



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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Fall Fair Welcomes Wing Newcomers and Blasts-off into Autumn



Master Corporal Brandon Terry helps a young girl with the 17 Wing Fire Hall obstacle course, during the 17 Wing Winnipeg Fall Fair on September 10, 2016 at Canadian Forces Base Winnipeg, Manitoba. Please see page 2 for more on the Fall Fair. Photo: Cpl Beaudin 17 Wing Winnipeg, Imaging.

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Fall Fair Welcomes Newcomers to Winnipeg



Congratulations to our colouring contest winner, Noemie. Photo: Bill McLeod, Voxair Manager.

by Bill McLeod, Voxair Manager

Maybe it was the perfect September weather, or maybe it was the multitude of activities, presentations, and attractions, but whatever the reason the Fall Fair, by all accounts, was a resounding success.

The Fall Fair was held on Saturday, September 10, from 10:00-2:00 between the Canex and the Recreation Centre and featured family friendly attractions.

"It went phenomenally," said Jamie Doherty of the Military Family Resource Centre, co-chair of the Fall Fair, near the end of the day. "I really want to thank all the staff and volunteers that made this happen."

Base units also contributed to the success of the day. 17 MP Flight ran a Child Identification Clinic by the Canex and the Fire hall had multiple activities for families. The Helping Professionals area by the Canex also included booths manned by SISIP Financial Services, Canex, Canadian Blood Services, French language organizations, and Health Promotions among others.

Some of the more popular activities for the children included bouncy castles, a petting zoo, and pony rides.

The Voxair would like to apologize for indicating that Wounded Warriors and the Tri Service Military Veterans Association were sponsors of the Jesse Tylre Williams National House Concert Series PTSD Benefit Gala. The concerts are self-funded by Jesse and the Tri Service Military Veterans Association was the local benefactor while Wounded Warriors receives funds at a national level from the concert series. ANAVETS are also not sponsors.

A trolley tour of the Wing also proved to be popular with the families.

"The trolley was packed," said Jamie. "We had really good tour guides-humorous too."

With the assistance of volunteers, Wing Foods was on hand to provide lunch, which this year included the options of vegetarian and gluten free meals. One indication of the success of the Fall Fair was the original 1100 hot dogs went quickly and another 600 had to be prepared.

"I want to give a special thanks to Jetstream and the Dixieland Band,"

said Deanne Bennett, Community Recreation Coordinator and the other co-chair of the Fair. Throughout the day the two ensembles entertained the fair goers.

"The fair went without a glitch," said Deanne.

Her personal favourite? "I think the petting zoo was awesome," she said.

Inside the gym were community clubs like the Wood Hobby Club, Toastmasters, the 17 Wing Strength Club, and demonstrations of Yoga and various fitness programs.

If the smiles on the children's faces and the compliments of the adults could have been measured the day was a huge success.



A child is intrigued by a character at the 17 Wing Fall Fair. Photo: Bill McLeod, Voxair Manager.



Children at the 17 Wing Fall Fair enjoy the bouncy castles and slides. Cpl Beaudin, Wing Imaging

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Nathan poses for a picture as Batman at the 17 Wing Fall Fair. Photo: Bill McLeod, Voxair Manager.

Team Tupperware Slo-Pitch Champions

Congratulations to Team Tupperware for ousting PSP's long reign as Intersection Slo-Pitch Champions!



Team Tupperware: Back Row L-R - WO Steve Bodnar, LCol ("I've never hit a home run") Clayton Kotzer, MWO Jim Fougere, 2Lt Adison Bliak, Capt Guy Dumont, MWO Rob Selman, Tammy Selman. Front Row L-R - WO Denise Grant, Capt Brian Noel. Photo: Cpl Darryl Hepner.

Herc Pull Kicks Off GCWCC at 17 Wing



Members of 17 Wing Winnipeg participate in the annual Government of Canada Workplace Charitable Campaign (GCWCC) Kick-Off and Herc Pull, held on Sept 7, 2016, Hanger 16. Photo: Cpl Darryl Hepner.

by Martin Zeilig, Voxair Photojournalist

"It was poetry in motion," remarked Rick Harris, Senior Manager Personnel Support Programs, 17 Wing.

His droll comment was made in the spirit of the day.

Harris had just watched the team called Morale-a-Palooza, who were comprised of PSP, NPF, and MFRC members (including a reporter who a few days later was still feeling the after effects in certain places on his body) pull a C-130 Hercules 50 feet in 22.19 second.

It was the Annual GCWCC (Government of Canada Workplace Charitable Campaign) Herc and Truck Pull on a sunny September 7th on the tarmac between Hangars 16 and 10. Over 600 base personnel, military and civilian, participated in the festivities which included a hotdog and hamburger barbeque lunch provided by Wing Food Services and high powered rock and roll entertainment from the RCAF Band's Spitfire Ensemble.

The Government of Canada Workplace Charitable Campaign (GCWCC) takes place in federal workplaces across the country on an annual basis from September to December. This campaign allows Canadian Armed Forces (CAF) members, Department of National Defence (DND) employees, including NPP staff, and their retired counterparts to donate to the United Way/CentreAide, HealthPartners or other registered Canadian charity of their choice.

Capt Xiaodong Tan Operations Officer, 17 Wing Telecommunications & Information Services Squadron, and Capt Katelynn Pinsent from CFSAS, are co-chairs for this year's GCWCC campaign.

Guest speakers at this year's event were Connie Walker, President & CEO of the United Way Winnipeg, Kathi Neal, Director of Development, Manitoba Lung Association, and Pat Le Blanc, Executive Director of Teen Stop Jeunesse. Teen Stop Jeunesse is a beneficiary of the United Way and provides opportunities for personal growth and development to people in need of a helping hand by creating a feeling of belonging and acceptance in a home away from home atmosphere.

Jeff Holland, co-host, along with Sarah Nick, of Energy Mornings on radio station Energy 106, was the Master of Ceremonies.

"This is a really important day for us," Wing Com-

mander Colonel Andy Cook said during his opening remarks from the makeshift stage set up near the entrance. "The GCWCC allows us to take care of people who need our help. I encourage all of you to give generously to the campaign."

"On behalf of myself and Captain Pinsent, I want to thank all the volunteers who made this possible, and who will work with us to contribute to make this campaign a success," Capt Tan said.

He noted that the goal for this year's GCWCC is \$130,000.

"I have every confidence in everybody here, and all the units," Capt Tan continued. "We are able to make this happen. Every dollar you donated today will make a difference in the future."

Kathi Neal noted that along with the United Way, HealthPartners has been a co-recipient in the GCWCC for almost 30 years.

"During that time, you and your colleagues across the country have raised over 140 million dollars to support health care and research," she said in her speech just prior to the festivities. "That's a staggering amount of money-- and that makes all of you at 17 Wing pretty darn amazing. Together, HealthPartners works to raise funds to help the 87 percent of Canadians who will be struck by either a chronic disease or a major illness in their lifetimes. So, thanks for the gift you made to HealthPartners."

Neal went on to list some of the ways those funds have been used.

For example, the money has helped children with asthma, and their parents, sleep better because they've been following an asthma action plan; made it possible for kids with diabetes to go to camp this summer, "just like all kids should get to do"; funded a researcher to work to find a cure for Parkinson's disease, among other positive things.

"Whatever you decide, please know that your gift makes a real difference," Neal said. "That's not just a platitude. That's the truth."

Meanwhile, the WTISS/OSS team won the Herc pull competition in a time of 12.98 seconds with 25 people pulling, while the 2 Canadian Division squad took first place in the truck pull at 9.17 seconds.



The 2016 Government of Canada Workplace Charitable Campaign (GCWCC) Kick-Off and Herc Pull Winners, The Operational Support Squadron (OSS) Team, on Sept 7, 2016, Hanger 16, 17 Wing Winnipeg. Photo: Cpl Darryl Hepner.

Sports Trivia

Paralympic History

by Tom Thomson and Stephen Stone

1. When were the first official Paralympic Games held?
2. Who was the first president of the International Paralympic Committee?
3. When were the first Winter Paralympics held?
4. What is the record for tickets sales at a summer Paralympics?
5. What is the record for ticket sales at a winter Paralympics?
6. How many eligible impairment types are there in the Paralympics?
7. When did Canada first compete in the Paralympics?
8. Which Senator holds the Canadian record for most athletics medals at the Paralympics?
9. Which Cabinet Minister in the British Columbia provincial government is the only female Paralympic athlete to have won gold in two separate summer sports events?
10. Which Canadian Paralympian has won the greatest number of gold medals?
11. Who won the greatest number of gold medals for Canada in a single Paralympic Games?
12. Who is the first Paralympian to win gold in both summer and winter games?
13. Who holds the record for most gold medals in a single winter Paralympics?
14. Who is the first Canadian athlete to be named to both winter Paralympic and Olympic teams in the same year?
15. How many times has Canada hosted a Paralympic Games?
16. Who is the most decorated Paralympian in history?
17. Who is the most decorated Winter Paralympian?
18. Who is the first athlete to compete in both Summer Paralympics and Olympics in the same year?
19. Who is the first Winter Paralympian to fail a drug test?
20. Who was the first paraplegic to compete in the Olympics?

