the sorts of thoughts and paranoia that play across the mind of someone with PTSD.

Finally, I also hope that in ‘*Among the Walking Wounded*,’ I have preserved a little bit of the essence of the Canadian experience of the Afghan War: how it looked, how it smelled and how it struck the senses. These issues are the first to fade in war diaries and cheerless academic recollection. If a young reader picks this book up sixty years from now and gets the organic “feel” of life on the King of the FOBs and the complexion of pop culture with counter insurgency warfare fused together in that antique land, then my bones will rest a little easier. I will have done my duty as a writer and a soldier.”



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

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JOURNÉE "AU TRAVAIL À VÉLO"

JUNE - 23 - JUIN
0630 - 0900 hrs

Join us on the Yellow Ribbon Trail at Whyteford & Silver AND/OR the RCAF Heritage Park on Airforce Way

Light refreshments and snacks will be available

Joignez-vous à nous sur la piste Yellow Ribbon Trail Whyteford et Silver ou le parc patrimonial ARC Les collations santé seront disponibles

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

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

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

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

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

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Stressed? Take Charge!
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0830 - 1600 hrs

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Le stress: Ça se combat!
2 et 3 août 2017
0830 h à 1600 h

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

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

Alcohol, Other Drugs and Gambling: Supervisor's Training

17 & 18 August 2017
0800-1600 hrs & 0800-1200 hrs

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

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

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

17 et 18 août 2016

Reconnaître les premiers symptômes et savoir y réagir. Apprendre à faire des entretiens efficaces.

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

To register, contact Health Promotion at (204) 833-2500 ext.4150 or healthpromo@forces.gc.ca

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

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Upcoming MFRC Programs and Events

Assemblée générale annuelle (AGA)

Le Conseil d'administration du Centre de ressources pour les familles de militaires (CRFM) de Winnipeg est heureux d'annoncer que son Assemblée générale annuelle aura lieu mardi, le 27 juin à 17 h au CRFM.

Les membres de la BFC de Winnipeg ainsi que leurs familles sont invités à y assister.

Exprimez votre opinion, orientez notre programmation et participez à l'élection de notre conseil d'administration.

Items à l'horaire :

- Révision du procès-verbal de l'AGA précédente

- Élection des nouveaux membres du conseil d'administration

- Révision de l'état financier

- Présentation du Rapport annuel

- Nomination du vérificateur pour AF 2017/2018

Un service de garde gratuit est offert.

Un léger repas sera servi.

Prix de présence.

RSVP : 23 juin 2017

204-833-2500, poste 4500

Annual General Meeting (AGM)

The Board of Directors of the Military Family Resource Centre is proud to announce that our Annual General Meeting (AGM) will be held on Tuesday, June 27 at 5:00 p.m. at the MFRC.

Members of CFB Winnipeg and their families are invited to attend.

Voice your opinion, guide our programming and participate in the election of our Board of Directors.

Business items will include:

- Review of the previous Minutes

- Election of new Directors

- Review of the audited Financial Statements

- Presentation of the Annual Report

- Appointment of an auditor for FY 2017/2018

Childcare is available free of charge

Light supper will be served.

Door prizes

Please RSVP by June 23, 2017.

204-833-2500 ext. 4500

Nursery School

We offer a play-based, emergent curriculum in both English and French Immersion. Children must be toilet trained and turning 3 by December 31st to enroll. Registration is now open.

September 2017 to June 2018

Mondays, Wednesdays & Fridays

9:00 to 11:30 a.m. - English

1:00 to 3:30 p.m. - French Immersion

Westwin Children's Centre

642 Wihuri Rd

\$60 / month

\$20 annual registration fee

This program is for children ages 3-5 years.

Prématornelle

Le programme de prématornelle offre un curriculum basé sur le jeu et est offert en anglais et en immersion française. L'enfant doit être propre et avoir 3 ans au 31 décembre. L'inscription est en cours.

De septembre 2017 à juin 2018

Les lundis, mercredis et vendredis

En anglais : 9 h - 11 h 30

En immersion française : 13 h - 15 h 30

Centre pour enfants de Westwin, 642, ch. Wihuri

Frais annuels d'inscription de 20 \$

60 \$ par mois

Ce programme est destiné aux enfants de 3 à 5 ans.

Terrific Two's

An introduction to Nursery School created for children ages 2 - 3 years old. This program will be taught by a qualified CCA with focus on sharing, socialization and following direction.

September 2017 to June 2018

Tuesdays and Thursdays

9:30 to 12:00 p.m.

