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THE VOXAIR

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Spitfire Kings Release New Music



Sgt Mike Hall, songwriter and guitarist, belts it out at The Pyramid Cabaret June 18 during the RCAF Band's Spitfire Kings' CD release party. Please see page 3 for complete story. Photo: MCpl Justin Ancelin, 17 Wing Imaging

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WCWO/Public Service Slo-Pitch Tournament Kicks Off Summer



A batter goes for a pitch at the 17 Wing Chief Warrant Officer's/Public Service Slo-Pitch Tournament on 14 June, 2019 at 17 Wing Winnipeg, Manitoba. Photo by: MCpl Justin Ancelin, 17 OSS/Imaging

by Martin Zeilig, Voxair Photojournalist

Monty, a white ten month old miniature poodle, was sitting on his haunches intently watching the action on the ball diamond at the Wing Chief Warrant Officer's Annual Slo-Pitch Tournament and Barbeque on a warm and sunny June 14.

Monty's owner, Misty Burrows, was playing short-stop for the Wing Supply team and was being cared for by Vicki Smyth, a civilian employee at Supply CSU, who was seated in a lawn chair next to the bleachers.

"I'm enjoying it, and Monty is too," said Smyth, who had Monty on a shoulder leash. "It's an excellent day. I'm

looking forward to the barbeque afterwards."

There were 31 teams with over 300 military and civilian personnel from throughout the base involved in the fun tournament, noted Dawn Redahl, Acting Sports Coordinator PSP/CFMWS, event OPI. The five inning games took place at the Building 90 ball diamonds, at the nearby Ness Avenue ball diamonds (near Tim Hortons), and at the Heritage Victoria Community Centre ball diamonds.

Fountain Tire was a main sponsor of the barbeque along with the Public Service.

The tournament coincided with the conclusion of National Public Service Week (NPSW), which was created in 1992 following the passage of the National Public Service Week Serving Canadians Better Act, says the Government of Canada website. Ottilia Spiller, Senior Manager, Compensation Outreach, represented the Public Service for the tournament.

Its objective is to "recognize the value of the services rendered by federal public service employees" and to "acknowledge the contribution of federal public service employees to the federal administration."

NPSW was designed to promote pride in and recognition of the public service of Canada by providing internal recognition, and by raising Canadians' awareness of the excellence of the public service, says the online information. In accordance with the Act, every year throughout Canada, the third week of the month of June is known as "National Public Service Week," with the week ending on the third Saturday of the month and beginning the previous Sunday. In 2019, NPSW took place from June 9 to 15.

At another ball diamond, Norm Vermette, a civilian employee at Wing Foods, was joking with his fellow players on the team bench.

"Our team rocks," said the former long-time member

of the CAF, who was playing second base. "It's such a beautiful, awesome day. It's all for fun."

Meanwhile, Redahl emphasized that logistics is the key for any big event, regardless of who organizes it and where it's held.

"But, the difference here is the awesome volunteer support we receive from both the military and civilian side on base," she said.

She also gave a shout out to piper Second Lieutenant John Atwells, 1 Canadian Air Division; the talented Sergeant Cindy Scott, RCAF Band, for singing O Canada; Al Glover and team from Roads and Grounds (Wing CE) for creating playable fields at the Ness ball diamonds; the Transport and Supply team for the tables/chairs/tent at the barbeque; Adrienne Popke, Wing Publishing, for creating the "masterpiece" posters; Fancy Yu, Mess Manager; Master Corporal Tim Lamont and team from Wing Foods for supplying and preparing the barbeque feast; and Mona Simcoe and Michelle Divorne of the Employee Assistance Program (EAP) for the cake table. They provided both cake, which was a donation from the Union of National Defence Employees for NPSW, and information about the services provided by EAP.

Dawn also thanked all the other volunteers and PSP staff for their invaluable contributions throughout the day including Wing TISS and the military police.

"This year, unfortunately, the RCAF band was unable to perform, so the audience became the entertainment with several games," Redahl said with a big smile. "Jose Ferreira of Fountain Tire was onboard with me to do these games. He helped create the energy encouraging members of the crowd to participate. I love organizing, and being involved, with events where people are into the moment and enjoying themselves and laughing. That's what these events are all about, the camaraderie and just enjoying the moment."

2019 Grizzly Challenge Brought Out All the Bears

by Martin Zeilig, Voxair Photojournalist

A female black bear and her two young cubs were inadvertent participants at the 9th annual Grizzly Challenge charity bike ride at Birds Hill Provincial Park on Friday, June 7. Master Corporal Aaron Pledger of 402 Squadron spotted them during his cycle around the park.

The Grizzly Challenge is an annual memorial cycling event ride to commemorate all the 158 Canadian Forces members lost in Afghanistan, says information provided by Sergeant Francisco Moises, 402 Squadron ETO-- the Grizzly Challenge organizer this year.

"It began as a 402 Sqn initiative in 2011 but has grown to include participants from many other units at 17 Wing," Sgt Moises explained during an interview after the event.



Group photo of all the participants that attended the 9th annual Grizzly Challenge at Bird's Hill Provincial Park, Winnipeg, MB, on June 7, 2019. The challenge is to commemorate Canadian Armed Forces members lost in Afghanistan, with the participants attempting to ride 158kms, 1km for each member lost in Afghanistan. Photo: Sgt Daren Kraus

Riders pledge to ride individually or as part of a team a total distance of 158 km (one km for each member lost). Participants and interested parties are encouraged to donate towards a military charity that assists CAF members and the military community at large.

The charities are: Soldier On, which is committed to supporting veterans and serving members to adapt and overcome permanent physical or mental injuries through physical activity and sport; Wounded Warriors Canada, a wholly independent Veteran's charity focussed on mental health issues; 17 Wing Care and Share program, which assists military and DND families who may find themselves in difficulty for one reason or another in maintaining the necessities of life.

"This year's GC attracted 35 participants from 402 Sqn, 1 Canadian Air Division and 2 Canadian Air Division," Sgt Moises said.

"We also a whole host of volunteers coming out," he added. "We have placards with the names of all 158 people we lost in Afghanistan. A group of volunteers sets up those placards along the beginning of the race course. As you ride by, you can read those names and, unfortu-

nately, you sometimes end up knowing those names. It's just a reminder of why were there doing the ride."

Some people were riding mountain bikes while others were riding "full on professional" triathlete style road bikes, Sgt Moises said.

"I was riding a road bike," he said. "I ride regularly for exercise. I'm an avid cyclist."

The event started off at 0700 hours due to the hot temperatures expected later in the day.

"We did a pre-ride briefing," Sgt Moises said. "Then our Commanding Officer, Lieutenant-Colonel John Schwindt, who also rode, said a few words to kick off the ride. We took a group photo too."

"It's a non-competitive ride," he remarked.

"You're competing against yourself essentially," he said. "We had three people in total do the entire 158 kilometres. We had riders do two or three laps up to as many as 15 laps this year. Usually most years I pushed myself quite hard."

Being the event organizer this year, Sgt Moises said he didn't push himself that hard.

"I was checking on people and doing PR work," he explained.

"We rely on the people who come out to volunteer," Sgt Moises added. "They cheer on riders and provide snacks and water. We had a barbeque again this year. It was a good event. It helps establish camaraderie among people. It's a way to give back to the military community."

He also thanked Alter Ego Sports (1605 Pembina Highway) for providing energy recovery drinks, energy bars and spare parts.

"They're big supporters of the ride and the CAF and 17 Wing in general," Sgt Moises emphasized.

Meanwhile, mama bear and her youngsters were just crossing the road when Master Corporal Aaron Pledger spied them.

"I was about two hundred metres away when I first saw them," he said. "A driver coming the other way slowed down to warn me there were bears coming the other way. I saw them and was a little cautious and ready to tap into the extra adrenaline if I needed to get away from the bears. The bears didn't notice me. The mother bear was focussed on getting her kids to the other side."