Sports Trivia Answers on page 18



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Toonie Walk and Run Pre-Kicks Off GCWCC



Members of 17 Wing Winnipeg participate in the Annual Toonie Walk and Run in support of the GCWCC, on Aug 31, 2016, 17 Wing Winnipeg, MB. Photo: Cpl Darryl Hepner.

by Martin Zeilig, Voxair Photojournalist

The Toonie Walk & Run, held on August 31, is the pre campaign kickoff to the Annual Government of Canada Workplace Charitable Campaign (GCWCC), and is always successful in raising the awareness of the start of the campaign.

The event marked its ninth anniversary, drew a record number of military and civilian DND participants, and raised more money this year than in 2015, said Stefan Dowhayko, Fitness Leader, PSP/ Canadian Forces Morale and Welfare Services (CFMWS), the OPI for the event.

The walkers and runners started off at the parking lot of Building 90 (Recreation & Fitness Centre), then proceeded over the hill behind it, around the kilometre long fitness track, down to the 17 Wing Chapel, along Wirhuri Drive down to Saskatchewan Avenue, and back, via Sabre Crescent to the starting point.

"The majority of people were walkers," Dowhayko said, noting that about one third of participants ran the distance.

He emphasized that SISIP Financial donated \$500.00 for food-- chocolate milk, granola bars, Gatorade, fruit, and other goodies-- after the event, while Canex provid-

ed bottled water.

"It took over a month of planning and coordination," said Dowhayko. He noted that Community Recreation, Health Promotions, PSP, and the MFRC had tables set up at the event. "Everyone from PSP was involved. I thought it was a great success. More money was raised and more people participated than last year. The weather was good. People enjoyed the food afterwards."

Other events during the campaign will include:

The official GCWCC campaign Kick-off BBQ and Herc & Fire Truck Pull will be held on Wednesday Sept 7.

Participation in City-wide United Way Events: As in previous years, the winning team from the 17 Wing

GCWCC Kick-Off Herc/Truck Pull will go on to represent 17 Wing at the United Way-hosted City-Wide Plane Pull event on Friday 23 Sept 16. Like previous years it is expected that the fee for this event will be waived. The winning team from the 17 Wing GCWCC Kick-off Herc/Truck Pull will also represent 17 Wing at the City of Winnipeg-hosted Fire Truck Pull later in the month. There is no admission fee for this event.

17 Wing TEME Breakfast: This exceptionally successful event shall be coordinated through the GCWCC. The event is tentatively being planned for Friday Oct. 14.

WComd's Ball Hockey Tournament: PSP will host this annual event. This event is tentatively scheduled for Friday, Oct. 21.

Beard Growing Competition/Nail Polish: This fun and friendly competition will again take place as part of the 2016 campaign. The competition will take place from Friday, Sept. 30, and continue until Tuesday, Nov. 1; with judging to take place on Tuesday Nov.1. During the same time period, female members will be allowed to paint their nails. The cost of each of these activities

will be announced by the GCWCC Kick-off on 7 Sep 16.

GCWCC Jail and Bail: Nominate your chain of command, including direct supervisors, for the annual "Jail and Bail" event. The aim is to have fun and raise as much money for the GCWCC as possible while remaining respectful of those selected for "arrest". This event will take place on Wednesday, Nov. 16. More information will follow.

TEME Car Wash: The TEME Car Wash is open from 1200 hrs to 1300 hrs on weekdays throughout the year. Spots available first come, first serve. Cost is \$4 per vehicle. Any questions may be directed to TEME Dispatch, local 5068.

17 Wing Imaging Portraits: DND employees and CAF members can get formal portraits taken at Wing Imaging by appointment starting this September. The sitting cost of \$20 will go directly to the GCWCC. This offer extends through the entire 2016-2017 year. Any questions may be directed to Wing Imaging at local 5236.



17 Wing Commander Col Andy Cook puts on a burst of speed to finish the 2016 Toonie Walk and Run ahead of Wing CWO Mike Robertson. Photo by Bill McLeod

Other events, including themed lunches, will be scheduled in the near future. Further details will be publicized on the 17 Wing GCWCC website, through the Voxair, and on electronic information boards.

17 Wing Member Wins North American Powerlifting Title

by Martin Zeilig, Voxair Photojournalist

Corporal Ben Langley, a Traffic Tech with the 17 Wing Mission Support Squadron, placed first in the 74 kilogram Men's Junior weight category at the 14th Annual International Powerlifting Federation/North American Powerlifting Federation (IPF/NAPF) North American Regional Powerlifting Championships on August 14-19, 2016 at the Renaissance Hotel Carambola Beach Resort in St. Croix, US Virgin Islands.

He was the only junior lifter (19-23) in that class but Cpl Langley's lifts were also better than athletes in the open and masters' categories.

The NAPF is an amateur association founded in 2000 and is comprised of the National Amateur Powerlifting Federations of the North American Countries. Each country can be represented in the NAPF only by one incorporated federation.

"I totalled more than anyone (in the 74 kilo category)," said Cpl Langley, a member of the Canadian Powerlifting Team at the competition and also President of the 17 Wing Strength Club which trains out of Building 90 Recreation and Fitness Centre.

His did a squat of 240 kilos, a bench press of 147.5 kilos, and, a dead lift of 250 kilos for a total of 637.5 kilos.

"I didn't know that I could have registered for both Junior and Open categories," said Cpl Langley, a native of Winnipeg, who turns 24 in January. "I could have been awarded gold in both."

As impressive as his accomplishments at the competition were, Cpl Langley observed that he's done better lifts in the gym.

"My squat is the same," he said. "But, my best bench press is at 341 pounds, and, I've done 530 pounds in the squat."

Cpl Langley, who was a Manitoba high school wres-



Cpl Ben Langley is all smiles and jokes after capturing gold at the Powerlifting Championship in St Croix. Photo: Supplied.

ting champion and is a former body builder, emphasized that he's a RAW competitor-- one who doesn't use assisted devices (lifting gear), except a weightlifting belt, to help him lift.

He said that he could have done better in the dead lift if he hadn't made a tactical mistake during the warmup.

"I mistakenly pulled too heavy a weight which exerted too much energy," Cpl Langley admitted. "Going into the competition, I knew I'd get gold in the Junior category. But, my opening dead lift out totalled all the other 74 kilo lifters, which was my goal. This was my first international competition-- the biggest stage I've ever competed in with Team Canada."

Not surprisingly, he holds all the Manitoba powerlifting records, a total of 30, in his weight division.

"You have to qualify for the national team in another competition," the 5'7", bull necked, thick muscled Cpl Langley said, noting he competed at a local contest in Brandon, Manitoba earlier this summer in order to qualify for the national team, and then went through a selection process for the NAPF Championships.

He admitted that it was "really cool" to be competing in St. Croix, especially since his sister, Emily Langley, was the first person in his family to ever watch him compete at an actual event.

"She was proud of her big brother," said Cpl Langley, who was one of 19 members of Team Canada at the North American Championship. "I'm trying to get her into powerlifting too."

He also praises his national team coach, Connor Lutz, the men's National Open champ in the 74 kilo category, whom he'll also be competing against next year.

"My coach was happy with how well I did, and my teammates were all supportive," said Cpl Langley. His cousin, Winnipeg resident Ryan Kolesar, recently captured gold in the 66 kilogram Men's Division at the Western Canadian Powerlifting Championship in Kamloops, BC. "A few of us bonded together well. I like the powerlifting community. They're nice people, always helping out. I also love helping people with their lifts and seeing them improve."

BBQ Says Goodbye to Summer at the Wing



Members of 17 Wing and their families participate in the Annual End of Summer BBQ, on Sept 2nd, 2016, at 17 Wing.
Photo By: Cpl Darryl Hepner.

by Martin Zeilig, Voxair Photojournalist

Some 800 base personnel, military and civilian, attended the 17 Wing End of Summer Barbeque, which was held in the parking lot of Building 90 (Recreation and Fitness Centre), on September 2.

The RCAF Band provided musical entertainment, while two bouncy castles, balloon twisting and face painting and henna tattoos, courtesy of Glitterbug Family Entertainment, were available for children.

Chief Warrant Officer Malcolm Taylor was OPI for

the event, which cost a mere Toonie per person on this sunny but breezy day.

"We're happy with the results," said Captain Louis Martel, an ACSO Instructor at 402 Squadron, the deputy OPI of the barbeque. "I think it's a great event."

The food, which was prepared by Wing Food Services, consisted of thick strips of pulled pork lathered in dripping sauce, plump and juicy hot-dogs and veggie dogs, freshly prepared potato salad, macaroni salad, and coleslaw, plus cold beverages, including free bottled water from the Canex.

