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# THE VOXAIR

The 17 Wing Community news source since 1952



## Families Welcomed at Fall Fair

Deanne Bennett, 17 Wing Personnel Support Programs Health Promotion Specialist, quizzes Isabelle about her knowledge of 17 Wing PSP programs at the 17 Wing Fall Fair on Saturday, September 8. For our article and more photos please see page 7. Photo by Candace Maxymowich, Health Promotion Administrative Assistant.

New 2 CAD  
Commander  
Ready to Take  
On Leadership  
Role

Page 2

New Canadians  
Take Oath at  
1 CAD/CANR  
Headquarters

Page 4

17 MSS TEME:  
Keeping the  
Wing Moving  
Forward

Page 6

Around the Wing:  
Photos from the  
Toonie Walk/Run,  
402 Sqn at Air  
Show

Page 8

After the War;  
Surviving PTSD  
and Changing  
Mental Health  
Culture

Page 10

Chaplain's Corner:  
The Most Potent  
Prayer

Page 15

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# 2 CAD Commander Ready to Tell it Like it Is



Incoming 2 CAD Commander, BGen Mario Leblanc & Tina Leblanc during the 2 Canadian Air Division Change of Command from BGen David Cochrane to BGen Mario Leblanc on August 9, 2018 at 17 Wing. Photo: MCpl Justin Ancelin, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

Being in a leadership role suits Brigadier-General Mario Leblanc, who was appointed the Commander 2 Canadian Air Division in August 2018, just fine.

He says making those tough decisions in a fair manner are part of the job as your career advances in the Canadian Armed Forces.

"I always tell folks it gets a little harder as you go up in rank, it becomes a bit lonelier," BGen Leblanc, who was born in Vanier, Ontario, said during an interview in his second floor office at 2 CAD in late August. "I always tell people, I will always be honest. I don't want to cause rumors. They cause too much instability. I will try my very best to be present and try to communicate. You will always have honesty from me. I won't sugarcoat things. I will say it like it is. I'll be accessible."

BGen Leblanc joined the Canadian Armed Forces in 1983 under the Regular Officer Training Plan and graduated in 1988 from the Royal Military College of Canada, Kingston with a Bachelor degree in Mechanical Engineering, notes his biography.

Upon completion of his Air Combat Systems Officer course in 1989, BGen Leblanc was posted to 405 Maritime Patrol Squadron in Greenwood, Nova-Scotia. He completed his tour at 405 Squadron in 1994 and was then posted to the Canadian Forces Air Navigation School in Winnipeg where he became an instructor for the Basic / Staff Air Navigator Course, as well as Standards Officer.

In 1998, he proceeded to the Canadian Forces School of Aerospace Studies to attend the Aerospace Systems Course. Upon graduation in 1999 he was promoted to the rank of Major and was posted to Ottawa to work within two project offices: firstly, for the Project Management Office for Quality of Life, and in 2000 he moved on to the Project Management Office Aurora where he was the manager for the Aurora main avionics systems components upgrade.

He left Ottawa in 2003 to return to flying duties with 407 Squadron in Comox for three years. Upon completing his second flying tour in 2006 as the Squadron Deputy Commanding Officer, he was selected to attend the Advanced Command and Staff College course in the United Kingdom, where he obtained a Master of Arts with Merit in Defence Studies and was promoted to Lieutenant-Colonel. He returned to Canada in the summer of 2007 and was employed for one year at NDHQ within the directorate of Air Force Readiness for the Chief of the Air Staff.

In 2008, BGen Leblanc returned to Comox to take command of 407 Long Range Patrol Squadron where he oversaw the Squadron's preparations, training and flying operations in support of security for the Vancouver 2010 Olympics. In the summer of 2010, he moved to Colorado Springs where he was employed for one year in the Plans, Policy and Strategy Division of NORAD HQ. Promoted Colonel in 2011, BGen Leblanc was appointed the Combined Aerospace Operations Centre director at the 1 Canadian Air Division headquarters in Winnipeg.

In July 2012, BGen Leblanc arrived in Cold Lake and took over command of the Aerospace Engineering Test Establishment (AETE) and was nominated the Flight Test Authority for the RCAF. After 22 months as the Commanding Officer of AETE, he went on to Haiti

in June 2014 where he was the Commander of the Canadian Task Force Port-au-Prince and the Chief of Staff for the military component of the United Nations Stabilization Mission in Haiti (MINUSTHA). After 13 months deployed, he returned to Canada in July 2015 and was appointed as the Canadian Joint Operations Command (CJOC) J5 Plans Officer.