Westwin Children's Centre,

642 Wihuri Rd.

\$50 per month.

\$10 annual registration fee.

Spaces are limited.

« Terrific Two's »

Une introduction à la prématornelle

Une introduction à la prématornelle pour les enfants âgés de 2 et 3 ans. Ce programme sera enseigné par une éducatrice-adjointe à la petite enfance qualifiée et porte l'accent sur le partage, la socialisation et suivre les directions.

De septembre 2017 à juin 2018

Les mardis et les jeudis

De 9 h 30 à 12 h

Centre pour enfants Westwin, 642, ch. Wihuri

50 \$ par mois

Frais annuels d'inscription : 10 \$.

Les places sont limitées.

Happy Trails

Happy Trails is a program designed to introduce children to the wonders of nature. On this 4 week adventure we will be using 4 out of our 5 senses to discover the world around us. We will be making crafts, eating snacks, singing songs and journaling outdoors.

Tuesdays, June 6, 13, 20, 27

9:15 to 11:45 a.m.

Westwin Children's Centre, 642 Wihuri Rd.

\$20

Registration deadline: May 31

Snacks are included. Please advise of any allergies.

We will be outside rain, snow or shine.

« Happy Trails »

« Happy Trails » est un programme conçu pour initier les enfants aux merveilles de la nature. Durant cette aventure d'une durée de 4 semaines, nous allons utiliser 4 de nos 5 sens. Le programme offre également du bricolage, des collations, des chansons et des jeux de plein air.

Les jeudis 6, 13, 20 et 27 juin

De 9 h 15 à 11 h 45

Centre communautaire Westwin, 642, ch. Wihuri

Nous irons dehors qu'il pleut, qu'il neige ou qu'il fasse soleil.

20 \$/mois

Date limite d'inscription : 31 mai 2017

La collation est incluse. Veuillez nous aviser de toute allergie.

Présenté en anglais

Op Deployment Family Dinner Date

If you have a loved one preparing to deploy, who is currently deployed or has recently returned from a deployment, toss your kitchen mitts and dish towels and allow us to prepare dinner for you and your family.

Monday, June 12

5:00 to 7:00 p.m.

\$5 per adult, \$3 per child (5-12), kids 4 & under are free. Max \$20 per family.

Registration deadlines: June 7, 2017

Presented in French & English

Op-Déploiement – Souper de famille

Si vous avez un proche qui se prépare pour un déploiement, qui est actuellement déployé ou qui est revenu récemment d'un déploiement, on vous invite à enlever vos gants de cuisine et votre linge à vaisselle et nous permettre de préparer le souper pour vous et votre famille.

Lundi 12 juin

17 h - 19 h

5 \$ par adulte, 3 \$ par enfant (5 - 12 ans), gratuit pour 4 ans et moins (max. 20 \$ par famille)

Date limite d'inscription : 7 juin

Programme bilingue

Family Sponsor Program

The Family Sponsor programs offers families who are newly posted to Winnipeg the opportunity to be matched with a volunteer, military family. If you are interested in participating as a family sponsor please attend this information session.

Tuesday, May 30

7:00 to 9:00 p.m.

Free

Registration deadline: May 26

Programme de parrainage pour les nouveaux arrivants

Le CRFM de Winnipeg offre aux familles qui viennent d'être affectées à Winnipeg la chance d'être parrainées par une famille militaire et bénévole. Si vous êtes intéressé à parrainer une de ces familles, joignez-vous à nous pour une séance d'information.

Mardi 30 mai

De 19 h à 21 h

Gratuit

Date limite d'inscription : 26 mai

Make Ahead Meals

Prepare some meals ahead of time for those busy summer days. We will be making 4 recipes to freeze and save for a later date! Chicken Bacon Buns, Honey Soy Pork Tenderloin, Spaghetti Casserole, and Fajitas.

Sunday, June 4

1:00 to 3:00 p.m.

\$40 per person

Registration deadline: May 30

Please bring mixing bowls, measuring cups and spoons.

Mets préparés à l'avance

Joignez-vous à nous pour préparer des repas à l'avance pour les journées chaudes d'été, quand vous ne savez pas quoi cuisiner ! Nous allons préparer 4 recettes de repas à congeler pour savourer à une date ultérieure. Petits pains au poulet et au bacon, filet de porc au miel et soya, casserole de spaghetti et fajitas.