"We had four kitchen staff helpers from our different sections," said Sgt Matt Keddy, chief cook at Food Services, as two lines of hungry patrons waited patiently to be served by the Food Services staff. "It's a nice Friday afternoon before the long weekend, and a good way to get back into the swing of things."

Wing Commander Colonel Andy Cook complimented "Mother Nature for smiling on us" and allowing the event to be held outdoors.

"I'm glad to see so many 17 Wing members here with their families," he added. "I'm hoping members have a safe and pleasant Labour Day long weekend."

City of Winnipeg Police Services members, Staff Sergeant Rob Harding and Inspector Cam Baldwin, were special guests of Col Cook.

"It's a great event," Inspector Baldwin said. "We ap-

preciated the invitation."

James Follette, Fitness Coordinator, PSP/ Canadian Forces Morale and Welfare Services (CFMWS), and his nine year old daughter, Paige, were amongst those enjoying the noon hour barbeque.

"It's great fun for the families to come together," said Follette whose daughter was holding a balloon that had been contorted into the shape of a dog. "There are very few opportunities to have your family with you at an event like this. They should do more of these types of events."

Gloria Kelly, Communications Advisor, National Defence Public Affairs Outreach (Prairies & North), her husband and their three grandchildren, nine year old Jordan, Jonathon, six, and Naomi, five, were, in Kelly's words, "having a ball."

After lunch, her grandkids got tattoos painted on their arms and had their faces painted to resemble their favourite comic book superhero character.

"It's a good end of summer event for them," Gloria Kelly said. "Their mum's working today, so they came here with me."

"He enjoyed the balloons, face painting and camara-derie," said Thelma Hanson, of her eight year old grandson, Logan Hanson, who was seated with her and her husband, Doug Hanson-- a civilian worker at the 17 Wing heating plant. "The music is really good, and everything is well organized. The food was good too."

RCAF Veteran Recalls Wartime Service

by Martin Zeilig, Voxair Photojournalist

Charles Yule, age 91, is confined to a wheelchair today as the result of a broken hip. He lives at Deer Lodge Centre, a hospital specializing in the treatment of veterans.

But his mind is still sharp, thanks in large measure to the stories from his past.

During the Second World War, Charles was an Air Gunner on board a Royal Canadian Air Force Handley Page Halifax, a four-engine heavy bomber, based in Great Britain. It was the first bomber equipped with the H25 navigation-targeting RADAR.

The Winnipeg native joined the RCAF when he was 17 years old.

"I wanted to become a pilot, but I wasn't eligible because I was not yet 18 (the age when one could begin pilot training)," he said during an interview in his small but neatly arranged, sixth floor room at Deer Lodge in early September. "So they selected me for air gunner training in Prince Edward Island. I had never been away from home till that point. I depended on my parents."

Prior to the war, he had been working as an office boy at Canadian National Railway.

"After air gunner training I returned to Winnipeg for two weeks embarkation," said Charles. "When I went back to Halifax we were shipped overseas to Bournemouth, England."

Everything changed for him after joining the RCAF, he said.

"I went from being a boy to a young man," Charles explained. "It had a maturing effect on me."

While he was based in Bournemouth on the south coast of England Charles said he started to learn what the Air Force was all about.

"I still had more training to do," he added. "We didn't even know the type of aircraft we'd be flying in. We were still taking baby steps."

He and his unit were learning quickly.

They were eventually posted to a base in Scotland to do their gunnery training, he said.

He added that the gunners were responsible for selecting the pilot, who, with the help of the gunners went out and selected other crew members.

"I was determined to be the best gunner because we were the eyes (of the plane)," said Yule. "My home was the turret. A mid upper gunner is on top (of the fuselage)."

A Halifax B. Mk. 2 introduced the identifiable two gun dorsal powered turret to complement the four gun turret assembly in the tail.



Charles Yule, 192 Squadron, 100 Group, Foulsham, Norfolk. Seen here as tailgunner on a Halifax Bomber.
Photo: Submitted by family.

The actual guns used in each turret were Browning 303 machine guns, recalled Charles.

"I had the best view in the house," he observed with a slight laugh. "I wore an oxygen mask and clothing that was wired for heating. It kept your body warm."

He still has the RCAF Flying Log Book for Aircrew other than Pilot that was issued to him.

The blue covered log book, which is frayed at the spine and has faded, lined pages, lists in blue ink printing all of Charles Yule's sorties in the Halifax. Stapled inside is a certificate, Results of AB Initio Gunnery Course Station No. 10 Bombing & Gunnery School Mt. Pleasant, P.E.I.

It reveals that Charles passed his gunnery examination, which consisted of different types of firing exercises from a twin engine Bristol Fairchild Bolingbroke Maritime Patrol aircraft, with high marks: 80.9 percent.

There also are entries from his time in the UK, including at Langar, a small village about four miles south of Bingham in Nottinghamshire and Foulsham in Nor-

folk with 192 Squadron 100 Group. Although, he never had to actually shoot at enemy planes during the war, Yule and his crew mates did quite a lot of flying on various missions.

192 Squadron was reformed in 1943 to provide radar countermeasures (RCM) and this entailed the identification of enemy radar patterns and wavelengths. Missions were flown mainly over Germany, France and the Low Countries but some were over the Bay of Biscay to check radar used against Coastal Command anti-submarine patrols. In November 1944, much time was spent searching for radio signals from V2s, though these were later found to be uncontrolled.

According to Shirley Yule, Charles' daughter, usually only the pilot and the navigator were really aware of the purpose of their various missions so a gunner's log book didn't always reflect what the squadron was doing as part of the war effort.

"It was only very recently that Dad began to speak to me about the RADAR equipped missions that Dad's crew was involved with," says Pam Yule, Charles' other daughter. "He said he knew relatively little about what they were doing on their missions save that they were extremely sensitive missions, and that they were sworn to secrecy, so never spoke to anyone about their sorties and, like Dad said, the less the crew knew, the better chances of avoiding any unintentional information leaks."

Pam says that it wasn't until her Dad started reading about the 192 Sqn missions in magazines within the last few years that he started talking about them. The war time discipline and warnings stayed with him for over 70 years.

Mr. Yule's last entries are from June 1945, over a month after the war in Europe had ended.

"I was pleased that I was able to contribute as a young man to the war effort," said Mr. Yule, adding that after the war he worked for Abitibi Price in Pine Falls, Manitoba for 34 years. "I enjoyed the comradeship of my fellow crew members. Our crew was chosen at war's end to transport the people who were putting peace together in Europe."

Charles has two adult daughters, Pam Yule and Shirley Yule, both of whom live in other provinces. He lost his wife, Jeannette, in 1994 and moved into Deer Lodge in January 2015.

At one point, the Second World War veteran said that what he misses most now is his loss of independence; "Not being able to drive a car anymore or to come and go as you please."

Veteran's Spouse Talks Frankly About PTSD

by Martin Zeilig, Voxair Photojournalist

Except for the occasional burst of applause and some laughter at her gentle but forceful humour, you could have heard the proverbial pin drop during the 10 minute speech by Jenny Migneault at the 2016 National House Concert Series PTSD Benefit Gala at the Masonic Centre on August 20.

The event, which attracted 160 guests, featured country singer Jessie Tylre Williams. Williams launched a National HCS to, as she has said, "make a difference in the world...with the hopes of changing the way society has chosen to deal with men and women" in service that suffer from or affected by Post Traumatic Stress Disorder.

"It's time we made a stand for these men and women who have served us and have allowed us to live in freedom... It's our chance to give back to them. We are in in this together," Williams writes in the program notes for the NHC Series.

Migneault is a dedicated and devoted spouse and caregiver of a Veteran suffering from PTSD, as well as an advocate on behalf of all caregivers.

She is best known as the veteran's spouse who ran after former Veterans Affairs Minister Julian Fantino in May 2014 in the halls of Parliament. She eventually landed a private interview with Fantino.

After Migneault explained who her spouse was she talked about the exposure and accolades she received for increasing awareness of PTSD to the Canadian public.

"Since then, I took the opportunity and started to do a cross country tour in order for me to understand the challenges experienced by military families across this country, because I'm also a member now of the Veterans Affairs Committee for Family Advisory," Migneault said. "So, I feel it's also my responsibility, when I talk on behalf of people, to know what I'm talking about. It's also a

healing process for me."

"I started this journey in the Maritimes. I've found it so educational. For instance, in Newfoundland I've realized how much the generosity of people towards one another is actually hiding homelessness. I realized how it's easy for a veteran in Newfoundland to hide in somebody's boat or in a basement because everybody's so helping. "But, yet, it was in Newfoundland that a veteran was found four months after his death in his home. In Charlottetown, PEI, I met the first homeless woman who served. She made me realize that every time you defend a cause, there are some forgotten.

Migneault went on to talk about her very personal experiences as a spouse of a veteran with PTSD.

"You know when we talk about PTSD, it affects every single aspect of life," she said. "Let's talk about medication for instance. For years, I saw my husband having terrible nightmares. Seeing the emptiness in his eyes, just gasping for air, and having a look on his face that I wouldn't see during the day. Seeing his body but realizing that it was not him while you start the medication. Pills to sleep, pills to wake up, pills to lower the anxiety. Pills and pills and pills."

