

CANEX

NO INTEREST CREDIT PLAN™

CONVENIENT
12 Month Plan
24 Month Plan
36 Month Plan

NO MONEY DOWN
NOT EVEN THE TAXES!

* On approved credit on the CANEX No Interest Credit Plan.
See brochure for details.

CFB Shilo SuperMart Tel: 204-765-2343



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

July 17, 2013

VOLUME 62, ISSUE 13

FREE

Visit us online at: www.thevoxair.ca or

Season of Change at 17 Wing



On 24 June 2013, at the Officers' Mess, the reigns of 17 Wing/AFTC were passed. LCol Matthew Halpin, the new Commander of 17 Wing Winnipeg/AFTC, BGen Martin Galvin, the 2 Canadian Air Division Commander, and Col Blaise Frawley, the outgoing Commander of 17 Wing Winnipeg/AFTC sign the Change of Command Certificates for the Air Force Training Centre. For more on the other COCs and COAs going on around 17 Wing, check out pages 2 and 10. Photo: Cpl Archambault

IN THIS ISSUE:

WING MEMBER TAKES PART IN PASSION PLAY

PAGE 3

17 WING MEMBERS TAKES ON THE GRIZZLY CHALLENGE

PAGE 5

435 SQUADRON HAVING A BUSY SUMMER

PAGE 6

NIJMEGEN TEAM HONOURS HCOL VAN RUITEN

PAGE 7

FUN IN THE SUN AT COM REC AND MFRC DAY CAMPS

PAGE 9

BIKE TO WORK DAY BRINGS OUT BIG CROWD

PAGE 11



204-888-7722
JimRondeau.mb.ca

204-832-2318
SharonBlady.ca

204-415-0883
DeanneCrothers.ca

DOMENICA'S
UNISEX HAIRSTYLING

2255-G Ness Avenue

Ph: 885-3665 or 832-6978



Mon & Tues
9:00 am - 6:00 pm
Wed to Fri
9:00 am - 8:00 pm
Saturdays
8:30 am - 5:30 pm

- Military Men Cuts.....\$13
- Perm & Cut.....\$50 and up
- Flat Tops.....\$13
- Highlights & Cut.....\$50
- Colour & Cut.....\$45
- Senior Mens Cut.....\$11-17
- Childrens Cuts.....\$11-17
- Ladies Cut.....\$20
- Ladies Blow Dry.....\$20
- Foils.....\$4 to \$6



17 Wing Welcomes New Wing/AFTC Commander and WCWO

Sgt Bill McLeod
17 Wing Photojournalist

Lieutenant-Colonel Matthew Halpin assumed command of 17 Wing and the Air Force Training Centre from Colonel Blaise Frawley on 24 June 2013 during a ceremony held in the 17 Wing Officer's Mess.

During the ceremony the Wing Chief Warrant Officer (WCWO) appointment was assumed by Chief Warrant Officer André Normandin from CWO Michael Scarella.

Colonel Frawley presided over the WCWO Change of Appointment ceremony but due to the dual nature of the 17 Wing/Air Force Training Centre the Change of Command ceremony for the Wing Commander was presided over by Brigadier General Bruce Ploughman of 1 Canadian Air Division, the operational command of the Royal Canadian Air Force, and Brigadier General Martin Galvin of 2 Canadian Air Division, the training command of the RCAF.

After signing the documents for the WCWO Change of Appointment and the two Change of Commands, Col Frawley reflected on his experiences at 17 Wing.

"I was definitely out of my comfort zone when I came here a couple of years

ago," said Col Frawley. "But I have to say this has been, by far, the best tour of my career. Bar none."

"It's because of the people sitting in this room and on the Wing and AFTC that I get a chance to work with every day," he added.

CWO Scarella also talked about the people at 17 Wing. He joked that his wife mentioned the cold and mosquitoes when he called her in Comox to discuss the appointment in Winnipeg three years ago while he was deployed with the Mission Support Flight from Winnipeg.

"I agreed with her, of course, and then told her about how great the people were I was deployed with and everything they had done and what it was like," he said.

"If the rest of the folks back in Winnipeg were anything close to this it would be an awesome posting," he added. "Three years later my position is unchanged. In fact, it's reinforced."

CWO Scarella has since been appointed 1 Canadian Air Division CWO.

LCol Halpin thanked the RCAF leadership in the room for the opportunity to command 17 Wing and thanked Col Frawley for the opportunity to "fly from the right seat."

"17 Wing and the AFTC, collectively the Wing, is a diverse group of units,



Pictured above (from left to right): Chief Warrant Officer André Normandin, the Incoming 17 Wing CWO, Colonel Blaise Frawley, the Commander of 17 Wing/AFTC and CWO Michael Scarella, the Outgoing 17 Wing CWO, sign the Change of Appointment Certificates.

branches, and sections led by exceptional Command Teams and I'm lucky to be a part of this group," said LCol Halpin.

LCol Halpin was the 17 Wing Operations Officer until becoming the 17 Wing/AFTC Commander. 17 Wing will have another Change of Command parade in

August of this year when Colonel Joel Roy assumes command from LCol Halpin.

Following the ceremony, a reception was held at the 17 Wing Officer's Mess.

17 Wing Promotion Corner



Capt Edmondson (left) is promoted to Capt by 17 Fd Amb Commanding Officer Maj P. Joudrey (right). Submitted by: Capt McLean



WO Hancock (left) is promoted to WO by 17 Fd Amb Commanding Officer Maj P. Joudrey (right). Submitted by: Capt McLean

Mayor Katz Visits 1 CAD



From left to Right, 17 Wing HCol Rempel, MGen St-Amand, Mayor Katz, and BGen Briggs pose for a photo in the atrium of 1 CAD. Photo: Pte Hepner

On June 17, Mayor Sam Katz paid a visit to 1 Canadian Air Division Headquarters to meet members of the command team, including Major-General Pierre St-Amand and Brigadier-General Jack Briggs. The purpose of the Mayor's visit was to learn why we call Winnipeg the Home of the RCAF and the vital role 1 CAD plays as the nerve center for domestic and international air operations. Mayor Katz was also briefed in the Air Operations Centre on how this building serves as the headquarters for the Canadian NORAD Region which conducts aerospace warning and control for the defence of North America.

HOUSEWATCH

Don't leave your house to chance—Leave it to us.



Did you know that your homeowner's insurance policy may require that your home be checked regularly, as often as everyday when you're away?

Commissionaires' team of bonded security professionals will perform routine internal and external inspections of your property. Our new WiredTime technology places barcodes strategically throughout your home and property, allowing you to keep track of us while we keep track of your home security, giving you complete peace of mind.

CAA Members Get A 10% Discount

CAA Manitoba members now **SAVE 10%** on Commissionaires' Mobile Services

COMMISSIONAIRES
TRUSTED • EVERYDAY • EVERYWHERE
www.commissionaires.mb.ca
942-9553 ext 2300

VOXAIR

OFFICE HOURS

Monday to Friday
0830-1500 hrs

CONTACT

Ad Sales/Main Office (204) 833-2500 ext 4120
Submissions/Reporter (204) 833-2500 ext 6976
Accounting (204) 833-2500 ext 4121

(204) 833-2500 ext 6976
voxaire@mymts.net
+VOXAIR@PersSvcs@Winnipeg

VOXAIR STAFF

LCol AT Spott
Editor-In-Chief
(204) 833-2500 ext 5281

Rick Harris
Managing Editor
(204) 833-2500 ext 4299

Michael Sherby
Production Coordinator/
Photojournalist

Maureen Walls
Sales Coordinator
(204) 895-8191

Capt Jordan Woodman
Wing Public Affairs
Officer

Sgt Bill McLeod
Wing Public Affairs
Photojournalist

Misra Yakut
Accounting

Traci Wright
Proofreading

Visit Us Online: www.voxair.ca
VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, LCol Halpin. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or third party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.

Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn forces
Winnipeg, MB R3J 3Y5
This newspaper is printed using
environmentally safe inks.
Publications Mail Agreement No. 1482823



Recycle
or pass along
this newspaper
when
you're
done.

17 Wing Member has a passion for acting

Michael Sherby
The Voxair

For six nights this July, history will come alive as the story of Jesus Christ is presented at Manitoba's Passion Play. And one of 17 Wing's own has played a large part in making that happen.

WO Harold Handley, who works at 2 CAD, will be appearing for the first time at Manitoba's Passion Play, which takes place in Oak Valley, just outside La Rivi  re, Mb. WO Handley plays a shepherd, and a spy priest during the performance, but his main roll will be as Annas, father-in-law to Caiaphas.

"I get to be the one to arrest Jesus, and perform the initial beatings, and crucifixion on the hill", he says.

While that may sound a little brutal, WO Handley says that the show is very family friendly, and is intended as a way to bring the stories from the bible to life.

"You can actually smell it, taste it, feel it, and see it," he says. "You don't have to use your imagination. We take what's in

the pages of the scripture and bring it to life."

While this is WO Handley's first time performing in Manitoba, he has a vast experience performing the Canadian Badland's Passion Play, as well as helping out with their Summer School Drama program.

WO Handley, who was posted to Winnipeg in January, says that he enjoys working on the play as it gives not only the audience, but himself as well, a better perspective on the New Testament's teachings.

"You get the perspective that these guys were real, living people. They weren't just Saintly people that you read about afterwards. They were actual living, breathing fathers, sons, daughters, husbands, and they actually had a real life and real emotions. So it's really neat to see that and bring it out."

