



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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## 17 Wing Celebrates 20 Years of Morale and Welfare Services



The first ever Morale-A-Palooza was held at 17 Wing on 28 September 2016 to celebrate the Canadian Forces Morale and Welfare Services 20th Anniversary. The CFMWS mission is to enhance the morale and welfare of the military community and includes the operating entities of Personnel Support Programs, Military Family Services, Director Casualty Support Management, CANEX, SISIP Financial, and the Support our Troops program. Photo: Bill McLeod, Voxair Manager

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# RCAF Officer Takes “Top Shot” at Small Arms Competition



**Major Ken Barling, Royal Canadian Air Force team captain shoots and goes on to win the Queen’s Medal for Champion shot Stage II event at the Canadian Armed Forces Small Arms Concentration (CAFSAC) held at the Connaught Range, Ottawa, Ontario on Friday September 16, 2016. Photo: Cpl Nathan Moulton, Imagery Valcartier**

by Martin Zeilig, Voxair Photojournalist

As the winner of the Queen’s Medal for Champion Shot at the 2016 Canadian Armed Forces Small Arms Concentration, Major Ken Barling knows what attributes are required to becoming an elite marksman.

This is the fourth time Major Barling, an Air Combat Systems Officer at 435 Squadron, has won the top honour in the Regular Force division. Second Lieutenant Justin DeRoos (see the Q&A with him elsewhere in this issue) was the other member of 17 Wing at the CAFSAC.

From September 5 to 17, the Canadian Army hosted 21 teams at the Connaught Ranges and Primary Training Centre in Ottawa. Nearly 300 participants came from the United Kingdom, the United States of America, the Canadian Army, the Royal Canadian Navy, the Royal Canadian Air Force, and the Canadian Rangers. As well, for the first time a team from the Royal Military College of Canada participated. Each used their own service weapon to compete, including pistol, rifle and light-machine gun.

The Canadian Armed Forces Small Arms Concentration was first organized by the Dominion of Canada Rifle Association at its national range in La Prairie, Quebec, in 1868. It took place at various locations in the National Capital Region before finding its home at the Connaught Ranges Primary Training Centre, where it has been held since 1921.

This year was the 95th time the annual competition has been held.

The Queen’s Medal for Champion Shot is presented

to the shooter obtaining the highest aggregate score during Stages 1 & 2 of the Queen’s Medal matches.

“A couple of things that come to mind are physical fitness, technical knowledge, dedication and preparation,” said Maj Barling talking about the requirements to succeed. Maj Barling, along with 2Lt DeRoos, was part of the 10 member RCAF team at the competition. “I think one factor that is probably the most important is that you have to enjoy shooting. If it changes from something you like doing into work, then your motivation is going to decline, and your performance is going to suffer.”

He first got involved with CAFSAC back in 2010 when he went for the first

time with the ATESS team from 8 Wing in Trenton, led by MWO Proulx, “Since then I’ve been a total of six times, missing only 2015 because of operational requirements. In 2011, MWO Proulx was posted out of Trenton, and I became the RCAF team captain at CAFSAC because our team was the only one in attendance. I’ve remained in that position since then,” said Maj Barling. This year he competed in the regular force category as a senior.

He pointed out that he won the Queen’s Medal for Champion Shot by having the highest score among Regular Force shooters. Out of a possible 1300 points over five matches, Maj Barling scored 1244 points with 105 bull’s eyes.

“At the awards ceremony, Lt Gen Wynnyk, the commander of the Canadian Army, invited my parents to come up with him when he presented the Queen’s Medal for Champion Shot to me,” he said. “That was a very special moment.”

“Although this was an individual achievement, I could not have done it without the support of many people. The leadership at my previous and current squadrons (402 Sqn and 435 Sqn) were very supportive of me going to CAFSAC this year. The 17 Wing RTF was excellent in providing time on the small arms trainer to conduct workup training. The instructional staff at 426 Sqn in Trenton was very accommodating in adjusting their training schedule so I could take a two week break in the middle of my course to attend CAFSAC. I had great help from the shooters in Trenton, sorting me out with my equipment again this year, and the 8 Wing RTF helped me get my RSO qualifications squared away.”

But, there is one person, in particular, his wife, Chris, to whom Maj Barling is most grateful for helping him year after year.

“She is the best training partner I could have,” he said. “When we get the opportunity to spend time on the range together, she keeps shooting fun and enjoyable and most importantly, she prevents it from becoming work. Without her continual support and encouragement, I wouldn’t be able to do what I do.”

## Other Top Shots

by Captain SueEllen MacGowan, CAFSAC PAO

Individual and team prizes were awarded to additional top shooters. The Top Shots on Pistol were awarded to Regular Force member Corporal Robert Wright from the 1st Battalion, Princess Patricia’s Canadian Light Infantry in Edmonton and Reserve Force member Corporal Matt Valcour from the Governor General’s Foot Guards in Ottawa. The two trophies for Top 12 member teams were both awarded to teams from 2nd Canadian Division (headquartered in Montreal): the Regular Force team received the Letson Trophy and the Reserve Force team received the Clarence R. Smith Trophy.



**Major Ken Barling of the RCAF won his fourth Queen’s Medal for Champion Shot in the Regular Force division during the 2016 Canadian Armed Forces Small Arms Concentration on 16 September at the Connaught Ranges, Ottawa, Ont. In a tradition that dates back more than 130 years, winners of the Queen’s Medal are carried by their fellow competitors from the shooting ranges in a sedan chair. Photo: Aviator Desiree T. Bourdon**

## The Queen’s Medal

by Captain SueEllen MacGowan, CAFSAC PAO

The Queen’s Medal was first instituted by Queen Victoria in 1869 and was awarded to the best shot from the British Army and Navy. It ceased to be issued after 1883 but was re-introduced by King George V in 1923 as the King’s Medal. It was open to participants from the United Kingdom, India, Canada, Australia, New Zealand and South Africa (including Rhodesia).

Today it is known as the Queen’s Medal and only four Commonwealth countries – the United Kingdom, Jamaica, New Zealand and Canada – continue to issue it.

In Canada, from 1923 to 1952, only one medal was awarded to the best shot from the Militia (Army Reserve), RCMP or the Regular Force for the Service Rifle Individual Championship.

Beginning in 1953, the medal was only awarded to the winner of the Canadian Army or RCMP. However, that changed in 1963 when an additional medal was awarded to members of the Reserve Force. In 1964, the RCMP were moved from the Regular Force category and became eligible for the Reserve Force medal.

For a time, members of the Reserve Force, RCMP and the Canadian Rangers competed for the Reserve Queen’s Medal. Today, Rangers compete for the Captain Shannon Wills QM1 Trophy

From 1954 to 1967, another Queen’s Medal was issued for the best rifle shot in the Royal Canadian Air Force. In 1968, the Air Force Queen’s Medal was discontinued when the three branches of the military unified and the Canadian Army (Regular) Rifle Competition, now called CAFSAC, was created. In 1991, a specifically Canadian Queen’s Medal was created and has been awarded since that time. It was designed by the late Flight Sergeant Bruce Beatty who, following his retirement from the Canadian Armed Forces, worked in the Chancellery of Canadian Orders and Decorations at Rideau Hall. There, he designed many iconic medals and decorations, including the Order of Canada insignia.



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## Changes to Veterans Income Support Benefits

The ongoing care, support and well-being of ill and injured Canadian Armed Forces (CAF) members, Veterans and their families, is a high priority for the CAF, Department of National Defence (DND), Veterans Affairs Canada (VAC) and the Government of Canada. Whether our personnel are on the road to recovery, rehabilitation, returning to military duty, or transitioning to civilian life, the CAF is dedicated to assisting them through their challenging journey.

All CAF members need to be aware of changes to VAC income support benefits that will take effect on October 1, 2016, as many personnel have questions about what this means for them and how they can apply to receive such benefits. This change will affect all Veterans as well as ill and injured Canadian Armed Forces (CAF) members who may be medically released in the future.

As announced in Budget 2016, funding for income support benefits for Veterans in VAC's Earnings Loss Benefit (ELB) program will be raised from 75 to 90% of a Veteran's pre-release salary. Additionally, the benefit will be indexed so that it keeps pace with inflation. While VAC's ELB income support benefits will increase, it is important to note that CAF Long Term Disability (LTD) benefits will not. It will remain at 75% of a Veteran's pre-release salary and existing benefits will not be affected. Therefore, in order to be considered for the additional benefit, people must apply to VAC.

Note that the Service Income Security Insurance

Plan (SISIP) administers the CAF LTD policy on behalf of the Chief of the Defence Staff and Manulife is the insurer. As the employer sponsored group disability plan, CAF LTD is first payer for benefits and remains among the best LTD plans offered in the country.

Veterans or those medically released from the CAF in the future are encouraged to apply to VAC to participate in their Rehabilitation program, a precondition for ELB eligibility. A Veteran can receive an application by calling VAC at 1-866-522-2122 (toll-free) Monday to Friday, 8:30 to 4:30, local time, by visiting the VAC ELB webpage and downloading the application form, by logging into My VAC Account or by visiting the local VAC Area Office.

All CAF members are strongly encouraged to learn more about range of care, compensation, and financial benefits available to them so that they can make informed decisions about what benefits plan or program will best support them and their family's needs upon being released.

DND, CAF and VAC are committed to simplifying and consolidating the system of care, compensation, and financial benefits that are available to Veterans and their families. CAF and VAC continue to work together and with Veterans to address gaps in service as outlined in the public, written direction the Minister of Veterans Affairs and the Minister of National Defence have received from the Prime Minister.