"I tend to be honest when I talk," she added. "You get all those pills, and they have a side effect. The point is in our life it affected our sexual life. For years, my husband had no problem regarding our sexual intercourse. Then, he starts a pill and from one day to another it doesn't work anymore. When things aren't working well with a couple, what do you think I said? 'You don't love me anymore. You think I'm fat it. That's it. It's over.'"

"He was put into a situation where he actually had to convince me that he was in love with me on top of everything, while he was the victim of this whole process," Migneault continued. "This is how important it is to educate the people. You know my political battle is all



PTSD advocate and blogger, Jenny Migneault. Photo: Supplied.

about the identity and dignity. It's not a feminist thing."

"Tonight, I want to thank you no matter who you are or where you serve, or not. I want to thank you for being here," she concluded. "I want to thank you for being allies to a cause that touches and concerns every single one of us. Never forget that what you see does not always reflect what's inside."

For more information visit her website: ptsd-spspt.weebly.com

Detachment 1 holds 9/11 Memorial Ceremony in Winnipeg

by Martin Zeilig, Voxair Photojournalist

On a clear, sunny late summer day on September 11, 2001, Al Qaeda terrorists aboard three hijacked passenger planes carried out coordinated suicide attacks against the World Trade Center in New York City and the Pentagon in Washington, D.C., killing everyone on board the planes and nearly 3,000 people on the ground.

A fourth plane crashed into a Pennsylvania field, killing all on board, after passengers and crew attempted to wrest control from the hijackers.

In the days immediately following the attacks, many memorials and vigils were held around the world, and photographs of the dead and missing were posted around Ground Zero. On every anniversary, in New York City, the names of the victims who died there are read out against a background of somber music.

A 9/11 Memorial Ceremony, which was attended by over 100 people from 17 Wing, was held in Building 21 on September 9.

Staff Sergeant Taylor Linehan, Detachment 1, 1st U.S. Air Force, 1 Canadian Air Division/Canadian NORAD Region, was the event's MC.

The ceremony began with the presentation of the colours by the Grand Forks Air Force Base Honour Guard.

This was augmented by a special Canadian flag-detail honour provided by 17 Wing and carried by RCAF Sgt Guy Gill.

The RCAF Band's Brass Ensemble played the Canadian and U.S. National Anthems.

"For some today is a mixed bag of emotions," said Padre Captain Leslie Johnston, who gave the prayer at the solemn 15 minute ceremony. "We mourn the nearly 3000 who died that day. We are humbled by the bravery of the first responders. We continue to grieve in the loss of national innocence, the false sense of constant safety as we think of the way New York and D.C. responded. As fire stations, stores, homes, churches, synagogues, and temples opened their doors to all people, as strangers carried each other out of buildings, as those who had shared with those who had lost."

"As we remember the bravery of the passengers and crews of the United Airlines Flight 93, and all of the men and women who answered the call to arms from both

of our great nations, our pride wells up in us and we remember the immediate call to war, and the more than 100,000 deaths and countless physical, mental and spiritual injuries that also are a result of this tragedy," Padre Johnston continued.

"From New York City to Iraq, the tragedy has deeply and profoundly affected millions. May we continue to heal and help each other just as we did that day, working together as sister nations, to ensure that 9/11 never occurs again."

"Let's not forget those who lost their lives that day, and may we often reflect on what their sacrifice means to all of us," said Brigadier General Chad Manske, Deputy Commander, Canadian NORAD Region, and Deputy Combined/Joint Force Air Component Commander for 1 CAD, who was stationed in NYC in 2005.

He called 9/11 this generations Pearl Harbour.

"Nearly every aspect of our everyday lives have been shaped by those events, from airport security lines to going to large events and letting your kids out (to public events)," continued Brig Gen Manske, who referred to the role of Canada, including those killed, during those tragic times. "Today, we reflect on what it means to be vigilant and how we knitted together as nations."

The terrorist attacks in the United States on 11 September 2001 also had an immediate and profound im-

pact on Canada.

Twenty-four Canadians died in the attacks. When the US closed its airspace, hundreds of planes carrying thousands of passengers were diverted to Canadian airports. In the weeks following, Canada passed controversial anti-terrorism laws and sent its first troops to Afghanistan as part of the War on Terror.

Over the next few hours, more than 200 planes were diverted to Canadian airports. Transport Canada says 224 flights carrying 33,000 passengers landed on Canadian soil, while NAV CANADA says 238 planes landed. Flights originating from Asia were diverted to Vancouver and other airports in western Canada, while planes on the busy transatlantic route were diverted to airports in Atlantic Canada.



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Air Force Standards-Driving Accountability and Collaboration

by Martin Zeilig, Voxair Photojournalist

"The primary responsibility of Air Force Standards is to drive accountability and collaboration within and across all aircraft communities," says the RCAF's Mission Statement. "In this way, the Air Force Senior Command Structure will ensure that decision rights and working relationships across the Air Force will be maintained centrally, within close reach of the Commander."

Fighter squadrons, transport, and the other communities within the RCAF are structured with Standard



Maj Jeff Butterworth. Photo: Martin Zeilig, Voxair Photo Journalist.

Evaluation Team oversight, says Major Jeff Butterworth, Advanced Performance Centre Commander Air Force Standards, 1 Canadian Air Division.

They report back through 1CAD to the Director of Fleet Readiness and the Commander of 1CAD, he explained to the Voxair in his third floor office in Hangar 16.

2 Canadian Air Division also has a Standards Evaluation team to look after their training aircraft, and they report to the Commander of 2 CAD, Maj Butterworth continued.

"What that means is all of the standards evaluation teams (at 2 CAD and 1CAD) are experts in their own community," he said. "Six years ago, the Royal Canadian Air Force Standards, as an organization, didn't exist. My experience in 1CAD is that whenever the 1CAD Commander had a pan Air Force issue to deal with there was no part of the Air Force he could go to. For those issues that cut across all the fleets, he had no one to the address the pan Air Force issues."

Back in 2007-08, 1CAD was undergoing an organizational review and from that reevaluation Air Force Standards was born, Maj Butterworth noted.

"At the same time, here at the Advanced Performance Centre, we have the instrument check pilot school and the Human Performance in Military Aviation School,"

he said. "Those two sections used to be part of the Central Flying School. So, with the reorganization of 1CAD and 2CAD, the 1CAD commander created a new section within 1CAD-- Air Force Standards."

"Our staff maintains visibility on upcoming changes in aviation in terms of procedures, rules, and technology," Maj Butterworth said. "We incorporate best practises from industry, foreign military, and other agencies."

"Air Force Standards deals with the pan Air Force issues (such as an electronic flight bag for flight crews)" he said. "We develop the controlling documentation for the RCAF HPMA program. We're the subject matter experts for that. In consultation with the Instrument Check Pilot, we review, update and develop most of our flying regulations. We facilitate the sharing of best practises across the RCAF."

Maj Butterworth took The Voxair down the hall to the ICP/HPMA School where all the RCAF's Instrument Check Pilots are trained. The soundproofed tiered seating space is equipped with \$60,000 worth of new ITD video equipment.

He stressed, as well, that Air Force Standards has a close liaison with the Federal Aviation Administration in the U.S., and the United States Air Force.

"There is now visibility on issues that weren't there before," Maj Butterworth said.

IPSC Member Passionate about Knitting

by Martin Zeilig, Voxair Photojournalist

Studies have shown that hand knitting, along with other forms of needlework, provide several significant health benefits.

Corporal Melissa Schwartz, a lifelong resident of Winnipeg and a Class B Reservist employed at the Integrated Personnel Support Centre at 17 Wing, can testify to the accuracy of that claim.

"It's my passion," she said during a recent interview. "I call it my sanity. It's a great pastime and good stress reliever because you can't think about anything else (while you're knitting)."

Studies show that knitting can, "Help prevent and manage stress, pain, and depression, which in turn strengthen the body's immune system, as well as create a relaxation response in the body's immune system."

Cpl Schwartz was focussed on her most recent project, knitting a beaded wedding shawl and veil for a relative's upcoming wedding.

"My mom, Elizabeth, taught me the basics of knitting as a child to keep me out of her hair when we took bus trips to visit family in Nova Scotia," she said between stitches. "Then, I kind of left it until I was in university."

Apart from her mother's early basic lessons, Cpl Schwartz is, as she acknowledged, basically self-taught.

"There are a lot of resources online, videos," she said between stitches with her roll of fine fibre on the table in front

of her in the second floor Canex lunch room. "It's much better than trying to figure out diagrams in knitting books. From videos you can learn to read patterns."

Cpl Schwartz doesn't believe that knitting books aren't useful. In fact, she has a collection of books, including the illustrated Norwegian Mittens and Gloves: Over 25 Classic Designs for Warming Fingers and Stylish Hands by Annemor Sundbø.