Ed. Note: Unfortunately, this year's Passion Play took place too early in July for us to get this story in the paper before it took place.



This undated photo from last year's Passion Play shows Jesus riding into Jerusalem on the back of an ass. Photo: Manitoba Passion Play

Government Announces Investments in maintenance for Twin Otters

On July 5th, the Honourable Kerry-Lynne D. Findlay, Q.C., Associate Minister of National Defence and Member of Parliament for Delta - Richmond East, and the Honourable Ron Cannan, Member of Parliament for Kelowna-Lake Country, announced a significant maintenance contract to support the CC-115 Buffalo and CC-138 Twin Otter aircraft fleets that will sustain 54 full time jobs in Kelowna, B.C.

"These fleets are key to our Royal Canadian Air Force and its ability to carry out important missions such as critical search and rescue," said Minister Findlay. "This

overnment's support of Kelowna Flightcraft, which provides well-paying, highly skilled jobs in the Okanagan. Congratulations to the Flightcraft team and its employees for their outstanding work."

Canada's fleet of six CC-115 Buffalo airplanes is primarily used for search and rescue duties in Canada's west, while our fleet of four CC-138 Twin Otter aircraft support operations in Canada's north, including transport and search and rescue. This two-year contract, which includes one optional one-year extension which, if exercised, could increase the value of the contract to \$24.9

million, will ensure that airworthiness of the fleets is supported and maintained.

This contract builds on the numerous initiatives pertaining to Canada's search and rescue system recently

announced by the Honourable Peter MacKay, Minister of National Defence. These include the first quadrennial search and rescue review, which brings together federal, provincial, and territorial partners, as well as private sector and thousands of dedicated volunteers, to ensure Canadians continue to have the most robust search and rescue system possible.

-RCAF News Release



A CC-138 Twin Otter aircraft, from 440 Transport Squadron, based in Yellowknife, N.W.T.
Photo: Cpl Jax Kennedy

Kelowna Flightcraft Limited has been awarded a \$15 million contract to conduct third-level maintenance activities, which include depot-level, in-depth inspection and major repair of items, component repair and overhaul, technical investigations, modification designs, manufacture and assembly of prototypes, and engineering support.

"Kelowna Flightcraft has established itself as a highly respected Canadian company within the aviation industry and is a cornerstone of our local economy," said Mr. Cannan. "Our community welcomes the federal gov-

**Proud to offer a
10% MILITARY DISCOUNT
on all retail parts & services**



Sales • Leasing • Service • Parts •
Collision & Glass Repairs for all makes & models

St. James

670 Century Street Phone: (204) 788-1100
stjamesvw.com stjamesaudi.com

STEVEN FLETCHER
MP for Charleswood -- St. James -- Assiniboia -- Headingley


stevenfletcher.ca -- 204.984.6432
3111A Portage Avenue

Professional & Business Directory

BALDWINSON INSURANCE
Rec Centre (Whytewold Rd.)
Drivers Licences & *autopac*
A Manitoba Public Insurance product
204-889-2204

23 CF Health Services recognized for their Public Service

Sgt Bill McLeod
17 Wing Photojournalist

Winnipeg Clinic team was recognized by the National Public Service Week (NPSW) Steering Committee for their hard work and dedication on 13 June 2013 at a small ceremony on 17 Wing.

A short video about NPSW played prior to the presentation of the plaque to Major Claude Villeneuve, Commanding Officer of the unit, who accepted the award on behalf of his public service employees.

"There is no doubt that the great war machine we call the Canadian Forces member cannot be who they are without the absolutely superb service and dedication from our colleagues in the public service," said Major Villeneuve.

23 CF Health Services Centre is a

lodger unit of 17 Wing Winnipeg and provides medical support for most units in the 17 Wing area of operations which includes Canadian Armed Forces members in north western Ontario, Manitoba, and Saskatchewan.

In a message on the occasion of NPSW, the Governor General of Canada, His Excellency the Right Honourable David Johnston, said "It is sometimes true that we forget exactly what the public service does for us every day. In essence, the public service puts the social consensus into practice, providing Canadians with the support and services promised them by government. The theme of this year's National Public Service Week, "Proudly Serving Canadians," thus aptly describes the vocation of our public servants."

The third week of June has been selected to mark the importance of federal

public service employees and give an opportunity to recognize the many contributions public service employees make to Canadian society.

Since its launch in 1992, NPSW has celebrated the work and achievements of the Public Service of Canada. The Government of Canada believes the women and men of the public service are among some it's most precious resources, and that it is important their accomplishments and the positive role they play in Canadian society is recognized.

For more information about NPSW in Manitoba please visit:

<http://www.gov.mb.ca/csc/psw/index.html>



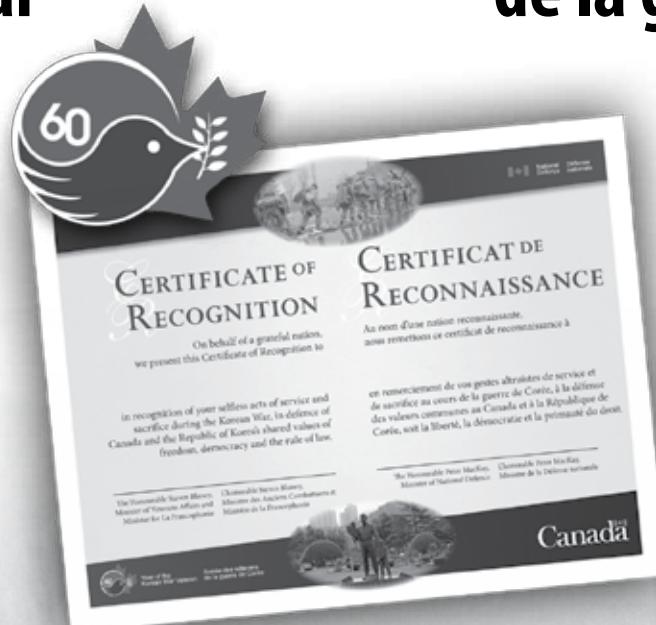
Maj Villeneuve, CO 23 CF Health Services (right) accepts the NPSW award from Martin Lehmann.
Photo credit: Sgt Bill McLeod

New Certificate of Recognition to Honour Canadian Veterans of the Korean War

- All Canadian Veterans of the Korean War are eligible for this special Certificate of Recognition.
- If you, or someone you know served in the Korean War, you can apply for a Certificate of Recognition at veterans.gc.ca/Korea or call 1-866-522-2122.

During the Korean War, more than 26,000 Canadian men and women served to uphold the values of freedom, democracy and the rule of law. In all, 516 Canadians gave their lives in service during the Korean War.

2013 is the Year of the Korean War Veteran.
For more information on Canada's role in the Korean War, visit veterans.gc.ca/Korea



Nouveau certificat de reconnaissance en hommage aux vétérans canadiens de la guerre de Corée

- Tous les vétérans canadiens de la guerre de Corée sont admissibles à ce certificat spécial.
- Si vous, ou une de vos connaissances, avez servi en Corée, vous pouvez faire votre demande de certificat par Internet à veterans.gc.ca/Coree ou par téléphone en composant le 1-866-522-2022.

Plus de 26 000 Canadiens et Canadiennes servirent au cours de la guerre de Corée au nom des valeurs de liberté, de démocratie et de primauté du droit. Parmi eux, 516 y donnèrent leur vie.

2013 est l'Année des vétérans de la guerre de Corée.
Pour en apprendre davantage sur le rôle du Canada durant la guerre de Corée, consultez veterans.gc.ca/Coree



Veterans Affairs
Canada

Anciens Combattants
Canada

Canada

A 'Grizzly' Ride for Charity

Sgt Sven Fritsch
Grizzly Challenge OPI

On the seventh of June 2013, a group of 19 CF members and two civilians converged on Birds Hill Park, MB to complete the Third Annual 402 Sqn "Grizzly" Challenge; a grass roots bicycle ride with the goal of riding one km for each CF member lost in Afghanistan and to raise monies for the Soldier On Fund.

The course was designed to allow novice and experienced cyclists the opportunity to participate as individuals or in teams to cover the required distance. After a quick brief, and moment of silence, all riders rolled off in a light rain at approximately 07:20 with 402 Sqn CO LCol Rittering and SCWO Doody encouraging us on.

Despite the physical, mental, and environmental challenges, a total of 219 laps or 2503.4 kms were completed on the day. This year, we had five riders do 164 km or a 100 mile "Century"; one rider did 158 km, and 11 riders completed over 100 km for a "Metric" century. The last two riders completed 164 kms at approximately 1620 hrs. The weather had turned out to be quite nice later in the morning but with it came some strong winds. Unfortunately, none of our training rides had hills; so many a rider could be heard cursing the dreaded East Gate hill!

We had 3 riders that finished after the 1600 cut off, but the last two, MCpl Erwin and Capt Pym successfully did a 100 mile Century. On return to the meeting point, Capt Pym, ecstatic beyond belief, was yelling "Wild Hogs!!" This was an outstanding achievement for him as his previous longest ride was the Sunday before and just 80 km.

Although training started a bit later in the season, it ultimately turned out to be the best group we had ever ridden with. MCpl John Erwin and I have been taking people on recreational and training rides for over ten years now, so we have lots of experience.

For the first time ever we did a training ride on the highway which turned out to be one of the favourite rides. Our methods were clear: get the most out of each rider without overwhelming them. The first ride was an easy jaunt up to the Forks of 30 km. I would then send out an e-mail to all the riders saying if you can do 30 km you can do 45km. On and on we went longer distances, and greater speeds. We learned about hydration, nutrition and endurance cycling. After all, some riders were destined to be on the course for almost eight hours!!

