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# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

June 29, 2011

VOLUME 60, ISSUE 13

FREE

## Batter Up: 17 Wing Plays Slo-Pitch



### Change of Command at 17 Wing



A participant at the annual 17 Wing WCWO/Public Service Slo-Pitch Tournament hits a high fly ball into left field. For more on the tournament please see page 11.

IN THIS ISSUE:

AN UPDATE ON THE 2ND ANNUAL FAMILY SUPPORT CONFERENCE

Page 3

HELP GUNNER GET HOME

Page 4

ON TUESDAY, JUNE 28TH, COLONEL BLAISE FRAWLEY ASSUMED COMMAND OF BOTH 17 WING WINNIPEG AND THE AIR FORCE TRAINING CENTRE FROM LIEUTENANT-COLONEL DAVID REYENGA. PLEASE SEE OUR NEXT EDITION FOR MORE INFORMATION

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# Air Force Chiefs set the pace at 2011 AF Run

**Sgt Bill McLeod**  
Wing Public Affairs Photojournalist

Fifteen of the Air Force's Senior Chief Warrant Officers (CWO), including the Chief Warrant Officer of the Air Force, CWO Miles Barham, 1 Canadian Air Div CWO Guy St-Jean, and 2 Canadian Air Division CWO Bill Dalke, were at 17 Wing Winnipeg Sunday, 29 May, to participate in the 3rd Annual Air Force Run (AFR).

In addition to the AF's three senior CWOs, those participating included MWO David Hepditch (5 Wing Goose Bay MWO); CWO David Bolster (19 Wing Comox CWO designate); CWO Joe Burns (9 Wing Gander CWO); CWO Richard Lefebvre (Air Reserve CWO designate); CWO Stephen Jackson (15 Wing Moose Jaw CWO) and CWO Deborah Matthews (15 Wing Moose Jaw CWO designate); CWO Helen Wheeler (4 Wing Cold Lake CWO designate); CWO Sandor Gyuk (8 Wing Trenton CWO); CWO Brian Woodford (1 Wing Kingston CWO) CWO Gerry Poitras (12 Wing Shearwater CWO); CWO Denis Gaudreault (3 Wing Bagotville CWO designate); and CWO Mike Scarcella (17 Wing Winnipeg CWO).

"The maximum participation of the Air Force Chiefs in this event shows how important fitness is to the leadership of the Air Force," said 17 Wing Chief Warrant Officer (WCWO) Mike Scarcella. "Representing a good cross section of the Air Force some of us ran the half marathon, some ran the 10k, and the rest ran the 5k. That instilled competitive streak even produced a few medal recipients at the end of the day"

Along with their participation in the Air Force Run, the CWOs also attended the annual Wing Work Life Enhancement Conference, a meeting of Wing Chief Warrant Officers from across Canada during which the AF non-commissioned senior leaders get together to discuss issues affecting the quality of life for their units.

"We took the opportunity to bring the conference and the run together," said WCWO Scarcella.

The Air Force fitness culture has a long history. The Royal Canadian Air Force (RCAF) Flyers hockey team



**AF CWOs at the AF Run. (L-R) MWO Hepditch, CWO Bolster, CWO St-Jean, CWO Burns, CWO Barham, CWO Lefebvre, CWO Matthews, CWO Jackson, CWO Wheeler, CWO Dalke, CWO Gyuk, CWO Gaudreault, CWO Woodford, CWO Scarcella, and CWO Poitras. Photo: Cpl Piotr Figiel**

won the Gold Medal at the 1948 Olympics and during the 1950's the RCAF 5BX (Basic Exercise) Program became famous world wide. More recently, one of the Air Force's Search and Rescue Technicians was Canada's Ultrarunner of the Year, running in competitions measured in hundreds of kilometres and days instead of hours.

General Rick Hillier, while serving as Chief of Defence staff and in announcing the new Canadian Forces' (CF) Health and Fitness strategy in 2008 wrote, "It is the responsibility of the CF to develop and sustain a

strong, healthy and fit CF. This begins with leaders who are fully committed to a "culture of health and physical fitness", where people take their health seriously and choose a lifestyle dedicated to eating well, engaging in regular physical fitness activities, maintaining a healthy weight and living an addiction free lifestyle."

On 29 May in Winnipeg, the AF Chiefs showed they were fully committed to setting the example for the non-commissioned member ranks.

## A long and distinguished career

**Alison Dickey**  
Voxair Journalist

Major St. Pierre is finally hanging up his hat and retiring June 30, 2011 after a 43-year career in the Air Force.

"You could join the Army and Navy when you were 16 but I really wanted to join the RCAF, so I had to wait until I was 18," explains Maj St. Pierre.

Maj St. Pierre joined the RCAF in 1966 as a finance clerk and worked his way up the ranks and was commissioned when he joined the Cadet organization as a Regional Cadet Financial Services Officer in November of 1993.

Originally from Chicoutimi, Quebec, St. Pierre's postings included: Ottawa, Valcartier, Lamazaza, Chibougamau and did a seven month tour in Cypress throughout

his career. He's lived in Winnipeg for more than 17 years working for the Cadets however; it's not the first time he lived in the city...he was posted to the PPCLI from 1981 - 1984.

St. Pierre says he enjoyed working at the small bases but Winnipeg has been his favourite posting as he's spent 20 years in the city.

"The one thing I won't miss is getting up early and having to shave everyday but I will definitely miss the people," says Maj St. Pierre.

Maj St. Pierre has spent the past seven years running the Sud's Memorial Golf Tournament for the Officer's Mess but this year he's only going to be in attendance for the tournament that's scheduled for July 7<sup>th</sup>.

He says he will enjoy the opportunity to spend more time with his family, which includes his seven grandchildren. Traveling will be another big part of his retirement, "I have been all over this country but I have never seen Newfoundland," says Maj. St. Pierre, who is hoping to visit the province next summer with his wife.



**Maj St. Pierre is hanging up his hat after an amazing 43-year career in the Air Force. Photo: Alison Dickey**

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# Full Throttle on Family Support

Major General Yvan Blondin, Commander of 1 Canadian Air Division in Winnipeg provides an update on the second annual Family Support Conference which he hosted in Winnipeg, May 10-11.

I've never heard of the Chief of the Defence Staff having to "tag along" to any Canadian Forces event. But there's a first for everything.

As the story goes, when his wife, Mrs. Leslie Natynczyk was invited to our recent Family Support Conference, the CDS felt the conference theme was so important he asked if he could join her. She agreed, and it was a pleasure having this couple meet with our Wing Commanders as well as representatives from the Army and Navy to focus on how we can better serve our loved ones.

The main theme General Natynczyk emphasized was simply that "Family Support is Commander's business." Saying this to a room full of commanders makes our mandate very clear.

Not to be outdone, Mrs. Natynczyk, who is the CF Champion of Military Families, explained that, while commanders certainly play a role, it is everyone's job in the military to take care of families. She also urged commanders to get to know their programs well, to listen to family voices and find local solutions that put spouses and children first.

Creative solutions of this kind may mean CF and military members are not always the primary benefit recipient, but this may produce the ultimate result we're looking for. In other words, if you want a tree to grow, sometimes you need to spend more time caring for the ground beneath it.

Of particular importance, this year's conference saw the results of the Family Support Needs Assessment, which captured how military families like yours perceive their needs as being met. Feedback from nearly 2,000 respondents will be valuable in further augmenting

family focused programs and services. These results are available at [www.forcesfam.ca](http://www.forcesfam.ca), which is the same web-site address you went to initially to provide feedback.

We recognize that with every posting and every deployment, Canadian Forces members and their families make sacrifices for our country. To address this, we are working to make improvements to how members find a family doctor, re-enroll their children in childcare and find affordable housing regardless of where they serve. More work is being done, not just by the Air Force, but now also by the Army and the Navy. I look forward to helping families with further enhancements in these areas in the near future and beyond.



## Le soutien aux familles : un enjeu de taille

Le Major-général Yvan Blondin, commandant de 1<sup>re</sup> Division aérienne du Canada, à Winnipeg, fait une mise à jour concernant la deuxième conférence annuelle sur le soutien aux familles. La conférence a eu lieu à Winnipeg, les 10 et 11 mai derniers.

Je n'ai jamais entendu dire que le Chef d'état-major de la Défense a dû se joindre à une autre personne pour participer à une activité des Forces canadiennes. Mais il y a une première pour tout.

On dit que, lorsque sa femme, M<sup>me</sup> Leslie Natynczyk, a reçu une invitation à notre récente conférence sur le soutien aux familles, le CEMD aurait estimé que c'était si important qu'il lui aurait demandé s'il pouvait l'accompagner. Comme elle aurait accepté, nous avons eu le plaisir de voir ce couple rencontrer nos commandants d'escadre ainsi que des représentants de la Marine et de l'Armée, dans le but de déterminer des façons d'améliorer la vie de nos proches.

Le Général Natynczyk a principalement insisté sur

le fait que « le soutien aux familles est l'affaire des commandants ». Qu'il l'ait dit devant une salle pleine de commandants rend notre mandat très clair.

Pour ne pas être en reste, M<sup>me</sup> Natynczyk, qui est la Championne des familles des militaires à l'échelle des FC, a expliqué que, même si les commandants jouent indéniablement un rôle, c'est à tous les membres des Forces canadiennes qu'il incombe de s'occuper des familles. Elle a également vivement recommandé aux commandants de bien connaître leurs programmes, d'écouter le point de vue des familles et de trouver des solutions qui donnent la priorité aux conjoints et aux enfants.