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Spitfire Kings Rock the Pyramid Cabaret with New Album



Lead vocalist WO David Grenon introduces the band at the Spitfire Kings CD release party 18 June, 2019 at The Pyramid Cabaret. Photo: MCpl Justin Ancelin, 17 OSS/Imaging

by Martin Zeilig, Voxair Photojournalist

Plumes of smoke emanated from the stage of the Pyramid Cabaret on Fort Street on the muggy evening of Tuesday, June 18th.

It was hot, but neither the club's staff nor any of the people in attendance helped douse the fire because all that catchy combustion was coming from the amazing performance of the aptly named Spitfire Kings, the RCAF Band's rock ensemble.

It was pure rock and roll energy.

The six person band was at that iconic downtown venue to launch their debut album, "Dead Reckoning" and the concert was free of charge with donations going to the United Way of Winnipeg.

The performance included four songs: Home to Your Arms; Waiting for Tomorrow; You Can't Hide It; and That Others May Live. That Others May Live was composed by guitarist-songwriter Sergeant Mike Hall, a former member of Canadian heavy metal bands Helix and

the Killer Dwarfs.

The Spitfire Kings were founded by Sgt Hall and also includes vocalist Sergeant Cindy Scott, vocalist/keyboardist Warrant Officer David Grenon, saxophonist/vocalist Sergeant Richard Monzon, drummer Sergeant Jim Johnston, and electric bass player Warrant Officer Larry Björnson. WO Björnson is posted to the east coast this summer.

"It's not very often that you get to be in presence of such fine musicians," Captain Matthew Clark, Musical Director of the RCAF Band, said following the concert. "The greatest thing about our musicians is that they can play in any style—classical, jazz, rock-- and at such a high level. What we witnessed tonight was a group of seven musicians giving it everything they had and playing at a level that is just unprecedented. I don't think there's anyone around here who's as fine or sophisticated performers as them. It was a fantastic performance. They gave it everything."

He also called Sgt Hall "a legend" in the music industry for his original compositions.

"What he did with the Killer Dwarfs is still played today," commented Capt Clark, who promoted WO Grenon to his new rank onstage during a brief break.

He added that Sgt Hall's original music, which had been played by the band minutes earlier, was insightful and had melody to it.

"It came from a true depth of meaning," Capt Clark said. "It was masterfully put together. It's a significant addition to the repertoire."

17 Wing Commander Colonel Eric Charron said the evening was one of those great demonstrations of how flexible and versatile our people are in the military.

"Mike Hall is a very talented musician and composer," he added.

Col Charron also pointed out how appropriate it was for WO Grenon, who he lauded as a great vocalist, to be promoted during the concert.

"What better place to do it for a musician than doing it on stage with his friends and fellow musicians with a guy who's as giving and recognizes that it's all about the team," he said. "It was quite fitting."

Meanwhile, WO Grenon said it was a nice touch to be promoted on stage by Capt Clark during an event that's close to their hearts.

"We've been working hard to show the contemporary side of the military," he continued. "It feels like a payoff for all the hard work to get that contemporary vibe out there. I was happy to see a lot of people from the music community out here, very high class musicians, along with the military community."

Sgt Hall said it was a perfect way to finish off the last year of work he had put into the album.

"I did a lot of work on it," he said. "We all did. I'm so happy to see it come out the way it did and to see the support we had from co-workers and friends around the base and all the music business people here tonight. I wished I had played a little tighter but I'm not used to that level of heat and jumping around anymore."

"I'm a little long in the tooth for that but I really enjoy myself," Sgt Hall said. "It's a great little band. I'm super proud of them for putting up with my old school rock sensibilities. I just write the songs on my own."

He also stressed that WO Grenon is one of his closest friends and such a talented musician.

"He's always been a leader since I got here," Sgt Hall added. "The main thing is to be open to anything musical, and never say 'I don't want to do that.' Dave has things he likes to do and I work hard for him, and when it turns around the other way he gives it back. To hear him sing those songs the way he does blows my mind. I think it kind of blows his mind too."

For more information, contact the RCAF Band at 204-833-3500; email: rcafband@forces.gc.ca

17 Wing Nijmegen Team Selected and Badged

by Martin Zeilig, Voxair Photojournalist

Lieutenant Chris MacLean expressed his "full confidence" in the 11 person 17 Wing team that has been selected to take part in the International Four Days Marches in Nijmegen, Netherlands, July 16-19.

He made his remarks following a brief ceremony before about 30 people to introduce the team in the atrium of Wing Headquarters on June 12.

17 Wing Commander Colonel Eric Charron and Acting Wing Chief Warrant Officer Darling presented each team member with a special Nijmegen patch during the ceremony.

The 103rd Nijmegen International Four-Days Marches will see a contingent of 14 Canadian Armed Forces (CAF) teams, generally of 11 members each, march through the countryside and towns of the Netherlands around the city of Nijmegen, says the Veterans Affairs Canada website.

Each military participant is required to march 40 km per day and carry a minimum 10 kg of dry weight in all weather conditions. During four consecutive days, the



The 2019 17 Wing Winnipeg Nijmegen Team: (Front) Pvt Aldin Ibrahimovic, Lt Mary Valair, Lt Christopher MacLean, MWO Michael Tintor, Captain Brock Christensen, Aviator Jamie Dueck, MWO Shelley-Lynn Crosby. (Rear) Cpl Travis Hurd, Capt Thomas Van Beurden, Capt Thomas Hines, Cpl Bryce Cooper, MWO Fred Coad, Aviator Christopher Munn, Cpl Shaun Zidar, 17 Wing, on June 12, 2019.

marchers follow a different route through the countryside and villages surrounding Nijmegen.

"Originally a means by which the Dutch infantry aimed to increase their long-distance marching and weight-carrying ability, the Nijmegen Marches have evolved into an international four-day event that draws over 51,000 military and civilian participants from over 50 countries to challenge their physical and mental endurance," says the VAC website. "This year marks the 67th year of Canadian Armed Forces participation in the Nijmegen Marches, which began in 1952 (The Marches began in 1909)."

"Today marks the culminating moment after months of selecting," Col Charron said in his introductory remarks. "This is a big deal. We only have a handful of these teams across the Canadian Armed Forces."

He added that 2 Wing Bagotville and 12 Wing Shearwater are the only other RCAF teams participating.

Col Charron, who was posted in the Netherlands for three years, remarked that the Dutch hold a special place in their hearts for Canadians because of this country's key role in the liberation of Holland during the Second World War.

He mentioned having gone to the Groesbeek Canadian War Cemetery, located in the village of Groesbeek eight kilometres southeast of Nijmegen, when the Canadian contingent in the Four Days Marches was marching through the town several years ago.

"The Dutch were so appreciative, waving Dutch and Canadian flags," Col Charron commented. "They remember Canada's role in their liberation during the Second World War. So, you will be treated like royalty."

"You are our representatives," Col Charron added. "You know how much I wanted to be there to see you there. I will be there with you in thought. Well done to you and your leadership. I am proud of this team."

"We all have very busy jobs, and busy lives with our families. So, to take extra time to train and motivate yourself beyond the normal level of fitness, to really impose on your body hardships that are not normal- to march 40 kilometres with weight is not something easy on the feet or the entire body."

Lt MacLean emphasized that the team has put in the work and shown that they're fully capable of doing the job.

"They do it without any noticeable fatigue," he said.



Col Eric Charron, Commander of 17 Wing Winnipeg, and CWO Lee Darling, Acting 17 Wing CWO, present Lt Christopher MacLean with the 17 Wing Winnipeg and Nijmegen patches during the 17 Wing Nijmegen team badging ceremony, 17 Wing, on June 12, 2019. All photos: Sgt Daren Kraus

"Winnowing it down wasn't entirely difficult. It all came down to how they melded with the team and the representation of teamwork and leadership."

"When it came down to brass tacks, could they complete the mission? I'm looking forward to seeing them develop even more," Lt MacLean added. "We're going to get into singing because singing is important as our horn in a large group of people. We'll be doing more team development exercises, because this is not only about marching."

He noted too that an individual from Soldier On, a Canadian Armed Forces program that supports serving and retired members to overcome mental health or physical illness through sport, will also be representing 17 Wing. A medical technician from Wing Health Services will be accompanying the team as well.