In all, we did four training rides with the fifth one, a 100 km jaunt up to Selkirk, cancelled due to thunderstorms. MCpl Erwin arranged to do this one on a



This year's 402 Squadron 'Grizzly' Challenge riders raised over \$800 for the Soldier On Fund. Photo: Capt Greg Niemczyk

Sunday with three other riders.

While this year's focus was to raise monies for the Soldier On Fund for a total of 800 hundred dollars, it was also meant to be the stepping stone for it to be bigger and raise even more funds while increasing every rider's fitness level.

Special Thanks to LCol Rittering for allowing the event to happen, and his

overall support of organized sport; Maj Pettit for her permitting the training rides to take place during working hours; MCpl John Erwin for planning routes, setting the pace during training rides, and offering endless advice to all the riders; Capt Niemczyk, for counting laps and tracking everybody's progress.

Archery Club Hosts Outdoor 3D Tournament

Ron Cooney
Archery Club President

On 7 July, the 17 Wing Archery club hosted its first Outdoor 3D Tournament at the new Outdoor 3D range on the southwest corner of Saskatchewan Ave and Wi-huri Rd. A total of 36 archers ranging in age from under 9 to over 60 years old participated in this inaugural event.

In a 3D event, archers work through a series of 20 stations per round where they take one shot at a life size animal shaped target. The targets are set up in a realistic environment at unknown distances. This event simulates a hunting environment, where the archer must first estimate the distance to the target, without the assistance of any range finding devices and make an accurate shot on the first try. The tournament consists of 2 rounds of 20 targets. Congratulations to 17 Wg Club members Miles Towle and Clay Nicholson who took

Silver medals in the Hunter and Bow Hunter Open Categories.

Participants were unanimous in their praise for the facility, which is the only one located within the city limits. We hope that word of mouth will bring a much larger crowd to next year's event.

The 17 Wing Archery Club meets in Building 21 every Wednesday evening from 7:00 - 9:00 PM and Sunday mornings from 9:00 - 11:00AM. During the summer months we shoot at the outdoor range Sunday mornings beginning at 9:00 AM.

Beginner's equipment and instruction is available for anyone who wants to give archery a try.

For information about the 17 Wing Archery Club, please stop by the gym or outdoor range during any of our shooting times or contact Ron Cooney at ext 4057 or at 204 990-9301.

See you at the range!



Participants at the Outdoor 3D Tournament take a few practice shots at the new outdoor range before the competition gets underway. Photo: Submitted

5 km
Family Dog Walk
Promenez votre chien en famille

in support of the GCWCC à l'appui de la CCMTC

petvalu

Saturday le samedi **31 August** août 2013

Westwin Community Centre (Bldg 33) Parking Lot – 442 Wi-huri Rd.
Le parc de stationnement du Centre Communautaire Westwin de la 17 Escadre (Bld 33) – 442, chemin Wi-huri

1000 hrs • 10h
Registration Tent opens at 0930 hrs
La Tente des inscriptions sera ouverte à 9h30
FREE On-Site Registration!
Inscription GRATUITE sur place!

• Traditional and Contemporary Funerals • Preneed Arrangements
• Indoor Scattering Garden • On-Site Crematorium
• Parking • Across from Brookside Cemetery

Call: **949-2200**
Gimli Call: (204) 642-7124

3030 Notre Dame Avenue
Winnipeg, Manitoba, Canada R3H 1B9
www.nbardal.mb.ca
Email: info@nbardal.mb.ca

THE ONLY FUNERAL HOME OWNED AND OPERATED BY THE BARDAL FAMILY

A LONG STANDING TRADITION

Arnbjorn S. Bardal Njall O. Bardal Neil O. Bardal Eirik L. Bardal

- Traditional and Contemporary Funerals
- Indoor Scattering Garden
- Parking
- Preneed Arrangements
- On-Site Crematorium
- Across from Brookside Cemetery

Call: **949-2200**
Gimli Call: (204) 642-7124

3030 Notre Dame Avenue
Winnipeg, Manitoba, Canada R3H 1B9
www.nbardal.mb.ca
Email: info@nbardal.mb.ca

neil
bardal
Funeral Centre

THE ONLY FUNERAL HOME OWNED AND OPERATED BY THE BARDAL FAMILY

HOOK & SMITH
Barristers, Solicitors & Notaries Public
Dennis A. Smith, Winston F. Smith, Q.C.,
Grant W. Davis and Bernard Toews

201-3111 Portage Ave,
Winnipeg, Manitoba R3K 0W4

Telephone - (204) 885-4520
Fax - (204) 837-9846
Email: general@hookandsmith.com

Providing legal services to the community since 1984 in the areas of corporate and commercial law, real estate (residential and commercial), civil litigation, wills and estates, family law and transportation law.

435 Squadron has busy Summer Season

Sgt Bill McLeod
17 Wing Photojournalist

Despite being early in the summer, 435 (Transport and Rescue) Squadron (Sqn) is already busy performing multiple Search and Rescue missions, aiding Canadians and visitors to Canada in distress in their area of operations.

"I am extremely proud of the incredible skill and professionalism demonstrated by our crews and the entire Sqn", said Major Dominic Paquette, Acting Commanding Officer of 435 Sqn.

A 435 Squadron CC-130 Hercules flew into action on Thursday, 20 June 2013, after an emergency request to assist rescuers in High River, Alberta, during the flash flooding that followed extreme rainfalls in the province.

The 435 Sqn CC-130 Hercules was one of the first Royal Canadian Air Force assets on scene, along with CH-146 Griffon and CH-149 Cormorant helicopters.

Throughout the night Hercules dropped illumination flares while the Cormorant and Griffon helicopters rescued 31 people stranded on roofs of buildings in High River and transported them to the High River Airport.

The following week, on 27 June, a CC-130 Hercules from 435 Sqn was involved in the rescue of tourists and hunters stranded on an ice floe in Admiralty Inlet, near Arctic Bay on Baffin Island. The ice floe on which they had been camping had begun to float out to sea.

The 435 Sqn Hercules was the first rescue aircraft to arrive on scene. This aircraft dropped survival equipment including three 20-person life rafts and a satellite phone, and later provided top cover for the helicopter extraction.

"This is one of the largest Arctic rescues the Royal Canadian Air Force has been involved in," said Major-General Pierre St-Amand, Commander of 1 Canadian Air Division, Winnipeg, Manitoba. "Our crews continuously train to oper-

ate effectively in Canada's North and today that training helped save lives. I am very proud of the hard work our men and women put into this rescue effort."

On 2 July, the Sqn again responded when a helicopter was declared overdue after leaving Gillam, Manitoba, on a rescue mission.

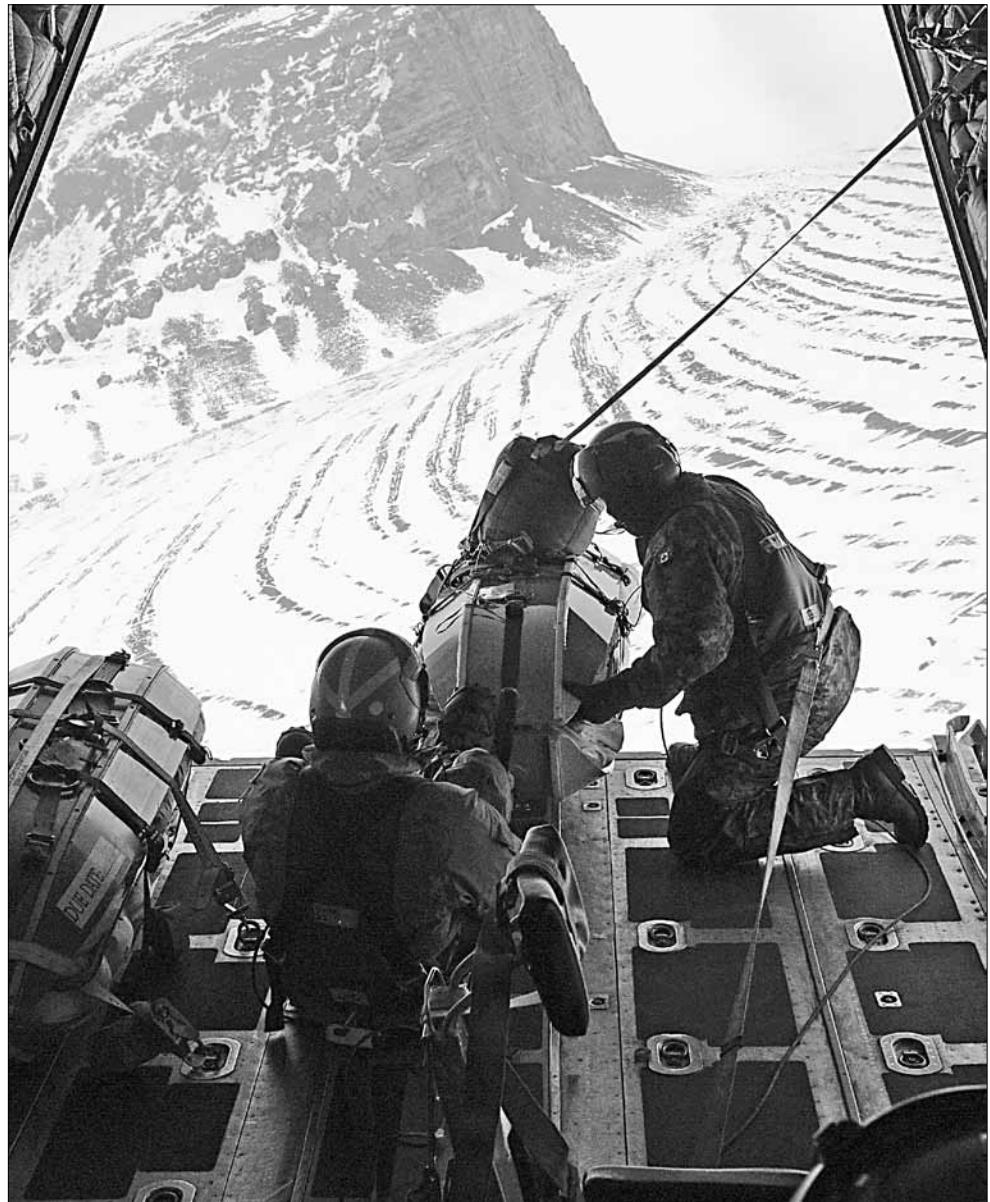
The Joint Rescue Coordination Centre in Trenton tasked the Sqn to search for the helicopter, within hours after they successfully located an overdue Cessna tied up at a dock in the Hay River area of the Northwest Territories.