Des solutions créatives pourraient reléguer au second plan les FC et les militaires en tant que principaux bénéficiaires des services, mais elles pourraient aussi produire l'effet recherché. Autrement dit, pour faire pousser un arbre, il faut parfois s'occuper davantage de la terre qui le nourrit.

L'important est qu'au cours de la conférence de cette

année, on a présenté les résultats de l'évaluation des besoins de soutien aux familles. L'évaluation a permis de savoir dans quelle mesure les familles des militaires, comme la vôtre, considèrent que l'on répond à leurs besoins. Les réponses des quelque 2 000 personnes permettront de continuer à améliorer les programmes et les services axés sur les familles. Les résultats sont sur le site [www.forcesfam.ca](http://www.forcesfam.ca), site où se trouvait le questionnaire.

Nous savons que lors de chaque affectation et déploiement, les militaires et leurs familles font des sacrifices pour le Canada. Donc, où qu'ils soient, nous voulons les aider à trouver un généraliste, à inscrire leurs enfants dans des garderies et à trouver un logement abordable. Il y a encore du travail à faire, pas seulement par la Force aérienne, mais aussi par la Marine et l'Armée. Je me réjouis à la perspective de pouvoir d'ores et déjà aider davantage les familles.

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# Finding a home for Gunner

The following article was sent to the Voxair's Alison Dickey, and is in regards to a very special cause.

Hi Alison

Thank you very much for taking an interest in Gunner. I have got dozens of pictures of Gunner, some from when he was a puppy, some when he was older on the base, and some from the Nowzad shelter.

I will send you a few and you can let me know if you want any more. I will also attach a word document. It is the document we have been sending to our family and friends telling the story about Gunner and asking for support to bring Gunner back to Canada. The letter is written by my boyfriend, currently serving in Afghanistan.

This is the story in a nutshell. My boyfriend has been in Afghanistan since August of 2010, his tour is set to be up in August of 2011. His troop found Gunner in December being beaten by some local children. My boyfriend and his troop stopped the children from continuing to beat Gunner and Gunner has followed them around ever since. They agreed they would feed the dog, as it was very skinny and unhealthy. It started as just feeding him, but the troop ended up falling in love with Gunner's good nature and it turned into them keeping him as a pet. They received dog food, toys, collars and a leash from a K-9 unit that sometimes frequented the area. They made Gunner his own dog house out of some spare wood they had lying around, and haven't looked back since. When they realized their tour was coming to an end they realized they were going to have to make a decision about what to do with Gunner. The initial options were not fitting for a dog they had become so attached to. If they just turned Gunner loose, he would certainly die a painful, and lonely death due to the way dogs are viewed in Afghanistan (which my boyfriend explains in his letter). This would not be a desirable outcome for the dog they had raised and had given them so much entertainment and affection over the months. The troop even considered the unthinkable: euthanizing Gunner. But thankfully they learned about the Nowzad charity before it was too late. Once they learned that

there was a way to save Gunner the option was clear for them. No matter how much it cost, Gunner was worth saving. Gunner has been a great stress relief for the entire troop on their tour, the least they could do is give him the opportunity for a happy life in Canada. Nowzad was contacted, and the arrangements were made to bring Gunner to Canada. It was risky transporting Gunner to the shelter, and it was about a 5 hour drive from his FOB, to the shelter. Nevertheless, their hard work paid off, and Gunner has arrived safely at the Nowzad shelter. We have been in contact with Nowzad and plans are underway to bring Gunner to Canada.

As you can imagine its an expensive undertaking to bring a dog from Afghanistan to Canada. My family and my boyfriend have already paid a lot of money towards Gunner's return. Myself, my friends and my family, see it as a small thing that we can do to help support my boyfriend while he is in Afghanistan. I know how much Gunner means to him and his troop, and what it would mean to them if they knew that Gunner would be safe. At least they will be able to leave Afghanistan with a positive story, about a dog they gave a new life to.

Again, thanks for your interest, if you have any questions or anything just let me know! If you get a chance check out the Nowzad website ([www.nowzad.com](http://www.nowzad.com)). Its a really good website, and they keep it very up to date. Gunner's ChipIn page is on the website. There is a graph that says how much is raised for Gunner's rescue. We are at 26% of the \$4,000 needed to bring Gunner home. I hope to hear from you soon!

Lisa Knievel

Donations for Gunner can be sent through: <http://nowzaddonations.chipin.com/gunner>



Gunner sleeps in a special dog house that the soldiers have built for him. Photo: Submitted



Donations are needed so that Gunner can find a nice home after the soldiers leave Afghanistan. Photo: Submitted

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# Rangers hone their skills in Ex WELL TASTY

Sub Lt Jessica MacDonald  
LFWA PAO

Rangers from the 4<sup>th</sup> Canadian Ranger Patrol Group (4 CRPG) participated in Exercise WELL TASTY 2011 in Chilcotin, BC, from June 9 to 12, 2011.

During the first part of the exercise, Rangers honed their shooting skills. They participated in several different types of ranges: .303 rifle, shotgun and familiarization training with the C7 rifle, M203 grenade launcher, and pyrotechnics.

“This exercise is unique because for the first time in recent years BC Det has deployed a complete sub-unit,” said Captain Steven Parker, BC Detachment Commander for 4 CRPG. “The efforts of 13 full-time staff and 19 soldiers from 39 Canadian Brigade Group were combined to provide quality training to Canadian Rangers representing 14 patrols within BC and one from Manitoba.”

One unique element was the predator range. Using shotguns and .303s, Rangers walked through a section of bush in an extended line, shooting hidden targets as they appeared. This move and shoot technique provided practice in the event they have to protect themselves against wildlife.

The Rangers also participated in a two-day round robin competition. This part of the exercise focused on basic ranger skills such as First Aid, setting up tents, lighting stoves, rope tying, navigation, and setting up observation posts.

Rangers from the 100 Mile House patrol group had the best overall score at the end of the competition.

“I enjoyed the whole thing. It was a ball of fun,” laughed Ern Heggulun, a Ranger from the Pouce Coupe.

4 CRPG is made up of a diverse group of individuals. This exercise, the ages spanned from 19 to 75. Some of



Aaron Dovauo, Mike Markham, Michael Blace, and Greg Laureta, 4 CRPG Rangers from the Powell River patrol group, participate in Exercise WELL TASTY 2011. Photo: Submitted

the participants have been Rangers for years and some have just recently joined.

“My general impression of the Rangers is that it seems like a truly good outfit,” said Jonathan Stelmacker, a newer Ranger from the Kitimat patrol group. “It’s good training and it’s good life skills.”

4 CRPG has Canadian Ranger patrols located in 40

remote, northern and coastal communities across Canada’s four western provinces and is made up of over 950 Canadian Rangers. They provide a presence in sparsely settled northern, coastal and isolated areas of Canada which aren’t covered by other elements of the military.

# Good Luck Military World Games Athletes!

On July 12th, 2011, 15 athletes, officials, and trainers will be participating in the 5th Annual Military World Games in beautiful Rio De Janeiro, Brazil.

The event will be the largest military sports event ever held in Brazil. Over 8000 participants from more than 100 countries will be gathering in Rio to take part in 20 different sports. The Military World Games are put on by the International Military Sport Council (CISM), a group whose ultimate goal is to contribute to world peace by uniting armed forces through sports

The Voxair would like to wish the following 17 Wing Members good luck in their time in Brazil:

**Women’s Soccer:**

LS L. Imhoff, HMCS Chippawa  
LS S. Imhoff, HMCS Chippawa

**Soccer Official:**

Capt Palavicino, WTEME

**Basketball Trainer:**

Don Mills, PSP

**Running:**

Capt Craig Greeley, 435 Sqn

**Swimming:**

Capt Alex Bronson, WTEME  
Capt Stephanie Bigelow, 1CFFTS  
2LT Jacinda Smith, 2 Cdn Air Div  
Joanna Jarrett, Trainer, PSP  
MWO King, Official, 1 Cdn Air Div

**Women’s Volleyball:**

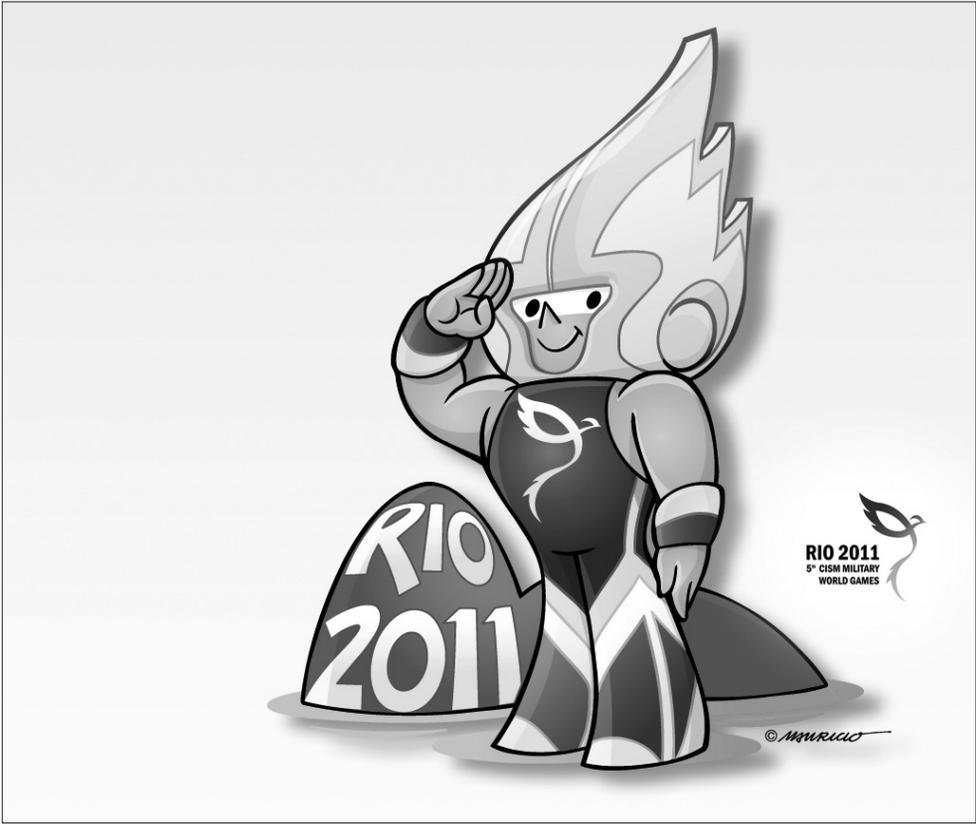
Capt Julia Rantz, 402 Sqn  
Capt Emmanuelle Gratton, 435 Sqn

**Fencing:**

Capt Natalie Jones, CFSAS

**Men’s Soccer:**

Pte Ayers, 402 Sqn  
Maj Szkward, 1 Cdn Air Div



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# Ten new SAR Techs receive their Wings

19 Wing Comox Public Affairs

After 11 months of intensive training, the newest generation of Search and Rescue Technicians (SAR Techs) is ready to take their place in an operational unit as ten new members have received their SAR Tech Wings and distinctive orange berets last Thursday.