In the book's foreword, Sundbø has an intriguing section titled Universal Language. It deals with the cultural significance of knitting, placing it within a larger historical context.

"Europeans used animal figures and symbolic markings long before they were transformed into knitting

techniques," she writes. "By using repetitions, mirror imaging and patterns repeating in width and length, symbols because ornaments. In folk beliefs, reverse imaging and repetition are ways to imbue symbols with increased strength and divine power. Many pattern figures are found in different religions but what they symbolize varies and is adapted to the particular belief. The earliest European knitting find that has been preserved is from 1275. Two pillows were found in graves in the town of Burgos in northern Spain, that were covered with a pattern mixture from Muslim, Christian and heraldic traditions. The border contains Arabic script, an

Islamic blessing, as well as birds, stars, rosettes, and lilies-- some of the very same motifs that we knit on Norwegian mittens today."

"The patterns that Norwegians today would call typically Norwegian, can be found in the oldest pattern books from Italy, Switzerland, France, and Germany dating back to the sixteenth (and)...eighteenth centuries. The motifs in these pattern books were not newly created at that time but were older designs that the art of book printing made possible to spread more widely. It is very interesting to be able to follow the figures on their wandering around the globe through thousands of years. It clearly shows that, over a long time and through many places, people have made a common journey unaffected by time, race, or latitude."

"It's neat to see the history and lore behind the designs,"

Cpl Schwartz said of Sundbø's book. "She's taken a lot of old historical pieces and remade the patterns. So, you can knit the same things as her. It's a little bit of history."

She stressed that her preference is to use 100 percent animal fibre, including wool, Alpaca, Mohair from goats, and bison hair "Super warm," Schwartz says.

"I mostly use wool," Cpl Schwartz, who has a degree in music from the Faculty of Music, University of Manitoba, said. "There are lots of varieties. Different sheep breeds yield different types of fibre. I've knitted laced shawls, colour work mittens, cabled sweaters, socks. I've made some of everything."



Cpl Schwartz knits a wedding veil in the traditional style. Photo: Bill McLeod, Voxair Manager.

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Task Force Headquarters: A Hub of Activity for Exercise BISON WARRIOR



Task Force Bison Headquarters, the northern-most friendly element in the battle space, at Exercise BISON WARRIOR held at CFD Dundurn, Sask., August 13-21, 2016. Cpl Jean Archambault, Image Tech, 38 CBG Public Affairs.

by 2Lt Stacie Nelles

At any major field exercise, all roads lead to Task Force Headquarters (TF HQ). All roads, that is, in the battle space. During the week of August 13-21, 2016, such was the case at Canadian Forces Detachment (CFD) Dundurn in Saskatchewan when over 400 soldiers descended on the ground to take part in Exercise BISON WARRIOR (Ex BW).

Major Piotr Sliwowski was the Deputy Commanding Officer for TF Bison. His responsibility was to supervise and run the TF HQ, or the Command Post, allowing the Commanding Officer (CO) to “focus on being on the ground giving troops direction and guidance,” without having to worry about the administration in the TF.

“Our major function is the common operating picture, so not only are we in communication with all our sub-units, but at the same time we’re constantly tracking their activities through the radio net.”

Also attached to the TF HQ is 38 Signal Regiment, providing signal and communication to the soldiers throughout the battle space. As Corporal Matthew Bousquet from 38 Signal Regiment explains, their role “is to provide signals and communications to and from different call signs throughout the task force or battle group which includes people being on the radio at all times.”

Another significant component of the Task Force team was Psychological Operations Officer, 2Lt Chris Hunt, from 26th Field Regiment. 2Lt Hunt was the advisor to the TF Commander for all things involving psychological operations—which included working and training with American Counterparts—and Influence Activities—including Civil Military Cooperation.

Upon completion of the exercise, Maj Sliwowski said, “The Task Force Headquarters commanded the battle space during Ex BISON WARRIOR with great success. We dramatically improved our command and control capabilities from previous years. Of note, was our success in deploying both analogue and digital communication systems in tandem, providing the redundancy that we depend on.”



Second Lieutenant Chris Hunt, Psychological Operations Officer works out of the Task Force Headquarters at Exercise BISON WARRIOR held at CFD Dundurn, Sask. August 13-21, 2016.. Cpl Jean Archambault, Image Tech, 38 CBG Public Affairs.

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38 Service Battalion Dusts off their Flying Kitchen

The kitchen trailers are out of retirement and keeping soldiers happy in the field.



Members from 38 Service Battalion, and a few guests from other units, venture into the newly restored field kitchen for fresh cooked breakfast during Exercise BISON WARRIOR held at CFD Dundurn, Sask., from August 13–21, 2016. Cpl Jean Archambault, Image Tech, 38 CBG Public Affairs.

by 2Lt Stacie Nelles, 38 CBG PAO

From his very first day on the job with 38 Canadian Brigade Group (38 CBG), Sergeant (Sgt) Michael Louvelle's top priority was to restore the unit's four Field Kitchens to serviceability in time to serve hot meals to soldiers at Exercise BISON WARRIOR 2016 (Ex BW 16).

Sgt Louvelle, a 15-year Regular Force veteran, posted to 38 Service Battalion (38 Svc Bn) from Gagetown, New Brunswick in August 2015 as the unit's Chief Cook, implemented his plan to restore 38 Svc Bn's ability to begin serving hot meals in the field in time for Ex BW 16.

Over the next eight months Sgt Louvelle and his two reserve cooks, Cpl Sang Chin and Pte Azeena Harder, set themselves to the task of removing the grease, oil, rust and dust from the trailers.

"We worked in them before so when we saw the state they were in, we knew there was going to be a lot of scrubbing," Corporal Chin noted.

The hard work paid off and the Field Kitchen saw its first successful deployment in four years during Exercise BISON RECON 22-24 April 16 enabling 38 Svc Bn to incorporate the Field Kitchen into its planning for Ex BW 16.

This past August Sgt Louvelle, Cpl Chin and Pte Harder were the three-person crew in Dundurn, Saskatoon serving fresh cooked breakfast and dinner to more than one hundred soldiers: directly through the Field Kitchen and via hay boxes to units in the field.

Soldiers benefitting from this hard work have high praise for the tremendous amount of work and energy required to prepare the hot meals they enjoyed.

"He's got three people doing the work of ten," said Warrant Officer (WO) Troy Benko.

"The quality of food is excellent," echoed by Sgt Jeff Milton, Regimental Quartermaster for 38 Svc Bn. "When the alternatives are hay boxes from the main kitchens or IMPs, who wouldn't prefer eggs made to order?"

"The food is "better than I would make at home," WO Benko agreed.

Cpl Chin remarked that despite the long hours, rising at 3:30 a.m. to start breakfast and working until 10:00 p.m. each night, he felt proud of his contribution to the exercise.

"Overall I feel very satisfied, with what I've learned and accomplished."

When asked what the success in restoring the Flying Kitchen to serviceability means to him, Sgt Louvelle's thoughts turn immediately to his two protégés in the trailers. "My concern is for these guys. They're part-timers, but they want to do this trade. What I'd like to see is one of them move up to my position."

His satisfaction stems from seeing the pride that Pte Harder and Cpl Chin have in the hard work that led to this success. The twinkle in his eyes betrays the pride that he obviously feels as well.

Post script: Sgt Louvelle was awarded the Commander's Coin from General Hetherington, 3 Canadian Division, as well as a Commander's Commendation from Colonel Geoff Abthorpe, Commander of 38 Canadian Brigade Group.



Private Azeena Harder (right) serves breakfast to a soldier from the restored field kitchen trailer during Exercise BISON WARRIOR held at CFD Dundurn, Sask., from August 13–21, 2016. Cpl Jean Archambault, Image Tech, 38 CBG Public Affairs.

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17 Wing Team Marches to Experience of a Lifetime

by Martin Zeilig, Voxair Photojournalist

"It's unlike anything I've ever experienced," said Lieutenant Stephanie Blais. "People who had done it before said it was amazing and you'll have a great time. But, it really hits home once you're there and start marching and meet the people."

The Four Days Marches in Nijmegen, Holland has that effect on participants.

Lt Blais was part of the 11 member team from 17 Wing, which, itself, comprised part of the larger 180 member team representing the Canadian Armed Forces at the 2016 Marches, July 19-22. Major Rob McDonald led the Winnipeg team which included Lt (N) Matthew Small, Lt James Crittenden, Lt Stéphanie Blais, MWO Fred Coad, MCpl Chris Murphy, MCpl Chris Plaza, LS Jake Pinsent, Cpl Herbert Briem, Cpl Gabrielle DesRochers, and Cpl Travis Weir.

Lt Blais and Maj McDonald were interviewed in Maj McDonald's office at Transportation, Electrical, and Me-

sex, walk a total of 120, 160 or 200 kilometres towards the Via Gladiola and towards the - now royally approved - Four Days Marches Cross, says the official Four Days Marches website.

Nijmegen just happens to be the oldest city in the Netherlands, the first to be recognized as such in Roman times.