The crew of the CC-130 Hercules spotted the wreckage of the helicopter near Gull Lake, MB, and the RCMP Dive Team was dispatched to the area.

Minister of National Defence, the Honourable Peter MacKay, recently announced numerous initiatives to improve Canada's search and rescue system. These include the first Quadrennial Search and Rescue Review, which brings together federal, provincial, and territorial partners, as well as volunteer organizations, to ensure Canadians continue to have the most robust search and rescue system possible.

Search and rescue is a 24 hour-a-day, seven day-a-week responsibility for 435 Transport and Rescue Squadron. One squadron aircraft equipped to aid people, aircraft or vessels in distress is permanently assigned to search and rescue stand-by-duty.

435 Transport and Rescue Squadron based at 17 Wing Winnipeg, Man. And 424 Transport and Rescue Squadron based at 8 Wing Trenton, Ont. Provide primary search and rescue response for the Trenton Search and Rescue Region, the largest in Canada, which extends from Quebec City to the British Columbia/Alberta border, and from the Canada/United States border to the North Pole.



A SAR Tech and a loadmaster drop supplies from a CC-130 Hercules during an exercise.
Photo: Sgt Matt McGregor

YOUR CHANCE TO WIN A FIAT 500C OR A JEEP® WRANGLER.

C'EST VOTRE CHANCE DE GAGNER UNE FIAT 500C OU UN JEEP® WRANGLER.

CONCOURS LA ROUTE À CONQUÉRIR CONQUER THE ROAD CONTEST

20 FINALISTS 1 WINNER!

20 FINALISTES 1 GAGNANT!

CALL OR CLICK FOR YOUR HOME OR AUTO INSURANCE QUOTE.
APPElez-NOUS OU VISitez NOTRE SITE POUR OBTENIR UNE SOUMISSION.

1-888-476-8737

CANEX.THEPERSONNELLE.COM CANEX.LAPERSONNELLE.COM

thePersonal
Home and Auto Group Insurer

CANEX

laPersonnelle
Assureur de groupe auto et habitation

Certain conditions apply. The Personal refers to The Personal Insurance Company (outside of Quebec) and The Personal General Insurance Inc (in Quebec). Auto insurance is not available in Manitoba, Saskatchewan or British Columbia due to government-run plans. No purchase required. Contest closes December 31, 2013. Complete rules available at www.canex.thepersonnel.com. Vehicles may not be exactly as shown. Chrysler Canada and Fiat Canada are not associated with the contest or with The Personal Insurance Company. ** Vehicles may not be exactly as shown.

Certaines conditions s'appliquent. La Personnelle désigne La Personnelle, compagnie d'assurances (à l'extérieur du Québec) et La Personnelle, assurances générales Inc. (au Québec). L'assurance auto n'est pas offerte au Manitoba, en Saskatchewan ni en Colombie-Britannique, où il existe des régimes d'assurance gouvernementaux. Aucun achat requis. Le concours se termine le 31 décembre 2013. Le règlement est accessible sur www.canex.lapersonnelle.com. Les véhicules peuvent être différents que ceux illustrés. Chrysler Canada et Fiat Canada n'est pas associée au concours ni à La Personnelle, compagnie d'assurances. ** Les véhicules ne sont pas exactement comme présentés.

award winning
Assiniboia Animal Hospital

Gentle with
Pets & Prices

889-5570
3050 Portage Avenue

Nijmegen Marchers Honour Former Honourary Colonel

Michael Sherby
The Voxair

The 2013 Nijmegen Team left bright and early on July 12 for Holland, but before they did they made a presentation to a woman very close to the team's heart. Arlene Van Ruiten, the wife of former 17 HCol Ben Van Ruiten, who died in 2012, was on hand to accept a presentation of the Nijmegen Team patch, which was dedicated to HCol Van Ruiten.

The patch, designed by team member Cpl Lance Mueller, shows a parachute dropping the Meritorious Service Medal. This is to represent both the RCAF air drops into occupied Holland during WWII and the medal awarded to HCol Van Ruiten, who lived through the occupation, for his service to Canada.

It was a light hearted but emotional ceremony, attended by Wing Commander LCol Halpin, Arlene, the Nijmegen Team, and Maj Heather Collins, who was the Nijmegen Team Lead in 2011. This year's team lead, Capt Dix, presented Arlene with a mirror etching of the patch that was also made by Cpl Mueller. After the presentation, Capt Dix spoke about what HCol Van Ruiten means to the team.

"He was an inspiration to all of us on the team, and we just wanted to, in a small way, honour his memory at this year's run," he said.

After the ceremony, Arlene expressed her gratitude for what the team had done.

"I think it's just marvellous," she said of the patch.



Arlene lifts up one of the teams sandbags they carried in their packs. Photo: Michael Sherby

The 2013 17 Wing Nijmegen Team

1. MCpl McNicol
2. Pte Pye
3. Cpl Burley
4. Cpl Roberge
5. Lt Boyd
6. WO Montreuil (with HMCS Quebec Team)
7. Lt Inman
8. Pte Gervais
9. Cpl Mueller
10. Sgt Bergeron
11. Capt Dix
12. Cpl Boulet
13. Maj Spence (spare)



Members of the 17 Wing Nijmegen Team pose with Arlene Van Ruiten and the engraved mirror they presented to her. Back Row (l to r): Sgt Bergeron, Capt Dix, Cpl Mueller, Cpl Roberge, Lt Inman, WO Montreuil, and Arlene Van Ruiten. Front Row (l to r): Lt Boyd, Cpl Boulet, and MCpl McNicol. Photo: Michael Sherby

"I'm going to send patches to his 3 sisters in Holland. He would have been just thrilled."

HCol Van Ruiten attended the Nijmegen marches with the Canadian teams in 2001, 2003, and 2005, and Arlene said he loved every minute of it.

"He'd bring them their beer after they were done marching, and he took some of them to meet his family. Once a marcher had a torn ligament and Ben ended up walking with him six kilometres to make sure he was ok."

Arlene said that HCol Van Ruiten was always honoured to be a part of life at 17 Wing, and that it was more than just a job to him.

"I swear, the people kept Ben young. He'd wake up every morning and put on his uniform and just light up like a Christmas tree," she said.



The 17 Wing Nijmegen Team Patch for 2013. Dedicated to HCol Ben Van Ruiten, this patch will be worn by the team during their 4 day march in Holland. Photo: Cpl Mueller.



Maj Collins, 2011's team lead, left, gives the Nijmegen Team a pep talk following the presentation to Arlene. Photo: Michael Sherby

HOUSE GUARD HOUSESITTERS
BONDED • PROFESSIONAL • FULL SERVICE CARE

BBB Accredited Since 1993

Winner BBB 2010 Market Place Excellence Award

We are the Bonded Professionals to Trust with your Pets, Plants and Home!

Bus: (204) 668-3900
www.houseguard.tel
E-Mail: info@houseguard.ca

Healthy Pets for Happy Families

Charleswood Veterinary Hospital
889-3110
3717 Roblin Blvd.
(Just East of the Charleswood Bridge)

Crestview Veterinary Hospital
888-7463
3025 Ness Ave.
(Corner of Ness and Sturgeon Rd.)

Associated Veterinary Hospitals

- ◆ Medicine ◆ Surgery
- ◆ Ultrasound ◆ Dentistry ◆ Vaccinations

Eat.



Meet.



Stay.



Play!



**Eight Destination Centres to choose from in Winnipeg,
as well as Brandon, Portage la Prairie and Grand Forks, ND.**

Call today to make your booking!