“For me having the chance to become a Search and Rescue Technician was fitting with my lifestyle,” said MCpl Beattey. “I got to take all of my hobbies and do them for a living. But ultimately I feel I will enjoy this trade because it’s all about the opportunity to help others.”

The road to become a SAR Tech was not a short or easy one. It started by a pre-selection process done in Edmonton and at Jarvis Lake, Alberta. Every year,

approximately 30 candidates try to become the next generation of SAR Tech, but only a dozen will be chosen to attend the course.

The course given by the Canadian Forces School of Search and Rescue at 19 Wing in Comox, BC aims at preparing candidates to perform life-saving missions in the harshest conditions anywhere in Canada. The bulk of the training is dedicated to receive their Primary Care Paramedic certification. They learn then how to deliver medical care and to extract patients in a variety of scenarios. They received training in arctic survival and rescue, winter operation, avalanche rescue, mountain rescue, parachuting, scuba diving, and rock climbing.

“With the intensity of the pre-selection process, the ten or twelve that do make it to Comox already have developed a bond

because they have been together at their worst,” said Sergeant Lance Teichrib, senior course instructor. “This group of type A personalities can then have a sense that they are part of a tightly knit team. It was clear from the beginning that they had a connection and that they took care of each other. I have enjoyed teaching to this group because they learned early on that to play hard, you had to work hard. But they nonetheless took the time to enjoy their time here and smell the roses. This will definitely be a year they will remember.”

Working with other Canadian SAR partners, the CF play a vital role in a world-class SAR system that answers the call of those in need. Today, the CF annually respond to approximately 8 000 incidents, tasking military aircraft or ships in about 1 100 cases. Historically, these

actions have saved on average over 1 200 lives and provided assistance to over 20 000 persons each year.

Canada’s challenging responsibility for aeronautical and maritime SAR extends over 15 million square kilometres of land and sea—an area one-and-a-half times that of Canada’s landmass or of continental Europe. The aeronautical SAR area extends from the U.S. border to the North Pole, and from approximately 600 nautical miles (1 111 km) west of Vancouver Island in the Pacific Ocean to 900 nautical miles (1 667 km) east of Newfoundland in the Atlantic. The maritime SAR mandate includes the oceanic waters within this area, in addition to the St. Lawrence Seaway and the Great Lakes. Ground and other marine SAR are generally provincial or territorial responsibilities.



Instructors from Canadian Forces School of Search and Rescue watch the students parachute in for the graduation ceremony. Photo: CPI Sylvie Keevin



Students of Search and Rescue Course # 44 arrive via parachute for their graduation ceremony. Photo: Cpl Sylvie Keevin

## 10 nouveaux diplômés reçoivent leurs ailes de recherché et sauvetage

Après onze mois d’entraînement intensif, la dernière mouture de techniciens en recherche et sauvetage a finalement reçu jeudi dernier ses ailes de techniciens en recherche et sauvetage (SAR Tech) et son distinctif béret orange.

« Pour moi, ce métier rassemble mes passions personnelles. J’adore déjà l’alpinisme et le parachutisme », dit le Caporal-chef Fernando Bianco. « Main-

tenant je vais pouvoir en plus opérer dans un théâtre opérationnel à longueur d’année. Il n’y aura rien de plus gratifiant que de sauver des vies canadiennes. »

La route vers cet accomplissement fût longue et difficile. Le tout commence par une présélection qui est accomplis à Edmonton et à Jarvis Lake en Alberta. Chaque année, environ trente candidats se présente à la présélection, mais seulement une douzaine seront invités à assister au cours.

Le cours donné par l’École de recherché et sauvetage des Forces canadiennes, à la 19ème escadre à Comox en Colombie-Britannique, à pour but de préparer ses candidats à performer des missions de recherche et de sauvetage dans les pires conditions n’importe où au Canada. La majorité de l’entraînement est dédié à l’obtention du certificat de paramédic des soins primaires. Ils apprennent par la suite comment livrer ces soins et à extraire des patients dans diverses scénarios. Ils reçoivent de l’entraînement en survie et sauvetage en Arctique, en opération hivernale, en sauvetage en cas d’avalanche, en sauvetage en montagne, en parachutisme, en plongé sous-marine et en alpinisme.

« L’intensité du processus de présélection permet au dix ou douze candidats sélectionnés

d’avoir déjà un lien qui les unis puisqu’ils ont été ensemble à leur pire », dit Sergeant Lance Teichrib, instructeur senior sur le cours. « Ce groupe ayant de très forte personnalités a pu dès le début tisser les liens nécessaires pour former une équipe. Il était clair qu’ils avaient une connexion entre eux et qu’ils se soutenaient. J’ai apprécié enseigner à ce groupe puisqu’ils ont appris rapidement qu’il leur fallait travailler fort pour réussir, mais ils ont néanmoins réussis à apprécier le temps qu’ils ont passé ici ».

En collaboration avec d’autres partenaires canadiens de SAR, les FC jouent un rôle vital au sein d’un système de SAR de renommée internationale pour répondre à l’appel de ceux dans le besoin. De nos jours, les FC interviennent chaque année dans environ 8 000 incidents et dépêchent un aéronef ou un navire militaire dans quelque 1 100 cas. Par le passé, ces actions ont permis de sauver la vie de 1 200 personnes directement en dan-

ger et de venir en aide à environ 20 000 personnes chaque année.

La responsabilité du Canada en matière de SAR aéronautique et maritime est un défi de taille s’étendant sur une superficie de plus de 15 millions de kilomètres carrés de terre et d’eau, soit une fois et demi la masse terrestre du Canada ou de l’Europe continentale. La zone aéronautique de SAR s’étend de la frontière américaine jusqu’au pôle Nord et d’environ 600 milles marins (1 111 km) à l’Ouest de l’île de Vancouver, dans l’océan Pacifique, jusqu’à 900 milles marins (1 667 km) à l’Est de Terre-Neuve, dans l’océan Atlantique. Le mandat maritime de SAR comprend les eaux océaniques de cette région ainsi que la Voie maritime du Saint-Laurent et les Grands Lacs. La SAR terrestre et la SAR dans les autres emplacements maritimes relèvent généralement du niveau provincial ou territorial.

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# Innovative and intrepid Airmen awarded

**David Elias**  
1 Can Air Div Public Affairs Officer

Seeking out explosive devices in Afghanistan and expediting the evacuation of Canadians from earthquake-ravaged Haiti were among the heroic efforts recognized by Lieutenant General Andre Deschamps, Chief of the Air Staff (CAS) in the atrium of 1 Canadian Air Division in Winnipeg on 16 May 2011.

The CAS recognized four individuals in total, two with the Chief of the Defence Staff (CDS) Commendation, one with the Air Command Commendation and one with the Medallion for Distinguished Service.

CDS Commendation recipients included Major Dominic Paquette, currently employed as a pilot leader with 435 Squadron who established innovative procedures to reduce the time required

to evacuate foreign nationals from Haiti during Op HESTIA. The system he developed to manage passenger movement was quickly adopted by other countries for their own evacuations.

Secondly, Chief Warrant Officer Douglas Harry served as the Sergeant Major of the Canadian Heron Unmanned Aerial Reconnaissance Vehicle Detachment in Kandahar. His remarkable resourcefulness helped detect improvised explosive devices (IEDs) in support of coalition ground forces. This resulted in enhanced intelligence, surveillance and reconnaissance capabilities to troops in Afghanistan.

The Air Command Commendation was presented to Sergeant Morgan Biderman, a Search & Rescue Technician who braved 20 foot ocean swells and 30 to 50 knot winds during a rescue mission on 24 October 2009. He and the crew of the

Cormorant helicopter from 103 Search & Rescue Squadron recovered three survivors from two separate life rafts and a fourth from the open ocean.

Receiving the Medallion for Distinguished Service was Mr. Kenneth Mahon who was central in enabling the network and data linking necessary to integrate the Canadian and American Forces weapons systems during Op PODIUM. His work resulted in the most comprehensive data architecture in Canadian history.

“As these stories show, Canada’s Air Force is delivering across all spectrums of operations,” said LGen Deschamps. “Despite our high operational tempo, all of our fleets are in operation, which is an unprecedented accomplishment. We should be very proud of the performance of the Air Force.”