## Modifications apportées aux allocations pour perte de revenus des vétérans

Offrir sur une base permanente des soins et du soutien aux militaires malades ou blessés et aux vétérans des Forces armées canadiennes (FAC) ainsi qu'aux membres de leur famille, et veiller continuellement à leur bien-être sont des grandes priorités pour les FAC, le ministère de la Défense nationale (MDN), Anciens Combattants Canada (ACC) et le gouvernement du Canada. Peu importe si les militaires sont sur la voie de la guérison, s'ils reprennent leur service actif ou s'ils font la transition vers la vie civile, les FAC sont résolues à les aider à traverser cette période difficile.

Tous les militaires des FAC doivent être au courant des modifications apportées aux allocations pour perte de revenus d'ACC qui entreront en vigueur le 1er octobre 2016. Plusieurs d'entre eux se demandent ce que cela signifie pour eux et s'interrogent sur la manière de présenter une demande en vue de toucher de telles prestations. Les modifications toucheront tous les vétérans et les militaires des FAC qui pourraient éventuellement être libérés pour des raisons médicales.

Comme annoncé dans le budget de 2016, le financement des allocations pour perte de revenus versées aux vétérans dans le cadre du programme d'ACC sera haussé, passant de 75 % à 90 % de la solde perçue avant leur libération. De plus, les allocations seront indexées en fonction du taux d'inflation. Même si les allocations pour perte de revenus d'ACC augmenteront, il est important de souligner que ce ne sera pas le cas pour les prestations d'invalidité de longue durée (ILD) des FAC.

Elles resteront à 75 % de la solde perçue par un militaire avant sa libération; et donc les prestations ILD actuelles ne seront pas affectées par ces modifications. Par conséquent, pour vérifier s'ils ont droit à une allocation supplémentaire, les gens doivent présenter une demande à ACC.

Veillez noter que le Régime d'assurance-revenu militaire (RARM) administre la politique d'ILD des FAC au nom du chef d'état-major de la Défense, et que la compagnie d'assurances est Manuvie. Dans la catégorie des régimes collectifs d'assurance invalidité financés par l'employeur, le programme d'IDL des FAC est le premier payeur de prestations et figure parmi les meilleurs régimes d'ILD offerts au pays.

Les vétérans et ceux qui seront éventuellement libérés des FAC pour des raisons médicales sont encouragés à présenter une demande à ACC pour participer à leur programme de réadaptation, un prérequis pour avoir droit aux allocations pour perte de revenus. Il est possible de recevoir un formulaire de demande en téléphonant à ACC, au 1-866-522-2122 (sans frais), du lundi au vendredi, de 8 h 30 à 16 h 30, heure locale, en se visitant la page Web d'ACC sur les allocations pour perte de revenus pour télécharger le formulaire, en ouvrant une session dans Mon dossier ACC, ou en se rendant dans l'un des bureaux régionaux d'ACC.

Tous les militaires des FAC sont fortement encouragés à se renseigner sur la gamme de soins, d'indemnités et d'avantages financiers qui leur est offerte afin d'être

## Sports Trivia

### World Cup of Hockey

by Tom Thomson and Stephen Stone

1. When was the first World Cup of Hockey held?
2. What tournament preceded it?
3. Which team won the first World Cup?
4. Which team did they defeat in the final?
5. What was the format of the final in 1996?
6. Where were the final games held?
7. What were the scores in the final games?
8. 2016 is only the third World Cup. When was the second tournament held?
9. Which team won the tournament in 2004?
10. Where was the final held?
11. What was the score in the final?
12. Which teams participated in 1996 and 2004?
13. How has the format change in 2016?
14. Which are the sponsoring organizations in 2016?
15. Who was the top scorer in 1996?
16. Who was the leading goaltender in 1996?
17. Who was the tournament MVP in 1996?
18. Who was the leading scorer in 2004?
19. Who was the top goaltender in 2004?
20. Who was the tournament MVP in 2004?
21. What major event in hockey occurred two days after the conclusion of the 2004 tournament?

Sports Trivia Answers on page 18

en mesure de prendre des décisions éclairées sur les programmes ou régimes de prestations les plus susceptibles de répondre à leurs besoins et à ceux des membres de leur famille après leur libération.

Le MDN, les FAC et ACC se sont engagés à simplifier et à consolider le régime de soins, d'indemnités et d'avantages financiers offert aux vétérans et aux membres de leur famille. Les FAC et ACC continuent de travailler ensemble avec les vétérans pour combler les lacunes au chapitre des services comme énoncé dans la directive écrite publique envoyée au ministre d'ACC et au ministre de la Défense nationale par le premier ministre.



Veterans Affairs Minister Kent Hehr at an August 9, 2016 ceremony to announce the re-opening of the Veterans Affairs Office in Brandon, Manitoba. Photo: Supplied

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# 17 Wing Team Competes at Firefit Championship



**17 Wing members who competed in the Alberta Regional Fire Fit Competition, coming in second place in the mixed relay category.**

**From Left to Right: Cpl Jessica Summerhayes McGraw, Cpl Ryan Onsowich, Sgt Nelson Nordstrom, MCpl Brandon Terry. Kneeling: Cpl Matthew Sankey.**

**Photo: Cpl Matthew Sankey, Fire Inspector, 17 Wing Winnipeg**

**by Martin Zeilig, Voxair Photojournalist**

Corporal Matthew Sankey, Fire Inspector, labels the Scott FireFit competition the toughest 150 seconds in sports and says that almost everyone vomits after this hyper intense competition.

Cpl Sankey, Master Corporal Brandon Terry, Cpl Bryce Warnica, and Cpl Jessica Summerhayes-McGraw were members of the 17 Wing mixed relay team that competed at the National FireFit Championships in Spruce Meadows, Alberta, September 14-18.

According to the Firefit website the Scott FireFit Championships is a competition based on firefighting tasks commonly performed in emergency situations which is are very demanding. Training prior to competition is imperative.

There are seven tasks team members must perform: stair climb with high-rise pack; hose hoist from the top of the tower; descending the tower; forcible entry; run; hose advance; and victim rescue.

"Everybody ran as an individual competitor, and we all had our personal best times," Cpl Sankey said. "There were nine mixed teams. We were the only CAF firefighter team. The others were civilian firefighters from across the country. The team we lost to in the knockout round from Strathcona, Alberta ended up breaking the world record."

In preparation for the event, and for the earlier Regional Competition in Napanee, Ontario, the team trained twice a week at Hangar 16 MCpl Terry said. He added that the hangar has a flight of stairs similar to what's used in Firefit competitions. Members of the team that competed in the Ontario Regional were MCpl Terry, Cpl Sankey, Cpl Warnica, and Aviator Jonathon Gaudet.

"We do practise runs on makeshift courses," said Cpl Sankey, the team captain. "We've been training since April because we wanted to do well in the regionals. I changed my training routine this year for more anaerobic capacity, and tried to get the team to do that too."

He said the most difficult task was the dummy drag at the end.

Cpl Sankey said that his time for the course was 1 minute and 42 seconds.

"It takes a lot of athleticism and pure brute forces to do this course," he stressed. "It says something about our training and team, the dedication and commitment, which allow us to compete against fire departments much larger than ours with more people to choose from. We have a limited number of personnel to choose from."

MCpl Terry mentioned the performance of Cpl Summerhayes-McGraw at the Nationals.

"It was awesome," he observed. "Everyone was yelling encouragement to her. She finished her individual in an extremely gutsy performance. It was very impressive. It also shows you team commitment because we all improved from last year."

The 2017 Scott FireFit Championships will be held in Winnipeg, added Cpl Sankey, who thanked the Wing and the Chain of Command for their support of the team throughout the year.

"I'm really pumped up for next year," he said.



**Left to right: MCpl Brandon Terry, Cpl Matthew Sankey, Avr Jonathon Gaudet, Cpl Jessica Summerhayes-McGraw, Cpl Bryce Warnica.**

**MCpl Terry, Cpl Sankey, Cpl Warnica, and Avr Gaudet competed in the Napanee, Ontario Regional competition. MCpl Terry, Cpl Sankey, Cpl Summerhayes McGraw and Avr Gaudet competed in the National competition.**

**Photo: Cpl Matthew Sankey, Fire Inspector, 17 Wing Winnipeg**

# Ukrainian Air Force Members Learn Canadian Ways

**by Martin Zeilig, Voxair Photojournalist**

Towards the end of an interview, Lieutenant Colonel Igor Sanin reaches inside his wallet and produces a plasticized card to show his new qualification.

LCol Sanin, a member of the Ukrainian Navy and Colonel Vitaly Borysovskiy, a member of the Ukrainian Air Force, were in Winnipeg recently taking a two week Flight Safety Course (FSC) at 1 Canadian Air Division.

"This is to certify that LCol Igor Sanin is an authorized/qualified Basic Investigator II," says the credit card sized certification.

"The individual named above is authorized to conduct investigations into aircraft occurrences within the limitations outlined in the Airworthiness Investigation Manual. These investigations are conducted under the Authority and in accordance with section 4.2(n) of the Aeronautics Act."

"Lieutenant Colonel K.W. Bridges for Airworthiness Investigative Authority. 29 September 2016."

A diamond shaped symbol, which contains the sleek silhouetted underside of fighter jet, has the words "Flight Safety" in English and "Sécurité des vols" in French.

"The two Ukrainian officers were here as part of Operation UNIFIER", said Captain G.P. Hartzenberg, 1 CAD Flight Safety Officer (Training and Cadets), who

accompanied LCol Sanin and Col Borysovriy to the interview in the lunchroom down the hall from The Voxair office.