Toll Free:

1.888.33.CANAD

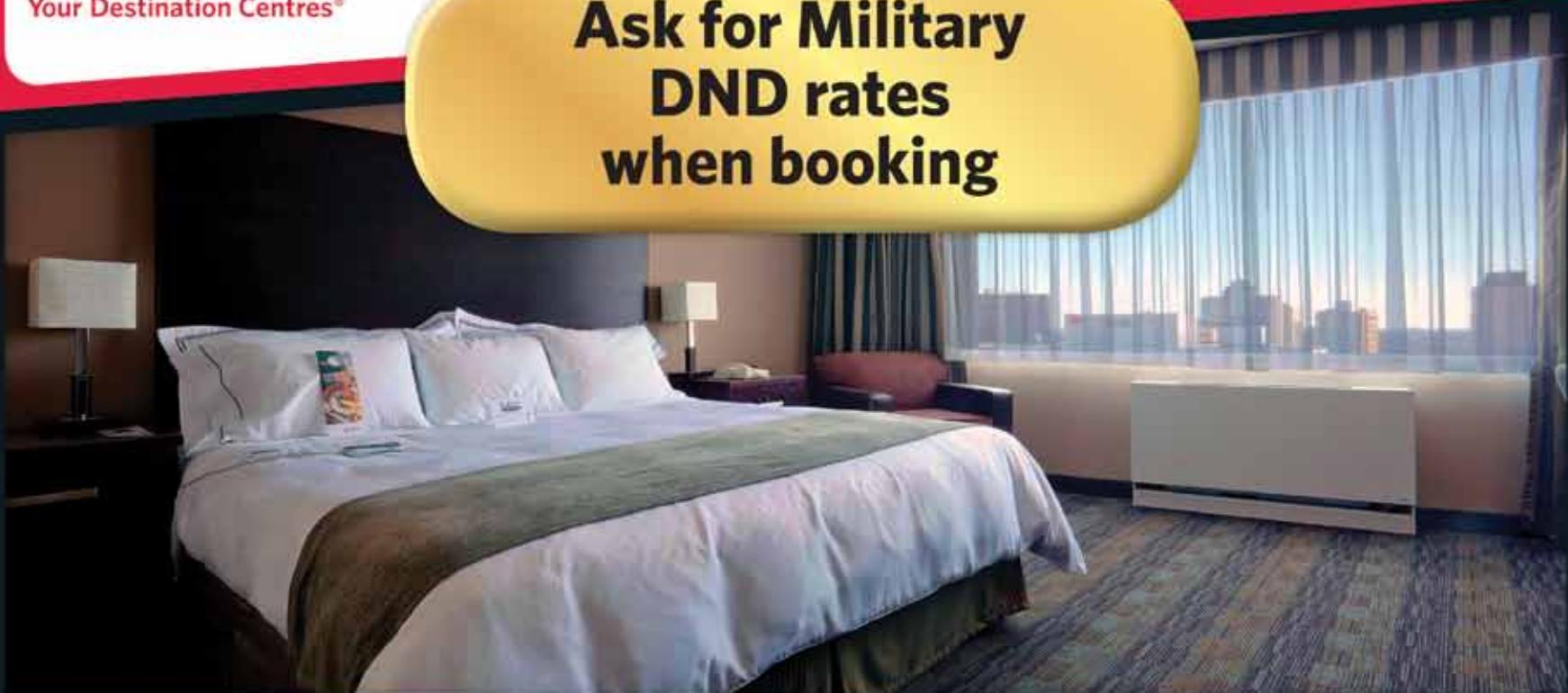
Or reserve online at:

canadinns.com



Your Destination Centres®

**Ask for Military
DND rates
when booking**



263 beautiful guest rooms and our Starbucks© Coffee Shop
make us your downtown destination of choice.



Radisson®

Owned and Operated by
CanadaInns Downtown Ltd.

canadinns.com

Hot Dog, What Fun!



Hungry from a fun filled morning, the children of the All-Stars Summer Sports Camp gather for a good old fashioned weenie roast. The theme of the week was eco-adventures, and the kids spent the week learning about our planet and how to take care of it. The camp's programs run until the end of the Summer. Photo: Michael Sherby

MFRC Summer Camp



The MFRC Kidventures Summer Camp was in full swing last week as they hosted their very own olympics. The two day event saw the kids break into groups of four and invent their own country, complete with a flag. Afterward the opening ceremonies the following day, they participated in activities like the chicken javelin, chicken fight, hurdles, and an obstacle course. The event wrapped up later that day with a medal ceremony where all the children received medals for their hard work. Photo: Michael Sherby

17 Wing Falcons win Division 5 in the Winnipeg Summer Ball Hockey League



Players (from left to right): Back row : Cpl Dennis Gowen, Cpl Andy Lamontagne, Ocdt Alex Pym, Alex Henry (Civ), Pte Will Smith, MCpl Teague Bruneau. Centre row: AB Jake Pinsent, MCpl Mike Jameson, Pte Ian Boucher, Cpl Matthew Ligon. Front row: Capt Alex Barrette, Cpl Andrew Hitchcock, Capt Simon Rollin, Capt J-F Gallant, MCpl Brent Conway. Absents: WO Scott Ballam, 2Lt Liam Field, Capt Paul Allan, Capt Ellery Burton, Cpl Keith Ivany, Cpl Ken Keating, MCpl Kyle Dewald

Keepin' It Cool



This gaggle of geese and goslings was spotted one recent day when it was plus 30 out trying to cool down in a puddle behind building 63. Photo: Michael Sherby

game. Congratulations to the team for a great season.

The Winnipeg Summer League will resume next April 2014 and the Falcons will advance to Division 4. If you would like to join the Falcons for the next season, you can contact Capt J-F Gallant at ext. 5219.

Anyone who is also interested to join the team for the Winter League starting this October can contact Capt Simon Rollin at ext 2498.

École francophone

Maternelle à 8^e année

Programme sports-arts-études

École la plus près de la 17^e Escadre



Transport scolaire

Garderie francophone

Centre de la petite enfance et de la famille



1 CFFTS Holds Change of Command Parade

Sgt Bill McLeod
17 Wing Photojournalist

Lieutenant-Colonel Russell Defer assumed command of 1 Canadian Forces Flying Training School (1 CFFTS) from Lieutenant-Colonel Douglas Grimshaw on 20 June 2013 during a parade held in Building 21 at 17 Wing.

During the parade Brigadier General (Ret.) Eldren Thuen also assumed the appointment as Honorary Colonel (HCol) from HCol Jim Ludlow.

The Change of Command Ceremony was presided over by Colonel Blaise Frawley, Commander of 17 Wing and the Air Force Training Centre. 1 CFFTS is located at 17 Wing and is part of Air Force Training Centre. BGen Martin Galvin, Commander 2 Canadian Air Division (2 CAD), was one of the honoured guests. 2 CAD is responsible for Royal Canadian Air Force training and is located in Winnipeg.

During the parade, incoming and outgoing Commanding Officers and Hcols spoke to the parade and assembled guests

with outgoing HCol Jim Ludlow speaking first.

"It would be a vast understatement to say I am proud to have served in this role," said HCol Ludlow. "For me, associating with you and having the opportunity to wear this uniform has been the defining moment of my career."

This was an extremely strong statement from HCol Ludlow considering he is the President and CEO of True North Sports and Entertainment and in 2011 was responsible for the Winnipeg Jets returning to the National Hockey League and Winnipeg.

HCol BGen (Ret.) Thuen addressed the parade next. "It's a pleasure to be here and I will take every advantage I have to come visit the school, watch the ball games, watch the hockey games, visit you in class and generally do whatever I can to make life at the school better for all, staff and students," he said.

"It's no secret that I loved my time in the Commandant's office in 1 CFFTS," said outgoing Commandant LCol Grimshaw. "I have been told several times,



(L to R) Incoming Commander Lieutenant-Colonel Russell Defer, 17 Wing Commander Colonel Blaise Frawley and Outgoing Commander Lieutenant-Colonel Douglas Grimshaw sign the scrolls for the Change of Command of 1 Canadian Forces Flying Training School. Photo: Cpl Paul Shapka.

and even a couple of times this week, that I'm a people person. I can say it certainly is the people who made my time at 1 CFFTS so memorable and such a rewarding experience for me personally."

LCol Defer was the last to address the parade. "I am truly honoured to take

command of a flying training school that is recognized, not only in Canada, but around the world for its excellence in aircrew training.

Following the parade, a reception was held at the 17 Wing Officer's Mess.

Wing LE holds COA Parade

Sgt Bill McLeod
17 Wing Photojournalist

Lieutenant-Colonel (LCol) Stewart Beal assumed command of the 17 Wing Logistics and Engineering Branch from LCol Andrew Penney on 11 July 2013. The Change of Appointment parade took place on the Stevenson Parade Square on a beautiful sunny day at 17 Wing Winnipeg.

During the parade Chief Warrant Officer (CWO) Germain Boudreault assumed the appointment as Branch CWO from Master Warrant Officer Ian Smith with the ceremonial passing of the pace stick.

Following the inspection of the parade by the presiding officer, 17 Wing/Air Force Training Centre Commander LCol Matthew Halpin, the march past led by the outgoing Wing Logistics and Engineering Officer (WLEO) LCol Penney, and the ceremonial signing of the Change of Appointment documents, LCol Penney addressed the parade.

"It was your professionalism, dedication, and hard work that saw the branch through all the challenges we faced over the last 3 years," said LCol Penney.

"From the blow out at the Central Heating Plant, the quick reaction to OP LUSTRE and the Manitoba floods, the support to OP MOBILE and the deployment of the MSF to support combat operations over Libya, as well the transition to Shared Services Canada within WTISS."

"Your action, your abilities, your professionalism resulted in support second to none to 17 Wing," LCol Penney said.

LCol Penney has served in numerous positions and deployments including the West Sahara, Andrews Air Force Base in Maryland, Albania, Haiti, Cold Lake, and 1 Canadian Air Division in Winnipeg.

Following LCol Penney's address, the 17 Wing/AFTC Commander LCol Matthew Halpin addressed the parade and the incoming and outgoing WLEOs.