Award Descriptions

The CDS Commendation is awarded

to recognize deeds or activities beyond the demand of normal duty. As part of their award, recipients received a gold bar bearing three gold maple leaves.

The Air Command Commendation is awarded to any member of the Canadian Forces who has performed a deed or activity beyond the demands of normal duty. As part of the award, the recipient received a silver plated, satin-finished insignia, consisting of three maple leaves.

The Canadian Forces Medallion for Distinguished Service is awarded to recognize outstanding service performed by persons other than active military personnel. It is awarded for service of a rare and exceptionally high standard, which accrues great benefit to the CF as a whole.

More information about these and other awards can be found on the Directorate of Honours and Recognition (DH&R) website.

## Description of Medallion for Distinguished Service

A twelve-sided silver coloured medallion, 76 mm across the points, bearing on the obverse the superimposed symbols of the three services: the anchor, the crossed swords and the flying eagle, topped by the Royal Crown, the whole superimposed on four maple leaves within a raised circle, on the edge of the medallion appear, between branches of laurel leaves, the inscriptions “DISTINGUISHED SERVICE” and “SERVICE DISTINGUÉ”.

The reverse displays a wreath of laurel and maple leaves around the perimeter leaving the center plain to allow the engraving of the recipient’s name.

The Medallion is accompanied by a scroll, bearing the badge of the Canadian Forces embossed in gold, the name of the recipient and an appropriate citation, signed by the Chief of the Defence Staff.



Chief of Air Staff LGen JPA Deschamps (L) presents Maj DOJ Paquette (R), Pilot Leader in 435 Squadron 17 Wing Winnipeg, the Chief of the Defence Staff Commendation. Photo: Cpl Beverley Dunbar



Chief of Air Staff LGen JPA Deschamps (L) presents CWO DA Harry (R), A4 Maintenance Directorate in 1 Can Air Div, the Chief of the Defence Staff Commendation. Photo: Cpl Beverley Dunbar



Chief of Air Staff LGen JPA Deschamps (L) presents Mr. Ken Mahon (R), A3 Data Links Manager in 1 Can Air Div, the Canadian Forces Medallion for Distinguished Service. Photo: Cpl Beverley Dunbar



Chief of Air Staff, LGen JPA Deschamps (L) presents Sgt MF Biderman (R), Deputy SAR Technician Leader in 435 Squadron, the Air Command Commendation. Photo: Cpl Beverley Dunbar

## Description du Médaille des Forces canadiennes pour service distingué

Un médaillon à douze côtés de ton argenté, dont la distance entre deux pointes opposées est égale à 76 mm, portant à l'avert les symboles superposés des trois services : l'ancre, les épées croisées et l'aigle en vol, surmontés de la couronne royale, le tout superposé à quatre feuilles d'érable à l'intérieur d'un cercle en relief. Au bord du médaillon, apparaissent, entre les branches des feuilles de laurier, les inscriptions « SERVICE DISTINGUÉ » et « DISTINGUISHED SERVICE ».

Le revers affiche une couronne de feuilles de laurier et d'érable sur tout le périmètre, ce qui dégage le centre pour la gravure du nom du récipiendaire.

Le médaillon est accompagné d'un parchemin portant l'insigne des Forces canadiennes gaufré d'or, le nom du récipiendaire et une citation appropriée; il est signé de la main du Chef d'état-major de la Défense.

# Des aviateurs sont récompensés de leur ingéniosité et de leur courage

**David Elias**  
1 Can Air Div Public Affairs Officer

Rechercher des dispositifs explosifs en Afghanistan et accélérer l'évacuation de Canadiens qui se trouvaient à Haïti après le tremblement de terre, voilà certains des efforts héroïques ayant été récompensés par le Lieutenant-général André Deschamps, Chef d'état-major de la Force aérienne (CEMFA), lors d'une cérémonie ayant eu lieu dans l'atrium du QG de la 1<sup>re</sup> Division aérienne du Canada, à Winnipeg, le 16 mai 2011.

Le CEMFA a récompensé quatre personnes. Deux ont reçu la Mention élogieuse du Chef d'état-major de la Défense (CEMD), une a reçu la Mention élogieuse du Commandement aérien et une autre, le Médaille des Forces canadiennes pour service distingué.

L'un des les récipiendaires de la Mention élogieuse du CEMD est le Major Dominic Paquette, actuellement pilote-chef, membre du 435<sup>e</sup> Escadron ; il avait établi des procédures novatrices ayant permis de réduire le temps requis

pour évacuer les ressortissants étrangers d'Haïti dans le cadre de l'Op Hestia. D'autres pays n'avaient pas tardé à adopter son système.

L'Adjudant-chef Douglas Harry, l'autre récipiendaire de la Mention élogieuse du CEMD, a occupé le poste de sergent-major du détachement canadien de reconnaissance aérienne utilisant des véhicules non pilotés, Heron, à Kandahar. Grâce à son ingéniosité remarquable, il a aidé à détecter des dispositifs explosifs de circonstance (IED) à l'appui des forces terrestres de la coalition. Cette contribution a permis d'améliorer les capacités de renseignement, de surveillance et de reconnaissance des troupes en Afghanistan.

La Mention élogieuse du Commandement aérien a été remise au Sergent Morgan Biderman, un technicien en recherche et en sauvetage qui, lors d'une mission de sauvetage le 24 octobre 2009, a bravé une forte houle océanique sous des vents de 30 à 50 nœuds qui produisaient des vagues de 6 mètres. Lui et les autres membres d'équipage d'un Cormorant du 103<sup>e</sup> Escadron de recherche et de sauvetage ont

sauvé trois personnes qui se trouvaient à bord de deux différents radeaux, ainsi qu'une quatrième personne qui se trouvait en plein océan.

Quant au Médaille pour service distingué, on l'a décerné à M. Kenneth Mahon, qui a joué un rôle déterminant dans l'établissement du réseau et le couplage de données ayant permis d'intégrer les systèmes d'armes des forces du Canada et des États-Unis au cours de l'Op Podium. Il en a découlé l'architecture des données la plus complète de l'histoire du Canada.

« Comme en témoignent ces récits, la Force aérienne du Canada accomplit sa mission avec succès sur toute la ligne, a déclaré le Lgén Deschamps. Malgré le rythme accéléré des opérations, toutes nos flottes aériennes servent aux opérations, ce qui représente une réalisation sans précédent. Nous devrions être très fiers des accomplissements de la Force aérienne. »

## Description des distinctions

La mention élogieuse du CEMD est décernée en reconnaissance d'actes et d'activités qui vont au-delà du devoir nor-

mal. Les récipiendaires reçoivent en plus une barrette dorée ornée de trois feuilles d'érable.

La Mention élogieuse du commandement aérien est décernée à tout membre des Forces canadiennes ayant accompli un acte ou une activité qui dépasse les exigences des tâches habituelles. Elle est accompagnée d'un insigne plaqué argent au fini satiné et comportant trois feuilles d'érable.

Le Médaille des Forces canadiennes pour service distingué souligne le service exceptionnel de personnes qui ne font pas partie du personnel militaire actif. Il est décerné pour des services rendus d'une qualité exceptionnellement élevée et qui sont particulièrement utiles à l'ensemble des Forces canadiennes.

Vous pouvez trouver tous les détails relatifs à ces récompenses et à d'autres encore en visitant le site Web de la Direction – Distinctions honorifiques et reconnaissance (DDHR).

# 17 Wing bikes for Heart and Stroke Foundation



The rain cleared up just before the 17 Wing Wingin' It team got ready to leave. Photo: Alison Dickey



The Wingin' It team pumps themselves up before getting on the bike. Photo: Alison Dickey

**Alison Dickey**  
Voxair Journalist

It looked as though it would be a very wet day for a bike ride as 17 Wing's team Wingin' It drove to the Forks to participate in this year's Heart and Stroke Foundation Big Bike fundraiser. As luck would have it though, just before they got ready to pedal, the rain stopped.

The Big Bike fundraiser began back in 1993 right here in Manitoba and it continues to grow every year with 30 teams participating in Winnipeg this year. This was 17 Wing's ninth consecutive year participating in the event.

Across the province of Manitoba they will raise approximately \$250,000 for heart and stroke research. Last year, 40,000 Canadians in over 200 communities pedaled the bike to help raise over \$7 million for research.

"We have lots of full bikes this year and the fundraising seems to be going very well," says Vanessa Schaff, Provincial Program Manager for the Heart and Stroke Foundation.

Twenty-nine people provide the power while the driver, who is supplied by the Heart and Stroke Foundation, steers the bike that is the same size as a school bus. There are ten rows with three people per row and one easy seat where one

rider can relax while the rest of the team works. The bike is equipped with speakers, which energized riders with some fun tunes while the driver lead cheers to ensure the noisemakers didn't stop!

This year's route went down Waterfront Dr. to the roundabout at Bannantyne and then returned to the Forks. The ride typically takes 20 minutes; however

team Wingin' It got stuck behind a line up of school buses waiting to pick up students from Shaw Stadium.

Overall, fun was had by all of 17 Wing's 20 riders who were treated to lunch and prizes following the ride. This year's team raised over \$2100 for the Heart and Stroke Foundation.

