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THE VOXAIR

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17 Wing Says Farewell to Colonel Cook



Outgoing 17 Wing Commander, Colonel Andy Cook leaves the parade in the pilot's seat of a CC-130 Hercules during the 17 Wing Change of Command Ceremony held at 17 Wing on June 28, 2018. See our story on the Change of Command on pg 2 and our last interview with Col Cook on pg 5. Photo: MCpl Paul Shapka

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17 Wing Says Farewell and Welcome to WComds



(L-R) Col Eric Charron, new 17 Wing Commander, BGen David Cochrane, 2 CAD Commander, Col Andy Cook, outgoing 17 Wing Commander, and Wing CWO Jerome Rossignol smile for a photo during the Change of Command signing ceremony on June 28. Photo: MCpl Rick Ayer

by Ashley Demers, Voxair Photojournalist

Despite the professional military exterior, emotion flowed freely throughout the Change of Command ceremony at 17 Wing on June 28. As one commander was welcomed, it was time for another to say his goodbyes.

Colonel Andy Cook, who served as 17 Wing Commander for three years, relinquished command to Col Eric Charron, who most recently served at 1 Canadian Air Division.

Due to the hot weather, the parade took place inside the shade of 11 Hangar. All were at attention as Col Cook was driven in for the ceremony and as the audience witnessed the arrival of the new Wing Commander

to be, Colonel Eric Charron.

Following the arrival of the commanders, the Presiding Officer, and the VIPs, Col Cook and his party inspected those in the parade and found all professionally turned out. Following the inspection Col Cook led a march past, one of his final acts as 17 Wing Commander.

Brigadier-General Dave Cochrane, Commander 2 Canadian Air Division (2 CAD), was the Presiding Officer of the Change of Command from Col. Cook to Col. Charron. 17 Wing transferred from 1 Canadian Air Division to 2 Canadian Air Division while under the command of Col Cook.

After the signing of the Change of Command certificates, Col. Cook passed the Wing Commander's Pennant to BGen Cochrane to hand over to the new 17 Wing Commander Col Charron. After the ceremony Col Cook addressed the parade.

"You have followed me dutifully," said Col. Cook to 17 Wing, "not just because of my appointment, but rather because I hope I was able to convey to each and every one of you, with who I have been honoured to serve, just how much I value and respect your expertise, your professionalism, and your dedication."

"It is a great honour to relinquish command of this Wing to such an exceptionally talented leader and officer. I commend the RCAF for showing the initiative to recognize true leadership. In my opinion, this is welcome and overdue."

Col Charron addressed the parade and talked about

his principles as the incoming Wing Commander.

"It is my firm belief that by putting our people first, the missions will always get done," said Col. Charron. "Members of 17 Wing, many of your sections are stretched by vacancies, and by some of your peers who are deployed right now supporting operations. From your extra effort to keep this training mandate and support the operations going, to units here in Winnipeg, some stretching as far as Saskatchewan, and the other way towards North-West Ontario: it is exceptional."

"I personally thank you and appreciate what you do for us and the armed forces everyday."

Throughout the ceremony, many of the transitions Col. Cook brought 17 Wing through were highlighted. Just a few included the transfer to 2 CAD, the renaming of Barker College, and the organizational restructuring of the post World War Two three-branch model, to the new Operational Support Squadron, Mission Support Squadron, and Deputy Wing Commander Model that 17 Wing now possesses.

Following the parade and the change of command, Col. Andy Cook to his surprise, was taken away not in a car, but upon a CC-130 Hercules pilot's seat mounted to the back of trailer and towed by a mule (aircraft towing vehicle) for an entertaining end to a heartfelt ceremony, and an exit fit for a commander.

17 Wing members will miss the cat and East Coast music lover but are looking forward to working with the new 17 Wing Commander, Col Eric Charron.

We will Continue to Build and Strengthen your Air Force

Lieutenant-General Al Meinzing, Commander of the RCAF

Let me start by underscoring how honoured I am to have assumed the duties and responsibilities of the 20th commander of your Royal Canadian Air Force. As the son of an RCAF Chief Warrant Officer, I have spent my entire life impressed by what the RCAF has done, and continues to do, for Canada and Canadians. As your Commander, I have been grateful to have Chief Warrant Officer Gérard Poitras and now Chief Warrant Officer Denis Gaudreault as my Command Team partner.

Over the past few years, it has become very apparent that our success is driven by the concept of "flying in formation", a philosophy conceived of by Lieutenant-General (retired) Alain Parent. In the simplest terms, this philosophy ensures that we remain interoperable at all levels of the RCAF, able to operate together as an air force and with our Canadian Armed Forces and allied partners. In this spirit, I pledge to continue to

move the RCAF forward as a united and focussed team.

Without question, we are inspired by our proud history, which provides us purpose and guides us toward the future. As I highlighted in my Change of Command remarks, I recently returned from the opening of the International Bomber Command Centre in England. It was an honour to attend with a Canadian hero—95-year-old Stuart Vallières, who was shot down on his 33rd Halifax bomber mission in the summer of 1944. Badly injured and held as a POW for four months, Stuart epitomizes what I admire most about our great veterans: humility, pride in the RCAF and a steely, strong character that places the team above one's interests. To this day, Stuart's crew is still front of his mind. I was delighted to have Mr. Vallières attend the change of command ceremony on May 4 as my guest.

During my command, a key focus for me will be to maintain our sterling reputation for delivering operational excellence at home and abroad—the true hallmark of who we are. Your amazing ability to deliver mission success regardless of circumstance is truly remarkable and is reflective of the agility and flexibility integral to our institution. On the verge of deploying an Air Task Force to Mali in support of the United Nations, I have no doubt that we will continue to deliver with purpose and professionalism while delivering on current missions here at home and abroad. This vital work must continue.

Responsible for stewarding the Air Force forward to meet the challenges of 2030 and beyond, I believe success will be achieved by focusing on our amazing people, our new defence policy, our program and our posture.

"People, Policy, Program and Posture" will be anchor points as we move ahead, and I look forward to advancing the RCAF in each of these key domains.

I am immensely grateful to you, the men and women of the RCAF, and our civilian colleagues for what you do. You are our greatest strength, the heart of our institution and the foundation upon which our future is built. You are extraordinary and professional, capable of accomplishing great things, and setting standards of quality that are respected around the world. I have seen it with my own eyes time and time again in places such as Afghanistan, where allies welcome the RCAF contribution because it is steadfast and delivered with precision when the chips are down.

Every one of you contributes directly or indirectly to the delivery of air and space power for our nation. I pledge to work tirelessly to ensure my team and I do right by you for your dedication and service. My leadership team and I will work to retain your exceptional talents and attract those with the right skills and energy to move us forward. We will fly in formation with the Commander of Military Personnel Command to ensure our policies are advanced to meet the exigencies of today and tomorrow.

In taking care of our personnel, we must also continue to demand, at all levels throughout the RCAF, that we treat one another with the dignity, respect, and inclusivity that we recognize as being absolutely fundamental to our success as a family of professionals.

I am extremely optimistic as I consider our new Defence Policy, which boldly acknowledges the importance of air and space power to Canada. It commits significant new resources to supporting our personnel, introducing new capabilities to enable operations.

We must deliver on our Defence Policy and capital program with discipline and determination. We must enhance our posture and readiness such that the RCAF remains agile and able to deliver against the heightened operational output that is expected of us moving forward. Our ability to deliver air power effects in an integrated manner with precision, agility and professionalism is our true calling card, and I am immensely proud of what you, and your families, do for Canada and for Canadians each and every day.

I am a firm believer that successful delivery of air and space power also relies on well-led, robust, healthy and inclusive squadrons and tactical units. If we can get it right within our 39 flying units and 86 tactical units, our future will be all the brighter. I pledge that, as I contemplate change and guide the organization in the years ahead, my decisions will be rooted in the understanding that the men and women in our squadrons, with their rich and vibrant squadron history, are the lifeblood of the RCAF.

In closing, I recognize what a privilege it is to lead the members of the RCAF at this time in our history. I have assumed this command with the knowledge that much important work remains to be done so that we may continue to build and strengthen your Air Force.

For, as the words of our RCAF motto state: Sic Itur Ad Astra—such is the pathway to the stars.

THE VOXAIR

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Nous continuerons d'édifier et de renforcer votre Force aérienne

du lieutenant-général Al Meinzinger, commandant de l'ARC

J'aimerais d'abord mentionner à quel point je suis honoré d'assumer les devoirs et les responsabilités qui m'incombent en tant que 20e commandant de l'Aviation royale canadienne. À titre de fils d'adjudant-chef de l'ARC, j'ai toujours été impressionné par ce que l'ARC a accompli et continue d'accomplir pour le Canada et les Canadiens. En tant que commandant, je suis ravi d'avoir à mes côtés l'adjudant-chef Gérard Poitras et l'adjudant-chef Denis Gaudreault comme partenaires dans l'équipe de commandement.