Dimanche 4 juin

De 13 h à 15 h

40 \$

Date limite d'inscription : 30 mai

Veuillez apporter des bols à mélanger et des tasses et des cuillères à mesurer.

Présenté en anglais

Today's Trivia Answers

1. Trophy awarded annually to the player judged most valuable to his team during the Stanley Cup playoffs.
2. Members of the Professional Hockey Writers Association vote to elect the player deserving of the trophy. It is always awarded prior to the presentation of the Stanley Cup
3. The trophy consists of a silver replica of Maple Leaf Gardens with the further embellishment of a silver botanically-correct maple leaf on a wooden base. It honours Conn Smythe, the former owner, General Manager and coach of the Toronto Maple Leafs who is in the Hockey Hall of Fame as a builder.
4. Jean Beliveau - centre - Montreal Canadiens - 1965.
5. Bob Gainey - Montreal - 1979.
6. Bobby Orr - Boston Bruins - 1970 and 1972.
7. Al MacInnis - defense - Calgary Flames - 1989 - born in Inverness, Cape Breton.
8. Patrick Roy - goalie - Montreal - 1986 and 1993 - Colorado Avalanche - 2001.
9. Roger Crozier - goalie - Detroit Red Wings - 1966.
10. Glenn Hall - goalie - St Louis Blues - 1968.
11. Zero.
12. Dave Keon - centre - Toronto Maple Leafs - 1967.
13. Ken Dryden - goalie - Montreal - 1971.
14. Bernie Parent - goalie - Philadelphia Flyers - 1974-75 and Mario Lemieux - centre - Pittsburgh Penguins - 1991-92.
15. Wayne Gretzky - centre - Edmonton Oilers - 1985 and 1988.
16. Brian Leetch - defense - NY Rangers - 1994.
17. Niklas Lidstrom - defense - Detroit - 2002.
18. Evgeni Malkin - centre - Pittsburgh - 2009.
19. Three - Bobby Orr - 1970, Wayne Gretzky - 1985 and Guy Lafleur - right wing - Montreal - 1977.
20. Montreal - nine.

PERSONAL CLASSIFIEDS

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): You benefit so much from solid relationships but you may also feel a bit trapped by the responsibilities and expectations as well. Burn off frustration with physical activity. Brooding when dissatisfied can make you sharp with others. Talk things out when they first come up.

Taurus (April 20 – May 20): If you rush to start something before preparing properly you will have to retrace your steps and redo work. Though it seems time consuming, plan things out. Organize what is needed. Prepare fully. Then there will be no delays once you begin and you'll get better results.

Gemini (May 21 – June 21): Let those with expertise or connections help you. Look for an alternative route to success. Even if you hit a few roadblocks or have to backtrack a bit, keep heading in the direction you want to go. If you're absent from discussions that concern you, ask for a written summary.

Cancer (June 22 – July 22): If someone tries to force you to change your priorities, you need to reconsider your relationship. There is no need to explain or defend your choices. If others are supportive but also encourage critical thinking, listen up. Another's plans may surprise and frustrate you as well.

Leo (July 23 – August 22): Building rapport with another can take time or it can happen instantly. Putting a time limit on the development of relationships isn't realistic. Focus on your own projects. Enhance your living space. Use vibrant colors. The sense of energy effects your enthusiasm. Change is in the air.

Virgo (August 23 – September 22): Take care of others but also you need to take care of yourself. Assess your finances and create a budget if necessary so that you'll have money for extras. When making arrangements be diplomatic but stand your ground on essential points. Insist on the best and you'll get it.

Libra (September 23 – October 23): The end of something brings new beginnings. Don't judge which is better. Life is for living. Be in the moment. Listen to music and dance through the days. Set yourself free from worry about the judgements and assumptions of others. Appreciate what you have. Share your joy.

Scorpio (October 24 – November 21): Your energy increases when you make significant and permanent lifestyle changes. Accept help from others. Focus on the future, not the past. Take notes when meeting experts about something you are about to start. Complete paperwork and get the proper permits signed.

Sagittarius (November 22 – December 21): Read the fine print before agreeing to work with others. Do background checks. Explain your expectations and ascertain other people's motives when you meet them. Everyone has history, yourself included, so don't judge, just assess if you can relate constructively now.

Capricorn (December 22 – January 19): You'll feel the urge to leave the past behind. Forge ahead but don't forget the lessons learned. Make choices based on being with the people you care about deeply and the ideals you are committed to. It's not where you go, it's who travels with you on your life journey.