Promoted in 2016 to his current rank, BGen Leblanc was appointed Deputy J3 U.S. Pacific Command, in Pearl Harbor, Hawaii, where he served for two years until appointed as Commander, 2 Canadian Air Division.

He is also a graduate of the U.S. Air Force Air War College in Maxwell, Alabama.

BGen Leblanc noted that he didn't come from a military family, except for a great uncle, from his mother's side, who was in the Second World War but he wanted to be both an engineer and pilot from an early age.

"When the military recruiter came to our school, I intercepted him on his way out in the parking lot as his car was pulling away," said BGen Leblanc. "He saw me. That was a turning point in my life. My family wasn't too impressed. I was 17 years old at the time. They actually tried to convince me to do otherwise."

But, that all changed when they saw the graduation parades and the kind of career he could have, he added.

"They became very supportive," BGen Leblanc said.

He calls 2 CAD a young organization.

"It's just about to turn ten years old," BGen Leblanc, who emphasized that traveling to different parts of the world as a member of the CAF has been a career highlight too, said. "My goal is to continue what has been achieved already; and to grow it, as well as the importance of 2 CAD. It's about training. My goal is to make sure that this is well understood-- that people continue to see 2CAD as the core training establishment for the RCAF. I'm looking forward to the challenges and the opportunities."

BGen Leblanc also appreciates living in Winnipeg, a city with, in his words, so much to offer. Along with his wife, Tina, he has three daughters, one granddaughter and two miniature schnauzers.

"The prairies are unique," he offered. I love the big old trees. I met my wife here. The city has a lot culture, a lot of various food. A lot of entertainment, ballet, symphony, skating on the river."

# Grizzlies Take the Gonzo to Air Show Atlantic

by 2Lt Becky Major, 17 Wing Public Affairs

From August 24 – 26, a crew from 402 "City of Winnipeg" Squadron attended the Air Show Atlantic in Summerside, Prince Edward Island with the CT-142 Dash-8. Audiences were lining up down the tarmac to see inside of the aircraft, and were especially curious about its dis-

tinct protruding nose. "This isn't like any Dash-8 I've ever flown in!" was a comment heard from many spectators. Although the aircraft is known by the nickname "Gonzo", it seemed the younger crowds had a different idea, "It's like Pinocchio!" they said.

The Air Show Atlantic draws crowds from across Canada and rotates between Prince Edward Island, New Brunswick and Nova Scotia every summer to offer a top notch show for audiences of all ages. Along with the Dash-8, there were displays from other Royal Canadian Air Force (RCAF) aircraft including the highly anticipated CH-148 Cyclone from 12 Wing Shearwater, a CH-146 Griffon from 14 Wing Greenwood and a CC-150 Polaris from 8 Wing Trenton. There were also performances from the Skyhawks, the Snowbirds, and the CF-18 Demo Team.

The air show ran through Saturday and Sunday, but Saturday's show was followed by a special tasking for 402 Squadron. Thanks to excellent teamwork and coordination, the Dash-8 was able to deliver a key part that helped ensure the CF-18 Demo Team could perform to eager crowds on Sunday. At the end of Sunday's show, Captain Jay Milani, one of the two pilots from 402 Squadron, was presented with a signed picture of the CF-18 in recognition of his crew's assistance.

Included in the 402 Squadron crew of six were two technicians – Corporal Philip Kargut, an avionics systems technician, and Aviator Suthat Wichayawajee, an aviation systems technician. Many of the tasks they performed while at the air show were similar to those done back home at 17 Wing Winnipeg; that is, except for one. "I have never towed an aircraft with a tractor before! That was interesting," said Aviator Wichayawajee. Prince Edward Island is well-known for its farms, so it

seems that using a John Deere tractor to tow aircraft is a regular procedure for the islanders. In fact, the same tractor was used to tow the much larger United States Air Force KC-135 Stratotanker the next day. But, for the 402 Squadron technicians, it was something to remember.

For all members of the team, the trip to Prince Edward Island was a great experience highlighted by kind people and delicious seafood. Captain Jen Finateri, one of the pilots, said it best – "I think my favourite part was probably all the people. Everyone was just so friendly!"