Au cours des dernières années, il est devenu très évident que notre succès repose sur le concept du «vol en formation», une philosophie définie par le lieutenant général Alain Parent (retraité). En termes simples, cette philosophie vise à faire en sorte que nous demeurions interopérables à tous les niveaux de l'ARC, que nous soyons capables de mener des opérations ensemble en tant que force aérienne et aux côtés de nos Forces armées canadiennes et de nos alliés. Dans cet esprit, je m'engage à continuer à faire progresser l'ARC en tant qu'équipe unie et déterminée.

Il ne fait aucun doute que notre histoire empreinte de fierté nous inspire; elle nous donne un objectif et nous guide vers l'avenir. Comme je l'ai dit pendant la passation de commandement, je suis récemment assisté à la cérémonie d'ouverture du International Bomber Command Centre, en Angleterre. C'était un honneur pour moi de me trouver aux côtés d'un héros canadien : Stuart Vallières, âgé de 95 ans. À l'été 1944, cet homme réalisait sa 33e mission à bord d'un bombardier Halifax, lorsque celui-ci a été abattu. Grièvement blessé et prisonnier de guerre pendant quatre mois, M. Vallières incarne parfaitement ce que j'admire le plus chez nos anciens combattants : l'humilité, la fierté envers l'ARC et un caractère inébranlable et fougueux qui veille aux intérêts de l'équipe et non d'une seule personne. Encore aujourd'hui, c'est l'équipage de Stuart qui prime. J'étais ravi que M. Vallières soit mon invité à la cérémonie de passation de commandement, le 4 mai.

Pendant mon mandat à titre de commandant, j'accorderai une grande importance au maintien de notre enviable réputation en matière d'excellence opérationnelle, ici et à l'étranger – c'est ce qui nous caractérise vraiment. Votre capacité exceptionnelle d'accomplir vos missions malgré les circonstances est vraiment remarquable et témoigne de l'agilité et de la souplesse essentielles à notre organisation. Cela dit, je n'ai aucun doute quant à notre capacité d'accomplir notre travail avec détermination et professionnalisme au Mali, où nous nous apprêtons à déployer une force opérationnelle aérienne à l'appui des Nations Unies, tout en nous acquittant de nos missions ici et à l'étranger. Ce travail essentiel doit se poursuivre.

Puisqu'il m'incombe de guider la Force aérienne de manière à surmonter les difficultés de 2030 et des années suivantes, je crois que nous connaissons du succès en mettant l'accent sur notre personnel formidable, sur notre nouvelle politique de défense, sur notre programme et sur notre posture.

«Les gens, les politiques, les programmes et la posture» seront nos points d'ancrage à l'avenir, et j'ai hâte de travailler à l'amélioration de l'ARC dans chacun de ces domaines importants.

Hommes et femmes de l'ARC, collègues civils, je vous suis grandement reconnaissant de votre travail. Vous êtes notre plus grande force; vous représentez le cœur de notre organisation et l'assise sur laquelle repose notre avenir. Vous êtes extraordinaires et professionnels, capables d'accomplir de grandes choses et d'établir des normes de qualité respectées partout dans le monde. Je l'ai vu de mes propres yeux de nombreuses fois à des endroits comme l'Afghanistan, où les alliés accueillent la contribution de l'ARC parce qu'elle est constante et offerte avec précision au moment critique.

Chacun de vous participe directement ou indirectement à l'exercice de la puissance aérienne et spatiale de notre pays. Je m'engage à travailler sans relâche afin de faire en sorte que mon équipe et moi soulignons comme il se doit votre dévouement et votre service. Mon équipe de commandement et moi, nous nous emploierons à conserver vos talents exceptionnels et à attirer dans nos



Lieutenant-General Alexander Meinzinger, CMM, MSM, CD
Photo: Ordinary Seaman Alexandra Proulx

rangs ceux qui possèdent les compétences et l'énergie qui nous permettront d'aller de l'avant. Nous volerons en formation avec le commandant du Commandement du personnel militaire afin d'améliorer nos politiques de manière à ce qu'elles répondent aux exigences actuelles et futures.

En ce qui a trait au bien-être du personnel, nous devons également continuer de veiller, quel que soit notre niveau dans l'ARC, à nous traiter, les uns les autres, avec dignité, respect et ouverture, des éléments absolument fondamentaux de notre réussite en tant que famille de professionnels.

La nouvelle politique de défense m'inspire un très grand optimisme, puisqu'elle confirme avec audace l'importance que revêt la puissance aérienne et spatiale pour le Canada. Elle assure l'affectation de nouvelles ressources considérables à l'appui de notre personnel et permet la création de nouvelles capacités visant à soutenir les opérations.

Nous devons mettre en œuvre la politique et les programmes d'investissement de la Défense avec discipline et détermination. Nous devons améliorer notre posture et notre état de préparation de telle manière que l'ARC conserve son agilité et sa capacité de produire les résultats opérationnels de plus en plus exigeants qui sont attendus de nous au fil de notre progression. Notre aptitude à exercer la puissance aérienne de manière intégrée avec précision, agilité et professionnalisme est ce qui nous permet de réellement nous démarquer sur la scène internationale. Cela dit, je suis extrêmement fier de ce que vous et vos familles réalisez quotidiennement pour le Canada et les Canadiens.

Je crois fortement que, pour pouvoir exercer efficacement la puissance aérienne et spatiale, nous devons disposer d'escadrons et d'unités tactiques bien

Sports Trivia

Sports Nicknames

by Stephen Stone

1. What was the original cost of the Grey Cup?
2. Which professional team has won the greatest number of Grey Cups?
3. Which team has the greatest number of Grey Cup losses?
4. Which team has the greatest number of Grey Cup appearances?
5. Which Grey Cup game had the largest attendance?
6. In the CFL, Hank Ilesic, Bill Stevenson and Jack Wedley have one thing in common, what is it?
7. Which players have the greatest number of Grey Cup MVP awards?
8. The Dick Suderman Trophy is awarded annually for the Most Valuable Canadian in the Grey Cup. Who has won it the most?
9. Which quarterback holds the record for the most passing touchdowns in a Grey Cup game?
10. Which team holds the record for the most consecutive Grey Cup victories?
11. In their history, the Hamilton Tiger-Cats have retired only two numbers. Who wore them?
12. Who played the most games in the CFL?
13. Who holds the record for the most consecutive games playing in the CFL?
14. Who holds the record for most career touchdowns in the CFL?
15. Who holds the record for most career rushing touchdowns in the CFL?
16. Who holds the record for more career punt return touchdowns in the CFL?
17. Who holds the record for the longest field goal in the CFL?
18. Who holds the record for the longest punt in the CFL?
19. This Halifax native won a Vanier Cup, two Super Bowls, and a Grey Cup, the only player to do so.
20. Which CFL quarterback holds the Pro Football record for most career passing yards?

Sports Trivia Answers on page 14

menés, robustes, sains et accueillants. Si nous atteignons nos objectifs dans nos 39 unités de vol et nos 86 unités tactiques, nous serons promis à un brillant avenir. Je m'engage, en tant que commandant, pendant les prochaines années, où je guiderai l'organisation et réfléchirai au changement, à prendre des décisions qui reposeront sur le principe selon lequel les hommes et les femmes de nos escadrons et leur riche et vibrante histoire demeurent le cœur même de l'ARC.

En guise de conclusion, je suis conscient du privilège que j'ai de pouvoir diriger les membres du personnel de l'ARC à ce moment précis de notre histoire. J'ai assumé mon commandement en gardant à l'esprit le travail considérable et important qui nous attend, afin que nous puissions continuer à bâtir et à renforcer votre Force aérienne.

Car, comme le rappelle notre devise : Sic itur ad astra, telle est la voie vers les étoiles.

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Change of Command Ceremony for Prairie Region JPSU

by Martin Zeilig, Voxair Photojournalist

Lieutenant-Colonel Orin Wing assumed command of the Joint Personnel Support Unit Prairie at a Change of Command Ceremony at the Officer's Mess before about 50 people (military and civilian) on June 19th.

LCol Wing took over Command from Major David Dea who's now posted to RCAF Barker College in a staff position. Brigadier-General Mark Misener, Commander JPSU in Ottawa, gave the Presiding Officer address.

Captain Paul H. Kim, Platoon Commander, Integrated Personnel Support Centre Winnipeg (IPSC), acted as Master of Ceremony.

"This is especially important in our small but critical operational capability – the Joint Personnel Support Unit, a joint CAF unit focussed on caring for our ill and injured and supporting their health and well-being towards recovery, reintegration or transition," BGen Misener said. "We also do our utmost to support families, veterans and the families of our fallen. With our dedicated and passionate team, we work, every day, to increase our member's health and well-being and do our best to get them ready for whatever is to come thereby improving retention, instilling confidence in our members that they are not alone, and increasing the CAF operational effectiveness. To all those that either lead this endeavour, like Maj Dea, or are part of this important People First operational capability, I want to thank you for your dedication and compassion to those that you serve and support every day."

Major Dea called his time as Commander of the JPSU "phenomenally" rewarding and challenging and phenomenally frustrating too.