"It's part of an effort to conduct Flight Safety training with the Armed Forces of Ukraine," he explained. "We conduct our Flight Safety Course in Winnipeg as part of that effort but training overseen by the Ottawa-based Directorate of Flight Safety also takes place in Ukraine."

According to the RCAF, "Flight Safety education is one of the fundamental elements of the Flight Safety Program. All personnel who are involved in flying operations or the support of flying operations must not only be aware of the FS Program, they must have a solid understanding of the program's objectives, principles and basic processes."

The Ukrainian Air Force is a part of the Armed Forces of Ukraine. Ukraine still possesses the world's 27th largest air force and the 7th largest air force in Europe.

LCol Sanin and Col Borysovskiy took eight days of training over their two week FSC. Instruction includes lectures and practical exercises conducted by 1 CAD FS staff as well a number of guest speakers.

The course objectives are to "teach candidates to develop and implement a Flight safety accident prevention and education program; as well as to respond to

Flight Safety occurrences - reporting, investigating, and implementing preventive measures".

Students are exposed to a wide range of topics including human factors, interviewing and investigation techniques, crash site hazards, media relations and the use of the Flight Safety Information Management System. A simulated helicopter crash, giving the candidates a hands-on opportunity to practice the theory learned in class, marks the completion of the course

Col Borysovskiy said that he was last in Canada a decade ago, but this was his first time in Winnipeg.

"The safety course was a very good experience for me," he said. "There are a lot of similarities between Ukraine and Canadian Flight Safety."

"Everything is going smooth here because you have stability," he observed, adding that he also was impressed by our multiculturalism. "I met a lot of pleasant people here. The very important thing about the course was documents that regulate Flight Safety and rules, and how the instructors teach the new people about Flight Safety."

He then remarked that taking the FSC was part of the "grand friendship" between Canada and Ukraine.

# 20 Years of Improving CAF Fitness Levels



by Martin Zeilig, Voxair Photojournalist

“James Follette is another one of our new and highly motivated fitness instructors,” reads a media release sent out by Personnel Support Programs Health and Fitness on May 22, 1996. “He has a degree in Physical Education and Recreation from the University of Manitoba and was the recipient of a National Award for his outstanding leadership qualities in the field of Physical Fitness from the Province of Manitoba. James has an extensive background in exercise prescription and really enjoys working with people of all fitness levels. James is looking forward to meeting you and your family. His working motto is ‘Helping You to Help Yourself.’”

Follette spent 20 years at Health and Fitness, with the last eight years as Fitness Coordinator, PSP/ Canadian Forces Morale and Welfare Services (CFMWS) out of the Fitness and Recreation Centre. He recently accepted a new challenge as the Fitness and Lifestyle Advisor for the Royal Canadian Mounted Police in Manitoba.

“James has put his own imprint on the job,” said Don Mills, Physical Education Specialist at PSP/CFMWS. He said he began working at Fitness and Rec at about the same time as Follette did. “We’ve grown to be more than colleagues. He’s one of my best friends. When you work side by side with someone for 20 years, you share a lot of the ups and downs of the job. We feed off each other. James has meant a lot to the base and to the PSP organization. It’s going to be tough without him here.”

Joanna Jarrett, Building 90 Facility Coordinator, who’s worked with Follette for 15 years, said it was kind of sad for fitness and recreation staff members to see their long-time colleague leave.

“We respect the fact that he has to move on for new opportunities,” she said. “We’re excited for him to get a

new challenge, but sad to see him go.”

“I’ll still be working with him, though,” she added. “We’re going to be the technical experts for fitness equipment for the RCMP. So, we might still be collaborating.”

Prior to being hired to work at 17 Wing, Follette said he was an owner/operator for Nalley’s Potato Chips.

One day while he was working out at Lipsett Hall, the former recreation facility at Kapyong Barracks, Follette was approached by Al Brazeau, head of Fitness and Sports at 17 Wing for many years before his retirement a couple of years ago.

“He asked me what my background was and what I do,” Follette said, during an interview in his office in the basement of Building 90 on September 27, the week before his final day of work at the site. “He asked me why I wasn’t working in my discipline, and I responded by saying ‘I’m not sure.’ There were only so many jobs available back then. I was even looking to joining the military in a Physical Education and Recreation Instructor position.”

“That trade has since disbanded. So, Al asked me if I was interested in working with the new organization being set up, the Canadian Forces Personnel Support Agency-- not the CFMWS. He said they would hire me on as a contract employee.”

After a month Follette was hired as a permanent full time fitness instructor.

The muscular six foot, 212 pound Follette is a native of Saskatoon, Saskatchewan. His father David Follette is a retired 32 year veteran of the Canadian Armed Forces and his mother Joan kept house. Follette and his wife Tracy, a Registered Nurse at Grace Hospital, have a nine-year-old daughter, Paige, and Follette has two older stepdaughters, Michaella, 25, and Emily, 22.

James has participated in many different sports over the years including, minor amateur football, rugby for the Manitoba Provincial Team, track and field at the U of M, badminton and more. He has three older siblings, Charmaine, David Jr. and Ramona.

“I’ve always wanted to give back and help members of the military stay fit,” he said.

Follette is proud of his three full military tours as fitness/sports/recreation coordinator-- Bosnia, Camp, United Arab Emirates, and Kuwait as well as being on a six week decompression reintegration program in Guam for members returning from Kandahar, Afghanistan in 2007.

“I was in Ukraine for three weeks testing military members’ fitness,” he said. “In 1998, I was team trainer for the Defender Challenge team-- an international competition for military police. I trained a team from across Canada. We competed against US and British teams in San Antonio, Texas, and trained beforehand in Indian Springs, Nevada. We ended up winning the Sadler Cup, which is the most prestigious trophy at this competition.”

Follette noted that the competition involved shooting tactics, an obstacle course and other tactics.

“It was an amazing experience, one of the highlights of my career,” he said.

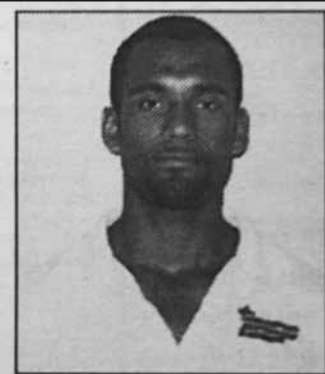
Follette emphasized that everything he does is for his family ultimately, and that his young daughter is “the story of my life.”

## James Follette Fitness Instructor

James is another one of our new and highly motivated fitness instructors. He has a degree in Physical Education and Recreation from the University of Manitoba and was the recipient of a National Award for his outstanding leadership qualities in the field of Physical Fitness from the Prov. of MB. James has an extensive background in exercise prescription and really enjoys working with people of all fitness levels.

He relates very well with his clients and his personal goals are to help others reach their physical fitness potential. James has participated in many sports at the Provincial and National level and is actively involved in the coaching ranks.

James is looking forward to meeting you and your family. His working motto is “Helping You to Help Yourself”.



#TBT - Throwback Thursday to The Voxair in 1996, here is 17 Wing’s introduction to a young James Follette.

“It’s truly been a privilege to work with my colleagues, who are all my friends, and to provide a service to men and women of the military,” he said. “They give so much of themselves on a daily basis. For me, it’s been more of an honour to help the members help themselves.”

## Longball helps AS01 Team Claim 402 Squadron Softball Title



402 Sqn 2016 Softball Champions, AS01 Team: Cpl Hitchcock, MCpl Everett, Sgt Pettite, MCpl Maruca, Cpl Brown, Cpl Ligon, Avr Kargut, Sgt Murray, Avr Marshall, Cpl Ilag, Avr Lantin, and Cpl Sunley.  
Photo: Capt Genevieve Dussault.

by 2Lt Son

On the 2nd of September 2016, the members of 402 Squadron gathered on the baseball diamond not only to relieve stress, but also show off their athletic skills for a good old game of softball. The sun was glaring and

there was no cloud in the sky. Except for the violent dust storm that kicked up frequently, it was a perfect day to play ball.

There were a total of 8 teams, each with 8 members, that gave it their all to win the trophy. The team names were Top Instructors, ASO3, 1503-1504, ASO2, ASO1, Kelly’s Heroes, 160 Something’s, and Ice Cold Pitchers.

First round was the clash between the ACSO students and the instructors. While the first few innings were head to head, everybody knew the game was favouring the instructors. Competitiveness and friendly banter contributed to squadron morale.

The final match of the tournament was between the Top Instructors and ASO1. The instructors took the lead early on, forcing ASO1 to think on their feet. They countered with Cpl Hitchcock, the Team Captain, subbing in to pitch. The ASO1 hit quick home runs where they took the lead and kept it there till the very end, resulting in their tremendous win in this tournament.

They were awarded the championship trophy by the Acting Commanding Officer of 402 Squadron Major Schock.

Special thanks the Captain Genevieve Dussault for organizing the tournament. It was a fantastic day filled with exciting softball and teambuilding. Each member

had an amazing time and the field was filled with cheers and smiles. We hope this become an annual tradition within the squadron.



402 Sqn 2016 Softball Champions, AS01 Team: Cpl Hitchcock, MCpl Everett, Sgt Pettite, MCpl Maruca, Cpl Brown, Cpl Ligon, Avr Kargut, Sgt Murray, Avr Marshall, Cpl Ilag, Avr Lantin, and Cpl Sunley.  
Photo: Capt Genevieve Dussault.

# Morale - A - Palooza



by Martin Zeilig, Voxair Photojournalist

Master Corporal Holly Young, an Aeromedical Technician at the Canadian Forces School of Survival and Aeromedical Training, along with other members of her team, were literally bouncing off each other in the Bumper Ball Soccer arena at the first ever Morale-A-Palooza on September 28 at the 17 Wing Golf Club.