"This my first time doing it," Lt MacLean said. "I'm excited and really happy with the people I'm working with. We'll be training four times per week till we leave."

1 CAD Member Completes Boston Marathon Bucket List Item



LCol Eric Travis, Canadian Forces Male Athlete of the Year, at the 2017 Ironman Triathlon. Photo: Supplied

by Martin Zeilig, Voxair Photojournalist

Lieutenant-Colonel Eric Travis, who works for A4 Maintenance, 1 Canadian Air Division, did not let the cheering and shouting young women of Wellesley College distract him during his participation in the 2019 Boston Marathon on April 15.

This was only his second time ever running a marathon.

LCol Travis said he qualified for the famed race by beating the qualifying time of 3:25 hours at the 2018 Fredericton, NB, Marathon. He ran that race in 3:11 hours.

The Boston Marathon was first run in April 1897, having been inspired by the revival of the marathon for the 1896 Summer Olympics in Athens, Greece. The marathon has been held every year since then, even during the war years, making it the world's oldest annual marathon.

An estimated 30,000 runners competed in the 123rd Boston Marathon. At about the 24 kilometre point, runners pass through the town of Wellesley in Norfolk County, Massachusetts, where the private women's liberal arts college is located.

"The young women from the college line up along the roadside," said LCol Travis during an interview in May. "They're screaming. The noise is almost palpable. You can hear it from almost a kilometre away. They're hold-

ing up signs that say 'Kiss me for luck. Free hugs.'"

A friend had earlier told him that if he was "running for time" to stick to the centre of the road so as not to be distracted.

"I was careful and moved off to the middle of the road," LCol Travis confirmed.

He's a relative newcomer to the sport of marathon running having competed in Triathlon for the past few years.

In 2018, LCol Travis was named the Canadian Armed Forces Male Athlete of the Year and commended for balancing his military duties, family commitments, and his own triathlon training and managing the CAF CISM triathlon team. It was noted that during the 2017 season, he finished 1st in his age group and 10th overall at the Ironman 70.3 Superfrog Triathlon in California; 7th in his age group at the Penticton ITU Long Distance Triathlon World Championships; and in the top ten in his age group at the Ironman 70.3 Mont Tremblant Triathlon.

"It was my first time running in Boston," LCol Travis said. "It was only my second marathon if you don't count an Ironman distance triathlon run."

He ran Boston with a personal best time of three hours five minutes and 28 seconds.

He first got into running because a former girlfriend asked him to walk her dog every day in 1998.

"It took a long time because we walked for five kilometres," LCol Travis said. "But, I realized if we jogged the distance it would only take us 25 minutes. So, I'd take this dog out and run. I hated it for the first two weeks because everything was sore and I'd be out of breath. After doing this for a couple of weeks, I started to feel healthier and my energy levels were coming up. I felt more like a deer running through the woods in British Columbia."

"I've done a lot of competitive races but mostly in triathlon," LCol Travis said. "I realized I was a pretty good runner, moderately fast."

"It was little over a year ago that I ran my first marathon, the Fredericton Marathon. I trained hard for it."

He admits that he got more than he bargained for in the race.

"At the time, I thought I was ready for the marathon but it kicked my butt," LCol Travis said. "I was having cramping issues for the last few kilometres. I didn't have the right nutrition. I didn't have enough energy."

He committed himself to be better prepared and have a better nutrition plan for the next race.

"When I ran Boston this year that was at the forefront of my mind," LCol Travis said. "Boston was one of those bucket list items. It is the marathon to run. That's the reputation it has. But, I wasn't really sure why it had that reputation until I went there. You have to qualify for Boston within the previous 12 months. So, you have to run another registered marathon somewhere in the world that is a qualifying time."

Although he was the only military participant from Winnipeg, there were other CAF personnel from other bases competing in Boston, he added.

"I took a direct flight on West Jet there and back," LCol Travis said. "I rented a car. I stayed with relatives just north of Boston. I went a few days early just to look at the course, and do the race registration and pick up a race packet."

He even purchased a Boston Marathon jacket as a keepsake.

"It's amazing the energy level the day of the race," LCol Travis said. "There are 30,000 runners on the race. All their families and friends and the locals who are there to cheer them on. It all just means that the energy and excitement is very high."

"I've never seen a marathon where both sides of the road are full of people cheering and screaming. There are musical bands and people dressed up in costumes. There was one guy dressed up as the devil and he had a pitchfork. One guy was dressed up as a Sasquatch and someone else as Santa Claus."

"When I returned, Major-General Drouin at Air Div HQ, my boss Colonel Wedgewood and my co-workers were supportive. They had big smiles and congratulations were sent to me on Facebook even before I returned to Winnipeg."

He notes that whether you're doing an Ironman or running a marathon, the race is 80 percent physical with the other 20 percent being mental.

"You're going to hit a wall and want to quit," LCol Travis explained. "But, it's that other 20 percent that is going to allow you to finish and finish well."

LCol Travis also recently took the top military time in the recent RCAF Run Half Marathon.

17 Wing Strategy Game Club Replays D-Day Event Scenarios



Members of the 17 Wing Strategy Game Club prepare a game recreating events from exactly 75 years ago, almost to the hour, on June 6. Photo: Martin Zeilig.

by Martin Zeilig, Voxair Photojournalist

Captain Gerald Howlett and nine other members of the 17 Wing Strategy Game Club decided to pay homage to the group of people who gave their lives and participated in D-Day 75 years ago.

Their board game took place in the multipurpose room of Westwin Community Centre on the evening of June 6.

Capt Howlett, who works at Wing Readiness Training Flight 17 OSS, is president of the SGG.

The scenario created by Capt Howlett and his fellow players takes place at the tail end of the first day.

"It's six o'clock on D-Day," Capt Howlett said as club members were getting ready to play the game--which was set up on two tables with a miniature village and diminutive troops and scale model tanks and other vehicles.

"It's where the Allies made it to before nighttime. It's near a little town in Normandy, between the British second and Allied first armies. It's not entirely accurate. We're fudging it a bit."

The Allies consisted of four British and Canadian units and one American unit plus a bunch of German soldiers.

"This is some of the German counter-attacks or resistance that the allies are still trying to break through before nightfall," said participant Bryan Gwiazda, a retired member of the Canadian Armed Forces.

He observed that the models are made out of metal and resin, and some composed of plastic.

"Some of the houses are scratch built out of a variety of materials," Mr. Gwiazda, who's been a member of the club almost a decade now, said. "A lot of them are commercially built too. The club is composed of guys from the base, ex-military and some friends who are not military. We do a variety of games, board games and card games too."

"You get to hang out with some of the guys, roll dice and play with these miniatures."

He also called it doing "the brain thing" because of the strategizing and research that such a game requires.

"Generally we're here for several hours," Mr. Gwiazda said. "The games usually take about three hours. This one will take a little longer. We're just having some fun. It's more of a show piece. It's nice to set up and show off some of the things that the guys have made up and assembled and painted."

Capt Howlett offered that he's been playing war games since age nine when he was introduced to the board game Blitzkrieg. "I played a lot of board games," he said. "My dad, who was in the RCAF too, was deployed a lot. So, besides sports and stuff, I entertained myself with this hobby. I have a profound interest in history, and historical war gaming is a natural fit. You learn about history at the same time as you're playing a game. To me it rocks. We're just having some fun."

"On June 6, 1944, 160,000 Allied troops landed in Normandy, signaling the beginning of the end of the war in Europe. Casualty figures on all sides were immense, with hundreds of thousands of soldiers, sailors, aviators and civilians killed or wounded in the days and weeks that followed," notes the D-Day Proclamation that was signed by many world leaders, including Prime Minister Justin Trudeau, at the D-Day commemoration ceremony in France on June 6.

"We stand today to honour the memory of those who paid the ultimate sacrifice on D-Day, and those many millions of men and women who lost their lives during the Second World War, the largest conflict in human history."

Initiatives Launched to Retain and Increase RCAF Experience



The Royal Canadian Air Force has launched initiatives to retain and increase the levels of its personnel's experience to ensure the RCAF's continuing health and ability to achieve mission success.