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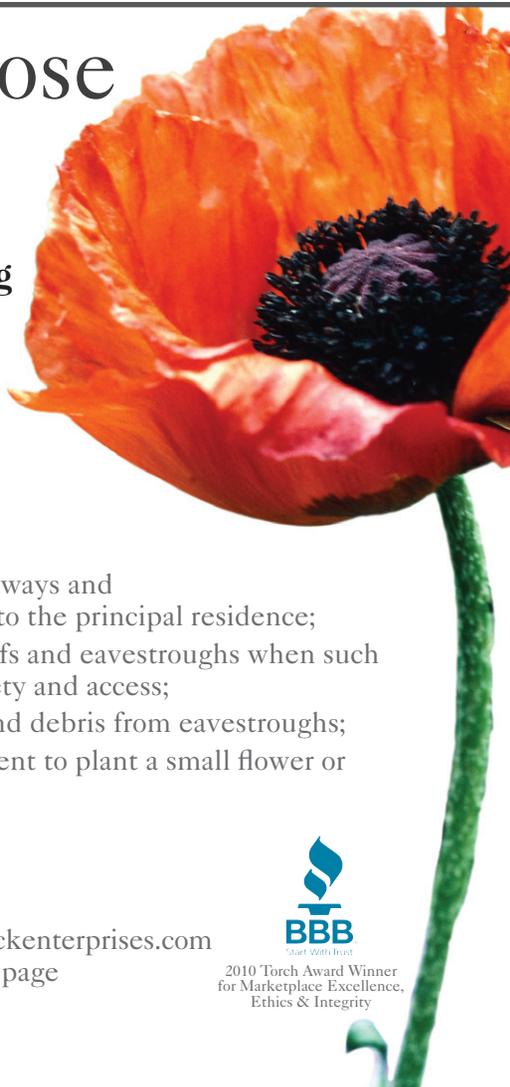
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# Standing Watch



A CF-188 Hornet, en route from Canada to Keflavik Air Base, Iceland, maneuver into position for an air refuel from a CC-130T Hercules. Not pictured is another CF-188 Hornet also maneuvering to refuel. Photo: Capt Iain Hannam

**Capt Jeff Noel**  
Wing Public Affairs Officer

“The Hornets may be the stars of the show but without gas they’re only static displays,” was the cheeky response frequently overheard when members of 17 Wings 435 Transport and Rescue (T&R) Squadron ‘discussed’ the many merits of the mighty CC-130 Hercules Tanker

with their counterparts from Task Force Iceland’s fighter contingent.

The deployment of a ‘Chinthe’ CC-130T Hercules as part of the Canadian Air Forces detachment, along with five CF-18 Hornet fighters and 140 support personnel during late-March and April of this year, was the first under a new CF initiative dubbed Operation IGNITION.

“Canada’s participation in this international program is symbolic of NATO’s role: partner nations as-

sisting one another in maintaining our mutual security and defence,” said Peter MacKay, Minister of National Defence.

Operation IGNITION is Canada’s periodic participation in the NATO – Iceland Air policing Program, a NATO operation conducted to ensure a safe air environment in Iceland.

While it contributes to NATO regional security efforts and Canada’s bilateral relations with Iceland, Op Ignition also defends Canadian sovereignty by monitoring and controlling air traffic in the northeastern approaches to North America.

In-flight refuelling is a force-multiplier in today’s multi-national operational environment and was a key factor in the success of the mission to defend Iceland. By 30 April when Task Force Iceland ceased operations, its personnel and aircraft successfully completed 75 sorties and the 435 ‘Chinthe’ Hercules and personnel delivered almost XXX pounds of fuel to our Hornets.

“I am proud of the flexibility and agility of Canada’s Air Force to quickly deploy and integrate into the NATO-Iceland Air Policing Program while simultaneously supporting air combat operations in Libya,” said Lieutenant-General Marc Lassard, Commander, Canadian Expeditionary Force Command.

For more information and imagery about Operation IGNITION, please visit the Canadian Forces Expeditionary Force Command at <http://www.comfec-cefcom.forces.gc.ca/pa-ap/ops/ignition/index-eng.asp>

For more information about air policing by NATO forces, please visit Headquarters Allied Air Command Ramstein’s website at [http://www.airn.nato.int/focus\\_areas/ap/ap.htm](http://www.airn.nato.int/focus_areas/ap/ap.htm)

For more information about 435 Transport and Rescue (T&R) Squadron, please visit <http://www.airforce.forces.gc.ca/17w-17e/sqns-escs/page-eng.asp?id=412>

## 17 Wing Member delivers on historic night



Pte Kevin Molloy delivers the ball to Goldeyes pitcher Isaac Hess during the season opener at Shaw Park. Photo: Sgt Bill McLeod

**Sgt Bill McLeod**  
Wing Public Affairs Photojournalist

Private (Pte) Kevin Molloy, an Aerospace Telecommunication & Information Systems Technician employed at 17 Wing Telecom and Information Systems Squadron (Wing TISS), was front-and-centre during opening ceremonies at the season opener of the Winnipeg Goldeyes

on 12 May

Following a request for nominations prior to the game, Pte Molloy was chosen as ‘17 Wing’s Deserving Service Member’.

With his selection, and in front of more than 6,000 fans on an unseasonably cool night at Shaw Field, Pte Molloy had the special honour of delivering the ‘first ball of the season’ to Goldeyes starting pitcher Isaac Hess on the mound, launching the Goldeyes debut in the American Association of Baseball League.

“Delivering the ball for the first pitch was an honour,” said Pte Molloy. “It was fun

but slightly uncomfortable watching the game in my dress uniform.”

Pte Molloy was nominated for the honour by WTISS for the high level of competence, professionalism and teamwork he exhibits on the job.

“He puts a 110% effort into everything he does,” said Squadron Chief Warrant Officer Bob Fisher. “He also volunteers to assist deployed personnel from the unit.”

Delivering the ball for the first pitch also converted a

couple of young children into Goldeyes fans. “The kids loved the game so now we have made a habit of attending any matinee games we can get to,” said Molloy. His children Malcolm and Shillelagh (Shea) got to watch their father deliver the ball to the mound on the first game they ever attended.

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# DND kicks off annual photography contest

The DND Photography Contest celebrates its 43rd year and is organized by the Canadian Forces Imaging Service and the Canadian Forces Personnel and Family Support Services.

Each year professional and amateur photographers are encouraged to submit photos celebrating the artistic and creative imagery which depicts the many aspects of life in the military community for a chance to win one of more than \$20,000 in prizes (contest rules apply).

The contest is an artistic endeavour considered to be a recreational activity and is open to the Canadian Forces

Defence community. For further clarification, please refer to contest rules.

Hints for success!

Shoot for the category. A subject that matches the intent of the category has more impact;

The chance of winning a prize or receiving the Photographer of the Year award is improved by maximizing the number of categories entered; and

Participants can enter in any or all of the following subject categories: Military Life, Family Life, Environment, Animals, Portrait, Special Effects, Sports or Open

The DND Photography Contest is held annually, and this year's entries can be submitted between 01 July, 2011 and the closing date 01 October, 2011

For more information regarding contest dates, rules and regulations,

please visit our website @ [www.dndphotocontest.ca](http://www.dndphotocontest.ca) email @: [dndphotocontest@forces.gc.ca](mailto:dndphotocontest@forces.gc.ca), or call 613-9902305



## MDN announce le concours de photographie

Organisé par les Services d'imagerie des Forces canadiennes et les Services de soutien au personnel et aux familles des Forces canadiennes, le concours de photographie du MDN célèbre ses 43 ans d'existence.

Chaque année, les photographes professionnels et amateurs sont encouragés à soumettre des photos qui illustrent de façon artistique et créative les multiples facettes de la vie militaire. Des prix de plus de 20 000 \$ sont décernés aux

gagnants (les règlements du concours s'appliquent).

Ce concours artistique est considéré comme une activité de loisirs à laquelle peuvent participer les membres de la communauté de la Défense. Pour plus de détails, veuillez consulter les règlements du concours.

Conseils utiles!

Il est important de photographier en fonction de la catégorie envisagée. Un sujet qui se marie bien avec la catégorie

a plus d'impact.

Les chances de gagner un prix ou d'être nommé Photographe de l'année augmentent selon le nombre de catégories dans lesquelles est inscrit le participant.

Les participants peuvent soumettre des photos dans n'importe laquelle des catégories suivantes : vie militaire, vie de famille, environnement, animaux, portrait, effets spéciaux, sports et sujet libre.

Le concours de photographie du MDN a lieu tous les ans, et cette année

les photos peuvent être soumises entre le 1<sup>er</sup> juillet 2011 et la date de clôture du concours, soit le 1<sup>er</sup> octobre 2011.

Pour obtenir plus d'information au sujet des dates et des règlements du concours, visitez notre site Web à [www.concoursdephotographiedumdn.ca](http://www.concoursdephotographiedumdn.ca), envoyez un courriel à [dndphotocontest@forces.gc.ca](mailto:dndphotocontest@forces.gc.ca) ou composez le 613-990-2305.

## RCAF veteran Bruce Beatty, creator of the Order of Canada, the Medal of Bravery, the Star of Courage and the Cross of Valour, passes away 89

Vic Johnson  
Airforce Magazine

Born and raised in Saskatchewan, Bruce Beatty joined the Royal Canadian Air Force in 1941 and served in Canada as an air observer. He then served for a further 29 years in the post-war air force which included a four year tour of duty at 1 Air Division Headquarters in Metz, France.

An accomplished graphic artist, he eventually became head of the art section of the RCAF. Interested in decorations and medals since his boyhood, he devoted much of his life to the collection, study and designing of orders, medals and badges for countries, provinces, the Canadian Forces, fraternal lodges and societies, and a variety of other organizations. He also designed coats of arms for individuals, towns and cities, flags for lieutenant-governors and other projects requiring his in-depth knowledge of Canadian and foreign heraldic symbolism.

In 1966, the late Prime Minister Pearson – informed of Mr. Beatty's expertise and knowledge in the fields of heraldry and foreign and domestic orders and decorations – asked him to submit designs for the soon-to-be established Order of Canada.