Two teams of four persons each were trying to score goals while confined inside big inflatable bubble balls made out of PVC material. Participants were laughing and enjoying themselves immensely.

"That's a lot of fun," said MCpl Young afterwards while still catching her breath and as perspiration beaded her brow. "It was a lot of physical activity."

The event, which attracted about 70 military and civilian personnel on a warm, sunny afternoon, was held to mark the 20th anniversary of the Canadian Forces Morale and Welfare Services. The five dollar entrance fee for each participant went towards the annual Government of Canada Workplace Charitable Campaign.

"I'm very happy to be at the first annual Morale-A-Palooza," said 17 Wing Commander Colonel Andy Cook in his opening remarks from the steps of the club house. "It's great to see so many members of Winnipeg's military family here to have some fun."

Among the other activities set up in fairly close proximity to each other near the clubhouse were; hamster balls, laser tag, target games, a trivia table, Anything But Golf, Jenga, Battleship, the hilarious waiter game, and a fire barrel for roasting marshmallows. The Hamster Balls, Laser Tag, and Bumper Balls were provided by Games 2u. As well, a Military Family Resource Centre volunteer was dressed in a yellow Pokémon character costume on the laser tag course.

Wing Food Services had an awning covered kitchen setup with freshly made, fluffy, plater-sized corn fritter pancakes with a choice of corn salsa and/or tzatziki sauce.

A table inside the clubhouse contained prizes donated by various organizations including the Military Family Resource Centre, Canex, PSP Community Recreation, the CFB Winnipeg Golf Club, SISIP Financial, Tourism Winnipeg, the Children's Museum, Winnipeg Blue Bombers, Papa Murphy's Pizza, Rumour's Comedy Club, the Manitoba Moose hockey team, and more.



17 Wing members race in hamster balls at the first ever Morale-A-Palooza held at 17 Wing on 28 September. Photo: Bill McLeod, Voxair Photojournalist

"It's another well-organized event by our staff," said Rick Harris, Senior Manager Personnel Support Programs, while watching a frantic game of Bumper Soccer Ball. "The weather cooperated and the participants really enjoyed the variety of different activities. It's a good way to celebrate our anniversary and raise money for the GC-WCC."

Deanne Bennett, Community Recreation Coordinator and one of the dozen or so organizers of the event, also called the day a great success.

"It's nice that people can participate in stations that we adapt to being either competitive or recreational," she said. "Everyone here is enjoying themselves."

## MILITARY SECOND LANGUAGE TRAINING PROGRAMME (MSLTP) COURSES - 17 WING

### PROGRAMME MILITAIRE D'ENSEIGNEMENT DES LANGUES SECONDES (PMELS) COURS OFFERTS À LA 17<sup>E</sup> ESCADRE

#### Progress Level 2 French

**11 October – 02 December**

This 150-hour PL2 French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs).

**Prerequisites:** Successful completion of a PL1 course or a PL2 oral placement test within the previous 12 months.

#### Cours de français - niveau de progrès 2

**Du 11 octobre au 02 décembre**

Ce cours de français de 150 heures permettant d'atteindre le NP 2 sera donné en matinée de 7 h 30 à 11 h 55, du lundi au vendredi.

**Préalables :** Avoir réussi le cours NP 1 ou avoir atteint le NP 2 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.

#### Progress Level 5 French

**24 October – 15 December**

This 150-hour PL5 French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs).

**Prerequisites:** Successful completion of a PL4 course or a PL5 oral placement test within the previous 12 months.

#### Cours de français - niveau de progrès 5

**Du 24 octobre au 15 décembre**

Ce cours de français de 150 heures permettant d'atteindre le NP 5 sera donné en matinée de 7 h 30 à 11 h 55, du lundi au vendredi. Ce cours mène aux tests ELS.

**Préalables :** Avoir réussi le cours NP 4 ou avoir atteint le NP 5 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.

#### Progress Level 3 English

**18 October – 22 November**

This 150-hour PL3 English class will be held mornings only (Mon to Fri, 0730 to 1155 hrs).

**Prerequisites:** Successful completion of a PL2 course PL3 oral placement test within the previous 12 months.

#### Cours d'anglais- niveau de progrès 3

**Du 18 octobre – 22 novembre**

Ce cours d'anglais de 150 heures permettant d'atteindre le NP 3 sera donné de 07 h 30 à 15 h 00, du lundi au vendredi.

**Préalables :** Avoir réussi le cours NP2 ou avoir atteint le NP 3 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.

#### Progress Level 4 English

**23 November – 12 January**

This 150-hour PL4 English class will be held mornings only (Mon to Fri, 0730 to 1155 hrs).

**Prerequisites:** Successful completion of a PL3 course or a PL4 oral placement test within the previous 12 months.

#### Cours d'anglais- niveau de progrès 4

**Du 23 novembre – 12 janvier**

Ce cours d'anglais de 150 heures permettant d'atteindre le NP 4 sera donné de 07 h 30 à 11 h 55, du lundi au vendredi.

**Préalables :** Avoir réussi le cours NP 3 ou avoir atteint le NP 4 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.

#### Level Maintenance Course (MACQ B) - French

**21 November – 16 December**

This 40-hour French MACQ B class will be held afternoons only (Mon to Fri, 1400 to 1600 hrs).

**Prerequisites:** Valid B profile in oral proficiency.

#### B Maintien de l'acquis (MACQ B)

**Du 21 novembre – 16 décembre**

Ce cours de français de 40 heures sera donné en après-midi seulement (du lundi au vendredi de 14h à 16h).

**Préalables :** Détenir un profil de B valide à l'oral.

**Eligible Personnel** – Second language courses taught at the LTC are open to: CF personnel (RegF and PRes), DND public service employees, adult dependents of CF personnel and PSP personnel. Note: as there are special conditions applicable to each course, please contact Michèle Divorne (ext 6567) or Johanne Frawley (ext 5988) for additional details or questions.

To the extent practicable, the LTC attempts to conduct the training required when it is convenient for our clientele. If you don't see what you need when you need it, contact us and we'll do our best to accommodate you.

<http://17wing.winnipeg.mil.ca/cms/en/home/winginfo/wingadmin/WCOL/oltrgn.aspx>

**Personnel admissible.** Les cours de langue seconde que donne le Centre de formation linguistique (CFL) s'adressent aux militaires (F rég et P Rés), aux fonctionnaires du MDN, aux adultes à charge du personnel des FC et aux membres du personnel de PSP. N.B. : Étant donné que des conditions particulières s'appliquent à chaque cours, on vous demande de communiquer avec Michèle Divorne (poste 6567) ou Johanne Frawley (poste 5988) pour obtenir des renseignements supplémentaires.

Dans la mesure du possible, le CFL essaie de donner la formation nécessaire au moment qui convient aux clients. Si le cours dont vous avez besoin ne se donne pas au moment opportun, communiquez avec nous et nous ferons de notre possible pour répondre à vos besoins.

<http://17wing.winnipeg.mil.ca/cms/fr/home/winginfo/wingadmin/WCOL/oltrgn.aspx>

# Executive Director of the MFRC to Retire



**LCol (Ret'd) Don Brennan CD proudly displays his Twice The Citizen Awards and induction into the City Of Miramichi Sports Wall of Fame.**  
**Photo: Martin Zeilig, Voxair Photojournalist**

by Martin Zeilig, Voxair Photojournalist

Don Brennan maintains that now is a good time to retire and turn over the reins to someone else.

Brennan will be stepping down after 23 years as Executive Director of the Military Family Resource Centre. Colonel Joel Roy, former Commander of 17 Wing and currently working at 1 Canadian Air Division, will be assuming the job of Executive Director on November 1.

Col Roy is retiring from the CAF after 28 years of service.

"I consider the MFRC a jewel that we have here on base," Col Roy said in an interview with The Voxair. "All the credit is due to Don and his team."

Brennan has left a positive imprint at the MFRC, observed Kim Smyrski, a Social Worker at the MFRC.

"I appreciate his embracing an idea," she said. "He gives you that space to create new things. If he sees that there's a need or a gap, he's not afraid to try new ideas. He's been very supportive when it comes to (campaigns to bring awareness to) violence against women. His door was always open to discuss new ideas."

Brennan and his wife, Patricia, have three adult children and seven grandchildren. Prior to being hired by the MFRC, the trimly built Brennan was in the CAF for 28 years. He retired as Lieutenant-Colonel at Air Command Headquarters.

"When I first started here, it was Election Day in Canada and Jean Chretien formed his first majority government," Brennan

recalled during an interview in his office at the MFRC.

A native of Miramichi, New Brunswick, Brennan, whose father was a career member of the CAF, has participated in sports all his life.

Significantly, because of his athletic accomplishments, he was inducted into the City of Miramichi Sports Wall of Fame on February 16, 2016.

"I have known Don for 34 years and can confirm that he has been an outstanding sports athlete for this entire period," wrote Dave Ogilvie (Captain Ret'd), in a letter of nomination to the Chairman of the Miramichi Sports Wall of Fame on June 10, 2014.

"As members of the Canadian Forces, we worked, travelled, and participated in numerous seasonal sports. Without any doubt Don was one of the premier fastball third basemen in the Canadian Forces for many years. He was frequently selected for all-star teams and chosen to augment winning teams at many civilian levels across Canada. He was a key player in winning two Canadian Forces Fastball Championships in 1975 and 1977.