"It's a difficult thing to learn how to meet members where they're at, to understand what their needs are, and provide them that opportunity to be successful," he said in a follow up interview with The Voxair. "That's been the greatest challenge. What the team's been able to accomplish over the past two years has been great. I think the direction we're going is exciting. The vision that's being implemented from the CDS on down (shows that) it's clearly evident that we are recognizing what we need to do to support members. So, to be a part of that was just awesome. It's probably going to be the best job that I will ever have. It's a challenge."

But, moving on is good, he added.

During his brief remarks at the podium, LCol Wing, a native of Portage la Prairie, Manitoba who enrolled in the Canadian Armed Forces as a Direct Entry Officer in September 2001, said his career has taught him that it's the people you're working with that make your life good.

"So, taking care of those members now is going to be my privilege and reward," he continued, adding that he's looking forward to "kicking off" two years in Winnipeg.

LCol Orin Wing is a graduate of the Red River College Heavy Duty Equipment Mechanics program as well a graduate of the University of Manitoba where he completed a Bachelor of Arts. LCol Wing completed the Joint Command and Staff Program in Toronto and attained a Masters in Defence Studies through the Royal Military College of Canada. His most recent posting



(Front L-R) LCol Orin Wing, incoming JPSU Commanding Officer, Presiding Officer BGen Misener, outgoing CO Maj David Dea, (back L-R) CWO Lapointe and WO Moore pose for a photo during the JPSU Change of Command ceremony on June 19. Submitted photo

was in the National Capital Region where he was the Artillery Officer Career Manager and then a Section Head in the Directorate of Personnel Generation Requirements.

Maj Dea joined the Canadian Forces in March 1988 as a Medical Assistant in the Militia and transferred to the Regular Force as an Air Navigator in December 1991. In 2014 he was posted to 15 Wing Moose Jaw as the Wing Administration Officer. Maj Dea was selected as the Joint Personnel Support Unit Prairie Region Commanding Officer in 2016.

USAF Det Says Goodbye to Outgoing Commander



Brig Gen Christopher J. Ireland, DComd Canadian NORAD Region, Lt Col Brian Hardeman, incoming Det 1, First Air Force Commanding Officer, and Lt Col Spencer McKenna, outgoing CO of the Det proudly sing the Air Force Song at the conclusion of the Change of Command ceremony on June 18 at the atrium of 1 CAD. Photo: Cpl Bryce Cooper

by Bill McLeod, Voxair Manager

Detachment 1, First Air Force, said goodbye to CommaUnited States Air Force (USAF) Detachment 1, First Air Force, said goodbye to Commanding Officer Lieutenant Colonel (Lt Col) Spencer McKenna and welcomed their incoming CO Lt Col Brian Hardeman at a change-of-command ceremony in the atrium of 1 Canadian Air Division (CAD) and Canadian NORAD Region (CANR) Headquarters on June 18, 2018.

After the arrival of the Official Party, the playing of Ruffles and Flourishes, and the national anthems, Padre Kevin Olive gave the invocation after joking that in honour of the ceremony that the invocation would be given in "American."

Brigadier-General Christopher J. Ireland, Deputy Commander of CANR, addressed the crowd following the invocation. He mentioned the fact that Canadians invite USAF members to all their important events like Remembrance Day and the Battle of Britain memorial ceremony.

"The Battle of Britain is a rare example of how leadership had a vision before a need," said Brig Gen Ireland. "We (the Canadian/American NORAD partner-

ship) are the manifestation of the lessons learned from the Battle of Britain."

"Any command is a precious, precious thing and taking command is a statement of trust," he said. "Command, by design, is an exhausting endeavour."

Brig Gen Ireland then thanked the McKenna family as a whole.

"Command is a team effort when done well, so I would like to congratulate the McKennas on the work they have done here."

Brig Gen Ireland welcomed the incoming CO, Lt Col Brian Hardeman, and his family.

"He brings something uniquely Canadian with him," Brig Gen Ireland said. "His wife, Sheri, is from Alberta."

Brig Gen Ireland presented the USAF Meritorious Service Medal to Lt Col McKenna, and Major-General Christian Drouin, Commander of 1 CAD/CANR, addressed the audience before presenting Lt Col McKenna with a 1 CAD Commander's Commendation.

Earlier in the day, the Voxair interviewed Lt Col McKenna to get his impressions of Winnipeg, the RCAF, and his command. Lt Col McKenna is a Master Air Battle Manager with experience in operations such as SOUTHERN WATCH, ENDURING FREEDOM, IRAQI FREEDOM and NOBLE EAGLE, as well as counter-drug operations.

"1 CAD is a welcoming, professional and dedicated organization," he said. "It's tasked to do so much for Canada and the Air Force, but it never fails to hit the mark."

The McKennas spent two years in Winnipeg while Lt Col McKenna was the CO of Det 1, First Air Force.

"Winnipeg is a great city," Lt Col McKenna said. "Even the winters weren't too bad. It's big enough to have lots to do but it still feels like a small town."

Lt Col McKenna had high praise for the leadership he worked for and with.

"An organization like this doesn't function without the leadership at the top," he said. "MGen Drouin, BGen Boyle, BGen Kenny, and Brig Gen Ireland all foster that."

At the completion of his address to the audience at the change-of-command, Lt Col McKenna said, "It's been my honour to serve amongst the finest men and women our countries have to offer."

Following the handover of the guidon from Lt Col

McKenna, which formally signified the transfer of command to Lt Col Hardeman, Lt Col Hardeman thanked his family, everyone from Det 1 who worked on preparing the change-of-command, and everyone who attended the ceremony.

Lt Col Hardeman entered the USAF in 1987 as an enlisted member and served for 13 years as a Loadmaster and Flight Engineer on the C-141B and C-17A heavy aircraft. He has served in various capacities in operations including: DESERT SHIELD; DESERT STORM; PROVIDE COMFORT; RESTORE HOPE; NORTHERN WATCH; SOUTHERN WATCH; NOBLE EAGLE; ENDURING FREEDOM; IRAQI FREEDOM; and INHERENT RESOLVE.

Lt Col Hardeman previously served in Canada as an exchange officer with the RCAF as the operations officer and deputy commanding officer of 42 Radar Squadron at 4 Wing Cold Lake, Alta. and as a staff officer at Headquarters Air Combat Command, Langley Air Force Base, Virginia.

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Outgoing 17 WComd Reflects on His Command



LCol John Schwindt hoses down Col Andy Cook as he arrives from his last flight at 17 Wing, Winnipeg on June 21, 2018. The last flight, by RCAF tradition, is usually followed by a soaking for the pilot. Photo by Cpl Paul Shapka.

by Martin Zeilig, Voxair Photojournalist

Parting is such sweet sorrow.... Romeo and Juliet, William Shakespeare

By the time you read this, former 17 Wing Commander Colonel Andy Cook will be ensconced in his new job heading the Director General Defence Security Organization at DND HQ in Ottawa where his official title is Director of Defence Security Policy Training and Awareness.

Before he left, Col Cook agreed to a final interview about his three year tenure at 17 Wing, conducted in his second floor office at Wing HQ.

A small plastic bobble head of William Shakespeare, which Col Cook purchased at a production of Romeo and Juliet some years ago while studying at the USAF Air Command and Staff College in Maxwell, Alabama, sat on the desk, along with a few other personal items that he was taking with him to our nation's capital.

The Voxair: What will your job in Ottawa entail?

Col Cook: I'm going to be the new director of Defence Security Policy Training and Awareness. A new job that I haven't worked in before, although I have worked with the Defence Security people before in my last position. It will be on the same floor as when I worked at NDHQ before.

TV: What stands out from your time here?

CC: The strongest memory I'll take away from the job is the people I've met here. I've always worked with good people in the RCAF, as you know I was part of 435 Squadron as a C-130 Herc pilot back in the 1990s.

The tremendous people we have here at 17 Wing are my fondest memory. We've got some real strong people from the CO's right down to middle management. Some really heavy lifters at the RCAF here in Winnipeg. So, that's the main memory I'll take away in my mind.

TV: What are some of the achievements you will remember?

CC: In terms of accomplishments that I'm really proud of: We reorganized the Wing. We led the RCAF in the Wing restructure project. We showed the rest of the Air Force that that can be done. We did it in a way that is very characteristic of the way things get done here at 17 Wing. We didn't complain.

We didn't tell anybody that we thought it was a bad idea. We got an order from our higher authority, and we just rolled up our sleeves and got to work. We made it happen. We carried on with a smile on our face, and we've had great results. That speaks to the kind of people we have here at 17 Wing--willing to do the hard work that the RCAF wants them to do, and do it really well.

TV: Any anecdotes or incidents that you'd like to share?

CC: In early 2017, Her Honour Manitoba Lieutenant Governor Janice Filmon invited former Wing Chief Warrant Officer Mike Robertson and myself to an event at Government House. We were in the ballroom, and she had a guest speaker there. Then, one of the invited guests had us all sit in a circle and hold hands and sing "This Little Light of Mine." WO Robertson and I were seated in between a woman. That's a funny memory I will take with me as I leave Winnipeg. It was like the old Coca Cola commercial.