Captain Renaud Thys (left) and Captain Jennifer Howell (right) from the F-18 Demo Team, present Captain Jay Milani from 402 Squadron with a signed picture of the F-18 to thank him and his crew for their help in delivering a key part that helped ensure the F-18 could perform to eager crowds on Sunday. Both groups were in Summerside, Prince Edward Island from August 25-26, 2018 to take part in the Air Show Atlantic. Photo: 2Lt Becky Major

## THE VOXAIR

### OFFICE HOURS

Monday to Friday  
0800 -1500 hrs

### CONTACT

**Ad Sales/Main Office**  
(204) 833-2500 ext 4120

**Accounting**  
(204) 833-2500 ext 4121

**Submissions/Reporter**  
(204) 833-2500 ext 6976  
voxair@mymts.net  
+VOXAIR@PersSvc@Winnipeg

### VOXAIR STAFF

**LCol Brian Quick**  
Dep Wing Commander  
(204) 833-2500 ext 5281

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

**Bill McLeod**  
Voxair Manager  
(204) 833-2500 ext 4120

**Martin Zeilig**  
Photojournalist  
(204) 833-2500 ext 6976

**Maureen Walls**  
Sales Coordinator  
(204) 895-8191

**Capt McCulloch-Drake**  
Wing Public  
Affairs Officer

**Broose Tulloch**  
Layout/Ad Design

**Misra Yakut**  
Accounting

**Traci Wright**  
Proofreading

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Correspondence should be addressed to:  
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17 Wing Winnipeg,  
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# Annual Government of Canada Workplace Charitable Campaign underway at 17 Wing



17 Wing, Wing Commander, Col Eric Charron and Chief Warrant Officer, CWO Jerome Rossignol running the toonie run/walk on Aug 21, 2018, 17 Wing. Photo: Avr Brock Curtis, 17 Wing Imaging

by Gloria Kelly, 17 Wing Public Affairs

Members of the military community at 17 Wing/CFB Winnipeg and their families have long been active supporters of the local Winnipeg community. One of the ways that support flows is through the annual Government of Canada Workplace Charitable Campaign (GCWCC).

17 Wing/CFB Winnipeg kicked off its annual campaign on Wednesday 29 August with the spirited early morning Toonie Walk/Run at Building 90 organized by the PSP staff. This year's event was well attended with 220 participants raising \$582.40, plus an additional \$142.40 collected from unregistered participants, bringing the total raised to \$742.80.

"This campaign is a big deal and serves a significant need" said LCol Brian Quick, GCWCC campaign chair as he prepared to take part in the event with his daughter Paige. "This year we have a goal of \$70,000 that we believe we can realistically achieve."

"The men and women of 17 Wing/CFB Winnipeg are generous and we hope that when the Ambassadors canvass for donations that people will seriously consider either a one-time donation or the monthly pledge allocation," said LCol Quick. "The monthly pledge is a fast and simple way to contribute, and it is the gift that gives throughout the year."

17 Wing Commander Colonel Eric Charron said the GCWCC makes it easy for members of the defence team to donate to the annual cause. "When you donate to the campaign you can either allow your funds to go into the overall United Way pot or if you have a special cause you can direct your donation to that specific organization."

"In 2016, DND nationwide donated just shy of four million dollars, and Winnipeg did its part," he said. "I know many of you and your families give of your time and that is very valuable, but the community also need our money." "Give up just one cup of Tim's a week over a year and you can afford a \$100 donation to GCWCC. If every military and civilian member looked at GCWCC in this way and committed to either a monthly deduction or a onetime donation, our ability to make change is massive."

"The need for support is great," said 17 Wing CWO Jerome Rossignol. "Every two minutes a Winnipegger uses a program or service made possible by your donation to United Way, and more than 250,000 Winnipeggers were helped in 2017."

"We recognize there are many demands on our families and their disposable income," said LCol Quick. "By choosing to donate on a monthly basis that allows us to spread our generous support out over the year and provide ongoing financial support to GCWCC and its member agencies who put every dollar possible to community support."

"Many of these agencies are used by our families and by extension us as members of the CAF," he said. "Each dollar donated comes with a heartfelt thanks."

The focus of the GCWCC campaign this year will be on individual canvassing and unit sponsored events. Thank you to everyone who participated in the 2018 Toonie Walk/Run, and thank you to all the PSP staff for another great event.

# Minister of Veterans Affairs Visits 17 Wing

by Gloria Kelly, 17 Wing Public Affairs

"The federal government is working hard to close gaps in programs and services so veterans do not fall through the cracks as they transition to civilian life," Minister of Veterans Affairs the Honourable Seamus O'Regan said during a visit to 17 Wing Winnipeg.

While meeting with families and staff at the Military Family Resource Centre, Minister O'Regan said he has been on a fact finding mission across the country and is hearing loud and clear that more needs to be done to meet the needs of today's veterans.