According to information supplied by Maj McDonald, almost 50,000 civilian and military personnel were registered for the event this year, with just over 42,000 people completing the course.

At one point during the interview, Maj McDonald flipped through photographs of the Marches on his cell phone.

They show the team marching side by side with the team from CFB Borden, big smiles on their faces, surrounded by many civilian walkers.

"We were having a sing off with them," said Maj McDonald, pointing out that all military members wore

their cadpat, issued boots, and a small backpack with 30 pounds of weight. "We were also taking videos of the two teams marching and singing together. It was probably one of the most memorable moments of the march. It was completely unplanned."

Lt Blais noted that she met a previous march participant, a young civilian woman, in the city of Nijmegen.

"She was telling me that she came from a village about 30 minutes from Nijmegen and that during the Second World War her village of about 300 people was liberated by the Canadians," she said.

Unfortunately, 11 of those Canadian soldiers were killed during the battle against the occupiers.

"In 2015, her village erected a monument in honour of those fallen soldiers," Lt Blais continued. "You realize what Canadians did and that's why we wear this uniform. They are still so thankful 70 years later for our contribution to

their liberation. Words can't explain how appreciative they are. Every time, we walked through a little village or town, the residents of those towns lined the route. They had music playing, hoses with running water to cool us down, cut cucumber slices and marshmallows."

Over the course of those four days, the Canadians and other military teams marched 160 kilometres, always starting out from their camp sites in Nijmegen and doing a loop in different directions each day, Maj McDonald observed.

Along the routes, the military teams had tents set up with medical care, water, other types of liquids, among other amenities, Lt Blais said that the Canadian and British teams shared such tents.

Just before arriving in Nijmegen, the CAF contingent visited the French village of Beaumont-Hamel where

the Royal Newfoundland Regiment was decimated during a battle on July 1, 1916 against the German Army in the First World War, Maj McDonald said.

They also went to the Canadian National Vimy Memorial, a memorial site in France dedicated to the memory of Canadian Expeditionary Force members killed during the First World War, he added.

Maj McDonald said that marchers had to leave early in the morning each day due to the hot temperatures and high humidity levels.

Everyone who completes the march, civilian and military, receives a Nijmegen medallion, he added,

"This year, the entire CAF contingent completed it," Maj McDonald said. "That's now two years in a row. Of all the militaries from different countries, only Canada finished 100 percent. Fittingly, this was on the 100th anniversary of the Nijmegen Marches."



Nijmegen team group photo (final team) at CFB Winnipeg MB, 4 July 2016. First row (l to r): Lt Stéphanie Blais, Lt James Crittenden, Maj Robert McDonald, MWO Fred Coad, Cpl Gabrielle DesRochers. Second row (l to r): Cpl Herbert Briem, LS Jake Pinsent, Lt(N) Matthew Small, Capt Nathan Williams, MCpl Chris Murphy, MCpl Chris Plaza. Photo: Cpl Gabrielle DesRochers.

chanical Engineering Squadron (TEME).

The Marches originated in 1909 in Holland with Dutch military efforts to increase the long-distance marching and weight-carrying ability of infantry soldiers.

In 1916, organizers of the Four Days Marches moved the starting point to Nijmegen from another site. It's been held there every year since then, except during the Second World War. Canadian participation in the event began in 1952.

Now an international event drawing over 45,000 civilian and military participants from over 50 nations, as well as over a million spectators, the International Four Days Marches have grown into the largest multi-day walking event in the world.

Participants walk for four days in Nijmegen and its surroundings, where they, depending on their age and

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 For more information or to register contact Health Promotion at (204) 833-2500 ext.4160 or healthpromo@forces.gc.ca
 Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4160 ou healthpromo@forces.gc.ca

17 Wing member wins big at Fountain Tire



Bill McLeod, (L) Manager of the Voxair, accepts the Fountain Tire 60th Anniversary Prize of an entertainment package valued at \$2500 from Jose Ferreira(R), Owner/ Manager of the Portage Ave. Fountain Tire. Bill entered the contest at an event at 17 Wing earlier in the summer. Photo: Supplied.

17 WING JUNIOR RANKS

MONDAY - THURSDAY

Lunch 1130 - 1300 hrs
 Afternoon 1500 - 1900 hrs

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

FRIDAY

Lunch 1130 - 1330 hrs
 Afternoon 1500 - 2400 hrs

SATURDAY - SUNDAY

CLOSED

Hours will fluctuate on nights with scheduled events

Pool Tables Air Hockey Foosball

Cable TV Shuffleboard

WIFI Internet WII Games TGIF's

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



www.pspwinnipeg.ca



TOP FUEL for Top Performance



BOUFFE-SANTÉ pour un rendement assuré

October 4 & 5

0830-1600 hrs

4 et 5

octobre

08h30 - 16h00

- Evaluate your eating patterns - Évaluez vos habitudes alimentaires
- Learn to read food labels to make better choices - Apprenez à lire les étiquettes des produits
- Plan and prepare for training and competition - Sachez vous préparer en vue d'un entraînement ou d'une compétition
- Learn how to adjust your eating to lose weight or bulk up - Apprenez à modifier votre alimentation et vos exercices pour perdre du poids ou augmenter votre masse musculaire

Free to Military members, their families & DND Employees! For more information or to register call Health Promotion at (204) 833-2500 ext.4150 Or email healthpromo@forces.gc.ca

Gratuit pour les membres militaires, de leurs familles et les employés du DND!

Pour plus d'informations ou pour vous inscrire, composez promotion de la santé au (204) 833-2500 4150, Ou par courriel health.promo@forces.gc.ca



20 years of serving those who serve • 20 ans au service de ceux qui servent

CFMWS presents

SBMFC présentent



"Morale -A- Palooza"

September 28 septembre
Wednesday 2016 mercredi

(Rain date - 30 September 2016)
(en cas de pluie, remis au 30 septembre 2016)

1300 - 1600 hours

De 13 h à 16 h

CFB Winnipeg Golf Club

Club de golf de la BFC Winnipeg

Cost: \$5.00 donation to GGWGC

Coût : don de 5 \$ à la GGMTGC

**New Hole, New Activity
Everything but Golf**

**Nouveau trou de golf, nouvelle activité
Tout sauf le golf**

Fun, Food, Prizes

Plaisir, bouffe et prix

**No equipment needed
just athletic attire**

**Aucun équipement requis,
seulement une tenue de sport.**

Questions? B90 ext 5139, MFRC ext 4500, HP ext 4150, Golf Club ext 6909

Register individually or as a team up to 8 at the front desk of Building 90 or Golf Club or register the day of.
Inscriptions individuelles ou en équipe (maximum huit personnes) à la réception du bâtiment 90 ou club de golf ou inscrivez-vous le jour même.

**Have you got a story or photo
you'd like to share with us?
Drop us a line at 204-833-2500 (ext. 6976) or
send us an e-mail at voxair@mymts.net**



WEIGHT wellness Lifestyle Program

Combine good nutrition and physical activity for a healthy lifestyle!

Fridays
14 October - 9 December
0830 - 1200 hrs

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

Free!

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





POIDS- santé Programme Style de vie

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

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

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

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





Mental Fitness and Suicide Awareness

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!
21 September 2016
0800 - 1600 hrs

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

**Force Mentale et Sensibilisation
au Suicide**
- Formation du Superviseur
Il s'agit d'un cours auquel on a attribué un code!
21 septembre 2016

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

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







Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

MOTHER GOOSE PLAYGROUP

Mother Goose is a free program for parents/caregivers and their children funded by Families Forward. It is a facilitated program that offers stories, rhymes, songs and free play in a casual, friendly environment.

Tuesdays, September 20 & 27

9:30 to 11:00 a.m.

Carpathia School, 300 Carpathia Rd.

Free

Drop-in program

Parent participation required

GROUPE DE JEU « MOTHER GOOSE »

Le programme Mother Goose est un programme financé par Families Forward pour les parents/gardiens et leurs enfants. Le programme est offert gratuitement et offre des histoires, des comptines, des chansons et des jeux libres dans un environnement décontracté et convivial.

Les mardis 20 et 27 septembre

De 9 h 30 à 11 h

300, ch. Carpathia (Dans l'École Carpathia)

Gratuit

Programme d'halte accueil.

La participation d'un parent est requise.

ERIC CARLE FAMILY NIGHT

Bring the family out for an evening of Eric Carle. We will be bringing his books to life with crafts, snacks and activities.

Tuesday, September 27

6:30 to 8:00 p.m.

Westwin Children's Centre, 642 Wihuri Rd

\$5 per family

Registration deadline: September 20

SOIRÉE FAMILIALE - ERIC CARLE

Amenez la famille pour une soirée d'Eric Carle. Nous allons rendre vie à ses livres avec du bricolage, des collations et des activités.