Montage: Corporal Desirée Thomas-Bourdon

from Lieutenant-General Al Meininger,
Commander of the Royal Canadian Air Force
Quality of Life — Quality of Service

The Chief of the Defence Staff recently launched "Operation EXPERIENCE", which directs the Canadian Armed Forces to implement immediate actions to stabilize and rapidly increase levels of pilot experience. These actions are nested within a broader RCAF campaign plan, "Operation TALENT", which focuses on the qual-

ity of life and quality of service of all our personnel and their families. It addresses, in particular, the intake, training, absorption and employment of our members.

Although these two directives have been published separately, be assured that they address two aspects of a single challenge and we will implement measures arising from both in a seamless, mutually complementary and holistic manner.

Together, these initiatives are vital in face of an unprecedented level of global competition for the skills of pilots, technicians, highly trained aviation specialists and support personnel. We are at risk of losing the depth of experience that our more senior personnel possess and, thus, the ability to mentor, train and transfer knowledge to our newer aviators and bring them to an operationally effective level.

Without action to stabilize our levels of experienced personnel, the RCAF's operational output will be further impacted. Increasing our intake and our training capacity is not enough. We must nurture an environment where the RCAF's quality of life and quality of service make it more attractive for our members to stay than to leave.

The challenge is complex, however, and will require equally complex solutions. We are already working on several solutions to alleviate our situation. We will implement some of them quickly but others, I want to be clear, may take up to five to seven years to put in place.

We're already seeing progress on the establishment of a new Air Operations Support Technician occupation (Reserve Force) that will augment force protection ca-

pabilities and provide support to aircraft maintenance and search and rescue activities. This will allow highly qualified Aviation and Search and Rescue Technicians to focus on their primary functions. We will begin accepting applications to this occupation this summer. Planning is also under way to establish an Air Operations Officer occupation (Regular Force) that will focus on non-flying activities, thereby returning more aircrew to the flight lines. More immediate actions include adjusting the restricted release policy and increasing the length of first flying tours to a minimum of four years. Additional initiatives are outlined in our Fact Sheet (www.rcfarc.forces.gc.ca/en/index.page).

You will be able to learn more about both operations at future town halls in your locations, and we will distribute a "tool box" through the chain of command for leaders at all levels to use. We will also set up an intranet page that will keep you up to date on the progress of all our initiatives. In the meantime, I encourage you to read the upcoming edition of PERSpectives (<http://rcfarc.mil.ca/en/d-air-pers-strat/perspectives/rcfarc-perspectives.page>), which contains a more detailed account of our planned way ahead.

As we work to ensure the RCAF remains an effective provider of air and space power for the Canadian Armed Forces and the Government of Canada, I encourage you to become informed, do your part and always keep in mind the words of our motto: Such is the pathway to the stars — *Sic Itur Ad Astra*.

17 Wing Fitness and Sports Instructor TD Helps Keep Pilots Fit

by Martin Zeilig, Voxair Photojournalist

During his recent temporary duty stint at 3 Canadian Forces Flight Training School in Portage la Prairie, 17 Wing Fitness and Sports instructor David Chung used himself as an example to his clients.

Chung spent three months working as the Fitness, Sports and Recreation Coordinator at 3 CFFTS, driving back and forth on a daily basis.

"A lot of the students have seen me in the gym," Chung said after his return to Winnipeg from TD. "I run long distances. I lift heavy weights. When they see that and see the type of program you're trying to implement, it becomes a little bit more believable. I led by example."

As a smaller stature but ripped fitness specialist, he does that a lot.

His clients were primarily students, Chung said, mentioning that the majority were Second Lieutenants.

"Over there, I ran PT (physical training) differently that I do here," he commented. "It was pilot oriented. The main focus of my program was to help reduce greyout, neck injury, low back injury because when you're sitting down for an extended period of time, you can't just get up out of a cockpit and wander around for a cou-



David Chung, Fitness and Sports Instructor at 17 Wing Winnipeg, monitors Devon Klassen, another FS Instructor, as he does his Force Fitness Test in Building 21 earlier this year. Photo: Supplied

ple of minutes.

"You have to be seated and constantly pay attention to the environment around you. I focussed on those muscle groups, especially for those pilots who want to be a fighter jet pilot so they can manage the G forces and not experience greyout and those types of injuries when doing the proper exercises could have prevented that."

A greyout may be experienced by aircraft pilots pulling high positive g-forces as when pulling up into a loop or a tight turn forcing blood to the lower extremities of the body and lowering blood pressure in the brain.

Chung made the programs from scratch. "I had some research to do to get a better understanding of what they'd be facing up in the air," he said, noting that there was also reading material on the topic available at 3 CFFTS. "That's when I learned about G-tolerance and greyout and pilots blacking out in flight every now and then. There's a lot of pressure on the head and the body, then coming up with a program to help prevent all that from occurring."

Chung commented that he also had the opportunity to speak with a pilot who was deployed in Afghanistan.

"He described to me some of the troubles he experienced out there," he said. "He said he wished they had had a program like

that in place, so he wouldn't have experienced all those things. I got both the research side of things and someone who experienced those things. I was able to use all that information and come up with a program to help prevent these things from occurring so the students can have extended and safe careers."

Chung also added that he learned about how much training his clients have to do both in the flight simulator and at the controls of an actual helicopter.

"It's pretty intense stuff," he said. "There are a lot of things you have to know—running through your check lists before you even fly the plane. Are you going to be able to make an emergency landing? I got to know the students on a personal level too. I heard and learned a lot out there. I have no complaints. It was a good experience."

He even got to fly a helicopter on his final day there. "Hovering is pretty difficult," Chung acknowledged. "Of course, I had no experience with any of this stuff. So, I was gripping onto the controls like a madman when all you need is fine motor controls. I got to go through the entire weather briefing and the safety checks. At 1000 feet over Portage la Prairie, I took controls and at another area I tried to hover. The pilot was right there beside me. It gave me greater respect for what they have to do."

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1 CAD Honours & Awards



1 CAD Deputy Commander, BGEN Sean Boyle, assisted by 1 CAD Deputy CWO, CWO Jean-Claude Parent, present the Special Service Medal – Expeditionary Bar, to Maj Mylene Lavallee, during the 1 CAD Commanders Honours and Awards, on 07-June-2019, at 17 Wing. All photos: Cpl Kyle Morris



Capt Kevin Olive received the Special Service Medal – Expeditionary Bar



MCpl Mathew Downing received the Special Service Medal – Expeditionary Bar



LCdr Darren Vallentgoed received the Special Service Medal – NATO Bar



Maj Kevin Winfield received the Canadian Forces Decoration – Second Clasp



CWO Francis White received the Canadian Forces Decoration – Second Clasp



Maj Codi Micklethwaite received the Canadian Forces Decoration



Sgt Bunthan Hing received the Canadian Forces Decoration



2Lt Nathalie Mayo received the Commissioning scroll



Capt Amanda Jones received the RCAF Commanders Commendation



Capt Jeff Chester received the 1 CAD Commanders Commendation



1 CAD Deputy Commander, BGEN Sean Boyle, assisted by CWO Jean-Claude Parent, and Chris Merrithew and Leona Bond of 17 Wing PSP, present the Force Evaluation – Platinum Award, to Cpl Gena Parent, during the 1 CAD Commanders Honours and Awards, on June 7, 2019, at 1 CAD HQ.

College Corner



RCAF Barker College's Space Operations Course

Space is the most dynamic subject taught at RCAF Barker College such that each Space Operations Course (SOC) receives different, more up-to-date, information and lectures than the course held just six months earlier. One just as to watch any science oriented news, pod, blog, journal to see how rapidly space is changing - from government to commercial to military operations; and of course, our own Canadian use. This keeps the staff of the space section constantly researching and updating course material as compared to the other very static courses hosted at Barker College.