TV: Is there anything else that you'd like to say about your time in Winnipeg, and your 28 years in the RCAF?

CC: I'm so impressed with the people I work with. We've got tremendous people here. If there's someone who knows the Wing more than the Wing Commander, it's Lisa Pelzer (the Wing Commander's Administrative Assistant). Loriann McNabb, our business planner, is an incredible force. But, I hate to single anyone out because everyone is working hard to make the Wing as

successful as it is.

Just at lunch today, I spoke to a woman working in our kitchen in the Combined Mess who says she "loves it" here. Our Red Seal chefs won a People's Choice award this year (at the Stone Soup competition at the Manitoba Hydro building). It doesn't matter where you go on this Wing all you see is success. Friendly Manitoba is alive and well, and it lives in Winnipeg. There is a friendliness about people in the prairies. We'll miss it.

I never thought any of this would be possible when I first joined the RCAF. I was enjoying being an instructor in Moose Jaw. When I first joined I thought I wanted to be a fighter pilot. Subsequently, I ended up on Hercs (CC-130 Hercules). But, I got to do things I never thought possible.

When I first got promoted to Major in 2002, I couldn't believe it. I went home and said to Tracy, 'I'm going to be a Major.' We never saw it happen. I just thought I'd be a regular guy flying trips from time to time. All these amazing opportunities. Command of Camp Mirage overseas. Command of 437 Squadron. And here. It's been like a dream. I can't believe it happened to me.

Col Cook joined the Royal Canadian Air Force (RCAF) in 1990 after completing undergraduate degrees in Biochemistry, English and Education from U of Ottawa and University of Western Ontario.

He earned his pilot's wings in 1993 and served as a flying instructor on the CT114 Tutor for his first flying tour. Subsequent flying tours included assignments as an Air-to-Air Refuelling pilot, then later a Tactical Air Transport (TAT) pilot on the CC-130 Hercules, three seasons as Team Coordinator for the RCAF Snowbirds, and Commanding Officer of 437 Squadron on the CC-150 Polaris. Highlights of his flying experiences include watching ab initio students receive their RCAF pilot wings, inserting Dutch troops into a forward location in Afghanistan, and commanding VVIP missions with the Prince of Wales, Duke of Cambridge, Governor-General and Prime Minister.

Col Cook deployed three times to the Afghan theatre—twice as a CC-130 TAT Aircraft Commander and the final time as Commanding Officer of a support hub in the UAE. He is a 2009 graduate of the USAF Air Command and Staff College in-residence program.

"My time with Col Cook has been fantastic," Lisa Pelzer, the 17 Wing Commander's AA wrote. "He's one of the best bosses I have ever had and is one of a kind. His commentary made me laugh on a daily basis, and I will definitely miss him. Col Cook is a genuine person, and was always invested in the welfare of those under his command. On a personal note, I have never received so many text messages with pictures of, or reference, to cats!"

Training Canadian Veterans for New Collar Opportunities

by David Robitaille, Corporate Citizenship Executive, IBM Canada

For many Canadian military veterans, transitioning from service into the civilian workforce can be challenging; as such, they are often looking for different ways to apply their expertise and skills to new careers. At IBM, we have recognized this challenge and have created a program to engage and assist those who have served by creating paths to learn the skills necessary for the new collar jobs of tomorrow.

IBM's Veterans Employment Initiative is designed to help local veterans translate their military experience into high-skilled civilian jobs. The week-long intensive software training sessions, which include free certification and employment assistance, are being held at various locations across Canada and led by IBM experts. Since the pilot class in 2015, more than 90 Canadian veterans have participated. A graduate of the Toronto program held in March has recently been hired by IBM Canada and has now started his civilian career in security services.

The training is offered at no-charge to the participants through an IBM Impact Grant that is provided to the Canadian Forces Morale and Welfare Services

(CFWMS)/Support Our Troops Fund and co-partners with the Canadian Armed Forces Transition Services. While each session can be unique, participants have the opportunity to meet local IBMers, hear from technical experts, and learn more about civilian hiring practices and strategies to complement the software skills training they are receiving.

"We truly appreciate and recognize the work, time and resources that IBM is investing in our members and veterans. The recent first hiring by IBM of a graduate from this program is indicative of the transferable skills that military members and veterans bring to technical and security occupations." – Col. Kevin Cameron, Canadian Armed Forces Director of Transition Services and Policy

Demand for skilled security professionals is one of the biggest challenges facing industries today; experts predict a shortage of 1.5 million open and unfilled security positions by 2020. To help address this skills shortage for cybersecurity positions, we are now expanding our Veterans program to include IBM QRadar training sessions, starting in Fredericton, New Brunswick, where IBM has a large global team focused on the development and support of the solution.

Training on QRadar, an industry-leading cybersecurity solution, is well suited for transitioning veterans who are professional, security cleared and live daily with a security mindset. Also, this training should allow for transitioning CAF members and veterans to move into meaningful and fulfilling roles at the conclusion of their military service. This is one part of IBM's new collar approach to meet demand in growing technology areas.

"This combination of outstanding individuals made it one of my favourite, if not best, training experiences in a very long time! Thank you!" – Toronto 2017 Participant

The upcoming 2018 Veterans Employment Initiative schedule is:

- Winnipeg – September 24-28 – IBM i2 Analyst's Notebook
- Ottawa – November 26-30 – IBM QRadar

If you are a Canadian veteran, or transitioning CAF member, and are seeking assistance in transitioning into a civilian career in data analytics or cybersecurity, please reach out to DND.Transition.MDN@forces.gc.ca for details on how to enroll for an upcoming session.

Award-Winning Artist Plays the WCWO/Public Service Slo-Pitch Tournament



Juno Award winning artist William Prince played for the noon crowd at the WCWO/Public Service Slo-Pitch Tournament on June 15 at 17 Wing Winnipeg. Photo: Cpl Brian Lindgren

by Martin Zeilig, Voxair Photojournalist

William Prince, a 2017 JUNO Award-winning singer songwriter for Contemporary Roots Album of the Year, was the featured performer at the Wing Chief Warrant Officer/Public Service Slo-Pitch Tournament and Barbeque on June 15th.

His full set, which was done under a large open air tent, was performed before approximately 500 military and civilian members on the parking lot of Building 90 Fitness and Recreation Centre on a sun splashed noon hour.

Just prior to his concert, Lieutenant-Colonel Genevieve Lehoux, Deputy Wing Commander, presented Mr. Prince with a 17 Wing Silver Coin.

"We changed the timing, date and venue of this concert," LCol Lehoux said. "He was very accommodating and pleased to support us on this special day."

Corporal Patrick D.J. Laurin, C4 Systems Technician, military co-chair of the DAAG Prairie Region, said Mr. Prince's music inspires him.

"It's emotionally charged," he added. "That's what I feel listening to his music. It's personal and his songs are driven from experience. That's what makes them more relatable."

"William has been honing his craft since the age of nine when he first picked up the guitar and piano," says Mr. Prince's website, <https://williamprincemusic.com/about-2/>. His biggest inspirations include Johnny Cash, Kris Kristofferson, Willie Nelson and most significantly, his preacher and musician father.

Recorded in just ten days, *Earthly Days* was created by William alongside producer/collaborator Scott Nolan, notes the online information. Lead by debut single "Breathless" produced by Dave Cobb (Sturgil Simpson, Chris Stapleton, Jason Isbel), 2018 will see William boldly take the next step of his journey with *Earthly Days* being released worldwide by Glassnote Records, says the website.

Following his set, Mr. Prince, 32, who was raised on the Peguis First Nation (184 kilometres north of Winnipeg in the Interlake region), agreed to a brief interview.

"This is my first time at 17 Wing," he said.

He noted that his songs express a first person point of view: "What I'm living through," Mr. Prince elaborated.

He said performing at 17 Wing was an opportunity to play again after having rested for a couple of weeks.

Mr. Prince added that his next gig would be the Indigenous Day concert at The Forks in downtown Winnipeg on June 16.

He also expressed his appreciation at having received the Silver Coin from LCol Lehoux.

"I can't wait to prop the medal up at home," Mr. Prince said. "I'm honoured to receive it."

He also mentioned that Thomas George "Tommy" Prince MM (1915-1977), one of Canada's most decorated First Nations soldier during the Second World War and the Korean War, was his great uncle.

38 CBG Exercises With US Troops in South Dakota

by Officer Cadet Natasha Tersigni, 38 Canadian Brigade Group Public Affairs

Rapid City, South Dakota — With positions on international military training exercises in short supply for Canadian Army Reservists, 59 members of 38 Canadian Brigade Group (38 CBG) jumped at the chance to attend Exercise GOLDEN COYOTE 2018 (Ex GC18).

Held in the Black Hills region of South Dakota from June 8 to 22, 2018, Ex GC18 was hosted by the South Dakota Army National Guard (SDANG) and included close to 2,100 military members. The exercise primarily targeted combat support and combat service support units and included several community and humanitarian aid projects that will benefit communities in South Dakota.