His beautiful snowflake design was accepted and has remained the symbol of the Canadian honour system ever since.

After retiring from active service, Flight Sergeant Beatty joined the directorate of ceremonial at National Defence Headquarters as a graphic artist designing, among other things, badges for units of the armed forces. During the same period he served as a captain in the militia (30th Field Regiment in Ottawa) and as curator of their artillery museum. From 1970-77 he devoted a great deal of his time to the army cadets, first as quartermaster, then as commander of a local unit.

In 1972 Bruce Beatty joined the staff of the Chancellery of Canadian Orders and Decorations. He designed the insignia of the Order of Military Merit, the Canadian Order of Merit, the Canadian bravery decorations, the exemplary service medals, all of the miniatures and

lapel badges and Royal Visit badges. He designed all Chancellery brochures, the scrolls presented to the recipients – on which he inscribed their names in fine calligraphy, and many other publications and devices used in the Chancellery on a daily basis.

Present at every investiture ceremony at Government House since 1967, he was always available to give advice on the history and wearing of decorations. Behind the scenes, he has sewn the cushions on which the insignia are presented, sewn the ladies' ribbons onto the insignia, prepared the registers which new recipients must sign during the ceremony, and generally contributed in many unobtrusive ways to the success of these events. He also assisted at investitures of the Order of Saint John and was consulted by private individuals, companies and governments at all levels – domestic and foreign – aware of this unequalled knowledge of medals, decorations, orders, their history and protocol. In 1977 he was made a Fellow of the Royal Heraldry Society of Canada.

As a long-time member of 410 (William Barker VC) Wing of the Air Force Association of Canada, in 1994 he was asked by then association executive director Bob Tracy to redesign the association's new badge to coincide with the name change from the RCAF Association. The result was a streamlined, stylized version of the old RCAF badge.

According to Mr. Beatty at the time, "the badge retains the Royal Crown and ruffled veteran eagle of the previous badge, adopts the motto-emblazoned central device of both the Royal Air Force and RCAF badges, and replaces the overly-busy three maple leaves with one bold, central maple leaf." And by using the single word "Association" – which is the same word in both official languages – and the Latin motto *Per Ardua Ad Astra* – any issues relating to bilingualism were avoided. Bob Tracy was instrumental in acquiring Royal assent for the new badge from the association's patron, Her Majesty The Queen.

Over the years, Bruce Beatty accumulated an important collection of insignia from countries around the

world, many of them extremely rare, as well as badges, dirks, uniform buttons, cartridge cases, old uniforms and military memorabilia in general. [Editor's note: Mr. Beatty also preserved many Cold War-era cartoons of WO1 Ray Tracy, and returned them to the Air Force in 2008.]

Although well past retirement age, he continued his work, of incalculable importance to the development of the Canadian honours system unabated until illness forced his retirement after 70 years of service to Canada.

Bruce Beatty died in Ottawa on March 21, 2011 at age 88.

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# Wing Slo-Pitch tournament hits a home run



A batter tries to hit one out of the park at the Wing Slo-Pitch tournament. Photo: Alison Dickey

**Alison Dickey**  
Voxair Journalist

What a beautiful, sunny day it was for a ball game on Friday June 17<sup>th</sup>. In recognition of National Public Service Week for

Public Service employees, the PSP staff worked hard to coordinate the annual 17 Wing WCWO Slo-Pitch Tournament.

The opening ceremonies got underway at 8am and then 21 different teams took to the diamonds to play ball.



The Fountain Tire team was kind enough to provide everyone at the Slo-Pitch tournament with a free BBQ lunch. Photo: Alison Dickey

Fountain Tire wanted to show their support for the troops by providing a free barbeque lunch with Jose Ferrara of the Portage Avenue location and Angelo Di Bartolo of the downtown store cooking up a storm, "Next year we're going to get

three barbecues all lined up," said Ferrara after the line up for food extended throughout the parking lot of Building 90.

## Employment Equity and Diversity Workshops

Starting in March 2011, the Directorate of Human Rights and Diversity (DHRD) and the Directorate of Diversity and Well Being (DDWB) began holding Employment Equity (EE) and Diversity Workshops in various locations throughout Canada. These workshops aim to both inform and raise awareness of basic EE and diversity regulations and policies.

Since the application of the EE Act and other related regulations have different implications for the CF and DND employees, facilitators from DHRD and DDWB will be present to answer ques-

tions in both perspectives. The approach will depart from the typical data-heavy delivery style of learning and will aim at a more participative and discussion-based learning event consisting of case studies, personal anecdotes and situational exercises.

Participation from EE practitioners, Human Resources Business Managers (HRBMs), supervisors, managers, and members of the local chain of command is encouraged. Additionally, Commanding Officers and senior managers/leaders are encouraged to also attend in order to

better understand the context of their responsibilities, as well as to discuss situations that apply in their particular regions.

Contrary to past practice of having one annual workshop in Ottawa, the new focus is on a more practical approach designed to address local concerns with local EE and Diversity practitioners. Additionally, these will allow maximizing attendance while limiting travel and costs.

It is expected that these workshops will become a regular event, and that lo-

cations will be varied to accommodate a greater audience or particular needs of certain regions.

If you require more information, wish to register, or if you need to access the official call letter and annexes, go to <http://hr.ottawa-hull.mil.ca/dgmp-dgpm/dhrd-ddpd/index-eng.asp> under Quick Links.

Upcoming Dates and Locations  
CFB Borden: 28-29 September, 2011  
CFB Valcartier: 26-27 October, 2011  
CFB Halifax: 16-17 November, 2011  
**CFB Winnipeg: 30 November – 1 December, 2011**

## Ateliers sur l'équité en matière d'emploi et la diversité

En mars 2011, le Directeur – Droits de la personne et diversité (DDPD) et le Directeur – Diversité et mieux-être (DDME) ont commencé à offrir des ateliers sur l'équité en matière d'emploi (EE) et la diversité à différents endroits au Canada. Ces ateliers visent à informer et à sensibiliser les participants en ce qui concerne les règlements et les politiques de base sur l'EE et la diversité.

Comme l'application de la Loi sur l'EE et des règlements connexes a des répercussions différentes sur les membres des FC et les employés du MDN, des facilitateurs du DDPD et du DDME seront présents pour répondre aux questions selon les deux perspectives. À la place de la transmission habituelle de beaucoup de renseignements, la formule adoptée accentuera l'apprentissage axé sur la participation et la discussion à l'aide d'études de cas, d'anecdotes personnelles et de mises en situation.

On souhaite la participation des praticiens de l'EE, des gestionnaires des activités en ressources humaines (GARH), des superviseurs, des gestionnaires et des membres de la chaîne de commandement locale. On encourage aussi les commandants et les gestionnaires ou dirigeants supérieurs à y participer, afin de mieux com-

prendre le contexte de leurs responsabilités et d'échanger sur des situations propres à leur région.

Contrairement à la pratique antérieure d'organiser un atelier annuel à Ottawa, on opte maintenant pour une formule plus pratique dans l'optique d'examiner les préoccupations locales avec les praticiens de l'EE et de la diversité. On pourra ainsi maximiser la participation aux ateliers tout en limitant les dépenses et les déplacements.

On s'attend que ces ateliers deviennent un événement régulier et que les emplacements varient afin de joindre un plus vaste auditoire ou de répondre aux besoins particuliers de certaines régions.

Pour obtenir des précisions ou vous inscrire, ou pour accéder à la lettre officielle d'invitation et aux annexes, il suffit d'aller à la page <http://hr.ottawa-hull.mil.ca/dgmp-dgpm/dhrd-ddpd/index-eng.asp> et de consulter les Liens rapides.

Calendrier des ateliers

BFC Borden : 28 et 29 septembre, 2011

BFC Valcartier : 26 et 27 octobre, 2011

BFC Halifax : 16 et 17 novembre, 2011

**BFC Winnipeg : 30 novembre et 1 décembre, 2011**

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**HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE**

# Avoid bug bites this Summer

(NC)—Protect yourself and your family from pesky, annoying insects this summer with these simple tips from Jim Lovisek, professional animal and insect wrangler, who partnered with OFF! to help Canadians spend more bug-free time outdoors:

- Be prepared to face mosquitoes – whether it's a picnic in the park, a beautiful summer patio evening, or a special event that calls for celebration, don't let unwanted stinging guests bug you. Botanicals Lotion from OFF! provides a great non-DEET alternative – it smells fresh, feels great on skin and is ideal to carry at night for evening affairs or travel purposes.

- Wear loose-fitting clothes to prevent bothersome bugs from reaching your skin. This not only helps your body retain less heat, but makes you a less obvious target for mosquitoes that use sophisticated heat sensors to “feel” blood circulation and higher temperatures from a distance.

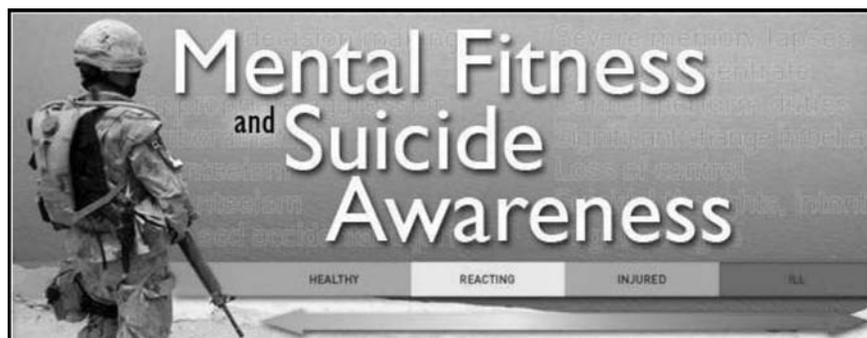
- If in the forest, try wearing “nature” colours, such as light green and beige, to blend in with the background. Many mosquitoes use their vision to spot targets in bright clothes from just a few meters away.