The Space Operations Course is a one week in-house course primarily designed for Canadian personnel of all MOCs and 'working ranks' for pending employment on a space mission. The pre-requisite course is our distance-learning Basic Space Operations Course (BSOC). SOC then was originally intended to be an advanced course, the target audience was polled and resulted in this intermediate level course. These targeted students are mainly OUTCAN Space Operations, Director-General Space officers, and Canadian Space Operations Centre (CanSpOC). The course begins with reviewing some of the space fundamentals, but adds some operational aspects. By mid-course, we have the students not just thinking about individual parts of space, but how one thing affects another which can ultimately affect a military operation. Finally, each course does a research topic on an assigned space system and its operational aspects. The majority of the students' products are done in a syndicate situation with each member bringing strengths to the group and enforcing the guided self-learning method.

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send us an e-mail at voxair@mymts.net

RCAF Barker College News

Around The Wing



Corporal Jeremy Chenell, Mission Support Squadron Mobile Support Operator, shows Alex the cockpit of a CF-188 Hornet during his visit to the military display at the Red River Exhibition grounds, Winnipeg, MB, on June 19, 2019. Image by: Sgt Daren Kraus



Capt Matthew Clark presents WO David Grenon with his promotion to that rank at the release party for Dead Reckoning, new music from the 17 Wing RCAF Band Spiffire Kings, on 18 June, 2019 at The Pyramid Cabaret, 176 Fort St, Winnipeg. Photo: MCpl Justin Ancelin, 17 OSS/Imaging



Dawn Redahl, Acting Sports Coordinator for 17 Wing, shows participants at the 17 Wing Chief Warrant Officer's/Public Service Slo-Pitch Tournament how easy it is to play one of the games to win prizes at the barbecue this year. Photo: Bill McLeod, Voxair Manager.



Group photo of the Elevate Aviation participants and the hosts from 435 Squadron in front of a CC-130 Hercules aircraft, 17 Wing, on June 7, 2019. Photo: Sgt Daren Kraus



Sakatchewan Anishinabe School from Grassy Narrows, Ontario visits 17 Wing Winnipeg, MB, on June 12, 2019. Aviator Ian George, 17 Wing Fire Fighter, briefs a student on the fire truck capabilities. Photo: Sgt Daren Kraus

Around The Wing



Volunteers, PSP Staff, and the team from Fountain Tire pose for a photo together. Fountain Tire was a major sponsor of the WCWO/Public Service Slo-Pitch BBQ. Photo: Bill McLeod, Voxair Manager.



Deanne Bennett, Health Promotion, Diane Brine, Health Promotion Manager, Ashley Clement, Comm Rec Coord, Alan Parkin, volunteer, Bob Cooper, volunteer, Sherri Pierce, and Janet Hamel, MFRC, were on hand during Bike to Work Day, June 17, to greet bicyclists at the Yellow Ribbon Trail.

Thank You From Your 17 Wing/CFB Win- nipeg GCWCC

by LCol Brian M. Quick

During the 2019 Wing Commander Challenge, participants were asked to make a voluntary donation of a toothbrush and/or toothpaste. These much needed hygiene items were then distributed to United Way agency partners as they strive to create positive change in our Winnipeg community. On behalf of United Way of Winnipeg, I am proud to announce that 121 toothbrushes, 91 tubes of toothpaste, and 14 packages of floss were collected at our 5 June event. Many of these donated items were immediately put to good use on 7 June when the NorWest Co-op Community Health Centre (serving northwest Winnipeg) held a "Men's Day of Caring" event. Men from the Brooklands community attending the event received a haircut, a BBQ lunch, were able to "shop" through used clothing and shoes, and received a variety of personal hygiene items – including the toothbrush/toothpaste/floss items donated by you at the Wing Commander Challenge. Your generosity made a tangible difference in the lives of some of our community members. Thank you again for your support.



Lieutenant Colonel Brian Quick, Deputy Commander of 17 Wing Winnipeg, donates a tooth brush and toothpaste to Melissa Burgess and Hillary Gair, United Way Community Involvement Managers, during the Wing Commanders Challenge, 17 Wing, on June 5. Photo: Sgt Daren Kraus



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Around The Wing



Lieutenant Colonel John Schwindt, Commander of 402 Squadron, and team mates start their first lap of the 9th annual Grizzly Challenge at Bird's Hill Provincial Park, Winnipeg, MB, on June 7, 2019. The challenge is to commemorate Canadian Armed Forces members lost in Afghanistan, with the participants attempting to ride 158kms, 1km for each member lost in Afghanistan. Photo: Sgt Daren Kraus



Colonel Eric Charron, Commander of 17 Wing Winnipeg, and Chief Warrant Officer (CWO) Claude Faucher, 17 Wing CWO, march in during the grand opening of the National Aboriginal Day celebrations at Kapyong Barracks, Winnipeg, MB, on June 21, 2019. Photo: Sgt Daren Kraus



(L-R) Alan Parkin, volunteer, and Bob Cooper, also a volunteer, perform some light maintenance on Diane Brine's bicycle at the tent set up on the Yellow Ribbon Trail and Wihuri Rd on Bike to Work Day on June 17.

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Sports Trivia

Hoisting the Cup

by Stephen Stone

Every sport presents the winner with a trophy, but did you know that all the trophies have names? I'll give you the trophy; you name the sport and current holder of that trophy. *I.e. Stanley Cup = Hockey, NHL, St. Louis Blues.*

1. The Claret Jug.
2. The America's Cup
3. The Ashes Urn
4. The Jules Rimet Trophy
5. Wanamaker Trophy
6. The Grand Depart Trophy
7. The Commissioners Trophy
8. Maurice Podoloff Trophy
9. Harley J. Earl Trophy
10. Borg-Warner Trophy
11. The Green Jacket – this is your gimme
12. Memorial Cup
13. Vanier Cup
14. Larry O'Brien Trophy
15. Webb Ellis Cup
16. Mann Cup (BTW – it really is made of solid gold)
17. Gunn Baldrursson Memorial Trophy
18. Woodlawn Vase
19. Grey Cup
20. Vince Lombardi Trophy

Sports Trivia Answers on page 14

CFS Met Graduates Three Courses

by Sgt Christian Couture, CFS Met Instructor

The Canadian Forces School of Meteorology (CFS Met), located at 17 Wing Winnipeg, Manitoba, conducted the Meteorological Office Supervisor (MOS) 1901 course which graduated on May 17, the Met Inspector (MI) Course on June 7, and the Junior Meteorological Forecaster (JMF) course on June 14.

The aim of the MOS course is to prepare Meteorological Technicians at the Master Corporal and Sergeant rank level for their supervisory responsibilities. These skills are required to manage meteorological personnel and resources within their respective units. Met Office Supervisors provide support to the weather observing program, operations at Wings, Tactical Helicopter Squadrons, Field Artillery Units, HMC Ships, Special Operation Units as well as the All Source Intelligence Cells at the Brigade level. These positions require a variety of knowledge and a specialized skillset to maintain a continuous weather observation program. Supervisors are responsible for adhering to national and international regulatory standards through the maintenance of observational instruments and enforcing quality control standards.

The goal of the MI course is to qualify senior meteorological personnel to perform quality control functions for various meteorological programs in the CAF. These Meteorological Inspectors will be responsible for: conducting regular inspections; coordinating siting, service and repair of specialized equipment; and reporting on program deficiencies to the various chains of command.

This course is designed to ensure the integrity of the weather observing, briefing, and forecasting programs supporting a variety of operations including those at Wings, Tactical Helicopter squadrons, aboard Her Majesty's Canadian Ships, and within field artillery units.

The aim of the Junior Forecaster course is to employ Met Techs in provision of meteorological support to operations in all three elements. These Junior Meteorological Forecasters must be able to provide commanders and operational personnel with weather information in the form of forecasts and/or advice on meteorological matters

Mr. Louis Richard (Instr), MCpl F.C. Chiasson, MCpl B.G. Stouffer, Cpl E.L. Thomson, Cpl S.M.N. Vachon, MCpl V. Dumont, Cpl Z.J. Poirier. Front row L-R: MWO S.D. Manning (CI), Mr. Chad Thompson (Standards), Maj D.G. Jones (Cmdt CFS Met), Mr. Daniel Chrétien (Acting Dir DMETOC), CWO M.P. Taylor (CWO CFS Met), Ms. Danielle Finland (ECCC Mgr), Sgt I.M.S. Campbell (CD).