"Don has also been active in hockey, badminton, squash, and still holds a Canadian Forces fitness run record. He has participated and/or competed at the representative level in each of those sports. He is still very active in competitive squash and men's slow pitch softball."

Similar remarks were made in letters to the nominating committee from a number of Brennan's other former and current colleagues.

Brennan remarked that he and his wife, who's been working as CAO for Diagnostic Services Manitoba, plan to spend more time now during the winter at their home in Phoenix, Arizona.

Apart from still playing squash and badminton regularly, Brennan enthusiastically supports his grandchildren in their sporting pursuits-- two of them are playing hockey at the AAA level.

"I'm at their practises and games," he said, stressing that the hardest part of spending winters away from Winnipeg will be missing some, but not all, of his grandkids' games.

Brennan also was presented with The Twice the Citizen Award on October 27, 2012.

"This award is presented for the lifetime achievement and the many years of dedicated service to our province and our nation," reads the framed citation, which was signed by Lieutenant Colonel (Ret.) Barry Burns, President Royal Military Institute of Manitoba.

Brennan praised his wife, a former Brigadier General at 1 CAD, for being very accommodating during his career.

"There were times when I was gone most nights playing or practising various sports," he said, noting that it's important to treat your employees as adults and to operate as a team.

# Motorcycle Ride Raises Suicide Awareness

by Martin Zeilig, Voxair Photojournalist

On a Sunday afternoon in early January 2015, Kris and Ruth-Ann Goodman received a phone call that would, in Kris Goodman's words, "change my family's life forever."

The husband and wife team, along with family friend Rod Wetteland, organized the Breaking the Silence Suicide Awareness Motorcycle Ride on September 10 from Winnipeg to Brandon. The ride, which attracted 93 participants, started at The Army, Navy, & Air Force Veterans (ANAVETS) #283 Hall at 3584 Portage Avenue.

"We ended up raising a grand total of \$2061.00, which was presented at the Klinik office at 870 Portage Avenue," Kris Goodman wrote in an email. "That money will go towards the Manitoba Suicide Line for the purpose of education and outreach."



**From left to right: Kris Goodman, ride organizer; Nicole Chammartin, Klinik Community Health Executive Director; and Rod Wetteland, ride co-organizer.**  
**Photo: Supplied**

"We are looking forward to doing the ride again next year," said Corporal Randall Trenholm, a member of the Tri-Service Military Veterans Association of Canada, one of the ride's sponsoring organizations. "This year's ride was very well received and organized. We do appreciate the efforts of Kris, Rod and Ruth-Ann."

That fateful phone call was about their daughter's best friend.

"She had taken her own life at the age of 18," said Kris, 45, an employee at McMunn and Yates Building Supplies.

"This was a girl that my daughter had met many years earlier in daycare. We had pretty much watched this girl grow up. Instead of flowers, the family asked, that donations be made to the Manitoba Suicide Line, which is operated by Klinik in Brandon," said Kris. "I wanted to do more than just the token \$25-\$50 donation. At 4 a.m. on a Monday, I awoke with an idea. As I ride a motorcycle, and had a leather vest full of patches, I wanted to create a patch, and sell them to raise money for Klinik. My wife, Ruth-Ann, thought it was a great idea."

Wetteland also agreed it was a worthwhile idea, and wanted to help, Goodman added.

"After talking it over with a few people, we came up with the Lean on Me Patch," he wrote in an email. "We sell the patches for \$10.00 a piece; \$5.00 from each patch goes toward a donation; the other \$5.00 goes toward the next batch of patches. We are currently on our third batch of 100."

The words on the patch convey a message: That it is okay to talk about your feelings and your thoughts, and that there is help out there, he said.

"Clipped to every patch, is a card, provided by Klinik, that has the Suicide hotline number on it," Goodman said.

On June 9, 2015, which would have been the 19th birthday of their daughter's friend, they rode out to Brandon and presented a cheque for \$900 to Klinik there. "I was at a meeting of the Coalition of Manitoba Motorcycle Groups when I stood up and pitched my idea in front of a bunch of groups/dealers, looking for anyone that would be willing to help."

It was there that a member of the Tri-Service Military Veterans Association of Canada (TSMVA) stepped forward and offered his organization's assistance, he said.

Goodman also added that he's never been in the CAF, but his wife's father is retired from Air Command in Winnipeg. Meanwhile, Wetteland is a former member of the Royal Canadian Navy. The three of them have since joined the TSMVA, he said.

# Around The Wing



Sergeant Michael Plummer, RCAF Band, plays the "Last Post" on 22 September 2016, at the Candlelight Service of Remembrance at the Field of Honour in Brookside Cemetery, 3001 Notre Dame Ave., Winnipeg, MB. Photo: Sergeant Daren Kraus



On 22 September 2016, Candlelight Service of Remembrance took place at the Field of Honour in Brookside Cemetery, 3001 Notre Dame Ave., Winnipeg, MB. The event commemorated the many World War I and II anniversaries of 2016. Brookside Cemetery Field of Honour is one of the oldest and largest military interment sites in Canada. Nearly 11,000 brave men and women who served in Canada's armed forces are buried here. It is also home to the only Commonwealth War Graves Commission "Stone of Remembrance" in Canada, as well as many other important military monuments. Photo: Sgt Daren Kraus



435 Squadron Commanding Officer LCol Kevin Kozak dunks 17 Wing Commander Col Andy Cook at 435 Sqn's Family Day on September 25, 2016 at building 21. Photo: Cpl Joey Beaudin 17 Wing, Imaging



Capt Guy Dumont gets a plate of spaghetti from Capt Patrick King during the first GCWCC Luncheon on September 21. There are 3 more luncheons to come on October 26, November 23, and December 7. On Sept 21 they served 61 diners and raised \$230 for the GCWCC. The upcoming luncheons will include chili, Chinese, and Indian food. Photo: Bill McLeod, Voxair Manager



Master Corporal Alfred Barr, a search and rescue technician from 435 Squadron at Canadian Forces Base Winnipeg, prepares to treat a simulated casualty during the National Search and Rescue Exercise (SAREX 2016), in Yellowknife, Northwest Territories, on September 23, 2016. Photo: MCpl Pat Blanchard, Canadian Forces Combat Camera, DND

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ACSO 1503-Back Row-Lt Justin Hanlon, Capt Robert Fox, Lt Donald Alexander Amoroso, Lt Adam Gorman, Lt Kevin Prior, Lt Ryan Carnahan. Front Row-Capt Genevieve Dussault, 402 Sqn, CWO Robert Sullivan, SCWO 402 Sqn, LCol Kyle Rosenlund, CO 402 Sqn, Col Denis O'Reilly, 15 Wing Commander, CWO Michel Blain, 15 Wing CWO, and Maj Heinrich Schmoll, 402 Sqn. Photo: Supplied



Canadian Forces School of Aerospace Studies Commandant, LCol Pierre Viens presents HCol Doug Brown (outgoing), a departing gift during the CFSAS HCol Change of Appointment Ceremony, on Sept 27th, 2016, Bldg 76. Photo: Cpl Darryl Hepner, 17 Wing Imaging



HCol Doug Brown (outgoing), Col A.S. Fleming, 16 Wing Commander and HCol John Wright sign the Change of Appointment (COA) Scrolls during the CFSAS HCol COA Ceremony, on Sept 27th, 2016, Bldg 76. Photo: Cpl Darryl Hepner, 17 Wing Imaging

# CFSSAT Honours and Awards



Col Andrew Fleming presents MCpl Holly Young a Commanders Coin with CWO Necole Belanger during the CFSSAT Honours and Awards Ceremony held at 17 Wing, Winnipeg on September 27, 2016. All Photos: Cpl Paul Shapka



MCpl Jason Furber receives the first clasp of the Canadian Forces Decoration



MCpl Douglas McCallum receives the Canadian Forces Decoration



Sgt Kevin Macaulay receives the second clasp of the Canadian Forces Decoration

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17 Wing Commander Colonel Andy Cook fills out his GCWCC donation form under the watchful eyes of Capt Xiaodong Tan and Capt Kate Pinsent, co-chairs of the 17 Wing campaign. Photo: Bill McLeod, Voxair Manager

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## Furry Friends Are Blessed

by Becky Major, Voxair Photojournalist

It can be hard to describe the special bond between a pet and their owner. People often refer to their pets as their kids, which only begins to describe how important their pets are to them. So it's no wonder families took the time to honour their furry friends at the annual Blessing of the Pets service on the front lawn of the 17 Wing Chapel on Sunday October 2nd. The ceremony was led by Padre Lesley Fox and Padre Frédéric Lamarre, both 17 Wing chaplains.

First timers to the event, Merle and Joanne Lidstone, attended with their two St. Bernard's Otto, 15 months, and Olive, 8 months. "We've been looking out for this event all year, because we missed it last year," explained Merle. "It's really important for us to have our pets blessed."



Padre Lesley Fox smiles after a surprise kiss from 15 month old Otto, a St. Bernard, during his blessing on October 2, at the Wing Chapel's Blessing of the Pets. Photo: Becky Major, Voxair Photojournalist.

Olive and Otto love meeting new people, especially children, and they were the highlight of the service. The two puppies put everyone at ease by coming by for pats and scratches from anyone willing to oblige. They brought smiles and laughter, reminding the group why pets are so important in our lives. The two dogs were joined by Apollo, a cat who came for a blessing as well.

The service included prayers, readings from the bible and individual pet blessings. Otto was very enthusiastic in response to the individual blessing from Padre Fox, giving her a kiss in response. Although Apollo did not come out of his kennel, he was meowing his thanks as well.

"Animals are an important part of our families," said Padre Fox, "When we have children, we baptize them, and I think it is just as important that pets be included in these sacred rights."