Mardi 27 septembre, de 18 h 30 à 20 h

Centre pour enfants de Westwin - 642, ch. Wihuri

5 \$ par famille

Date limite d'inscription : 120 septembre

Présenté en anglais

HAPPY TRAILS

Happy Trails is a program designed to introduce children to the wonders of nature. On this 4 week adventure we will be using 4 of our 5 senses (sight, smell, touch and hearing) to discover the world around us. We will be making crafts, eating snacks, singing songs and journaling outdoors, so please dress for the weather. We will be out in rain, snow or shine (who knows what it's going to do?).

Wednesdays, October 5, 12, 19 & 26

9:30 to 11:00 (2 & 3 y.o.)

1:30 to 3:00 p.m. (4 & 5 y.o.)

Kids Care, 630 Wihuri Rd.

\$20 per child

Registration deadline: September 29

Snacks are included. Please advise if your child has allergies.

« HAPPY TRAILS »

« Happy Trails » est un programme conçu pour initier les enfants aux merveilles de la nature. Durant cette aventure d'une durée de 4 semaines, nous allons utiliser 4 de nos 5 sens (vue, odorat, toucher et ouïe) pour découvrir le monde qui nous entoure. Le programme vous offre également du bricolage, des collations, des chansons et des jeux de plein air. Veuillez-vous habiller pour la météo ; nous irons dehors, qu'il pleut, neige ou fasse soleil !

Les mercredis 5, 12, 19 et 26 octobre

De 9 h 30 à 11 h pour les 2 et 3 ans

De 13 h 30 à 15 h pour les 4 et 5 ans

Salle Kids Care

20 \$ pour le mois

Date limite d'inscription : 29 septembre

Présenté en anglais

La collation est incluse. Veuillez nous aviser de toute allergie.

A PARENT GROUP

Come join us for a morning of fun, food and activities. Join other parents for some socializing, while your children 18 months to age 5 socialize in the playroom. Children under 18 months will stay in the room with the parents and play!

Wednesdays, September 14, 28

9:30 to 11:30 a.m.

Free

Drop-in program

Child care is provided for children 18 months to 5 years old.

« A PARENT GROUP »

Joignez-vous à ce groupe pour une matinée remplie de plaisirs, de nourriture et d'activités. Socialisez avec d'autres parents pendant que les enfants de 18 mois et plus s'amuse dans la salle de jeux supervisée. Les enfants de moins de 18 mois s'amuse dans la salle où se rencontrent les parents.

Les mercredis 14, 28 septembre

De 9 h 30 à 11 h 30

Programme d'halte accueil.

Le service de garde est offert pour les enfants de 18 mois à 5 ans.

Présenté en anglais

SLEEPOVER AT THE MUSEUM

Join us for an exciting nighttime adventure at the museum. Learn about the wonder of flight through educational hands on science experiments and activities. Add some spooky ghost stories, a peek at our special ghost plane and a flashlight tour of the darkened museum galleries. Top off all of this with a movie before the lights go out. Enjoy breakfast (served by the museum) when the campers wake up.

Friday, October 7 6:30 p.m. until Saturday, October 8 at 8:30 a.m.

Royal Canadian Aviation Museum
Hangar T-2, 968 Ferry Rd.
\$25

Registration deadline: September 26

UNE NUIT AU MUSÉE

Joignez-vous à l'équipe Jeunesse du CRFM pour une aventure passionnante au Royal Western Canada Aviation Museum. Découvrez la merveille du vol à travers d'activités et d'expérience pédagogiques pratiques. Ajoutez-y des histoires de fantômes, un coup d'œil à un avion « fantôme » et une visite à la lampe de poche des galeries du musée plongé dans la noirceur. Un petit déjeuner sera servi par le musée au réveil.

Du 7 octobre à 18 h 30 au 8 octobre à 8 h 30

Royal Canadian Aviation Museum

Hangar T-2, 968 Ferry Rd.

25 \$

Date limite d'inscription : 26 septembre

COFFEE & CONVERSATION

The coffee & conversation drop in program is open to anyone interested in meeting MFRC volunteers and staff. It is an opportunity to learn more about and participate in planning some of the MFRC programs, especially those involving volunteers. The coffee is always on and the conversation is always interesting.

Tuesdays, September 6, 13, 20, 27

2:00 to 3:00 p.m.

Free

Child care is provided for children 18 months to 5 years old.

CAFÉ ET CONVERSATION

Le programme de rencontre Café et conversation est ouvert à tous ceux et celles intéressés à rencontrer les bénévoles et les employés du CRFM. C'est l'occasion de découvrir ce que vous offre le CRFM et de participer à la planification de certains de ses programmes, en particulier ceux qui impliquent des bénévoles. Le café est prêt et chaud et la conversation est toujours très intéressante !

Les mardis 6, 13, 20, 27 septembre

De 14 h à 15 h

Programme d'halte accueil.

Le service de garde est offert pour les enfants de 18 mois à 5 ans.

Présenté en anglais

FRENCH COFFEE - NORTH SIDE

Join us every other Wednesday morning for a coffee and chat with Francophones. New this year, we will split our meetings between the MFRC and the South Side location. Make sure to check our schedule.

Wednesdays, September 21

Wednesdays, October 5, 19

9:30 to 11:00 a.m.

Free

Child care is provided for children 18 months to 5 years old.

CAFÉ FRANÇAIS - CÔTÉ NORD

Joignez-vous à nous tous les deux mercredis matins pour prendre le café et jaser entre francophones! Nouveau cette année, nous répartirons nos cafés français entre le CRFM et sur le côté sud, au 347 Doncaster. Surveillez notre horaire! Emmener vos enfants, nous offrons le service de garde gratuitement.

Les mercredis 21 septembre

Les mercredis 5 et 19 octobre

9 h 30 à 11 h

Programme d'halte accueil.

Le service de garde est offert pour les enfants de 18 mois à 5 ans.

Présenté en anglais

BOTHWELL SQUEEKY CHEESE CURDS ORDER

The week of September 19, 2016 the MFRC will be placing an order from the Bothwell Cheese Factory for white cheese curds. In order to ensure maximum freshness and squeakiness, the cheese curds will be picked up the day they are packaged.

Orders must be placed and paid for by Thursday, September 15.

Cheese curds will be available to be picked up the week of September 19 from the MFRC. An email will be sent to confirm the date and time for pickup.

\$5.75 / 350 g bag

Durant la semaine du 19 septembre 2016, le CRFM commandera et ira chercher du fromage en grain frais du jour à la fromagerie pour vous ! Nous allons chercher le fromage le jour où il est emballé pour une fraîcheur garantie et un « squik squik » optimal.

Vous devez commander et payer votre commande au CRFM au plus tard jeudi le 15 septembre. Aucune commande ne sera acceptée après cette date.

Vous devez passer chercher votre commande durant la semaine du 19 septembre, au CRFM. Un courriel vous sera envoyé pour confirmer la date et l'heure.

5,75 \$ / sac de 350 g

SUNSET GOOSE FLIGHT

All newcomer, deployed and francophone families are invited to join us at Fort Whyte Alive to watch the arrival of the geese. During Fall migration thousands of geese land on the lakes. It is exhilarating to hear and see this happen. This event includes admission, dinner, presentation and watching the geese.

Wednesday, October 5

5:00 p.m.

Fort Whyte Alive, 1961 McCreary Rd

\$5 per person, children under 3 free.

Registration deadline: September 30

Hot Dog, drink and popcorn is provided for dinner.

ARRIVÉE DES OIES À FORT WHYTE ALIVE

Les familles de militaires nouvellement arrivées à Winnipeg sont invitées à se joindre au CRFM à Fort Whyte Alive pour observer l'arrivée des oies. Au cours de la migration automnale, des milliers d'oies sauvages vont se poser sur les lacs de Fort Whyte Alive. C'est un spectacle impressionnant à ne pas manquer. Votre sortie inclut un barbecue, une présentation et l'arrivée des oies.