This year, 38 CBG, an Army Reserve brigade comprised of 13 units located across Saskatchewan, Manitoba and northwestern Ontario, formed Task Force 38 Headquarters, located at Custer State Park, South Dakota.

Lieutenant-Colonel Thomas Mykytiuk, Commanding Officer of the North Saskatchewan Regiment in Saskatoon, along with the unit's Regimental Sergeant Major, Chief Warrant Officer Ramsay Bellisle, made up the Command Team for Ex GC18.

This training exercise was an excellent opportunity for 38 CBG to partner with the SDANG to carry out humanitarian missions, engineering projects and medical aid training. To do so, they implemented a Quick Reaction Force (QRF), which is a military unit capable of rapidly responding to developing situations, typically to assist Allied units in need of such assistance.

The Canadian contribution to EX GC18 QRF was made up of infantry soldiers from the North Saskatchewan Regiment, Lake Superior Scottish Regiment and the Queen's Own Cameron Highlanders of Canada. The QRF members were paired up with American soldiers from the 190th Combat Sustainment Support Battalion and took part in three exercise missions.

To add realism to the training, there was an enemy force present, and paintball equipment was used by both the enemy force and the QRF to indicate casualties sustained throughout the operation by both sides.

For Canadians out on Ex GC18, access to this type



Corporal Jessica Bonner of 38 Service Battalion guards two detainees at a Vehicle Check Point outside Camp Oak Draw in Custer State Park on June 12, 2018 during Exercise GOLDEN COYOTE 2018. Photo by Officer Cadet Natasha Tersigni, 38 Canadian Brigade Public Affairs Officer

of training in which they interact with American counterparts in a threat environment with an opposing force is highly valued, lending elements that are different from training back in Canada.

"The support we are getting from the South Dakota National Guard has been outstanding and has allowed us to really leverage our own training objectives. Working with the Americans, we get access to a lot of resources we normally wouldn't see," said LCol Mykytiuk who added that every Canadian soldier, including himself, is being exercised to a high level.

"For myself, I have resources that I don't normally have access to and I am actually getting a chance to

exercise command at this level which is hard to get back at the unit because you don't have that critical mass. This is one of the very few opportunities I have to command at the battalion level; here I have close to 600 people under my command."

Along with staffing the headquarters and proceeding an engineering section, Task Force 38 includes an infantry platoon taking part in the various training tasks that the exercise has to offer.

"The addition of the Quick Reaction Force was a really great opportunity for our infantry soldiers but also for the larger camp," said LCol Mykytiuk who added it is of benefit to American units as well.

"Some of the larger National Guard units such as the medics are taking advantage of the fact that we have this dynamic operation capability. Normally they train on their own, but this way they have a combat arms experience and they can exercise with them."

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Team Spirit a Trend at the WCWO/Public Service Slo-Pitch



A team from Fastenal gave out prizes during the WCWO/Public Service Slo-Pitch tournament on June 15 at 17 Wing Winnipeg. Photos by Ashley Demers

by Ashley Demers, Voxair Photojournalist

Neon clothing, self-made score sheets, high fives and pom-poms.

Specially made team t-shirts, singing, handshakes and cheers.

These are all demonstrations of team spirit.

These are also all things that were seen and heard at the annual WCWO Public Service Slo-Pitch Tournament on June 15.

This year, as always, the round robin tournament was a fun morning full of sports, food, and friends. There was some humid weather to start the day, but that didn't stop 27 eager teams from showing up to play.

Opening ceremonies began at 7:45 a.m., during which participants got to see Wing Chief Warrant Officer Jerome Rossignol swing at the opening pitch. Afterwards, teams made their way to their diamonds, and threw their first pitches at 8 a.m.

The event is hosted yearly to thank all public servants involved with the forces, said WCWO Rossignol, and with a high turnout every year, it is clear to see that many military members appreciate the sporting gesture.

"Without them we wouldn't go too far," said WCWO Rossignol. "This is a huge, strong crowd. There's close to 30,000 people working with us. We need public servants, and this is showing our appreciation for these people."

Each team was set to play four games, lasting roughly 50 minutes each, and innings were determined by either three outs or five runs, whichever came first. Each team also appeared to have its own mentality, be it one of strength and strategy, or of fun and leisure.

There were some intense neck-and-neck games, and then there were some landslide victories. In both though, there was enjoyment.

2Lt Ahmed Raza, team captain for the B3ASTS, was supportive of his team the whole way through their second game, even though the team exhibited a loss.

The B3ASTS were constantly cheering and clapping for their teammates, and demonstrated true team spirit throughout the day. They even had t-shirts customized for each player, with the team name on the front, and the player's name on the back.

It was all in the name of fun, said 2Lt. Raza.

"I think we have really good morale going right now," said Raza after the loss. "Everybody's happy. I think we did a really good job. We have a good set of people, and we're going to crush the next one."

Captain Ian Aastrom, pitcher for the Whack 'Em Sillies, was also proud of his team's play. The team had a comeback victory, and he attributes it to good luck brought on by his team's neon colours.

"We're not really good at winning games, so this is kind of huge," said Capt. Aastrom with a smile on his face. "It's a lot of fun to get out and do this."

Following the morning full of fun, José Ferreira and his Fountain Tire team sponsored a fantastic barbeque for all in attendance. Everyone was treated to a free meal, as well as some down time to relax, talk, and enjoy each other's company.

"[José's] very generous. He's our primary sponsor,"

said Dawn Redahl, the event's Chief Organizer. "He finds the military very important, as is networking with the community."

Also at the barbeque was Juno Award winning William Prince, a Canadian folk and country singer-songwriter. He performed, and while mingling, people were treated to the sound of his soothing voice and guitar.

Overall, the day was a phenomenal success, and thanks to the tournament, the barbeque, and all participants, people from the base and surrounding areas were able to meet and get to know each other.

"The nice thing about this is that, when you look at the group of people, it's military, and it's public service civilians.," said Redahl. "We're all together here and enjoying each other. We're saying hi, because we normally



(L-R) Chris Merrithew, 17 Wing Fitness, Sports and Recreation Manager, Jose Ferreira, Fountain Tire, Portage Ave Manager, Dawn Redahl, 17 Wing Sports Coordinator, and Rick Harris, Senior Manager PSP pose for a photo. Fountain Tire sponsors the BBQ at the tournament every year.

see each other and we don't always talk.

"We want to thank everyone for everything. Without everyone's contributions, none of this would have been possible. It turned out to be a perfect day."



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Around The Wing



Incoming Deputy Wing Commander, LCol Brian Quick, 17 Wing Commander Col Andy Cook and Outgoing Deputy Wing Commander LCol Genevieve Lehoux sign the Transfer of Authority documents at the DWComd Change of Appointment Ceremony held at 17 Wing on June 22, 2018.
Photo: Cpl Paul Shapka



(L-R) Devon Klassen and Sean Kochalyk were presented 1 CAD HQ Commander's Commendations for being team players, setting personal examples, and for their expertise and knowledge as fitness instructors. They were presented the commendations as they prepared to lead a class for the unit on June 27.
Photo: Bill McLeod, Voxair Manager



17 Wing: Doing More With Less?
On Thu 5 Jul 18, LCol Brian Quick was in the unique position of wearing "three hats" - CO 17 MSS, DWComd, and A/WComd. When asked about his three appointments, LCol Quick merely smiled and commented, "what could go wrong?" Photo: Bill McLeod

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Around The Wing



Colonel Eric Charron, (right) the brand new 17 Wing Commander, performed one of his first official duties by providing a sample for a Blind Drug Test on July 3, 2018, with Wing Chief Warrant Officer Jerome Rossignol (left). The anonymous test will provide a baseline to commanders about drug use at 17 Wing. The Voxair will have an interview with Col Charron in the August edition of the Voxair.
Photo: Bill McLeod, Voxair Manager



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17 Wing Stretches Out on International Yoga Day

by Martin Zeilig, Voxair Photojournalist

For Rick Harris, Senior Manager Personnel Support Programs, 17 Wing, doing yoga helps improve his flexibility while still getting a good workout.

He was one of 10 participants taking part in a 50 minute yoga workout, which was led by Lee-Ann Brooks, Fitness and Sports Instructor, PSP/ Canadian Forces Morale and Welfare Services (CFMWS), at noon hour on the soccer pitch on the summer solstice, June 21.



Lee-Ann Brookes, PSP Sports and Fitness Instructor, leads the participants during International Yoga Day on June 21. Photo by Martin Zeilig

It was also International Yoga Day-- a global event that raises awareness throughout the world of the benefits of practicing yoga, says online information.

"The idea for International Yoga Day was first proposed by Indian Prime Minister Narendra Modi in his 2014 United Nations General Assembly address," notes an article in the Daily Mail.com.

"Modi stated: 'Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being. Let us work towards adopting an International Yoga Day.'

"On December 11, 2014, India's representative to the United Nations, Asoke Mukherji, introduced a resolution to declare June 21, the longest day of the year in the Northern Hemisphere and a day of special significance in many cultures throughout the world, as International Yoga Day.