CFS Met graduates of the Met Office Supervisor course 1901
Back row L-R: MCpl A.D.J. Gravel, MCpl D.E. Jacklin, Sgt R.S. Baird, Sgt R.M. MacDonald, Cpl P.E. Keagan, MCpl T.L. Nissen, Sgt C.E. Loykowski. Middle row L-R: Sgt A. Bezanson (Instr), Sgt J.T. Eldridge, MCpl K.S. Ferguson, MCpl M.D. Rivard, Sgt M.L. Wilson, MCpl D.A. Morrison, MCpl C. Couture (Instr). Front row L-R: WO S.D. Manning (CI), MWO M.J.L. Boucher (Standards), Padre P.G. Gemmiti, Maj D.G. Jones (Cmdt CFS Met), CWO R.R. Viel (Canadian Forces Intelligence Command CWO), CWO M.P. Taylor (CWO CFS Met), Sgt G.E.W. Szikora (CD). All photos: Supplied



CFS Met graduates of the Met Inspection Course 1901
Back Row L-R: WO M.E. Foulkes, MCpl C. Couture, Sgt D.M. Sine, Sgt J.G.P.S. Mercier, Sgt E.R. Leblanc, WO G.L. Slauenwhite, Sgt C.L. Downey, Sgt A.H. Hillaby, WO M.C. Muise, Sgt I.M.S. Campbell. Front Row L-R: MWO M.J.L. Boucher (Instructor/Standards), CWO J.N.S. Laforge (1 CAD HQ CWO), Maj D.G. Jones (Cmdt CFS Met), CWO M.P. Taylor (SCWO), Sgt A. Bezanson (CD). Missing: WO S.D. Manning (CI)



CFS Met graduates of the Junior Met Forecaster course 1901
Back row L-R: Mr. Derek Kania (Instr), Mr. Jeremy Kusyk (Instr), Mr. Eric Dykes (Instr), Ms. Dinah Luzny (Instr), Mr. Brian Luzny (Instr). Third row L-R: Ms. Jen Smith (Instr), Sgt R.J.C.N.N. Drapeau, Cpl S.P. Easterman, MCpl J.A. Stratton, Cpl C.J. Arsenault, Cpl F.G. Tucker, Ms. Michelle Curry (Instr) Second row L-R: Mr. Louis Richard (Instr), MCpl F.C. Chiasson, MCpl B.G. Stouffer, Cpl E.L. Thomson, Cpl S.M.N. Vachon, MCpl V. Dumont, Cpl Z.J. Poirier. Front row L-R: MWO S.D. Manning (CI), Mr. Chad Thompson (Standards), Maj D.G. Jones (Cmdt CFS Met), Mr. Daniel Chrétien (Acting Dir DMETOC), CWO M.P. Taylor (CWO CFS Met), Ms. Danielle Finland (ECCC Mgr), Sgt I.M.S. Campbell (CD).



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RESPECT DANS LES FAC

25 July 2019 0800 - 1600 hrs
 25 juillet 2019 08h00 à 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, contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca

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

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

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ONLINE REGISTRATION BEGINS: Membership - Wednesday, April 10 • Non-membership - Wednesday, April 24

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17 Wing Community Recreation

Aquatic DAY CAMP

Sports & Games

INCLUDES:

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

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

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

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

Youth 10-14 yrs

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

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

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

REGISTRATION:
www.cafconnection.ca/winnipeg

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

Summer Sports DAY CAMP

Tuesday, July 2 to Friday, August 23

Before Care 7:30 am - 9 am
 Camp Day 9 am - 4 pm
 After Care 4 pm - 5:30 pm

JOIN US FOR A WEEK OF FUN, FRIENDSHIP & FITNESS
 Sports • Crafts • Games • Swimming • Movies • Trips • Lunch & MORE!

FIELD TRIPS MAY INCLUDE: HIDE 'N SEEK, FLYING SQUIRREL INDOOR TRAMPOLINE, DRAGON BOAT/KAYAKING, KILDONAN WATERPARK, OAK HAMMOCK MARSH, STONEWALL QUARRY BEACH, ACADEMY LANES BOWLING

ROOKIES • 6 - 8 YEARS
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 ELITE • 11 - 13 YEARS

PRICE: MEMBERSHIP \$140 per week, per child
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Registration: www.cafconnection.ca/winnipeg

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

CFB Winnipeg Golf Club Open For Lunch During Summer

By Jackie Kurceba, CFB Winnipeg Golf Club Manager

Looking for a new place to go for lunch? Looking for a section DWD or farewell event venue? Support your CFB Winnipeg Golf Club and let us meet your summertime needs.

The CFB Winnipeg Golf Club welcomes everyone to enjoy our clubhouse facilities, including our wrap around deck and the picnic table area under the trees. Summer in Winnipeg is beautiful, so let us host your next section farewell or DWD event. Just wanting a relaxing lunch? We are proud to offer a new affordable menu of tasty lunch time treats with daily beverage and snack specials. If you cannot make it for lunch, then stop in after work for a refreshing beverage to end your workday in our relaxing atmosphere! Our current lunch time hours are limited to Tuesdays 1100-1300hrs and Saturday & Sunday 1100-1300hrs, but effective 16 July, we will expand to Tuesday - Thursday 1100 - 1300hrs and Saturday & Sunday 11 - 1300hrs for the lunch time menu.

For more information on our food and beverage offerings, visit us on CAF Connection. Follow us @cfbwpggolfcourse on Instagram or "CFB Winnipeg Golf Club" on Facebook for daily specials. You can always contact us at 204-832-8436. See you on the deck!

Kitchen Hours:
 Tuesdays 1100-1300hrs
 Saturday & Sunday 1100-1300hrs

Effective 16 July
 Tuesday - Thursday 1100 - 1300hrs
 Saturday & Sunday 1100-1300hrs

CFB GOLF CLUB LUNCH MENU

HOT DOG - \$3.50
PEROGIES - \$7.50
CFB CHEESEBURGER - \$6.00
PLATE OF FRIES - \$3.50

SIDE OF FRIES - \$2.00
ADD CHEESE \$0.50
ADD BACON - \$1.50
ADD LETTUCE, TOMATO, MAYO \$0.50



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

WE ARE ON...



@WinnipegMFRC

www.CAFconnection.ca/winnipeg

COMMUNITY COFFEE BREAK

Visit with community members, pick up resources, register for programs and meet with staff. We have door prizes, occasional special guests and announcements. Thurs., July 4, 1000 - 1100. Drop-in.

MFRC COMMUNITY BBQ'S

A variety of barbeque classics are available by donation. Thurs., June 27, July 11(Sponsored by Emergent Biosolutions) & July 25 (sponsored by Fountain Tire), 1130 - 1300.

ADULT PROGRAMS

EMPLOYMENT & EDUCATION SUPPORT GROUP

This small group environment is dedicated to offering a socially supportive atmosphere for spouses who are looking for employment. Tuesday, July 2, 0930 - 1130. Drop-in.

CAFÉ FRANÇAIS

Join us for a coffee and chat in French at the MFRC. This is a perfect opportunity to practice your French. Wednesdays., June 26, July 3 & 10, 930 - 1130. Drop-in.

EVERYDAY JOY

Appreciating Nature - weather permitting, we will meet at Assiniboine Park. Thurs., July 4, 1800 - 2000. Register by June 27.

CRAFT DROP-IN AFTERNOON

Are you a knitter, scrap-booker, card maker or other crafter? Pack up your supplies and work on it in our space, in the company of other crafters. We have 8 ft. tables. You have room to work! Wed., July 17, 1330 - 1500. Drop-in.

CRAFT DROP IN AT NIGHT

We have a child free place with 8 ft tables for you to work on your craft project. Mon., July 22, 1830 - 2030. Drop-in.

Workshop to building skills to make their return from separation easier. Thurs., July 25, 1300 - 1500 Register by July 19.