"The past 3 years saw a very high ops tempo for the RCAF which is now only starting to abate," said LCol Halpin. "For the Wing to be successful we needed a professional and dedicated Wing Logistics and Engineering team."

"The Wing LE staff has delivered and your support provided the backbone for the Wing," said LCol Halpin.

LCol Halpin also thanked the families



(L to R) LCol Andrew Penney, the outgoing Commander of Wing Logistics and Engineering, LCol Matthew Halpin, the Commander of 17 Wing Winnipeg and LCol Stewart Beal, the incoming Commander of WLE sign the Change of Command certificates. Photo: Cpl Archambault

of the incoming and outgoing WLEOs and welcomed LCol Beal back to 17 Wing.

Prior to leading the parade in a march past, an advance in review order, and a general salute to the Wing Commander, an emotional LCol Beal addressed the parade.

"As your WLEO it is my intent to provide the highest level of support possible, given our available resources, to allow

17 Wing to continue to meet its assigned missions," said LCol Beal.

LCol Beal has spent 11 of his 22 years in service in Winnipeg and accepted the offer to depart the Netherlands a year ahead of schedule to accept the position of WLEO.

"I love the warm winters and bug free summers," he joked during his speech.

1 CAD Holds COA



On 03 July 2013, in the Atrium of 1 Canadian Air Division a Change of Appointment ceremony was held, during which Chief Warrant Officer Mike Scarella became the 1 CAD CWO.

In this photo, from left to right, CWO Scarella, Major-General Pierre St-Amand, the Commander of 1 CAD/CANR and CWO Guy St-Jean, the outgoing 1 CAD CWO, sign the Change of Appointment certificates. Photo: Cpl Archambault



On June 25, 2013, the 17 Wing Comptroller Branch held a Change of Appointment Ceremony. Major Natalie Woodruff relinquished Comptroller command to Maj Jen Lee. The Reviewing Officer for the Ceremony was Lieutenant-Colonel M.L Halpin, Commander of 17 Wing Winnipeg/AFTC.

In this photo, Maj Lee (left), LCol Halpin (center) and Maj Woodruff (right) sign the Comptroller change of Appointment Scrolls. Photo: Pte Hepner

Big Bike Riders Have Big Hearts



The 17 Wing Wingin' It Big Bike Team poses for a fun group photo. Credit: MB Heart and Stroke.

On Thursday, June 20th, 20 excited volunteers from 17 Wing made their way down to the Manitoba Legislature to participate in the annual Big Bike for the Heart and Stroke Association. This year, the team raised \$1,882 to help support research into Heart and Stroke Disease. A big thank you goes out to Maj Neil Cameron, the team's top fundraiser, who raised \$260.

Lots of Pedal Power at Bike to Work Day



Cpl Kasala checks out Maj Stuart Gullen's recumbent bicycle at the recent Bike to Work Day. Photo: Michael Sherby

It was Bike to Work Day city wide on June 21st, and once again 17 Wing pulled out all the stops at their rest stop. There were donuts, coffee, juice, and bike experts on hand to fix those old clunkers up. Plus The RCAF Band Pipes and Drums stopped by to provide some musical accompaniment to the morning. All told, over 120 people came through the rest stop and helped themselves to the refreshments and information provided by the staff from PSP Health Promotion, Community Recreation and the MFRC.

NEW ARRIVALS

Puzzled about Manitoba Driver Licences and Plates?



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

autopac

A Manitoba Public Insurance product

- Fire insurance? • Contents?
- Driver Licences? • Auto Insurance?

Call us or drop in to:

BALDWINSON INSURANCE

BLDG 90 (REC CENTRE) • WHYTEWOLD RD

MONDAY TO FRIDAY: 8:30 AM TO 5:00 PM

Phone: 889-2204
Fax: 885-1964

ONCALL SOFTWARE

WEBSITE DESIGN & DEVELOPMENT

WEB & MOBILE APP DESIGN & DEVELOPMENT

COMPUTER AND NETWORK SUPPORT

PREMIUM HOSTING

CUSTOM SOFTWARE

WEBSITE SUPPORT

WEBSITE HOSTING

TRAINING

WEBSITE CUSTOMIZATION

WWW.ONCALLSOFTWARE.NET

PHONE: (204) 480.8673

EMAIL: INFO@ONCALLSOFTWARE.NET

HABING LAW
BARRISTERS, SOLICITORS & NOTARIES

RONALD HABING
BA. LL.B.
and
SIDNEY
LAVIOLETTE
BA. LL.B.



REAL ESTATE & MORTGAGES • WILLS & ESTATES
• FAMILY & CIVIL LITIGATION • FAMILY LAW •
BUSINESS LAW

2643 Portage Avenue
Phone: (204) 832.8322
Fax: 832.3906

John Dick's Landscaping and Lawn Care

Residential and Commercial • City Wide • Licensed and Insured •

WCB and BBB accredited • Spring Clean Ups • Weekly Grass Cutting •

Aerations and Lawn Fertilization Programs Offered

Call: 204.291.7778 • Email: j-dick@shaw.ca





www.pspwinnipeg.ca



Test your Sun Smart Knowledge...And Win!

Health Promotion would like to know how much you know about sunscreen, tanning and heatstroke. Take our quiz and see how you do. (answers will appear in the next issue of the Voxair) There are prizes involved!

1. True or False
You should use sunscreen even on cloudy or overcast summer days.
2. True or False
Most people use sunscreen improperly by not applying enough.
3. True or False
Apply sunscreen right before you go into the sun.
4. True or False
You don't need to use sunscreen if you have dark skin or already have a tan.
5. True or False
You likely shouldn't use a combination of sunscreen and insect repellent with DEET.

6. True or False

Tanning booths are a safe way of getting a tan.

7. True or False

Heat-related illnesses occur when the body cannot compensate for the heat. Drinking any type of fluid will prevent dehydration.

8. True or False

If a person is suffering from heat stroke, treat by applying cool water to the skin.



Send your answers to HealthPromo@forces.gc.ca. A prize draw from all winning answers will take place on Aug 15, 2013. Reprinted from Health & Safety Council

Senior VP of PSP Peter Atkinson Visits 17 Wing



This past June, staff from 17 Wing's Personnel Support Programs (PSP) were treated to a visit from the newly appointed Senior Vice President of PSP, Peter Atkinson. Mr. Atkinson was on a cross country

tour of Canada to meet the staff at each Wing and to tell them a little about the direction he plans on taking in his new role.

At a coffee break attended by PSP Staff, Mr. Atkinson thanked the staff for their hard work in administering programs to

the men and women of the Wing.

"I know there's been a lot of changes," he said. "But I want you all to know that your work is appreciated both here locally and in Ottawa."

He also said that communication was one his key priorities as he began to get familiar with PSP and with CF Morale and Welfare Services.

"Communication in a clear, concise, and meaningful way will be emphasized and expected of all personnel providing programming and services," he said.

Mr. Atkinson, who is assuming this role after a 35-year career in the Royal Canadian Army, also took the time to present 3 PSP members with awards before mingling with the staff, and taking questions.



Kathy Godfrey, left, accepts her Certificate of Achievement for completing the PSP's Organizational Effectiveness Management Program from Mr. Peter Atkinson (right). Photo: Michael Sherby



James Follette, left, accepts his Certificate of Achievement for completing the PSP's Organizational Effectiveness Management Program from Mr. Peter Atkinson (right). Photo: Michael Sherby



Chris Merrithew, left, accepts his Certificate of Achievement for completing the PSP's Organizational Effectiveness Management Program from Mr. Peter Atkinson (right). Photo: Michael Sherby

CASUAL FRIDAYS
VENDREDIS EN
TENUE DÉCONTRACTÉE

It's that time again... Get into the spirit and support a worthy cause!
C'est encore une fois le temps d'entrer dans le jeu et d'appuyer une bonne cause!

12 JUL/JUIL TO/AU 13 DEC 2013

For a donation of \$2 per week
persons will be eligible to wear civilian clothing

Questions concerning clarification on appropriate civilian clothing (WSO 17-1) to be addressed directly with the WCO.

Pour un don de 2\$ par semaine
le personnel sera éligible à porter une tenue civile

Les questions concernant des précisions sur la tenue civile appropriée (WSO 17-1) doivent être adressées directement à l'Adjud. Erc.

Charitable receipts will only be issued to members who pay for a minimum of \$50 per month for an advance lump sum.

Un reçu pour don de bienfaisance sera remis uniquement aux membres qui paient pour un minimum de cinq vendredis (10 \$), soit un montant totalitaire payé à l'avance.

THEMED FRIDAYS • THÈMES

6 Sep/sept. Winnipeg Goldeyes/Sport Jersey Day • Journée Goldeyes de Winnipeg/chandail de sport

13 Sep/sept. Canada or Olympic Wear Day • Vêtements du Canada ou des Jeux olympiques

20 Sep/sept. Goofy Hat Day • Journée chapeau amusant

27 Sep/sept. Western Day • Journée western

4 Oct/oct. Ugly Shirt Day • Journée chemise laide

11 Oct/oct. Favourite Character Day • Journée personnage préféré

18 Oct/oct. Winnipeg Jets Day • Journée Jets de Winnipeg

25 Oct/oct. Halloween Costume Day • Journée costume d'Halloween

1 Nov/nov. Wear Your Favourite Colour Day • Journée portez votre couleur préférée

8 Nov/nov. "Support Our Forces" Red Shirt Day • Journée chemise rouge « Appuyez nos Forces »

15 Nov/nov. Brightest Coloured Shirt Day • Journée chemise de couleur latente

22 Nov/nov. Winnipeg Blue Bombers (or other CFL team) Day • Journée Blue Bombers de Winnipeg (ou autre équipe de la LCF)

29 Nov/nov. Crazy Toque & Scarf Day • Journée toque et écharpe bizarres

6 Dec/dec. Hawaiian Day • Journée hawaïenne

13 Dec/dec. Christmas Sweater Day • Journée chandail de Noël



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!