- Stay away from standing water sources. Mosquitoes are attracted to damp, stagnant areas and love lakes, puddles and other places where water isn't moving.

More tips can be found online at [www.bugsmart.ca](http://www.bugsmart.ca)

[www.newscanada.com](http://www.newscanada.com)

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**ÉNERGISER LES FORCES**  
 Promotion de la santé dans les Forces canadiennes



**It's one thing to look after your body. Just don't forget about your mind.**

## Mental Fitness & Suicide Awareness: Supervisor Training

This course is course coded and its purpose is to prepare personnel in leadership positions to promote mental fitness and to lessen the incidence of mental health injuries including deliberate self-harm and suicide within the military community.

**18 AUGUST, 2011**  
**0800 – 1600 hrs**  
**Bldg. #135, Room #132**

For additional information and to register contact:  
 Health Promotion at local 4150

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For additional information and to register contact: Health Promotion @ local 4150

début: (mardi) 5 juillet – 23 août 2011  
 heure: 1130 h – 1330 h  
 Bâtiment: #76

Date: (Tuesdays) 5 July – 23 August 2011  
 Time: 1130 hours - 1330 hours  
 Location: Building #76

Health Promotion in the Canadian Forces  
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**Alcohol, Other Drugs & Gambling: SUPERVISOR TRAINING**

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Recognizing & Responding to Early Warning Signs Reconnaître les premiers symptômes et savoir y réagir.  
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*This new training is course coded and is required for all military or civilians in a supervisor role.*  
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For more information, contact your local Strength in the Forces Health Promotion Office or visit our website: [www.forces.gc.ca/health\\_services/eng/health\\_promotion\\_home\\_e.asp](http://www.forces.gc.ca/health_services/eng/health_promotion_home_e.asp)

20 July/juillet 2011  
 24 August/août 2011  
 26 September/septembre 2011

**To Register or for more information contact Health Promotion Inscriptions et renseignements Promotion de la santé local/poste 4150.**

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**www.mfrc.mb.ca**  
204.833.2500 ext. 4500



## Make a Date for Lunch!



Every Wednesday this summer, the MFRC is presenting the MFRC Summer BBQ! Every Wednesday until August 31, you can get together with co-workers and friends and head over to the MFRC for lunch.

The delicious menu includes hamburgers, hot dogs, smokies, soft drinks, water and chips. Tables and chairs will be set up, with umbrellas and tents to offer relief from the summer sun. Our volunteers will be happy to take your or-

der and serve up a tasty lunch. Food will be available from 11:30 to 1:00.

This year, we also have a volunteer who will watch your children in the small play yard just outside of the MFRC Parenting Room while you relax and enjoy your lunch. We also have plans in the works for Manitoba Pork to provide the food for one or two of the BBQs this summer. We will post those dates as soon as they are confirmed.

We have ordered sunshine

for every Wednesday, so come join us for some good food and fellowship this summer.

MFRC BBQ Price List	
Hamburger & Drink	\$4.00
Smokie & Drink	\$3.00
Hot Dog & Drink	\$2.00
Drinks	\$1.00
Chips	\$1.00

All proceeds support MFRC Programs and Services. Thank you for your support.

## WHY VOLUNTEER?

Volunteering is called a win-win activity, because helping others makes us feel good about ourselves. It helps in career development, is a good way to share skills, and is the foundation of communities. At the same time, it widens our social network, provides us with new learning experiences, and can bring balance to our lives. Volunteering can be good for your health!

Doing 40 to 100 hours of volunteering a year can have a positive impact on your health. Research out of the Mayo Clinic indicates that volunteering lowers your risk of heart disease, may help you feel younger and even live longer. Whether you are young or old, volunteering can help keep depression

away, increase self confidence, and stay physically healthy. Toronto's Bayview Hospital has begun a study investigating the link between volunteering and brain health, as measured by physical, cognitive and social functioning.

Research has shown that volunteering creates a "helping high", and when you feel good about yourself your body releases neurotransmitters into your system. This is the "feel good" feeling that you have when you are needed and appreciated. Feeling good is good for your health in so many ways, and volunteering has also been associated with longevity.

To obtain all these wonderful benefits, all you have to do is volunteer! Use the skills you

have to make a difference, not just to your community, but to your quality of life. Find something that makes you think, laugh, and feel good about yourself!

From information provided by Lori Gotlieb in an article published January 2011.

### Green Team 2011 Winnipeg MFRC youth drop-in

**North Side**  
102 Comet Street  
833-2500 ext 4502  
Ages 10-15

**South Side**  
347 Doncaster Street  
488-8563  
Ages 6-12

Join us for lots of activities, video games, foosball, internet, canteen, movies, crafts, special events and planned outings. Best of all, it's FREE. Bring a friend and come hang out! We're open Monday to Friday from 10 a.m. to 4 p.m. July 4 to August 26. (Closed August 1) See you there!!

### IMAGINATION EXPLOSION

MFRC, 102 COMET

July 25 to 29, 1 to 3:30 p.m.

\$45 per child

Register by July 15

This program allows children ages three to five to get messy as they explore science, art and the great outdoors! Space is limited. Please send a snack and bathing suit daily. Call 833-2500 ext 2491 to register.

### MFRC COMING EVENTS

#### BABYSITTERS' COURSE

MFRC- 102 COMET ST

Wednesday, July 27 and Thursday, July 28

10 a.m. to 2 p.m.

Cost: \$15 including pizza lunch and workbook. Register by July 15. The MFRC is offering the Canadian Council Babysitter's course. It provides new babysitters with the skills and tools needed to start working as babysitters. On completion of the course, participants may opt to be included in the MFRC Babysitters list. Children must be 12 years old by Dec 31 to participate. For more information, call 833-2500 extension 4500.

#### PARTNER PEER SUPPORT

Tuesday, July 5 at 7:30 p.m.

Register by July 4. Smitty's Restaurant 3605 Portage Ave.

We're changing the way we do Peer Support. In order to make it even more relevant and appropriate the support groups are going to be divided into two. This way you are assured the opportunity to meet, interact and discuss your deployment experience with a group of peers more closely related to you. Join us at Smitty's for a coffee, dessert, dinner or appie. You are responsible for the cost of your purchase. This group is specifically for spouses and significant others.

#### PRE-DEPLOYMENT BRIEFING

Tuesday, July 19, 7:30 p.m.

Register by July 15. Childcare available

This briefing is a must attend session for people who have a loved one leaving on a deployment in the near future, or someone who has recently left. Topics to be covered include; the emotional cycle of deployment; stress management; deployment and your children; and self care. To register please contact the MFRC at 833-2500 ext 4500.

#### NEWCOMER CLUB

Thursday, July 21, 7 p.m.. Register by July 19

Families new to Winnipeg are welcome to come to the Newcomer Club to learn about their new city, base and MFRC. Each month, we'll do a different activity to showcase Winnipeg. This month, come learn about the hidden treasures Winnipeg has to offer.

#### NEWCOMER DROP-IN

Mondays, July 11, 18, 25, 1 to 3 p.m.

Families newly posted to Winnipeg are invited to come to the MFRC on Mondays to meet the staff, get to know the programs and services offered and just relax. The coffee is always on, and everyone is welcome. Childcare is not provided, however, you are welcome to bring your children with you. For more information, call 833-2500 ext 4506.

#### MOM'S NIGHT OUT

Wednesday, July 13 6:30-9:30 p.m.. Register by July 11

Come out and have some fun with friends, food, and other mom's. This month's theme is mocktails and snacks. You will be learning how to make some great mocktails and smoothies. Come and enjoy and evening out -with NO kids!

#### FAMILY MOVIE MATINEE

Thursday, July 14, 2 p.m.

17 Wing Theatre. \$2 per person. Register and pay by July 11. Join us at the base theatre for Tangled. Bring the kids and have fun. We'll provide the popcorn and drinks.

#### MOVIES UNDER THE STARS

Thursday, July 19, 6:30 p.m.

MFRC lawn, \$2 per person. Register and pay by July 15. Join us under the stars for Pirates of the Caribbean. Bring your lawn chairs and blankets, we'll provide the popcorn and drinks.

#### RED FRIDAY PICNIC AND ZOO TOUR

Friday, July 22, 11:30 a.m.

Register by July 15. Assiniboine Park. Newcomers and deployed families are invited to meet us at the Assiniboine Park Duck Pond for a picnic lunch. This will be followed by a private group tour of the Assiniboine Zoo. Pack your own picnic lunch and blanket. This is sure to be a great event! Don't forget to wear red.

#### WINNIPEG GOLDEYES

BASEBALL GAME AND BBQ

Thursday, August 11, 11 a.m., 12 p.m. game

Register and pay by July 29. \$5 per person. Shaw Park. Join us for an afternoon at the ball park. We'll be watching the Winnipeg Goldeyes take on the Sioux Falls Fighting Pheasants. A pregame BBQ is included in the cost with your choice of a hot dog or hamburger. Please specify your choice at registration.

# Chaplain's Corner

## Saying Goodbye

**M**y home can be counted as one of the 13.3 percent of the households that tuned into "The Oprah Winfrey Show" finale. I have always had a fascination and incredible respect for Oprah who in spite of being born in rural Mississippi in 1954, when the vision for a black girl (as she refers to herself) was limited to being either a maid or a teacher in a segregated school, is now considered one of the most influential people in the world. I don't need to tell you that this is no small feat. Oprah's last episode reads more like a sermon than the final discourse of daytime programming. She speaks openly about her faith and talks about how everybody has a calling that "...lights you up and lets you know that you are exactly where you're supposed to be ..." and that each person has a responsibility to embrace "the life that is calling you and use your life to serve the world."