"The resolution achieved much support and was quickly passed, with June 21, 2015 slated as the inaugural International Yoga Day."

Outside of India, millions are expected to participate in International Yoga Day events all around the world, including in major cities like London, Paris, and New York City where hundreds are expected to partake in a yoga session in the city's iconic Times Square, the Daily Mail said.

"You feel rejuvenated," Mr. Harris, who mentioned that he was only at his fourth yoga session, said. "Lee-Ann gives us options. You can go at your own pace. You don't have to do extreme moves. I feel better after class."

Another participant, Anne Schweitzer, said that she's been studying yoga at home for the past four years via YouTube.

"This is my first time here (attending a class at the base)," she said while sipping a cool drink of fruit flavoured water available in the open tent after the session-- which was accompanied by recorded meditative music playing through two loudspeakers. "I was wondering if they were doing something here for International Yoga Day. It was nice. It's good to be outside, and great to meet different people."

Because of the humidity

and heat, she compared it to an indoor "hot yoga" class.

"Yoga helps me concentrate on myself, and to have calm on a crazy day," Schweitzer, a native of France, whose husband works at 17 Wing, said. "If I don't do it, I feel as if I'm being overwhelmed."

Brooks, who studied yoga at the Manitoba Fitness Council, teaches a noon hour yoga class once a week in the multipurpose room at the Recreation and Fitness Centre (Building 90).

She said IYD was an opportunity to make this more than just a regular indoor yoga class.

"The benefits from yoga are in terms of recovery because you're lengthening the muscles," Brooks said in a followup interview with The Voxair. "When you're a weightlifter, like I am, the muscles become shorter and tighter. So, it's really good to lengthen and strengthen muscles. It actually helps to prevent injury, I've noticed this in my running program. I've found that a lot of people push away the psychological and de-stressing aspects of yoga, because people are so busy in today's world, especially in the military setting."

She added that a lot of people are not participating in yoga because they feel they don't have the time to devote to it.

"Even people that workout regularly don't participate in yoga because you don't want to waste your time stretching," Brooks observed. "You want to run, to lift, whatever your exercise is, and I was bad for that years ago. But, you're missing out on the real relaxation and psychological benefit and centring aspect of yoga."

The sun salutation pose at the end really helps in relaxing the body, she said.

"You go back to your job or whatever you're working on in a different frame of mind than before you left," Brooks observed.

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BBQ SEASON IS HERE

So let's get the grill ready to go! Spend a few minutes on your "BBQ", and you'll have a cleaner, safer running barbecue, that cooks food more evenly.

First let's give the barbecue an inspection.

You should make a point of doing this every time you change a propane tank as well.

1. Spray soapy water on the connections, and supply lines. If you see bubbles, turn off the tank, and try re-connecting. If it still bubbles, then gas is still leaking. Shut off the tank and get the leaky part replaced.

2. Remove the grates and lava rocks (if you still use them), and check out the burner. If it looks good visually, then fire it up and make sure that you have an even flame throughout. If not, then replace it. Most burners only last 1 or 2 seasons, depending on how much you use your barbecue.

Since you already have the lava rocks out, why not clean out all the ash and grease that's accumulated at the bottom of the barbecue? While you're cleaning, check the unit for rust, and any signs of deterioration.

3. Don't forget to check and clean out the venturi tubes that deliver the gas to the burner. If they get plugged up, the gas will get diverted elsewhere, and could pose a hazard.

Whenever you barbecue...

Make sure that the barbecue is at least 10 feet (3 meters) from the house, or any other material that could catch fire.

Only open your propane tank a quarter to one-half turn. That's all the gas your barbecue needs to operate, and if you have a problem, then it's much easier to shut off.

Always open the barbecue lid before you light it. If it doesn't fire up the first time you try it, then shut it down, and try it again in about 5 minutes.

From the time you light the barbecue, till you're finished cooking, stay with your BBQ. Accidents can happen when you leave a barbecue unattended.

Safety First!

Always make sure that the barbecue is in a safe place, where kids and pets won't touch or bump into it. Keep in mind that the barbecue will still be hot after you finish cooking, and anyone contacting the barbecue could be burned.

If you use a barbecue lighter, make sure you don't leave it lying around where the kids can access it. It won't take long for them to figure out how to use it.

When you're finished barbecuing, always make sure that you not only shut off the barbecue, but shut off the propane tank as well.

Always store propane tanks outside, in a well-ventilated area.

A few tips for charcoal grillers

- Never use gasoline to get the coals going. Instead, use charcoal lighting fluid.

- Let the lighter fluid soak into the coals for a minute or so before lighting it. That gives the explosive vapours a chance to dissipate.

- Stand back from the coals when you ignite them, and make sure you didn't accidentally spill any fluid on yourself, or on any area surrounding the grill.

- Before you light the coals, make sure that you put the lighter fluid at a safe distance away from the fire.

- If the coals start to die out on you, don't spray lighter fluid on the hot coals. You could end up with explosive results.

- Always extinguish the coals when you're finished barbecuing. Here's a safe way to do it. Wearing oven mitts, take the coals out of the barbecue with tongs, and submerge them in a metal pail of water.

- Always make sure that you keep your fire safe from children.

Let's all have an enjoyable and safe barbecuing season.

Garden Boxes a Good Alternative to Exercise Your Green Thumb

by Martin Zeilig, Voxair Photojournalist

Jalapeno peppers, basil, cucumber, lettuce, radishes, squash, tomatoes, and peas are all growing in the new wooden garden boxes nestled against the east wall of the Canex-- near the red picnic table.

The garden boxes were built by Vic Lee, CSLA, PMP Technical Specialist, Project or Program Management for Health Promotion and Community Recreation, Personnel Support Programs.

The project was sparked after Diane Brine, Manager, Health Promotion, and her colleague, Deanne Bennett, Health Promotion Specialist, attended a workshop given about round indoor container hydroponic gardens while they were at a conference at CFB Cornwall in October 2017.

The demonstration was held by PSP members from CFB Cold Lake, noted Diane Brine, in the Health Promotion office.

"They've set up green houses and they work



Vic Lee demonstrates the construction of the garden boxes to a rapt audience outside the Canex building on June 13. Photo: Bill McLeod

with different organizations that come in and work the garden," she said. "It's an amazing thing. We wanted to duplicate it and do something similar. But, there's no greenhouse here. The cost of hydroponics is a little bit more than we can afford. We talked about a half garden plot, but that's too out of the way. So, the next best thing was to build garden boxes."

They started small because it was a project they wanted to begin with this year in order to see what the interest is like "with the intention of ideally increasing" the number of garden boxes in this area for members to work in and use the produce, Bennett remarked.

She added that the Military Family Resource Centre and Canadian Forces Housing Agency have also shown interest about "getting onboard" with the project.

"In the ideal world, we're thinking if there's boxes in other parts of the base, then we could coordinate what we're growing and put on healthy meals (sessions)," Bennett said. "So, we could put on an event where people can come and enjoy the healthy produce."

Right now, Deanne and Diane are tending to the two boxes. After all, they did the planting. They hope other groups will help out too.

"Many members have commented that they feel restricted with what they can do in military housing," Vic Lee wrote in an email that included photographs and building plans for garden boxes.

The garden boxes are portable, attractive, and in line with CFHA policy. CFHA says that the garden boxes are a good alternative for residential housing units because the grass can be cut underneath them and they don't leave any change to the property an incoming tenant may not want.

"It's another way for people to be active," Brine offered. "So, people don't necessarily have to run to be active. It's another option of what you can do. People complain about how cold Winnipeg is. If we can get these gardens going, you can change some of that negative feedback about Winnipeg."

For further information, contact PSP Health Promotion at 204-833-2500 ext 4150.



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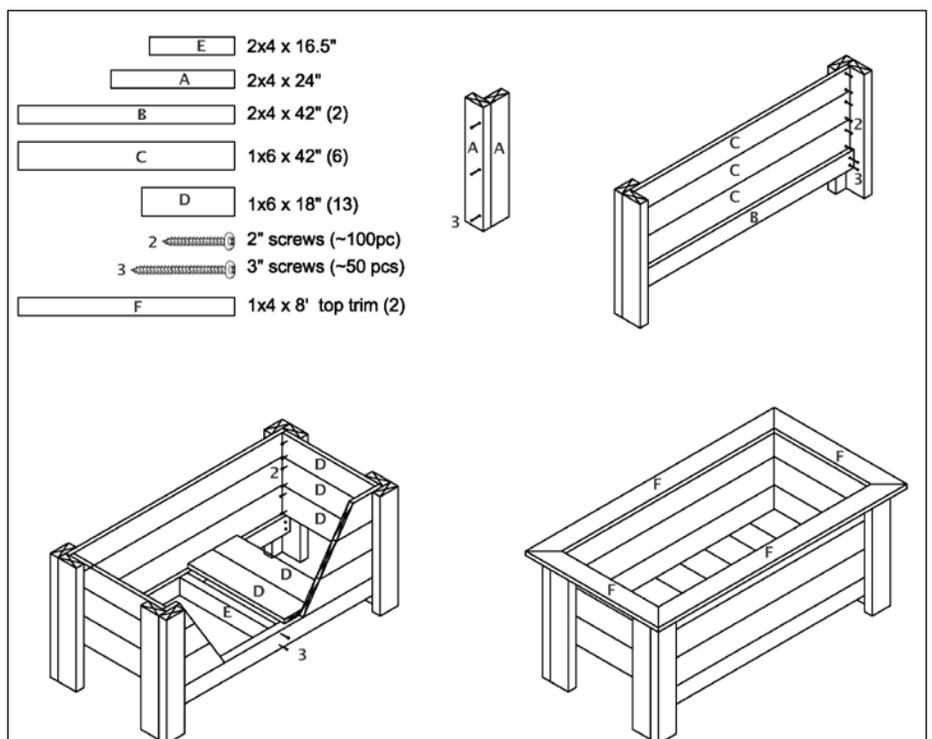
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Mental Fitness & Suicide Awareness: Supervisor Training
This course is course coded!
19 July 2018
0800 – 1600 hrs