25 July or 19 Sept 2013

0800 – 1600 hrs

For more information or to register, contact Health Promotion at local 4150

Force Mentale et Sensibilisation au Suicide

– Formation du Superviseur

Il s'agit d'un cours auquel on a attribué un code!

25 juillet ou 19 septembre 2013

Pour s'inscrire, composez Promotion de la santé le 4150

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



Health Promotion de la Canadian Forces
STRENGTHENING THE FORCES
Energizer les Forces canadiennes
Promotion de la santé dans les Forces canadiennes

Alcohol, Other Drugs and Gambling: Supervisor's Training

22 August or 17 October 2013
0800-1600 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

22 août ou 17 Octobre 2013

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

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

Health Promotion de la Canadian Forces
STRENGTHENING THE FORCES
Energizer les Forces canadiennes
Promotion de la santé dans les Forces canadiennes

Pour s'inscrire, composez
Promotion de la santé le 4150



Movin' and Groovin' in the Sun



The Winnipeg MFRC's offers a wide range of activities and programs for preschool-aged children. During a recent Movin' and Groovin' program, the participants embarked on a fun, educational experience, which included making rain sticks.

www.facebook.com/Winnipeg MFRC www.facebook.com/WinnipegMFRCYouth

Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca



Winnipeg Goldeyes ticket draw

Enter to win four tickets to select Goldeyes games throughout the season.

Game dates	Draw date
July 28, 30 and August 1	July 22
August 7 and 10	July 31
August 17	August 12
August 27 and 30	August 20
September 1 and 2	August 26

One entry per person, 18 and older. Open to military families in Winnipeg & Southport. Undrawn names will be held over.

Tickets donated by Westoba Credit Union. Visit the MFRC and fill out your ballot today!



MFRC BBQs

Join us on July 9, 23 and August 13 and 27 at 11:30 in the south parking lot of the MFRC. Everyone is welcome.

Hamburger and Drink	\$4.00
Smokie and Drink	\$3.00
Hot Dog and Drink	\$2.00
Drinks	\$1.00

Kids Care Casual Care

The MFRC offers child care on a casual basis for children 6 months - 5 years old. If you need some time for yourself to work out/ run errands/etc, we can help. Hours: Tuesday & Thursday 9 a.m. to 12 p.m. ~ 9 a.m. to 4 p.m. ~ 1 to 4 p.m. ~ Hourly

Fees: \$5/hour or: children under 2 years: \$12/3hours; \$28/7 hours; siblings $\frac{1}{2}$ price children over 2 years: \$10/3 hours; \$24/7 hours; siblings half price. Location: 630 Wihuri Rd Register: 204 833-2500 extension 2491 (min 24 hours in advance)

Upcoming programs

CREATIVITY CAFÉ

Thursday, July 25 from 9:30 to 11:30 a.m.

Registration deadline July 22

\$5 per person

Come and join us as we create unique and original painted glass vases. You will be able to pick a colour that matches your space, or pick a totally different one for a great new look! You will be able to use these techniques to create more looks at home.

NEXT CHAPTER

Tuesday, July 23 from 9:30 to 11:30 a.m.

Do you have school aged kids, and are looking to socialize with other parents? This group will help you through the middle years before the teen years. This program is designed for parents with children ages 6+. Child care is provided for younger children.

FRENCH COFFEE

Every Wednesday morning, 10 to 11 a.m.

Join us every Wednesday morning for a coffee and a chat with members of the francophone community. Everyone is welcome, however, an excellent understanding of French is needed. Free child care is provided.

A PARENT COMMUNITY

Friday, July 19 and 26 from 9:30 to 11:30 a.m.

Free child care for children 18 months to five years

A community of parents will discuss topics related to parenting children of all ages. Stop by the MFRC and have a coffee while your children socialize with others.

ZOO TRIP FOR NEWCOMERS

Monday, July 29 from 10 a.m.

Registration deadline: July 24

We're going to the zoo, zoo, zoo. How about you, you, you? If you are new to Winnipeg you are welcome to join us on this field trip to the zoo. We will meet at the main gate on Roblin Blvd. You'll have the chance to explore on your own before meeting for a picnic lunch. Please note that lunch is not provided but admission to the zoo will be paid by the MFRC.

CREATIVE TOTS

For the summer months Creative Tots will run out of the Kids' Care space at the MFRC Childcare Centre.

Wednesdays, July 17, 24 and 31 from 9:30 to 11 a.m.

Parent participation required

Parents/caregivers and children 0-5 come and join us for free play, art, songs and stories. This free drop in program is a great way to meet others and introduce your child to a group setting. (please bring a peanut free snack for your child). Please note the new day and location for the summer.

Babysitting Skills Course

Wednesday, July 31 from 10 am to 4 pm

Winnipeg MFRC Youth Centre

\$20 – includes workbook and pizza lunch

Register by July 19

The Canadian Safety Council's Babysitting course will be offered. It provides new babysitters with the skills and tools to start working as babysitters. On completion, participants may opt to be included in the MFRC babysitters list. Children must be 12 by the end of December to participate.

PERSONAL CLASSIFIEDS

HOUSE FOR SALE!

Perfect family 3 bedroom bungalow just minutes from 17 Wing with double unattached garage in quiet St James/Crestview on a 124 X 60 foot lot. This 1152 sq ft, smoke free and pet free home features, 3 bedrooms on the upper floor and 1 in the basement, 2 full baths with walk in shower and jacuzzi tub, master bedroom with 2 pc ensuite, finished basement with fireplace and workshop. For more information or a showing call Christine at 204-803-9204. List price \$309,000.

House For Sale!

1680 sq ft 2 storey, 4 bedroom. Huge pie shaped lot in one of the best neighborhoods in Winnipeg, 10 minutes to 17 Wing, walking distance to all levels of school. Please call Chantalle at 1-204-720-4858 for a showing. See comfree ad 416927 for 302 Whitegates Cr.

For Sale!

2012 Coachmen Freedom Express Maple Leaf Edition RV! Excellent Condition as it was only used for two months! Fully transferable 6 year extended warranty. For more info. Call: (204) 999-4148.

Wanting to rent:

Wanting to rent a house starting Sept 01 near 17 wing as I work in building 62! Please contact me at: 204 833-833-2500 ext. 4534

Send us an e-mail today to place your FREE Classified ad at: voxair@mymts.net



MARIGOLD
chinese restaurant & lounge
Great Lunches, Great Dinners
Cantonese & Szechuan Cuisine
Dine In • Take Out • Catering
1245 Inkster Blvd
2591 Portage Ave
1380 Ellice Ave
718 Osborne St

Serving Winnipeg since '62

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 & 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):

Explore your deeper feelings, discover the essence of your faith and core beliefs. Having strong beliefs increases your energy and fuels a sense of purpose within you. Determination ensures you'll see results for your effort at making lasting positive changes.

Taurus (April 20 – May 20):

When you're feeling healthy it's easier to handle challenges. Enjoy the simple things in life. Strive for a sense of optimism. Visualize the possibilities. Assume there is a greater plan and let it be revealed to you instead of feeling you must orchestrate everything yourself.

Gemini (May 21 – June 21):

Awareness of how other's attempt to manipulate you ensures you don't automatically react to things. When you set a course for yourself based on your own desires, it may be met with opposition. Plan how you'll deal with conflicts with those who want to maintain the status quo.

Cancer (June 22 – July 22):

Who you care for and what you're passionate about may not always be in sync. Trying to see the long range possibilities, consider all the variables and take into account everyone's feelings is a complex and confusing process. In some instances, it's best to just put your own wishes first.

Leo (July 23 – August 22):

You know what you want but consider the impact of your actions on others. Past decisions have had consequences you didn't want or appreciate. Don't play the "victim of circumstance" when it doesn't apply; this is disempowering. Make choices you are proud of.

Virgo (August 23 – September 22):

Circumstances have made you resourceful. Your skills and abilities ensure you're "in demand." This is flattering but also exhausting. Change is coming. The end is in sight. Keep working towards your goal and assist others because you want to not because of a sense of duty.

FOR APPOINTMENTS CALL 775-8368

**THE VOXAIR
Your 17 Wing Community Newspaper
WWW.THEVOXAIR.CA**



Barala Kennels

YOUR PET'S HOME AWAY FROM HOME



- BOARDING ALL BREEDS OF CATS & DOGS
- INDIVIDUAL QUARTERS AND OUTDOOR RUN
- PET EXERCISE AND PLAY AREA • SEPARATE CAT FACILITIES
- CENTRAL AIR CONDITIONED AND HEATED KENNELS
- AIRPORT PICKUP & DELIVERY

OWNERS: GARTH AND SARA GRANT

barala@mymts.net www.baralakennels.com 633-2629

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...

ST. JAMES LEGION

Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

Texas Hold'em

Tues 7 p.m.

Line Dancing

Every Tues & Wed

8 to 10 p.m.

Dancing To Live Bands

Fri & Sat

9 p.m. - 1 a.m.