What I was most interested in watching the final episode of a 25 year run is hearing how Oprah would say good-bye. She chose to do it by offering her gratitude; "Every single day I came down from my makeup room on our Harpo elevator, I would offer a prayer of gratitude for the delight and the privilege of doing this show. Gratitude is the single greatest treasure I will take with me from this experience. The opportunity to have done this work, to be embraced by all of you who watched, is one of the greatest honors any human being could have."

I spent the week of 05-10 June in Cornwall, ON with military chaplains across the CF. On Monday evening we had a Bar-B-Q and honored the Chaplains who will be retiring this year. We listened to their senior chaplains offer words of gratitude for their ministry followed by each retiree offering their farewell discourse to their friends and colleagues. Of the 9 chaplains who are retiring not one goodbye speech was the same. Some opted to speak about the highlights of their ministry, others offered up humour and one chaplain chose not to say anything at all. Everybody has a different way that they choose to say goodbye.

After spending three years as the Wing Chaplain at 17 Wing I am being posted to Colorado Springs in July along with several other people across the Wing who are being posted OUTCAN and to bases and wings across Canada. It is never easy saying goodbye to people you have worked with, shared coffee and lunches, and some for whom your collegial relationship extended into friendship and summer outdoor Bar-B-Qs. My experience with 17 Wing is that the farewell gatherings are sincere and authentic presented in an atmosphere of fun joviality. It provides those who are leaving and those who are staying the chance to sit together in a relaxed atmosphere and spend time simply being present with each other. These are important occasions when we get to see each other beyond the uniform and rank and celebrate relationships that extend outside of email and phone messages. I encourage you to treasure these forums for which you get to spend time with civilian and military colleagues that take you beyond the walls of your work space. Be sure to extend best wishes to those who are leaving and offer words of encouragement as they set to pack up family and belongings to begin a new chapter in their life and military career.

As I prepare to leave I too would like to extend my gratitude to all of you for whom I worked with, shared frustrations and also some really good laughs. Every morning I have offered up prayers for you and your families and will continue to do so when I move to Colorado. I bid you all a fond farewell in hopes that our paths may pass again - should that not occur - I wish you and yours God's blessing.

- **LCdr Bonnie Mason**  
Wing Chaplain

## In Memoriam



Master Corporal Francis Roy was found dead from non-combat related wounds on 25 June 2011.

MCpl Roy from the Canadian Special Operations Regiment based at CFB Petawawa, Ontario, was serving in Afghanistan as a member of the Special Operations Task Force.

As the incident is presently under investigation by the Canadian Forces National Investigation Service, no further details are available at this time.

Our thoughts are with the family and friends of our lost comrade. Our primary focus at this time is to provide the best possible support to the family of our soldier and to his colleagues.

## Together in Church

### CATHOLIC

#### CHAPLAINS

**Padre R. Laudensorio**  
Roman Catholic Office 833-2500 ext. 5272

**Padre Mark Mawson**  
Roman Catholic Office 833-2500 ext 5956

#### Masses (English only)

Sunday 1100 hrs

Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information.

Confessions The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

Baptisms We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Marriages Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required.

Catholic Women's League meets in the Chapel Annex the third Monday of each month at 1830hrs.

### PROTESTANT

#### CHAPLAINS

**Padre Bonnie Mason**  
(Presbyterian) Office 833-2500 ext 5417

**Padre Bob Granholm**  
(Mennonite Brethren) Office 833-2500 ext 4277

**Padre Will Hubbard**  
(Anglican) Office 833-2500 ext 5349

**Padre Gord Mintz**  
(Anglican) Office 833-2500 ext 5785

**Padre Curtis Duclos** (Baptist)  
Det Dundurn Office (306) 492-2135 ext 4299

**Sunday Services** (English Only) 0900 hrs

**Sunday School** is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

**Marriages** Contact the chaplain at least six months in advance. A marriage preparation course is a requirement.

**Baptisms** The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

**Protestant Chapel Guild** meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

#### FOOD BANK

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

#### EMERGENCY CHAPLAIN

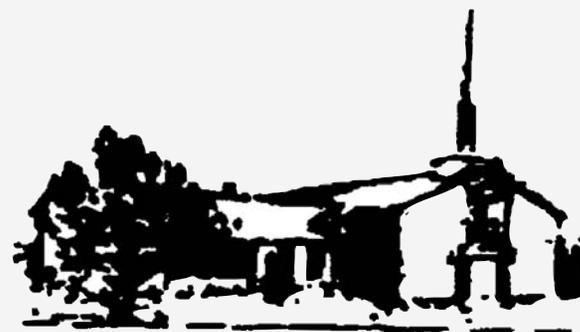
After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

#### OTHER PHONE NUMBERS:

For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.

#### INTERFAITH PRAYER ROOM

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.



## Personal Classifieds

### Steal of a Deal! Priced to Sell

2007 RAV4 4WD 4-Door Sport Utility

One lady owner, safetied, new tires, new brakes, in excellent condition. 111,000 km. Pacific Blue Metallic. 5-Speed Automatic Transmission. 3.5 Litre, 6-Cylinder Engine. 111.1 l/100km-(25 mi/gal) city; 7.7 l/100 km-(37 mi/gal) highway. Downhill Assist Control. Full Size Spare Tire with soft cover, All NEW tires . Keyless Entry - 2 sets plus valet key. 18 "Alloy Wheel. Air Conditioning. AM/FM/CD with MP3 Player. 60/40 Rear seat split. Roof rack. Power Moon Roof. Fog lights. Block Heater. Trailer Hitch - Towing Capacity 3500 lbs. \$18,900.

Call (204) 729-6939.

### For Sale:

**1983 and a half VW Westfalia VANAGON:** Pop Top camper. 1.9 L engine water cooled (RARE FACTORY CONVERSION), 230k, std trans. 110V power supply. Everything works and runs great! Rear door screen. Sleeps 4.

Full working kitchen; fridge, sink, 2-burner stove. Everything is in working order. Baby Blue exterior. Interior, curtains, upholstery and cabinetry in good condition. Fresh Safety!! Asking \$8500.00 OBO. For more info contact 960-2953 or 339-2953.

### WANTED

Museum seeking for display:  
A pre-war 1943 Women's Division (WD) RCAF hat.

Reasonable price offered or tax receipt.  
Please contact John @ 885-2905

Place your FREE classified ad.  
Send us an email: [voxair@mts.net](mailto:voxair@mts.net)

## NEW ARRIVALS

Puzzled about Manitoba Driver Licences and Plates?



Obtain them at your Base Insurance Office in the Main Rec Centre

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Fax: 885-1964

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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 & Saturday evening 8:00-12:00 pm  
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

# Taroscopes

BY NANCY

### Aries (March 21 - April 19):

You're feeling confident about your choices and sense that you're finally coming out ahead. You've weathered through a period that wasn't easy but you got things in order and things are looking up. You're leaving anything negative behind and moving on with a positive attitude.

### Taurus (April 20 - May 20):

Patience is required when dealing with all the stresses that seem to be surfacing. You will need to make some hard choices about what you can push to perfect and what you will have to accept as is. Compromises are necessary. Don't force things to comply with your time line.

### Gemini (May 21 - June 21):

If only things were easy and you didn't have to deal with all the complexities that others bring to the table. Well that's not real life. Accept this then get down to business. Listen to your gut. Don't just go by what is immediately obvious. Blend the two to know what is best for you.

### Cancer (June 22 - July 22):

Things are not as simple as you'd hoped. You can no longer sit back and assume all is well. You will have to take off your rose-colored glasses if you used them to limit your awareness. This may have given you a sense of control but it only created a false sense of security.

### Leo (July 23 - August 22):

Looking on the bright side and trusting that everything will work out as planned is fine but it's not "a given." Commit to doing the required work. If you have a deep sense of uncertainty you need to determine where this is coming from. Instant answers are suspect.

### Virgo (August 23 - September 22):

While trying to develop connections you learn a lot about yourself. If you feel you must sacrifice too much for someone else, you can become stressed. Why not just enjoy the sweet moments you share. There is no need to iron out all the details. Tomorrow often takes care of itself.

### Libra (September 23 - October 23):

You're introspective and optimistic with good reason. Things fall into place when you're practical and positive in your approach. You've done enough inner processing to know how you want things to take shape. It might look like luck, but hard work makes you doubly lucky.

### Scorpio (October 24 - November 21):

You may be getting tired of waiting for things to develop in their own good time but in fact this is what is required. Why not enjoy the waiting phase because it has its own value. There is no need to rush to the finish line. Take care of those you care about, including yourself.

### Sagittarius (November 22 - December 21):

You're feeling especially confident and full of fun. In the past things may not have gone as planned but you no longer assume this pattern will repeat itself. You're eager to make honest connections and value relationships based on strong common bonds.

### Capricorn (December 22 - January 19):

There is a sense of completion, as if you have experienced or done something you set out to do. You feel content when you've "set your world to rights." This isn't because things have changed per se but your attitude has shifted. You strive for less and enjoy life more.

### Aquarius (January 20 - February 18):

Changes result from decisions made by others. Still you have some control. Make changes in your lifestyle that reflect what is important to you. Dropping old interests and picking up new ones leads to greater self-awareness and reveals assumptions you have about yourself.

### Pisces (February 19 - March 20):

Making the effort to get back on track gives you a sense of returning to your old self. Celebrate small victories. Frustration may arise at the less than speedy progress being made, but be patient. Stay the course. You've planted the seeds now give them time to grow.

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