Padre Lamarre added, "You can see the joy that pets bring to our lives, even as we were all here today laughing and smiling with Otto and Olive. The connection between people and their animals is an important relationship to acknowledge."

The Blessing of the Pets ceremony takes place on the Sunday closest to October 4th, the feast day for St. Francis of Assisi, who is the patron saint of animals. This tradition has become more popular across Canada, with ceremonies being held in churches from St. John's, Newfoundland to Calgary, Alberta.

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# Tribute to World War II Women's Division



On Wednesday, 5 October 2016, the Honourable Janice C. Filmon, Lieutenant Governor of Manitoba, speaks with attendees during the Tribute to the WW II Women's Division at the Commonwealth Air Training Plan Museum, Brandon, MB. Photo: Sgt Daren Kraus, 17 Wing Photojournalist.

by Gloria Kelly, NDPAO

"It is important for us to remember the many kinds of service and sacrifice of those who served during World War II," Lieutenant Governor Janice Filmon told those attending the Tribute to Women's Division Fallen at the Commonwealth Air Training Plan Museum in Brandon on 5 October 2016.

The ceremony marked the 75th anniversary of the formation of the Women's Division of the RCAF, the first of the armed services to invite women into their ranks as a division of their own.

Thirty-one of the women who joined were lost, most at a young age. Serving women members from CFB Winnipeg attended the ceremony to read the roll of those lost and placed ribbons of remembrance on the museum's

memorial.

"Today's ceremony is a reminder that women during World War II stepped up by the tens of thousands to wear the uniform for their country and defence of democracy. The women of the RCAF contributed to Canada's war effort in many significant ways and they also opened the doors for women who serve today," said the Lt. Gov.

"As we remember the service and sacrifice of the women of the RCAF we are reminded that their courage, devotion and love - love of country are virtues shared," she said.

"The stand-up of the British Commonwealth Air Training Plan during World War II was no small feat,"

said BGen Eric Kenny, deputy commander force generation at 1 Canadian Air Division. "Canadian Prime Minister William Mackenzie King said it would be the most essential military action that Canada had undertaken. To this day it remains one of our country's most noteworthy achievements."

Marion Reed was one of those young women who joined the women's division when she had the opportunity.

"So often we hear the phrase comrade in arms and that is just what we became," said Mrs. Reed "It was a great learning experience in many ways. We came from all walks of life - from prairie farms to Newfie fishing villages, from the cities and towns across Canada. We came

from various ethnic and religious backgrounds but we were all united to serve Canada in her time of need."



On Wednesday, 5 October 2016, Marion Reed, WW II Women's Division Veteran, laid a wreath during the Tribute to the WW II Women's Division at the Commonwealth Air Training Plan Museum, Brandon, MB. Marion Reed was assisted by LCol Genevieve Lehoux, 17 Wing Deputy WComd, and CWO Sherri Forward, 1 Canadian Air Division A4 Log. Photo: Sgt Daren Kraus, 17 Wing Photojournalist.

"I was fortunate to spend two years of my service stationed right here. I would not have missed it for the world," said Mrs. Reed. "To the surviving women of the Women's Division and to the serving women of today I ask God's blessing on them all."

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On Saturday, 24 September 2016, at the MTS Iceplex, the Winnipeg Jets held their 3rd annual Fanfest. Military personnel representing 435 Squadron, 17 Military Police Flight, RCAF Run Committee, 17 Wing Public Affairs and Regional Cadet Support Unit (Northwest) set up displays outside the MTS Iceplex. Sergeant Darcy Keating, 435 Squadron SAR Tech, poses here with a Fanfest visitor. Photo: Sgt Daren Kraus, 17 Wing Photojournalist.

**17 WING JUNIOR RANKS**

**MONDAY - THURSDAY**

Lunch 1130 - 1300 hrs  
Afternoon 1500 - 1900 hrs

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

**FRIDAY**

Lunch 1130 - 1330 hrs  
Afternoon 1500 - 2400 hrs

**SATURDAY - SUNDAY**

CLOSED

Hours will fluctuate on nights with scheduled events

**Pool Tables Air Hockey Foosball**

**Cable TV Shuffleboard**

**WIFI Internet Wii Games TGIF's**

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

**STRESS: Take Charge!**  
A Canadian Forces Program  
**Le stress : ça se combat!**  
Programme des Forces canadiennes



Want to increase your stress hardiness, enhance your performance, ramp up your resilience?  
**Stress: Take Charge!**  
25 & 26 October 2016  
0800 - 1600 hrs

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?  
**Le stress: Ça se combat!**  
25 et 26 octobre 2016  
0800 h à 1600 h

Health Promotion in the Canadian Forces  
**PROMOTION DE LA SANTÉ DES FORCES CANADIENNES**

For more information or to register contact Health Promotion at local (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca  
Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

**ALCOHOL, OTHER DRUGS AND GAMBLING: Supervisor's Training**

17 & 18 November 2016  
0800-1600 hrs & 0800-1200 hrs

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

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

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

17 et 18 novembre 2016

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

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

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 T3 Triathlon Club is seeking personnel for the following executive positions: President, Vice-President, Secretary and Treasurer.**

Position Term is for the 2016-17 Training season (October 2016 to October 2017) with potential for re-election.

Preferred candidate will have a Triathlon and coaching background and positional experience from a Base Recreational Club, although all interested personnel are encouraged to apply.

Positions must be filled by Regular Members defined as "members of the Regular CAF and their dependents, foreign military personal on duty with the CAF and their dependents, and members of the Reserve Forces while on Class "B" or "C" Reserve service and their dependants.

For more information or to apply for a position, please send a detailed email to: [bmckissock@shaw.ca](mailto:bmckissock@shaw.ca)

**HALLOWEEN HOWL**

SATURDAY 1300 - 1600 bldg 90 & bldg 33  
SAMEDI 1300 - 1600 bât. 90 & bât. 33

**Bumper Balls • Crafts • Haunted House • Games • Cookie Decorating • Costume Parade • Canteen and more...**

**Pare balles • artisanat • maison hantée • jeux • décoration de biscuits • Défilé de costumes • cantine et plus encore...**

**\$3 Membership \$10 max per Family (Adults Free)**  
**\$5 Non-Member \$12 max per Family (Adults Free)**

**3\$ avec l'adhésion 10\$ max par famille (Adultes gratuits)**  
**5\$ sans adhésion 12\$ max par famille (Adultes gratuits)**

Tickets can be purchased at bldg 90 Front Desk • Vous pouvez acheter des billets à la réception de bât. 90

**Managing Angry Moments (MAM)**

8 & 15 November 2016  
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**

8 et 15 novembre 2016  
08 h 30 à 16 h 00

Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptati qui vous conviennent.

For more information or 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

**WEIGHT wellness Lifestyle Program**

Combine good nutrition and physical activity for a healthy lifestyle!

**Free!**

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

**FRIDAYS**  
14 October - 9 December  
0830 - 1200 hrs

- Real life eating for real people
- Manage hunger & food cravings
- Incorporate physical activity
- Maintain motivation
- Set realistic goals
- Look beyond the fads
- Find community resources

**IN-SERVICE DAYS**  
Swimming, movie, indoor activities and a trip!

FRIDAY OCT 21 FORT WHYTE ALIVE  
THURSDAY NOV 10 ACADEMY LANES  
FRIDAY NOV 25 SPRINGERS GYMNASTICS

Drop-off: 0730-0900 hrs Pick-up: 1600-1715 hrs  
With membership \$26.25 per day/per child  
Without membership \$31.50 per day/per child

**INTER-COMM**

A Course to Improve Communications in Relationships

Inter-comm: A skills building course designed to improve individual communication skills, help deal with conflict and support communication in personal relationships. This program can help to maintain healthy relationships and build new ones.

Un cours visant à améliorer les communications dans les relations Personnelles

Cours Inter-comm : Un cours de perfectionnement des compétences conçu pour améliorer les compétences individuelles en matière de communication, pour aider les participants à gérer les conflits et pour appuyer les communications dans les relations interpersonnelles. Le cours peut contribuer au maintien et à l'établissement de relations saines.

25 & 27 Oct and 1 & 3 Nov  
1300-1600 hrs

25 & 27 octobre et 1 & 3 novembre  
13 h 00 à 16 h 00

For more information or to register contact Health Promotion at (204) 833-2500 ext. 4150. [healthpromo@forces.gc.ca](mailto:healthpromo@forces.gc.ca)  
Pour vous inscrire, appelez le Bureau de promotion de la santé, au (204) 833-2500 poste 4150.