Until recently the MFRC did not have specific funds or programs designed to meet the needs of veterans. But, Winnipeg MFRC Chairperson Lois Mallet said, "we never say no to veterans who come to us looking for assistance."



Honourable Seamus O'Regan, Minister of Veteran Affairs and Associate Minister of National Defence, speaks with MFRC guests during his visit to 17 Wing Winnipeg, 25 August 2018. (L-R) Lieutenant-Colonel William Snyder, Acting 17 Wing Commander, Honourable Seamus O'Regan, Minister of Veteran Affairs and Associate Minister of National Defence, and Ana Vucic, MFRC Program Coordinator. Photo: Sgt Daren Kraus

"We want to know what works and what does not work and needs to be changed or tweaked," said Minister O'Regan. "Our government has put \$10 billion into veterans programs and that is from listening and understanding what the needs are. Our policies and what we do are driven by people who are on the front lines."

Those in attendance agreed that one of the big issues for those transitioning to civilian life and in need of services in the civilian community is an ID card that proves who they are as a veteran. The Minister said this is an issue that is being worked on and is a priority.

Consistent communication with case workers was also raised as an issue as was the ability of older veterans or their surviving spouses to access service in a timely and understandable manner.

MFRC Executive Director Joel Roy said the MFRC is ready to provide support and programs for veterans but "a plan with no money is just a dream." He was assured

# Sports Trivia

## CFL League/Team Records

by Stephen Stone

1. Which team recorded the longest losing streak from the start of the season?
2. Which team holds the record for most points allowed during the regular season?
3. Which team the greatest number of loses in a single season?
4. What team scored the most points in the regular season?
5. Since 1950 which team has allowed the fewest points in an 18 game season?
6. During the regular season, which team had the largest margin of victory?
7. Which teams were involved in the highest scoring shut out game in the CFL?
8. Which team has recorded the highest winning percentage in a single season, minimum of 10 games?
9. During the USA expansion, which American teams competed in the CFL?
10. Which two players for the Hamilton Tiger-Cats played in the most Grey Cup games?
11. Which Tiger-Cat has scored the most number of touchdowns?
12. Which Ottawa Rough Riders QB holds the record of 4 TD thrown in a Grey Cup game?
13. Who holds The Ottawa Rough Riders career record for receiving yards (7,848) and passes caught (444)?
14. His career rushing yardage (6 958 ) is still the Toronto Argonaut record?
15. Who holds the record for games played (269), seasons played (16), most passing yards in a career (69,655) – an all-pro record BTW, most yards passing in a season ( 6,041), most completions in a career ( 5,210) and many other records for the Montreal Alouettes?
16. Who holds the Blue Bomber record for games played (394), most consecutive games played (353) and seasons played (23)?
17. Who is the BC Lions career leader in points scored?
18. Which Stampeders holds the single game record for rushing attempts with 36 and the single game record of 238 yards?
19. Who holds the Eskimos' record for punt returns in a career?
20. Who is the Saskatchewan Roughriders all-time leader in career points scored?

Sports Trivia Answers on page 14

by Minister O'Regan that the money will flow  
 In addition to visiting the MFRC Minister O'Regan toured 402 City of Winnipeg Squadron where he was able to experience the cockpit of a Dash-8 training aircraft. He was also briefed on the mission of 402 Squadron by LCol John Schwindt and members of his team.  
 "The people here at 17 Wing do amazing work," said Minister O'Regan. "It's the people who keep the organization strong and we need to support them both in uniform and when they transition to civilian life."

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# New Canadians Take Oath at 1 CAD/CANR HQ

by Martin Zeilig, Voxair Photojournalist

Grace Oyo, with a big smile on her face, called becoming a Canadian citizen a dream come true.

An immigrant from Nigeria, Ms. Oyo, who moved here four years ago and works for the Federal civil service, was one of 20 people from five different countries in attendance at a special citizenship ceremony in the main floor atrium at 1 Canadian Air Division/Canadian NORAD Region Headquarters on August 28.

She was at the ceremony with her husband, David, already a citizen of Canada, and their active five year old son, David Jr.,

The morning affair included a First Nation's walking smudge ceremony lead by Corporal Patrick Laurin, a member of the Defence Aboriginal Advisory Group, and Sergeant (Ret'd) Devin Beaudry. The RCAF Band brass ensemble also performed some numbers, including O Canada, at the event.

Major-General Christian Drouin, Commander of 1CAD and the Canadian NORAD Region, and several other senior military officials were also present at the ceremony.

Canadian Citizenship Judge Suzanne Carrière administered the Oath of Citizenship in both English and French.