Mercredi 5 octobre 2016,

à 17 h

Fort Whyte Alive - 1961, ch. McCreary

5 \$ par personne, gratuit pour les enfants de moins de 3 ans

Date limite d'inscription :

30 septembre

Today's Trivia Answers

1. 1960 – Rome. Paraplegic competition was first held in 1948 in London for disabled British war veterans.
2. Dr. Robert Steadward (Edmonton), served from 1989-2001.
3. February 21-28, 1976 (Ornskoldsvik, Sweden).
4. In excess of 2.5 million at London 2012.
5. 316,200 at Sochi, Russia in 2014, which exceeded the previous record of 230,000 set at Vancouver in 2010.
6. Ten. Impaired muscle power, impaired passive range of movement, limb deficiency, leg length difference, short stature, hypertonia, ataxia, athetosis, vision impairment, and intellectual impairment. These are also subdivided into classifications of impairment.
7. Summer: 1968, Tel Aviv, Israel. Winter: 1976, Ornskoldsvik, Sweden.
8. Chantal Petitclerc – 21 (14 gold, five silver, three bronze). She is Chef de Mission for Canada's Paralympic team in Rio and was named to the Senate in March 2016.
9. Michelle Stilwell. Stilwell won gold in wheelchair basketball in Sydney in 2000, two gold in athletics in Beijing in 2008, and gold and silver in athletics in London in 2012.
10. Michael Edgson – 18 gold, also three silver between 1984 and 1992 in B3 visually impaired swimming.
11. Michael Edgson (1988, Seoul) – nine gold: seven individual, two relay.
12. Viviane Forest. Forest won gold in women's goalball in 2000 in Sydney and 2004 in Athens. She won gold in 2010 in Vancouver in visually impaired downhill skiing.
13. Lauren Woolstencroft won five in alpine skiing at Vancouver in 2010.
14. Brian McKeever. In 2010, he was named to the Olympic team in 50 km cross country skiing and the Paralympic team in visually impaired cross country skiing.
15. Twice: 1976 Summer Games in Toronto and 2010 Winter Games in Vancouver.
16. Trischa Zorn. 55 medals: 41 gold, nine silver, and five bronze in blind swimming between 1980 and 2004.
17. Ragnhild Myklebust won 27 medals, including 22 gold, between 1998 and 2002 in biathlon, cross country skiing, and ice sledge racing.
18. Oscar Pistorius in London in 2012. Pistorius won six gold, one silver, and one bronze at the Paralympics between 2004 and 2012.
19. Thomas Oelsner tested positive for steroids in 2002 at Salt Lake City. He was stripped of two gold medals and sent home.
20. Neroli Fairhall competed in archery in 1984 in Los Angeles, finishing 35th. She won gold at the Paralympics in 1980 in Arnhem, Netherlands and gold at the Commonwealth Games in 1982 in Brisbane, Australia.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): All is not as it seems. When you are working hard at keeping up with everything you may miss the clues that reveal what is really going on with the people around you. Make time to look at the big picture. It is obvious now that something important needs to be addressed.

Taurus (April 20 – May 20): Realistically assess where things are headed if you continue to maintain the status quo. The world is changing. This isn't the time to over-intellectualize but to "get real." Your initial response may be shock or denial. Take a deep breath, look past the obvious and commit to change.

Gemini (May 21 – June 21): When you're stuck and unable to decide what to do, complete a few easy tasks. Regrets drain your energy, so find constructive ways to release them. Embrace a sense of possibilities by planning something fun to look forward to. Be open to new opportunities coming soon.

Cancer (June 22 – July 22): Trying to help someone process their emotions may not turn out the way you expect. Sometimes it's better to just step aside and suggest they see a professional. And of course some people want to stay stuck because it suits their purpose. Leave them to it. You can't help everyone.

Leo (July 23 – August 22): Solid values help you accomplish more. Group support helps, too. Get advice from someone who knows all the angles. And one who can also relate to your way of life and who you are. Be prepared for a big change. You can't control the situation but you can control your own actions.

Virgo (August 23 – September 22): When something you hear or see upsets you, don't waste time worrying. Think of what can be done to effect change. Logical and decisive action at the right time is much more productive. Pick your battles and be discerning in where and how you use your energy.

Libra (September 23 – October 23): Change is in the air. It feels good to consider options you hadn't thought were available to you. Make your final decision about what you'll do after you've talked it over with confidants. There's more than one way to reach your goal – just keep heading in the right direction.

Scorpio (October 24 – November 21): It might seem as if the freedom you have enjoyed is slipping away. But everyone has responsibilities. Honor your current commitments. See this as a lesson and avoid over-committing in future. You need more time for personal development as well as for helping others.

Sagittarius (November 22 – December 21): Do things slowly and carefully and you'll discover they are not as difficult as they seemed. Others depend on you to make sound decisions and to call the shots. Tell them about your travel plans so that they can prepare for your absence, or book their own flight to go too.

Capricorn (December 22 – January 19): Inconsistencies in another's story are easy for you to see. Though some people are not as observant as you. It's not your place to ensure the truth is known. All you can do is maintain your own boundaries. A misstep will reveal the facts at some point. Be patient.

Aquarius (January 20 – February 18): Following your calling sustains your soul. Take short trips and make long term plans to sustain you when you have to do work you haven't a passion for. Paying the bills is a reality you can't avoid. You're outgrowing your current situation. Seek new challenges.

Pisces (February 19 – March 20): A daily sitting or walking meditation keeps you in touch with your soul. Network and connect with others even more. Adapt strategies that work for them to your style so you can do things your way. Last minute requests are a boon. They pay off further down the road.

FOR APPOINTMENTS CALL 775-8368

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Your 17 Wing Community Newspaper
WWW.THEVOXAIR.CA

PROUD OF OUR PAST



Welcome...
ST. JAMES LEGION
Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

CHASE THE ACE

Monday 6 pm

TEXAS HOLD 'EM

Tuesday 7 pm

ZUMBA

Tuesday / Thursday 10-11 am

LINE DANCING

Tuesday / Wednesday 7-9 pm

DANCE TO LIVE BANDS

Friday 8pm-1am June-August
Every Saturday 7-11 pm

MEAT DRAWS

Friday 5-7 pm
Saturday 2-5 pm

ASSINIBOIA UNIT NO. 283

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



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

WELCOME ALL MILITARY PERSONNEL

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THE VOXAIR

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FOR SALE: \$169,900 CONDO IN HERITAGE PARK/ CRESTVIEW AREA OF ST JAMES CALL 204 804 3287 TO VIEW

Third floor, 864 sq ft, 2 bedroom. Lt oak coloured engineered hardwood floors throughout req min. maintenance. Appliances include fridge, stove, dryer, and washer. Microwave is optional. Large storage cupboard within suite.

A cozy balcony overlooks a beautiful park. Immaculately clean laundry room adjacent to suite. K-12 French immersion school immediately across the street from complex. This condo is move in ready!

Owner is leaving the province and is flexible on the date of occupancy and price. Come view the condo and make an offer.

Condo fees \$385 /mo and include on site management staff, year round gym, racquetball court, sauna, pool table, meeting/party room, library. Seasonal outdoor pool, barbecues (at poolside) and tennis (pickle ball) courts. Guest suites can be rented for out of town visitors. Pets are allowed. This complex is friendly and quiet.

FOR RENT: CONDO, BRAND NEW BUILDING, NEVER LIVED IN.

203-293 Edison Ave near Chief Peguis Trail, close to all amenities and major routes.

Brand new appliances, washer/dryer in suite. Hardwood floors throughout, granite counter top, two bedrooms, one 3 pce bath and one 2 pce ensuite bath, large balcony, underground two parking spots and double storage locker included.

Water and heating paid by owner, 6 mos free cable. Renter only responsible for \$1,350 monthly rent and electrical bill. Phone or text Lawrence (204)771-1822.

Send us an e-mail today to place your FREE Classified ad (of 50 words or less) at: voxair@mymts.net. Classified ads will run for one month (two issues) unless space permits or specified otherwise.

Chaplain's Corner

Spiritual Resiliency Through the Eyes of A Child

by Padre Kevin Olive

If you think learning a new language in your twenties is difficult, try doing it at the age of 53! Our French teacher gave us a clue why adults have a hard time learning a new language. As we get older we move into



a different phase of life where we need to understand things. You know 2+2 = 4 and so on. Certain things start to make "sense" to us. If you study hard you will graduate. If you work hard you will get a promotion. She suggested that if you want to learn a new language, you have to stop trying to make sense of everything. She explained to us that when children learn a language, they really don't think about what they're doing. Kids just listen and repeat and if it sounds good, it must be right. Adults correct them along the way as they express themselves with new words and sentences. There are some basic rules to follow when learning a new language, but at some stage you have to let go of your understanding of how your own language works and risk living in the moment of a new language. You may not understand everything at the beginning but you soon feel comfortable with the new context and it will begin to make sense to you. (I am still waiting for that to happen!) One of the greatest challenges we face as adults is trying to make

sense of life when it doesn't make sense to us. From time to time we lose our way when the rug is pulled out from under our feet. Too often we get stuck in the past trying to fix or figure out where we went wrong or what

went wrong. We followed all the "rules" but things did not turn out as we thought. This is a good time when it is acceptable to act like a kid again. A child cannot be bound by the past because he or she does not really have a past history they are simply living in and experiencing life in the moment. The baggage comes later. It would



be naïve to suggest that just forgetting about things and starting all over as if your past did not exist would be a simple task. However, spiritual resilience is living within the tension that I won't always be able to make sense of everything but neither will I give permission to my past to control my new way of looking at my life. To quote Mike Ditka: "Yesterday is history. Tomorrow is a mystery. Today is a gift, that's why they call it the present."

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE (English Only) 0900 hrs
COMMUNITY SERVICES

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

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

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

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

CHAPLAINS

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

Padre Kevin Olive
(Pentecostal)
ext TBA

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

17 Wing
204 833 2500



17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)



Administrative Assistant
ext 5087

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

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

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

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

Padre Frederic Lamarre
(Roman Catholic Pastoral Associate)
ext TBA

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

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

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

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

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

MAIN OFFICES
Building 64,
Lower Level, North End.

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

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

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

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

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