**POIDS-santé Programme Style de vie**

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

**Les vendredis**  
Du 14 octobre au 9 décembre  
De 8 h 30 à 12 h

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

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

**JOURS PÉDAGOGIQUES**  
piscine, cinéma, des activités intérieures et un voyage!

VENDREDI 21 OCT FORT WHYTE ALIVE  
JEUDI 10 NOV ACADEMY LANES  
VENDREDI 25 NOV SPRINGERS GYMNASTICS

déposer : 0730-0900 hrs ramasser : 1600-1715 hrs  
avec l'adhésion 26.25\$ par jour/par enfant  
sans adhésion 31.50\$ par jour/par enfant

FOR MORE INFO: 204-833-2500 EXT. 5139 OR 2057

**Children's Ceramics Halloween Event**  
Sunday October 23  
1300 - 1400 hrs  
bldg 33 - in the ceramics room

Paint your own Halloween ceramic piece  
6-13 year olds  
Memberships \$20 per child  
Non-memberships \$22 per child

**Activité de céramique pour les enfants**  
Événement halloween  
Dimanche 23 octobre  
1300 - 1400 hrs  
bât. 33 - dans la salle de fabrication des céramiques

Peindre votre propre pièce de céramique de halloween de 6 à 13 ans  
Adhésion 20\$ pour chaque enfant  
Non-adhésion 22\$ pour chaque enfant

POUR EN SAVOIR PLUS: 204-833-2500 POSTE 5139 OU 2057



## Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

[www.familyforce.ca](http://www.familyforce.ca) / [www.forcedelafamille.ca](http://www.forcedelafamille.ca)

[www.facebook.com/WinnipegMFRC](http://www.facebook.com/WinnipegMFRC) [www.facebook.com/WinnipegMFRCYouth](http://www.facebook.com/WinnipegMFRCYouth)

# Upcoming MFRC Programs and Events

## FAMILY HALLOWE'EN PARTY

Calling all witches, ghosts and puppies! We are having a not so spooky Halloween party with crafts, songs, treats, stories and games. Wear your favourite costume! Friday, October 28

1:30 to 3:00 p.m.

Kids Care, 630 Wihuri Rd.

\$5 per family

Registration deadline: October 21

## PARTY DE L'HALLOWEEN POUR LA FAMILLE

Appel à toutes les sorcières, fantômes et chiots! Nous allons avoir une fête d'Halloween pas si effrayante avec du bricolage, des chansons, des friandises, des histoires et des jeux. Portez votre costume préféré!

Vendredi 28 octobre, de 13 h 30 à 15 h

Salle Kids Care

5 \$ pour la famille

Date limite d'inscription : 21 octobre

## TUTORING SERVICES

Are you struggling with a certain subject in school? The MFRC Tutoring program will be running on Tuesday evenings with three sessions available. All subjects from grade 1 to 8. French may be available upon re-

quest.

Tuesdays from September to June

5:00 to 6:00 p.m. or

6:00 to 7:00 p.m. or

7:00 to 8:00 p.m.

\$20 per session

## SERVICES DE TUTORAT

Avez-vous de la difficulté avec dans un certain sujet à l'école? Le programme de tutorat du CRFM est disponible durant l'année scolaire et offre trois sessions tous les mardis. Le service est disponible pour tous les sujets, de la 1ère à la 8e année.

Les mardis de septembre à juin

De 17 h à 18 h

De 18 h à 19 h

De 19 h à 20 h

20 \$ par session

## SLEEPOVER AT THE MUSEUM

Join us for an exciting nighttime adventure at the museum. Learn about the wonder of flight through educational hands on science experiments and activities. Add some spooky ghost stories, a peek at our special ghost plane and a flashlight tour of the darkened museum galleries. Top off all of this with

a movie before the lights go out.

Enjoy breakfast (served by the museum) when the campers wake up.

Friday, November 4 6:30 p.m. until

Saturday, November 5 at 8:30 a.m.

Royal Canadian Aviation Museum

Hangar T-2, 968 Ferry Rd.

\$25

Registration deadline: October 31

## UNE NUIT AU MUSÉE

Joignez-vous à l'équipe Jeunesse

du CRFM pour une aventure

passionnante au Royal Western

Canada Aviation Museum. Découvrez

la merveille du vol à travers

d'activités et d'expérience pédagogiques

pratiques. Ajoutez-y des histoires de fantômes,

un coup d'œil à un avion

« fantôme » et une visite à la lampe

de poche des galeries du musée

plongé dans la noirceur. Un petit

déjeuner sera servi par le musée au

réveil.

Du 4 novembre à 18 h 30 au 5

novembre à 8 h 30

Royal Canadian Aviation Museum

Hangar T-2, 968 Ferry Rd.

25 \$

Date limite d'inscription : 31 octobre

Registration deadline: October 31

## KIDS IN THE KITCHEN

Kids in the Kitchen is a hands

on cooking class for youth 10-16

years old. Come and have some

fun learning to prepare and cook

healthy meals, and learn some

basic culinary skills.

Tuesdays, November 1, 8, 15, 22,

29; and December 6

5:30 to 8:00 p.m.

\$35

Registration deadline: October 28

## LES PETITS CUISTOTS

Les petits cuistots est une expérience culinaire pour les jeunes de 10 à 16 ans. Venez-vous amuser tout en développant des compétences culinaires de base et en apprenant à préparer et cuisiner des repas sains!

Les mardis 1er, 8, 15, 22 et 29 novembre

Mardi 6 décembre

De 17 h 30 à 20 h

35 \$

Date limite d'inscription : 28 octobre

Présenté en anglais

## FRANCOPHONE LADIES GROUP

A taste of Asia

Did you know that Winnipeg has hundreds of Asian restaurants to please all preferences? It even has its own Chinatown! Let's start with Dim Sum (a traditional Asian brunch) Then, let's take a stroll around Chinatown and discover the shops and culture.

Sunday, October 23

11:00 a.m.

Kum Koon Garden, 257 King St.

Participants are to cover the cost of all meals and beverages.

Registration deadline: October 21.

## GROUPE DE FEMMES FRANCOPHONES

Saveurs d'Asie

Saviez-vous que l'on retrouve des centaines de restaurants asiatiques pour tous les goûts à Winnipeg? Winnipeg a même son propre Chinatown! Commençons par des Dim Sum (un brunch traditionnel asiatique). Ensuite, nous irons nous promener dans Chinatown afin d'y découvrir de charmantes boutiques et la culture.

Dimanche 23 octobre, à 11 h

Kum Koon Garden, 257, rue King

Le repas est aux frais des participantes.

Date limite d'inscription :

21 octobre

## CARE FOR THE CAREGIVER

Are you living with a loved one dealing with a psychological and/or physical illness/injury? Is your partner experiencing prolonged medical issues? Is your partner being medically released? The Care for the Caregiver group provides peer support and education about the special challenges and unique issues facing caregivers. An opportunity to share, find support, learn about resources, enhance coping strategies and socialize. The group generally meets on the fourth Wednesday of the month. Contact Laurie Jackson for more information at 204-833-2500 ext 4478.

## SOINS POUR LES AIDANTS NATURELS

Est-ce que vous vivez avec un être cher qui fait face à une maladie/blessure physique et/ou psychologique? Est-ce que votre partenaire connaît des problèmes médicaux prolongés? Est-ce que votre partenaire a été libéré pour des raisons médicales? Ce groupe fournit un soutien par les pairs et offre des renseignements sur les défis et les problèmes particuliers auxquels font face les aidants naturels. C'est une occasion de partager, de trouver un soutien, d'en apprendre davantage sur les ressources disponibles, d'améliorer vos stratégies d'adaptation et de socialiser.

Le groupe se réunit généralement le quatrième mercredi du mois. Contactez Laurie Jackson pour plus d'informations au 204-833-2500, poste 4478.

Présenté en anglais

WINNIPEG MILITARY FAMILY RESOURCE CENTRE

## Learning & Career Fair

### Foire de la carrière et de l'éducation

DU CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES DE WINNIPEG

WEDNESDAY **9 NOV 2016** MERCREDI

10:00 am - 3:30 pm      10h à 15h30

Bldg 33 • 630 Wihuri Rd      Bât. 33 • 630, ch. Wihuri

FREE! Open to all members of the defence team and their families.

GRATUIT! Pour tous les membres de l'Équipe de la défense et leurs familles.

**MFRC | CRFM**

FOR MORE INFORMATION:  
POUR DE PLUS AMPLES INFORMATIONS:

John Bailey • [john.bailey@forces.gc.ca](mailto:john.bailey@forces.gc.ca)  
204-833-2500 ext/poste 4511

The WMFRC would like to thank 17 Wing Winnipeg and PSP for their support of this event.  
Le CRFM de Winnipeg tient à remercier la 17<sup>e</sup> Escadre et PSP pour leur soutien de cet événement.

## Today's Trivia Answers

- 1996.
- The Canada Cup — 1976-1991.
- The United States.
- Canada.
- Best of three.
- Philadelphia, Montreal, Montreal.
- Game 1: Canada – 4, USA -3 (in overtime); Game 2: USA – 5, Canada – 2; Game 3: USA – 5, Canada – 2
- 2004.
- Canada.
- Toronto.
- Canada – 3, Finland – 2.
- The "Big Six" of international hockey — Canada, Czech Republic, Finland, Russia, Sweden, and the United States and two "Minnnows" (Germany and Slovakia). The games were played in multiple venues in Europe and North America.
- Teams participating are the Big Six and two all-star teams—one from the rest of Europe and team North America, which consists of 23-and-under players. Instead of games played in several venues, all games are being played at Air Canada Centre in Toronto.
- The National Hockey League and the NHL Players Association.
- Brett Hull (USA) — 11 points (7 goals, 4 assists).
- Curtis Joseph (Canada) — 2.31 GAA.
- Mike Richter (USA).
- Fredrik Modin (Sweden) — 8 points (4 goals, 4 assists).
- Martin Brodeur (Canada) — 1.00 GAA.
- Vincent Lecavalier (Canada).
- The 2004-05 NHL Lockout, which resulted in the cancellation of the entire 88th season of NHL play. It was the first time the Stanley Cup was not awarded since 1919.

# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Stay connected with others so you're not left in the dark about important developments. You might want to avoid an emotionally heated discussion but don't put it off too long. The longer you "stew" about it the harder it will be to open the conversation. Seek a win/win solution.

**Taurus (April 20 – May 20):** If you try to solve things too quickly you might overshoot the mark. Give yourself the time to really consider a new approach. Be creative. Dig deep to discover why things aren't working. Focus on finding a win/win outcome or a viable compromise to a challenging situation.