Meat Draws

Every Fri 5 - 7 p.m.

Every Sat 2 - 4 pm

GASTHAUS GUTENBERGER GERMAN RESTAURANT

- Authentic German & Continental Cuisine
- Schnitzel • Beef Rouladen • Homemade Spaetzle
- Fine German Desserts • Fine Wines and German Beer
- Open Daily Monday - Friday Saturday 4:30 pm - Midnight
11 am - 11 pm Sunday 11 am - 10 pm

2583 Portage Avenue (1 block west of the Moray bridge)

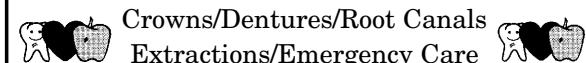
Phone: 888-3133 for reservations

Catering Service Available

Dr. Philip S. Pass B.S.C., D.M.D.

Complete Family Dentistry

Preventative/Cosmetics/Orthodontics



Crowns/Dentures/Root Canals

Extractions/Emergency Care

Evening and Saturday Appointments Available

420-3025 Portage Ave. ph: 987-8490

ALL DENTAL PLANS ACCEPTED

Chaplain's Corner

Time

This story was found in a small community paper in Hants County NS called What's Going On? The article entitled "Time" was originally submitted by DL Reid, but I feel it has a good lesson for us all.

A young man learns what's most important in life from the guy next door. It had been some time since Jack had seen the old man. College, girls, career, and life itself got in the way. In fact, Jack moved clear across the country in pursuit of his dreams. There, in the rush of his busy life, Jack had little time to think about the past and often no time to spend with those important to him. He was working on his future, and nothing could stop him.

Over the phone, his mother told him, "Mr. Belser died last night. The funeral is Wednesday." Memories flashed through his mind like an old newsreel as he sat quietly remembering his childhood days.

"Jack, did you hear me?"

"Oh, sorry, Mom. Yes, I heard you. It's been so long since I thought of him. I'm sorry, but I honestly thought he died years ago," Jack said.

"Well, he didn't forget you. Every time I saw him he'd ask how you were doing. He'd reminisce about the many days you spent over "his side of the fence" as he put it," Mom told him.

"I loved that old house he lived in," Jack said. "You know, Jack, after your father died, Mr. Belser stepped in to make sure you had a man's influence in your life," she said.

"He's the one who taught me carpentry," he said. "I wouldn't be in this business if it weren't for him. He spent a lot of time teaching me things he thought were important ... Mom, I'll be there for the funeral," Jack said.

As busy as he was, he kept his word. Jack caught the next flight to his hometown. Mr. Belser's funeral was small and uneventful. He had no children of his own, and most of his relatives had passed away. The night before he had to return home, Jack and his mom stopped by to see the old house next door one more time.

Standing in the doorway, Jack paused for a moment. It was like crossing over into another dimension, a leap though space and time. The house was exactly as he remembered. Every step held memories. Every picture, every piece of furniture ... Jack stopped suddenly.

"What's wrong, Jack?" his Mom asked. "The box is gone," he said. "What box?" Mom asked. "There was a small gold box that he kept locked on top of his desk. I must have asked him a thousand times what was inside. All he'd ever tell me was "the thing I value most," Jack said. It was gone. Everything about the house was exactly how Jack remembered it, except for the box. He figured someone from the Belser family had taken

it. "Now I'll never know what was so valuable to him," Jack said. "I better get some sleep. I have an early flight home, Mom."

It had been about two weeks since Mr. Belser died. Returning home from work one day Jack discovered a note in his mailbox. "Signature required on a package. No one at home. Please stop by the main post office within the next three days," the note read. Early the next day Jack retrieved the package. The small box was old and looked like it had been mailed a hundred years ago. The handwriting was difficult to read, but the return address caught his attention. "Mr. Harold Belser" it read. Jack took the box out to his car and ripped open the package. There inside was the gold box and an envelope. Jack's hands shook as he read the note inside. "Upon my death, please forward this box and its contents to Jack Bennett. It's the thing I valued most in my life." A small key was taped to the letter. His heart racing, as tears filled his eyes, Jack carefully unlocked the box. There inside he found a beautiful gold pocket watch. Running his fingers slowly over the finely etched casing, he unlatched the cover. Inside he found these words engraved:

"Jack, Thanks for your time! -Harold Belser."

The thing he valued most... was... my time." Jack held the watch for a few minutes, then called his office and cleared his appointments for the next two days. "Why?" Janet, his assistant asked. "I need to spend some time with my son," he said. "Oh, by the way, Janet ... thanks for your time!"

"Life is not measured by the number of breaths we take but by the moments that take our breath away."

If you like this story send it to someone or all that you care about, and it may help to brighten their day, or even change their outlook on life for the better.

Time has a way of getting away from all of us, we need to take the time... Now...

The other day when I was at the Wing Orderly room I encountered someone who was just clearing back into the base after his deployment to Afghanistan. He too was aware of the importance of time. If you know of people who are just returning from tour or tasking, take a few moments to say hello, spend a little time catching up. Or, if in the everyday business of life, you find that time seems to be escaping you, try if at all possible to remember to let those who you care about know that you miss your time with them. And perhaps, sometime during our hot days of summer, you might be able to take some quiet time under a shady tree, around a pool, at the lake, or wherever you can relax with a cold beverage to enjoy, to be thankful for what you have and for the people that matter most in your life – for their time.

Take care and God Bless you all in the coming week.

- Padre Levy



Together in Church

CATHOLIC

CHAPLAINS

Padre Ray Laudenorio

Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

Masses (English only)

Tues, Weds, Thurs 1210 hrs

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 Jack Barrett (Wing Chaplain)

Anglican 833-2500 ext 5417

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Darryl Levy

(Baptist) Office 833-2500 ext 5785

Padre Frank Staples (UCC)

Det. Dundurn. Office 833-2500 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:

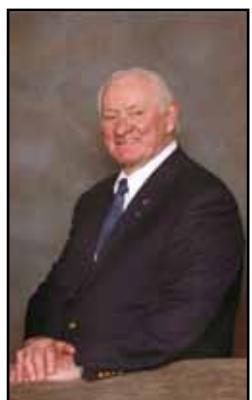
For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click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



Real Estate Directory

VOXAIR

BUYING OR SELLING...
MAKE IT A STRESS FREE MOVE WITH THE CLEMENTS



Proudly serving our Military Families with:

- 26 years of military service
- Complimentary relocation package couriered to you within 24 hours

Toll free: 1-877-778-3388
Business: (204) 987-9808



ReMax Executives Realty

Grant Clements & Kelly Clements
CD, FRI, SRES

SRES, CERC

- Registered Relocation Specialists
- Senior's Real Estate Specialists
- Canadian Employee Relocation Council

Contact us Online:

clements@buywinnipeghomes.com

www.buywinnipeghomes.com

Relocating in 2013?

I look forward to assisting you with your real estate needs to obtain the best value for the sale or purchase of your home this year

terie langen
 • Experienced Military Relocation specialist with 20+ years
 • Accredited Buyer Representative
877.778.3388
204.779.7000
 terie@homesinwinnipeg.com

Bringing Homes & Families Together

Moved extensively throughout North America & Europe as a military family and have special empathy for family concerns.
 Resident of Winnipeg 30+ years, working in the city & surrounding areas.
 Member of a network of professional Realtors at every base/wing. Call for a referral to a professional contact at your destination.

www.HomesInWinnipeg.com

MAXIMUM Realty Ltd. **Serving Winnipeg & Surrounding Areas**
 Residential - New Homes - Condos - Relocation - Referrals

Lee Wren
 (204) 781-4487
 leewren@mts.net

Eva Bessas
 (204) 470-3332
 ebessas@mts.net

Brendan McGurry
 (204) 799-3022
 mcgurry@mts.net

Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 888-7973 FAX: 832-3461

E-Mail: info@cgklaw.ca Website: www.cgklaw.ca

George E. Chapman Q.C.

Alan R. Goddard, B.A., LL.B.

Allan L. Dyker, B.A., LL.B.

Kelly P. Land, B.A., LL.B.

Michael J. Law, B.A., LL.B.

Serge B. Couture, B.A., LL.B.

Kael P. McKenzie, B.A., LL.B.

Almer N. Jackstein, B. Comm., LL.B, Counsel

Our fees conform to the ERS guideline

A long established law firm conducting a general practice for all types of legal work.

Leigh Nanton & Kristen Bilodeau

Family Helping Families



Winnipeg's Mother Daughter Team
info@leighnanton.com

989-5000
www.leighnanton.com



It's Your Home!
 Why trust just Anyone?
 phone: (204) 987-9800

Linda van den Broek Sales Associate

Gold 7 years in a row!
 Proven Performance!

Email: linda@lindavandenbroek.com
 Website: www.lindavandenbroek.com

Trudy M. Johnson, B.A.
Relocation Specialist

30 Years of Professional Success In the Winnipeg Real Estate Market

Toll Free 1-877-778-3388
 Cell 1-204-981-1529
 trudy@mts.net
 Re/max Hall of Fame

"spirited energy"

The Strength of Teamwork . . .
 The Reputation of Results

Dan Vermette
 Service en Français

THE
DAN VERMETTE
 TEAM

255-4204
danvermette.com



Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service



Proud to Assist Military Families
 Relocation Specialist

29 Years Experience
 in the Winnipeg

Real Estate Market

www.joannegebauer.com

joanne@joannegebauer.com

Toll Free: 1-877-778-3388