Aquarius (January 20 – February 18): It's worth your effort to try and make a good first impression. You come across as articulate and intelligent as well as caring and creative. Though you prefer to be independent, be willing to accept help when it is needed. Working with a partner can benefit both of you.

Pisces (February 19 – March 20): Show you value loved ones and friends by taking the time to stay in touch. Listening to another's point of view is an eye-opener. Focus on the practical right now. Deal with the essentials. Find inexpensive ways to have fun. Yearning for romance? Keep your eyes open.

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Chaplain's Corner

Love Through The Ages

by Padre Lesley Fox



In the life of a padre, we have begun what we affectionately call "wedding season." I love everything about weddings. I love the flowers, the dresses, the music, the dancing, and most especially I love the gift of eavesdropping in on the retelling of people's stories of love.

On May 19, I had the real privilege of officiating at the wedding of my 435 Squadron colleague, Capt Michael Wolter, and his bride Karolee Beer. Their love story has all the markings of a great Hollywood movie, so grab a Kleenex box and lean in.

Michael met Karolee when they were retrospectively 17 and 15 years of age. In the first blush of youthful love, an American girl and a Canadian boy connected in their years together at the Culver Military Academy in Indiana. At such a young age, first love did not endure, and the couple went their separate ways. Different partners, different life experiences, and different careers. He travelled off to become a gallant RCAF pilot, and she became a fearless Chicago police officer. Due to the joys of social media, they reconnected again when Karolee was

working through a significant health crisis and looking for support from past friends. Michael responded, and things began to blossom again. When I looked for a Gospel lesson that best reflected their love, I chose Matthew 13:31-32 and verse 44. The second story is the story of discovery. You sell all that you have in order to find treasure that is buried in a field. That is the story of most of our love stories, whereby we give up all that we once thought was important to focus on the real treasure: the love of the person standing next to us. The other story is of the mustard seed that grows into a great tree. This one reflects how much the seed of this couple's first step into love has expanded and matured over the years to include children, grandchildren, countries, dogs, cats, and everything else you could name! Michael and Karolee's hearts did not just open up again, they expanded, and real love always multiplies, it never divides.

As an ardent movie buff, one of my favourite classic films is "The Enchanted Cottage" a 1945 film about a once handsome pilot whose plane crashes and he becomes disfigured. He meets a tragically "plain" housekeeper in a cottage away from the masses. The two marry (presumably because they think they can't do any better) and after they marry, they actually fall in love. The pilot's handsome face is restored, and the woman becomes movie star beautiful. However, the catch is that this is how they see each other, but everyone else sees them as they originally were, or in the eyes of the world "ugly." The point, I believe, is that the world will only ever see your faults, those who love you unconditionally will see you through the eyes of love.

If you are thinking of taking the leap into marriage this year, be sure of these three things about your partner:

1. They must believe in forgiveness. Love is not unfiltered, and your partner needs to acknowledge their own imperfections in order to accept yours.
2. May they respect your chosen profession and support you in it. The work that you do in the military can be all encompassing, and you need a partner who understands your sense of mission and your commitment to your country.
3. And, final test, when they walk into a crowded room, may they look at you like you are the only person there.

Love is risky, not because of the fear that someone will leave you, but because true love will change and transform you right down to your core.

Remember to call your padre when you plan on getting married, because padres love weddings, and may the giving love of God forevermore be your example and your strength.



Faith and Life

PROTESTANT

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

Padre Kevin Olive
(Pentecostal)
ext 5272

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

17 Wing
204 833 2500



Administrative Assistant
ext 5087

17 Wing Military
Community Chapel
2235 Silver Avenue
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CATHOLIC

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CHAPLAINS

Padre Hope Winfield
(Roman Catholic Pastoral Associate)
- Wing Chaplain
ext 5417

Padre Paul Gemmiti
(Roman Catholic Priest)
- Faith Community Coordinator
ext 4885

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- Mental Health Chaplain
ext 5086

Padre Frederic Lamarre
(Roman Catholic Pastoral Associate)
ext 6914

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
Contact MP Dispatch ext 2633.

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

WEBSITE
Those with access to the DIN can visit <http://17Wing.winnipeg.mil.ca>, then click 17 Wing, then Services.

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

Your 17 Wing Chaplain Team

From left to right:
Lt (N) Lesley Fox,
Capt Paul Gemmiti,
Capt Greg Girard,
Maj Hope Winfield,
Capt Emanuelle Dompierre,
Capt Kevin Olive,
Lt (N) Frederic Lamarre



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