CAFÉ FRANÇAIS

Joignez-vous à nous les mercredis pour un café et de la discussion en français. C'est votre chance de pratiquer

votre français. Les mer-
 credis 3 et 10 juillet, de 9 h 30 à
 11 h 30. Programme halte-accueil.

LUNCH ET CONVERSATION EN FRANÇAIS

Chaque jeudi apportez votre lunch au CRFM et venez discuter en français, pour tous les niveaux. Les jeudis, de 12 h 30 à 13 h 15. Programme d'halte accueil.

EXERCICES DE RÉCHAUFFEMENT EN FRANÇAIS

Exercices de réchauffement et astuces concernant des collations énergisantes avant et après les exercices, en collaboration avec le PSP. Jeudi 11 juillet, de 17 h 15 à 18 h 15. Date limite d'inscription : 3 juillet.

MARCHÉ ST. NORBERT ET PIQUE-NIQUE

Exploration du plus grand marché fermier à Winnipeg suivi d'un pique-nique. Samedi 20 juillet, magasin- age de 10 h 30 à 11 h 30, pique-nique de 11 h 30 à 13 h. Date limite d'inscription : 12 juillet.

SOUPER FRANCO

Une soirée de détente en bonne compagnie. Thème : Parc Assiniboine. Jeudi 18 juillet, de 17 h 30 à 20 h 30. Date limite d'inscription : 5 juillet. Preparing for re-union

CHILDREN & YOUTH PROGRAMS

OCCASIONAL CHILD CARE

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

PRESCHOOL CAMP

For 3 - 5 yrs. \$100 per week, per child. Monday to Friday, 10:00 - 3:00 with extended care available for a fee. Call 204-833-2500 ext. 2491 to register or for more information.

YOUTH CENTRE PROGRAMS

Annual membership to the MFRC youth centre is required in addition to any trip/event fees. Membership is valid for 12 calendar months.

STONEWALL QUARRY

Field trip to the Kinsmen Beach at Stonewall Quarry. Bring a bagged lunch, your bathing suit, towel, and sunscreen. Wed., July 10. Depart MFRC 1000. Return 1530. \$10 per child Register by July 3

PRAIRIE EXOTICS

The animals from Prairie Exotics visit the North Side Youth Centre. Limited Space. Wed., July 10, 1300 - 1400. Register by July 10

FIRE HALL VISIT

Group visit to the 17 wing fire hall. Friday, July 19, 1300 - 1500. Register by July 12

ASSINIBOINE PARK ZOO

Field trip includes guided tour of a Awesome Arctic Adaptations. Please bring a bagged lunch. Wed., July 24. Depart MFRC 1030. Return 1445. \$12 per child, Register by July 17

FORT WHYTE ALIVE

Learn about animals, and our prairie history! Please bring a bagged lunch. Wed., July 31. Depart MFRC 1015. Return 1300 \$ 8 per child. Register by July 24

North Side Youth Centre 102 Comet Street

SUMMER DROP-IN PROGRAM

AGES 6-12 (NO EXCEPTIONS)
 MEMBERSHIP \$20/YEAR

Join us for activities, field trips, and games
 Monday, Wednesday, Friday 10am-4pm*

Field trips** include:

- July 10 - Stonewall Quarry,
- July 24 - Assiniboine Park Zoo,
- July 31 - Fort Whyte Alive,
- August 7 - Winnipeg Beach
- August 14, - Spash Island,
- August 21 Fort Gibraltar

Each participant needs a membership to the youth centres. Their parent/guardian must complete the membership form and sign the waiver.

*Hours subject to change. Closed for all statutory holidays. Drop-in is first come first served based on maximum capacity of 24 attendees.

** field trips require additional fees to cover cost of admission and depart from North Side Youth Centre, 102 Comet Street.

FIND YOUR
EVERYDAY JOY
 APPRECIATING NATURE

JULY 4
 WEATHER PERMITTING
 WE WILL MEET AT
 ASSINIBOINE PARK
 1800 - 2000
 REGISTER BY JUNE 27
 204-833-2500 EXT 4500

PARENT & FAMILY PROGRAMS

WALKING GROUP FOR WELLNESS

We will enjoy the morning and get some fresh air and clear our heads! Starts at the MFRC. New 1 hour route each week. Walk at your own pace! Refreshments after at the MFRC. Tuesdays, July 2 & 30, 1000 - 1130. Register by June 25 and July 23.

PARENT IN THE PARK

Join us for fun and networking in the park. Fri., July 5, 0930 - 1130. Register by July 2.

PARENT COMMUNITY

A 'community' of parents will discuss topics related to parenting children of all ages. Fridays 0930 - 1130 June 28, July 19. Drop-in

PARENT GROUP

Join us for parenting discussions and networking. Wed., July 10 & 24, 0930 - 1130. Drop-in.

PARENTING TOGETHER AT NIGHT

Join us for a parenting group in the evening. Wed., July 17, 1830 - 2030. Drop-in.

DEPLOYMENT ACTIVITY: BUILD A BEAR

Beat the deployment blues by making your own stuffie with a special message from deploying parent. Sun., July 28, 1000 - 1130. \$10 per child. Register by July 17. Space is limited

DEPLOYMENT DINNER DATE

If you have a loved one preparing to deploy or is currently deployed or has recently returned from a deployment, allow us to organize dinner for you and your family. Tues., July 30, 1700 - 1900. \$5 per adult and \$3 per child (5-12), under 4 free with a max \$20 per family. Register by July 26.

NEW RECRUITS - FAMILY CAFÉ

Calling all partners, siblings and parents of new military members! Come learn about the services the MFRC can offer you and your family. Light refreshments will be served. Saturdays, July 6 & 27, 1100 - 1200. Drop-in.

Family BBQ
on the South Side
Barbecue au Côté Sud

THURSDAY JULY 11
 5:30 PM - 7:00 PM

LE JEUDI 11 JUILLET
 17 H 30 À 19 H

Join us for a Family BBQ at our South Side Youth Centre. Bring your own lawn chairs and enjoy burgers, hotdogs and salads with your family and your neighbours!

347 DONCASTER ST

\$5 PER FAMILY REGISTRATION REQUIRED BY JULY 5

Joignez-vous à nous pour un barbecue au Centre Jeunesse- sud. Apportez vos chaises de jardin et dégustez un hamburger ou hot-dog et des salades avec votre famille et vos voisins !

347, RUE DONCASTER

5 \$ PAR FAMILLE DATE LIMITE D'INSCRIPTION : 5 JUILLET

Sports Trivia Answers

1. Formally "The Open" but often referred to as The British Open – Francesco Molinari.
2. International Yacht Sailing – Oracle Team USA.
3. Cricket – a challenge match between England and Australia. Australia currently hold the Ashes.
4. Football (soccer) – France. Since 1970s it is known as The World Cup.
5. Golf – PGA Championship – Brooks Koepka.
6. Cycling – The Tour de France – Geraint Thomas.
7. Baseball – MLB – World Series champion – Boston Red Sox.
8. Basketball – NBA – MVP – James Harden.
9. NASCAR – Winner of the Daytona 500 – Denny Hamlin.
10. Formula Racing – Indianapolis 500 – Simon Pagenaud.
11. Golf – Masters – Tiger Woods.
12. Hockey – Canadian Hockey League – Rouyn-Noranda Huskies.
13. Canadian University Football – Laval.
14. Basketball – NBA – Champion – Toronto Raptors.
15. Rugby – Rugby World Cup – New Zealand All Blacks.
16. Lacrosse – specifically box lacrosse – Peterborough Lakers.
17. University Women's soccer – University of Ottawa Gee-Gees.
18. Horse racing – given to the winner of the Preakness Stakes – War of Will.
19. Canadian Football League championship – Calgary Stampeders.
20. NFL football – Super Bowl winner – New England Patriots.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Though it might seem that others are better off, upon closer inspection you see that everyone is struggling in some way. A feeling of envy can help you identify what you desire most. Reset or reaffirm your goals and priorities. Plan, then take the first steps to getting what you want.

Taurus (April 20 – May 20): Keep lists and organize important documents so you can find them easily. Pace yourself to ensure you have enough energy to get through longer work days. Make your health a priority. Look for ways to change behavior patterns, your reactions and situations that add to your stress.