**Gemini (May 21 – June 21):** Be practical. Complete projects and start the next set of tasks. There will be time to rest later. Read the fine print. Hammer out the details. Establish a solid foundation for your future. Consider new ideas if things don't seem to be falling into place. Keep tweaking your plan as you go.

**Cancer (June 22 – July 22):** You're willing to share and compromise because you care. Sadly people can abuse your trust. Still be careful not to be overly sensitive to random statements. Be aware that miscommunications can happen as well. Not everyone is adept at expressing their thoughts and feelings.

**Leo (July 23 – August 22):** Expect a large return on your investment of time, money or energy. Hard work pays off. Still it's important to think through big decisions. They are not automatically going to lead to the outcome you desire. Can you handle that? Deal with outstanding debts before taking on new ones.

**Virgo (August 23 – September 22):** Problems arising now are bigger than expected. Your disappointment could lead to a sense of hopelessness, if you let it. The power of the mind is strong though. Get mad. Let your anger fuel your conviction to fight feelings of being overwhelmed. Find solutions. Never give up.

**Libra (September 23 – October 23):** Over spending or over eating can occur when you are upset. Maintaining boundaries is essential. Inciting fear and encouraging conflicts are entertaining for some people. Don't fall for the drama. Pragmatically review the facts in a detached way to find the truth.

**Scorpio (October 24 – November 21):** Life is a journey. Though it's important to think about what you want to accomplish, ultimately it is how you feel about what you do that is most important. To please others is not the aim in life. Stick to your own path even if you're on the road less travelled.

**Sagittarius (November 22 – December 21):** You can work very hard to make a comfortable life, but this can leave you feeling isolated if you've lost touch with friends and family. Reach out. Teach others how to express their emotions in a creative way. You can lead a solitary life but it doesn't have to be.

**Capricorn (December 22 – January 19):** Do not let your past define you. You've changed, so let it go. Live in the present. There is so much happening right now. Deal with a problem. Don't get involved in distracting, petty squabbles. Write down a plan to ensure you accomplish what you want to this month.

**Aquarius (January 20 – February 18):** Be disciplined but flexible. Unseen forces are at work. Learn from your past then let it go. A loss brings intense feelings but allow them to flow through you. This is very freeing and opens you up to wonderful new things. Profound revelation occur during transitions.

**Pisces (February 19 – March 20):** Staying organized and on top of things boosts your confidence. You're capable of managing many things so keep enough irons in the fire to make life interesting. Don't invest any more time in a challenging situation. Let your heart and mind show you your best course of action.

## PERSONAL CLASSIFIEDS

### LOCAL HONEY FOR SALE

Raw, unpasteurized honey direct from the farm. \$10 per kilogram. Pick up on the base. Available in 1 kg and ½ kg tubs.

PLEASE CALL 204-807-6195

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\$1450 per month after Military Family Discount, includes Water. Renovated kitchen, 2 full bathrooms, big back yard! Beautiful!  
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Send us an e-mail today to place your FREE Classified ad (of 50 words or less) at: [voxair@mymts.net](mailto:voxair@mymts.net). Classified ads will run for one month (two issues) unless space permits or specified otherwise.

**FOR APPOINTMENTS CALL 775-8368**

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Your 17 Wing Community Newspaper  
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PROUD OF OUR PAST



PROTECTING OUR FUTURE

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Royal Canadian Legion  
1755 Portage Avenue  
Winnipeg, Manitoba

**CHASE THE ACE**

Monday 6 pm

**TEXAS HOLD 'EM**

Tuesday 7 pm

**ZUMBA**

Tuesday / Thursday 10-11 am

**LINE DANCING**

Tuesday / Wednesday 7-9 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

ASSINIBOIA UNIT NO. 283

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



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

WELCOME ALL MILITARY PERSONNEL

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# Chaplain's Corner

## Spiritual Fitness

by Padre Frederic Lamarre

One of the requirements of military life is being in good shape physically. Physical fitness training is generally part of our daily routine. We even have to undergo physical fitness testing every year. Why is it so important to be physically fit? Because we need to develop physical strength and endurance to prepare our bodies for future military operations.

As a chaplain, I believe that humans are also spiritual beings. It's just as vital that we care for ourselves spiritually, as physically. We need spiritual training to develop good spiritual health. Spiritual practice allows us to go inside ourselves and discover a sacred space where Peace and God's Love reign. Training our being through the exercise of daily prayer and meditation increases our capacity to get in touch with this inner peace. The more we practise this reflex to delve into the very core of our being, the easier it is to access this sacred space in times of torment. Indeed, the healthier we are spiritually, the better equipped we are to cope with life's hardships (failure, injustice, conflict, illness, suffering and death).

The image of the ocean is a good illustration of this. The agitated ocean surface represents all the emotions we experience as we go about our daily lives (anger, sadness, shame, excitement, joy, fear, fatigue, etc.) If we stay on the surface, we are at the mercy of the sea, constantly tossed about by emotions that ebb and flow. However, if we learn to dive properly equipped (spiritual exercises), we can access the peace and tranquillity of the ocean floor. By descending deeper into our own soul, we can acquire a certain detachment from the hustle and bustle of daily life and restore our strength.

Like physical training, learning to plunge into the depths of our own soul takes time, discipline and effort. Physical performance improves with repetitions of movements and a gradual increase in intensity. Consistent training is also needed to maintain any gains we make. The same rules apply to spiritual fitness.

I'll leave you with these questions for further reflection.

- Do you care about your spiritual health?
- Are you motivated to devote time to it?
- What spiritual fitness program would suit you best?
- What concrete steps are you prepared to take to start training?

If I touched your heart with this article and you would like to get together and talk, please feel free to email me at frederic.lamarre@forces.gc.ca.



## L'entraînement spirituel

Une des exigences de la vie militaire est que nous soyons en bonne forme physique. L'entraînement physique fait habituellement partie de notre routine quotidienne. À chaque année, nous devons même faire évaluer notre forme physique. Pourquoi est-ce si important d'être en bonne condition physique? Il s'agit de développer notre endurance et notre force physique pour préparer notre corps à faire face à d'éventuelles opérations militaires.

Comme aumônier, je crois que l'être humain est aussi un être spirituel. Il est donc primordial de prendre soin de la composante spirituelle de notre être, autant que nous prenons soin de la composante physique. Nous avons besoin d'entraînement spirituel dans le but de développer une bonne santé spirituelle. La pratique spirituelle nous permet de rentrer à l'intérieur de nous-mêmes afin d'y découvrir un espace sacré où règne la Paix et l'Amour de Dieu. Entraîner notre être, par des exercices de prière et de méditation journaliers, a pour effet d'accroître notre capacité à entrer en contact avec cette paix intérieure. Plus nous pratiquons ce réflexe de descendre dans le cœur de notre être, plus il devient facile d'accéder à cet espace sacré dans la tourmente. En effet, plus nous sommes en bonne santé spirituelle plus nous sommes outillés à faire face aux épreuves de la vie (l'échec, l'injustice, les conflits, la maladie, la souffrance et la mort).

L'image de la mer illustre bien ce propos. Ainsi, l'agitation de la mer en surface représente l'amalgame des émotions que nous éprouvons au fil de nos occupations quotidiennes (la colère, la tristesse, la honte, l'excitation, la joie, la peur, la fatigue, etc.). Si nous restons en surface, nous sommes à la merci des caprices de la mer. Les émotions diverses qui vont et viennent nous ballotent constamment. Par contre, si nous apprenons à plonger avec l'équipement nécessaire (les exercices spirituels), nous pourrions accéder à la paix et la tranquillité des fonds marins. De fait, nous descendrions plus profondément à l'intérieur de notre âme et cela nous permettra de prendre un certain recul face à l'agitation quotidienne ainsi que de restaurer nos forces.

Apprendre à plonger dans les profondeurs de notre être demande du temps, de la discipline et des efforts, tout comme dans l'entraînement physique. La performance physique augmente par la répétition des mouvements, l'augmentation graduelle de l'intensité. Il faut aussi de la constance dans l'entraînement afin de conserver nos acquis. Les mêmes règles s'appliquent face à l'entraînement spirituel.

Je vous laisse sur ces questions afin d'approfondir votre réflexion.

- Est-ce que votre santé spirituelle vous tient à cœur?
- Êtes-vous motivé à y consacrer du temps?
- Quel programme d'entraînement spirituel vous conviendrait le mieux?
- Quelles démarches concrètes êtes-vous prêt à faire en vue de commencer votre entraînement?

Si j'ai touché votre cœur par cet article et que vous vous sentez interpellé à me rencontrer afin d'en discuter, n'hésitez pas à me contacter par courriel : frederic.lamarre@forces.gc.ca

## Faith and Life

### PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

**SUNDAY SERVICE** (English Only) 0900 hrs

**COMMUNITY SERVICES**

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

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

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

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

**CHAPLAINS**

**Padre Lesley Fox**  
(United Church) - **Chapel Life Coordinator**  
ext 5785

**Padre Kevin Olive**  
(Pentecostal)  
ext TBA

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

17 Wing  
204 833 2500



17 Wing Community Chapel  
2235 Silver Avenue  
(Near Whytefold)



Administrative Assistant  
ext 5087

### CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

**CHAPLAINS**

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

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

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

**Padre Frederic Lamarre**  
(Roman Catholic Pastoral Associate)  
ext TBA

**SUNDAY MASS** (Bilingual) 1100 hrs

**COMMUNITY SERVICES**

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

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

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

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

**MAIN OFFICES**  
Building 64,  
Lower Level, North End.

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

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

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

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

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