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

Force Mentale et Sensibilisation au Suicide – Formation du Superviseur
Il s'agit d'un cours auquel on a attribué un code!
19 juillet 2018
8h00 – 16h00

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

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

Respect in the CAF Workshop - Respect dans les FAC-

25 July, 2018 – le 25 juillet, 2018
0800-1600 hrs/ 08h00 – 16h00

The "Respect in the CAF" workshop is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims.

L'atelier « Respect dans les FAC » vise à promouvoir le respect au sein des FAC en favorisant la prise de conscience et la compréhension pour encourager les membres à lutter contre l'inconduite sexuelle et à soutenir les victimes.

*This course is Coded!
Il s'agit d'un cours auquel on a attribué un code!*

For more information or to register please contact Health Promotion at local 4150 or healthpromo@forces.gc.ca

Alcohol, Other Drugs and Gambling: Supervisor's Training

8 & 9 August 2018
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

8 et 9 août 2018
8h00-16h00 & 8h00-12h00

Reconnaître 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.

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

17 Wing Community Recreation Sports Summer Day Camps!

Registration Ongoing online at www.cafconnection.ca/winnipeg
For Information call 5139 or 2057

Managing Angry Moments (MAM)

23 & 30 August 2018
0830 - 1600 hrs

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

Gérer les moments de colère

23 et 30 août 2018
08h30 à 16h00

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Short Game Golf Clinic with PGA Professional JIM STEEP

Sunday July 15th 2018
SIGN UP TODAY!

4:30 pm - 5:30pm

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Upcoming MFRC Programs and Events

For the most current information on all of our programs, visit our webpage at www.cafconnection.ca/Winnipeg or follow us on Facebook and Twitter @WinnipegMFRC

FINDING EVERY DAY JOY WITH "THE HAPPINESS PROJECT"

Based on the international best seller 'The Happiness Project' by Gretchen Rubin, participants will discuss and share practical ways to make their lives more joyful and fulfilling. As you require a copy of the book for reading and reflection, you can preorder them for \$15. Next sessions are: Monday, July 16, 6 pm – 8 pm, (register by July 11) Monday, August 20, 5:30 pm – 8:00 pm (register by August 14) and Monday, September 17, 6 – 8 pm (register by September 10)

WINNIPEG AMAZING ADVENTURE,

Newly posted in? Want to get out and explore the city? Let us help you discover (or rediscover) some local gems, adding in a bit of fun, a little bit of friendly competition at the pitstops, and as always, some tasty

treats along the way!

Each participating family will receive a Show and Save coupon book to take home.

Saturday, August 18, 1 to 4 pm, Register by August 3 \$20 per Team of 4. Meet at the MFRC, 102 Comet St. at 12:30.

MOVIE IN THE PARK

Join us for a hot dog roast before catching a movie or two as offered through the Assiniboine Park's Summer Movie Series at The Lyric Theatre.

We are kicking off with a Hot Dog Roast at 5 pm. Family movie starts at 6:30 pm – Coco, 8:45 pm – Black Panther. Friday, August 17, 5:00 pm Register by August 15. \$5 per family for hot dog roast. Movie is Free. Look for the Yellow MFRC Flags to find us and check our Facebook page for the most current details under 'events'.

R U READY??

Are you ready for your kids to go back to school? Are you ready for the lunches, backpacks and schedules? This program will give you some ideas for being ready for back to school and all that comes with it. We will discuss time management, menu planning and scheduling regular family time. Participants will also receive the "Mom's Calendar", Wednesday, Aug. 15, 7:00 – 9:00 pm, \$10 Register by August 13

NEXT CHAPTER

This group will help parents find themselves as they go through parenting from kindergarten to teenage years. This program is designed for parents with children ages 6 and up. Tuesday, Augusts 2, 19:30 to 11:30 a.m., Free Drop-in

SOUTH SIDE PARENT GROUP... AT NIGHT!

A 'community' of parents discuss topics related to all the trials and tribulations of being a parent to kids of all ages. Drop for coffee and snacks and get to know your neighbours, as your kids play and socialize with others. Tuesday, August 2, 16:00 – 8:00 pm, Free, Drop in

SPECIAL NEEDS DISCUSSION GROUP

This discussion group is open to those managing their own special needs, supporting someone else's or who are interested in learning more. Thursday August 23, 6:00 pm - 8:00 pm, South Side Youth Centre 347 Doncaster St., Free. Register by August 21

PARENT TOGETHER EVENING

Join us for a parenting group in the evening. We will be discussing everyday issues of parenting. The ins and outs of the phases and all the in-betweens. There will be a guest speaker on parenting topics, Monday, August 28, 6:30- 8:30 pm, Free, Drop in

COGNITIVE BEHAVIOUR THERAPY

Join us for a four week educational workshop on cognitive behaviour therapy (CBT) and mindfulness. Classes will cover the basic concepts of CBT, integrating mindfulness with CBT and how to apply these to make positive changes in your life. Wednesdays 1830 – 2030, September 26, October 3,10,17 Register by September 21

Call 204-833-2500 ext 4500 to register for programs or for more information

North Side Youth Drop-in is OPEN
Monday, Wednesday, Friday
10 am - 4 pm

South Side Green Team Youth Drop-in is OPEN
Monday-Friday
10 am - 4 pm

Both programs are for 6-12 year olds

Tiny Tots Summer Camp

The MFRC is offering summer camp for ages 3-5 years with weekly themed activities!

Monday - Friday (except stat holidays)
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To register please call
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Sports Trivia Answers

1. \$48.00.
2. Toronto Argonauts – 16. (Edmonton Eskimos are second with 14 victories.)
3. Saskatchewan Roughriders – 15.
4. Winnipeg Blue Bombers – 24. (Winnipeg has won the Cup 10 times.)
5. 65th (November 27, 1977) – 68,318 people saw the Montreal Alouettes defeat Edmonton 41-6 at Olympic Stadium in Montreal.
6. All three have won seven Grey Cups.
7. Three players have won the MVP three times; Doug Flutie, Damon Allen, and Sonny Wade.
8. Don Sweet (K) – Alouettes – 1974, 1977, 1979. Dave Sapunjis (SB) – Stampeders – 1991, 1992, 1995.
9. Russ Jackson – Ottawa Roughriders (1969) – four.
10. Edmonton Eskimos – five (1978-1982).
11. #10 Bernie Faloney (QB); #10 Angelo Mosca (DT).
12. Lui Passaglia (K/P/WR) – B.C. Lions – 408.
13. Bob Cameron (P) – Winnipeg – 353.
14. Milt Stegall (SB) – Winnipeg – 147.
15. George Reed (RB) – Saskatchewan – 134.
16. Henry “Gizmo” Williams (WR/PR/KR) – Edmonton – 26.
17. Paul McCallum – Saskatchewan – 62 yards (October, 27, 2001, vs. Edmonton).
18. Zenon Andruzshyn – Toronto – 108 yards (October 23, 1977, vs. Edmonton), Christopher Milo – Saskatchewan – 108 yards (October 29, 2011, vs. Hamilton).
19. Tyrone Williams (WR) – Vanier Cup – University of Western Ontario – 1989; Super Bowl – Dallas Cowboys – 1993, 1993; Grey Cup – Toronto – 1996.
20. Anthony Calvillo – Montreal – 79,816.

Taroscopes

BY NANCY

Aries (March 21 – April 19): Unexpected events and sudden surprises precipitate a review of your lifestyle. Be pro-active. Get back on track. Setting a prudent course will bring the best results. You have luck on your side but don't take it for granted. Make a solid commitment to maintain good habits.

Taurus (April 20 – May 20): Life doesn't always fit our expectations. Set judgements aside. No two lives are alike but with empathy you can understand another's reality. Don't assume you know what is best for everyone. Your way is right for you but you can also learn from watching how others manage challenges.

Gemini (May 21 – June 21): Take detours in stride. Life isn't linear. Still, your life is a reflection of the effort you put in. If it's not going the way you want it to, take action. Make change happen. Ask a friend what kind of impression you make. Then tweak your presentation. Opportunities are coming your way.