Gemini (May 21 – June 21): You get more done when you feel comfortable in your environment. Push past what is convenient to stretch and grow. There's something great coming your way. A better fit will be available so don't resign yourself to having to settle for a situation that doesn't fulfil your dreams.

Cancer (June 22 – July 22): Another's actions are disappointing. You believed they had greater potential. This can lead you to recheck your assumptions about people. Being optimistic is one thing but being impartial is also required. Be detached in your observations to gain greater clarity in your relationships.

Leo (July 23 – August 22): Your confidence in your assumptions about the future wanes. Others are distracted or drifting away. You may not be getting the help you expected. Expressing your frustration as outrage won't be well received. Sometimes if you want something done you have to do it yourself.

Virgo (August 23 – September 22): Pause before making an important decision about a new position, responsibilities or a promotion. You've reached a new level of understanding about yourself and others. Organize your day to include down time to relax. Rely on support from others when you need help.

Libra (September 23 – October 23): Consider what you have and how you can turn it into something more. Working with a partner can increase your returns. But be sure to factor in what you both need to be happy and comfortable with the arrangement. Insist on equity. Be honest about what works for you.

Scorpio (October 24 – November 21): Maintain a calm demeanor with others. Strategize on how you can move forward effectively. Review your options. Should you start something new, leave a non-viable project unfinished, train a replacement, put in one last big push, expand and diversity? Focus on success.

Sagittarius (November 22 – December 21): If you're feeling that life is unfair, it's time to step back and review your situation. Evaluate and appreciate what you have. Then assess what you still want and consider how you can get it. Being overly dramatic or critical alienates your supporters. Stick to the facts.

Capricorn (December 22 – January 19): Another's lack of appreciation should not minimize your own sense of accomplishment. You don't have to prove anything to anyone or explain yourself. Spend less time trying to impress those you admire and instead value those who already see your true worth.

Aquarius (January 20 – February 18): Though you are aware that things are changing, the extent of a shake-up can be shocking. Take the time to process your emotional response before attempting to discuss constructive options. Avoid over-scheduling. Don't take on additional work. Be forthright and fair.

Pisces (February 19 – March 20): People will be surprised at how much you can get done when you focus. Gracefully respond to other people's assumptions about your abilities. Be mindful of your image. Deal with a few easy tasks before tackling a big project. Streamline record keeping to track bills better.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

"You may not control all the events that happen to you, but you can decide not to be reduced by them."

- Maya Angelou, Poet

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HAPPY HOUR

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

MEAT DRAWS

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

JUNE 28 & 29 – Ravin
Monday

🍁 CANADA DAY 🍁

Sunday, JULY 1 – Ravin

6:00 pm - 10:00 pm

JULY 5 & 6 – Ghosts of Rock



Monday, July 1st
9:00 am - 10:00 pm

EVENTS FOR THE DAY

- Pancake Breakfast ~ 9:00 am – 11:00 am
- Silent Auction ~ Tickets Available All Day
- Rockwood Pipe Band ~ 1:30 pm
- Presentation ~ Years of Service Pins
- Canada Day Cake
- Fun Sports ~ 2:00 pm – 4:00 pm
- Donkey Races ~ 3:30 pm

Live Band on Canada Day
6:00 pm - 10:00 pm

Bar opens @ 11:00 am

Kitchen open all day

All times Subject to change

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204-488-5972 or schipper@shaw.ca

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TEXAS HOLD 'EM

Tuesday 7 pm

ZUMBA

Tuesday/Thursday 10-11 am

LINE DANCING

Wednesday 1 pm & 7 pm

DANCE TO LIVE BANDS

Friday 8pm-1am June-August

Every Saturday 7-11 pm

MEAT DRAWS

Friday 5-7 pm

Saturday 2-5 pm



Chaplain's Corner

What a Holocaust Survivor and My Mother Taught Me About Suffering

"Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."

- Holocaust survivor Victor Frankl

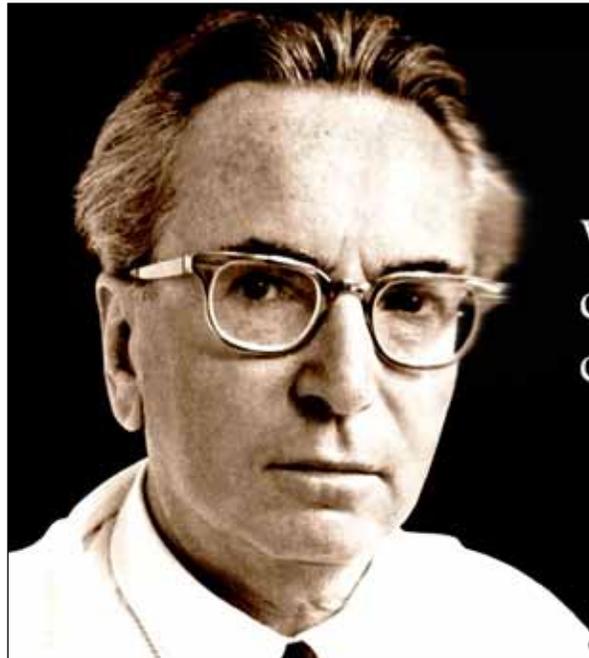
by Padre Kevin Olive

Just the other day I spent some time by my mother's hospital bedside as she struggled with her cancer and the reality of her mortality. It's hard to see your mom suffer. On one particular day she was having a very difficult time breathing and I could tell her spirits were down. Like a lot of moms, she is typical – she always thinks of others first, but finally things came to a head last week when her pain and circumstance finally overtook her. "I cried out to God one day and asked him if he was going to get me out of the hospital or was I going to die here?" She was a little embarrassed but she said she was angry at God. She knows it is okay to be angry at God and that He can handle it, but what bothered her was the fact that she took her eyes off of others and put them on herself. I assured her that she has earned the right at this stage to think about her own suffering. But at 84 you've gained some wisdom – and she very quickly interjected that it was putting others first that helped her enjoy her life where others were overcome by their suffering. In her own words – "If we focus on others, then our problems lose their power over us." I supposed you could take that to the extreme and use that line as an excuse to not deal with your life, but that was not her point. She didn't like where that dark moment took her. Courage under fire.

Viktor Emil Frankl was an Austrian neurologist and psychiatrist and a Holocaust survivor. He survived Theresienstadt, Auschwitz, Kaufering and Türkheim. While in the death camps, his wife, mother, and siblings

were murdered. He knew tremendous suffering. In his book, "Man's Search for Meaning," he observed in the death camps that those who did not give into the despair had one major thing in common –they were living for others. Frankl believed that people are primarily driven by a "striving to find meaning in one's life," and that it is this sense of meaning that enables people to overcome painful experiences. "Man is originally characterized by his "search for meaning" rather than his "search for himself." The more he forgets himself—giving himself to a cause or another person—the more human he is. And the more he is immersed and absorbed in something or someone other than himself, the more he really becomes himself."

I often wonder if we struggle more than we need to with some of our minor personal problems that quickly become major problems because we live more and more in the echo chamber of social media. I am thinking more of myself here perhaps, but my mother's wise words are reminding me that I need to look out and up once in a while in order to take my eyes off of myself. I've heard that it is impossible for the mind to contain two contrary thoughts at the same time: If I think of my blessings I can't entertain negativity at the same time. I am grateful for a mother who leads from the front.



When we are no longer able to change a situation, we are challenged to change ourselves.

Viktor Frankl

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE: (English Only) 900 hrs

COMMUNITY SERVICES:

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

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

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

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

CHAPLAINS

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

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

TBD
ext 6914

JEWISH

CHAPLAIN

Padre Noteh Glogauer
(Rabbi)
ext 5272



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

INFO PHONE NUMBER

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

CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Bilingual)

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

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

COMMUNITY SERVICES:

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

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

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

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

MAIN OFFICES

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

EMERGENCY DUTY CHAPLAIN

Contact MP Dispatch ext 2633.

WEBSITE

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

CARE & SHARE BENEVOLENT FUND

Contact Wing Chaplain Office for further information.

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