Cancer (June 22 – July 22): Loving kindness and unconditional giving benefit the recipient but also it's good for your soul. Everyone makes mistakes. Life goes on. Forgive others and yourself, but don't forget the lessons you've learned. Let those who try and take too much, take care of themselves for a change.

Leo (July 23 – August 22): A life-review can result in a radical shift in attitude. Hiding behind a polished image only works for so long. Be real if you want to develop meaningful relationships. You don't need to have all the answers or be perfect. Take pride in your successes. Take responsibility for your mistakes.

Virgo (August 23 – September 22): You may feel a sense of loss as shifts and changes occur in the lives of the people around you. Celebrate new beginnings. You now see your own plans for the future with more clarity and conviction. You are motivated to manage better. Take the initiative to make a fresh start.

Libra (September 23 – October 23): You're eager to complete tasks and take on new projects. Pace yourself. Take the time to do a few things very well instead of rushing to get lots done. Enjoy each day. Live in the present. If you speed along too quickly you miss some of the most beautiful moments.

Scorpio (October 24 – November 21): Understanding yourself makes it easier to make the right decisions. Reflection takes courage. Note how you've created problems for yourself through action or inaction. Look at the patterns of your behavior and recurring themes. What needs to be done for better results?

Sagittarius (November 22 – December 21): Discussions give you insights into how others feel and think. Your response to what's said helps you understand yourself better. Life can't be compartmentalized. Everything is connected. When you focus on having a purpose driven life, transitions are easier.

Capricorn (December 22 – January 19): Perfection is impossible. Attempting it will exhaust you. What others want may not be right for you. Focus on getting in touch with your own feelings. The external aspects of your life can wait. Your feelings are what drive you. Are you going in the right direction?

Aquarius (January 20 – February 18): Be patient. Let answers come to you. Love yourself and trust yourself to weigh your options effectively. Seek solutions that are best for all concerned. Slowly and steadily pursue your passion. Be open to experiences and seek out ways to nourish your soul.

Pisces (February 19 – March 20): Get organized. Identify your priorities. Challenges can motivate you. They are a vital part of your soul's evolution. See things from a new perspective. Reconnect to spirit. You're on a healing journey. Keep moving. Share your progress. In teaching others, you learn even more.

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DANCE TO LIVE BANDS Friday 8pm-1am June-August
Every Saturday 7-11 pm
MEAT DRAWS Friday 5-7 pm
Saturday 2-5 pm



Your 17 Wing Chaplain Team



Chaplain's Corner

My Love Colours Outside the Lines

by Padre Lesley Fox

In the three years that I have worked at 17 Wing, one of the most profound encounters that I have had occurred at almost the beginning of my ministry. I received a duty call from Ottawa with the hope that I might be able to connect with the family of one of our Canadian Rangers who had tragically passed away in a tent fire in Pond Inlet. The ranger was transported to a hospital in Winnipeg, while his wife and other members of his family were moved to Ottawa for immediate care. I called the hospital, but since the ranger had passed away, the extended family had already left the hospital. I asked the nurse on call if she had any contact information, and she said "sorry, Padre, but you could possibly try the nearest hotel." It would be like finding a needle in a haystack, but I got in my car and as I travelled to the hospital I kept praying that I would find them, because as I said to God in my car, "this family has no one, they are grieving, and they are in a strange city. Please, God, help me find them." I turned into the hotel closest to the hospital and thought about what I might say to the manager to find this family. As I opened the doors to the hotel, in front of me stood an Inuit family. I looked at them, and they looked at me clad in uniform with the cross on my chest, and we all simply knew. We spent a couple of hours together that day, and as is the case when your prayers are answered, you can expect to be changed, and I was. I was far more blessed by this family than they were by me. They came to chapel on Sunday, and my faith community embraced them. Truly, we embraced each other. This is what it is to be in the presence of the living God when you are a chaplain in the Canadian Armed Forces.

I am the type of Padre who prefers to be present to you in the spaces between the breaths. Yes, I do the Change of Command prayers, and the public ceremonies, but I have loved being with you most when you

have shared your sacred stories with me. I have grieved with you over tragic deaths, broken relationships, workplace sadness, unsatisfactory posting plots, and chronic pain. And, I have celebrated with you in weddings, baptisms, anniversaries, promotions, happy postings, joyous trips, and meaningful deployments. I have always been more interested in what is in your heart and in your soul, than what lies on your chest or what might be in your personnel file. As God says to Samuel in one of my holy texts, "Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart." I try very hard to look at the heart.

In my ministry, no matter in what context I have worked, and I have been at this vocation for many years as an ordained UCC minister, I have but two goals: to preach well, and to love the people with whom I work. I want you to know how very much I have loved all of you, and how hard I have tried to help you in advocating with various chains of command, or in supporting you through challenging times. I have not always been successful, but I hope you have been heard.

This past spring, I had two funeral services in two days, church services, endless appointments, and was just dead on my feet. The funerals were both sad in very different ways. One was for a little girl I baptized, and the other was for a long time member of my chapel community. After the service for little Lena Bothe, I was cleaning up the chapel, vacuuming the place to be ready for the next service, when Lena's older sister, Sydney Bothe, quietly said, "Let me help you, Padre!" She took the vacuum, and that is truly when I lost it. The tears flowed readily, as I thought about the care this little girl, who had just lost her sister, was able to offer another grieving family. This is what it is to be in the presence of the living God when you are a chaplain in the Canadian Armed Forces, and angels come and

help you vacuum.

I leave you now with these words, from one of my favourite hymns:

*"My love colours outside the lines,
Turns wounds to blessings, water into wine,
And takes me into places where I've never been before,
And opens doors to worlds outside the lines.
We'll never walk on water if we're not prepared to drown,
Body and soul need a soaking from time to time.
And we'll never move the gravestones if we're not prepared to die,
And realize there are worlds outside the lines."*

(Gordon Light, More Voices Hymnal 2007 UCC)

Until we meet again,
Lesley



PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE: (English Only) 1100 hrs

COMMUNITY SERVICES:

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

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

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

Protestant Chapel Guild: It meets the first Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Laura Coxworth
(Pentecostal)
- Protestant Faith
Community Coordinator
ext 5785

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

TBD
ext 5272

JEWISH

CHAPLAIN

Padre Noteh Glogauer
(Rabbi)
ext 6914



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

INFO PHONE NUMBER

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

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Bilingual) 1600 hrs

CHAPLAINS

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

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

TBD
- Mental Health Chaplain
ext 5086

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 Gemmitti.

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

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

MAIN OFFICES

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

EMERGENCY DUTY CHAPLAIN

Contact MP Dispatch ext 2633.

WEBSITE

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

CARE & SHARE

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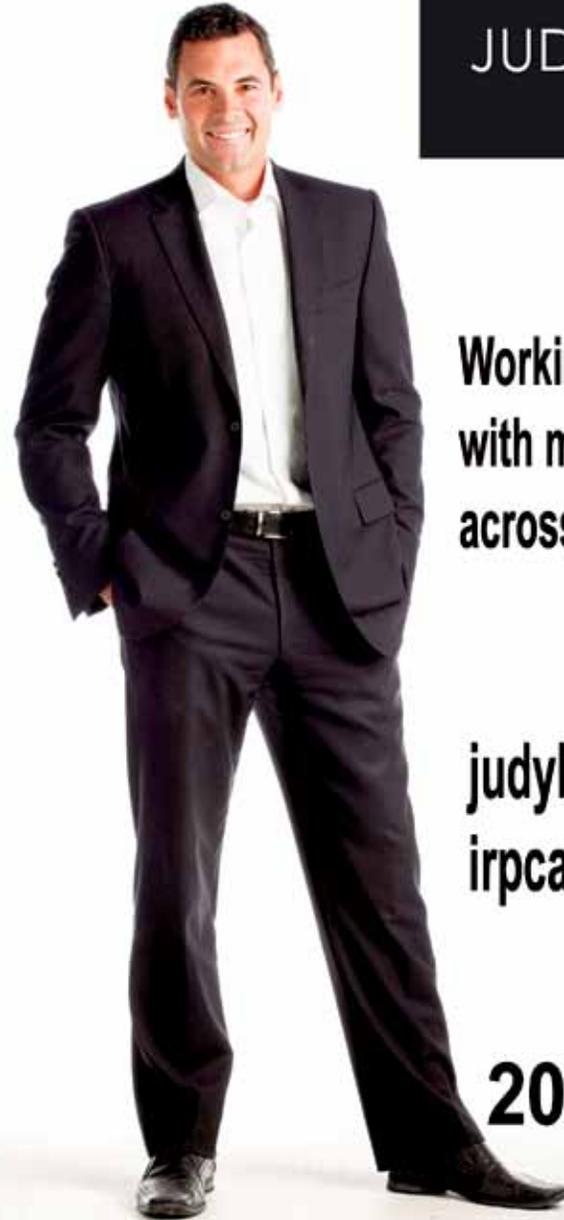
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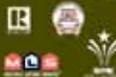


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