RCMP constable from D Division Headquarters, Rehan Bokhari, who was decked out in Red Serge, was also present.

A social gathering in the adjacent Mynarski Room took place afterwards. The room is named after former RCAF airman Andrew Charles Mynarski, Victoria Cross recipient, who was born in Winnipeg and died at Cambrai, France 13 June 1944, heroically attempting to save a trapped fellow crew member of his Lancaster bomber.

"I'd like to welcome our new Canadians," MGen Drouin said to the gathering, which included 1 CAD employees, both military and civilian, who were looking on from the main floor and second floor balcony. "My heartfelt congratulations to all of you. It's a great pleasure to welcome you to the operations headquarters of the

RCAF. This is the beating heart of Air Force operations. Together, we work to keep North America safe."

He praised the "thousands of highly trained and motivated" men and women from across Canada who are in the RCAF.

"The more I've travelled across Canada, the more I become aware of the rights and freedoms we enjoy as Canadians," MGen Drouin continued.

Along with those benefits come responsibilities, he added.

"We consider it a privilege to serve (Canada)," MGen Drouin emphasized. "We call it 'answering the call.' Here in Canada, we serve Canadians, which now includes all of you. Be active citizens. We're a kind and compassionate society. We help others in times of need. Canada is enriched by immigrants."

During her heartfelt remarks, Judge Carrière admitted that up until a couple of months ago, the only thing she knew about NORAD was that it tracked Santa Claus' movements on Christmas Eve.

"Now I know that NORAD stands for North American Aerospace Defence Command, and that it's a joint Canadian and American organization responsible for the detection, validation, and warning of attack against North America whether by aircraft, missiles, or space vehicles," she said.

Judge Carrière also mentioned the role of 1CAD, which is responsible for providing combat-ready air forces to respond to any threat identified by NORAD, "which they can do in a matter of minutes."

She acknowledged that the ceremony was taking place on Treaty 1 land on the traditional territory of the Cree, Ojibwe, Oji-Cree, and Dakota Nations, and the homeland of the Métis Nation.



Royal Canadian Mounted Police Constable Rehan Bokhari, 1 Canadian Air Division Commanding Officer, Major General Christian Drouin, Grace Oyo, David Jr, David Oyo, and Judge Suzanne Carrière during the Citizenship Ceremony on August, 28th, 2018 at 1 Canadian Air Division. Photo: Cpl Bryce Cooper, 17 Wing Imaging

"Let's face it, unless you're a member of the First Nations, we are all from somewhere else," Judge Carrière commented. "We are all immigrants, and we may not share the same past-- that's a given-- but we all share the same future, and that future is Canada."

"But for all of you, becoming a Canadian was not so easy. You've had to work hard, and you've had to study hard. You've had to adjust to a new culture, a new climate. You've had to make new friends, while some of you have had to learn a new language. For all of you, you've had to make a new home in an unfamiliar country. All of that takes courage and perseverance; and, you have persevered, and you have embraced this country, and now you are about to take this exciting step. Welcome to the Canadian family."

"Canada is a great country," Ms. Oyo said to The Voxair reporter following the event. "I'm so happy to be fully Canadian. Today, makes it official."

## New CANEX Manager Ready to Serve His Unique Customers



C'mon down! And say 'Hi' to Mike Clementson, your new Canex Manager.

Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Mike Clementson, the new Manager at the CANEX, says that he applied for the job as store manager because he wanted to work for a different type of clientele.

It helped, too, that one of the accounts he had in his former job as manager for Henry's Camera Store was with 17 Wing. He was able to get to know and appreciate personnel from the Canadian Armed Forces.

The competition for the position was intense. He was one of 65 qualified out of over 100 total applicants for the job, said Chris O'Connor, Acting District Manager of CANEX for Western Canada.

O'Connor, based out of CFB Wainwright, was at 17 Wing recently helping Clementson make the transition

into his new job.

"As an organization, we're refining our culture, and Mike fit very well here," O'Connor added. "We've recently done some changes to better serve the CAF community. Mike is a good fit going forward. This store has built a strong relationship with the base, and we want to enhance that."

During an interview in late August in his office, Clementson emphasized that members of the CAF, who do a job that not everyone wants to do or can do deserve to have a high degree of service and conveniences applied to their everyday lives.

"It's also about the profits we make and where that money goes," he said. "It was a completely different mindset. It was very personal. It wasn't corporate. It wasn't trying to squeeze the dollar out of everything. It was about providing service for those people who serve."

After graduating from St. James Collegiate, Clementson headed off to the University of Winnipeg where he obtained a Law and Justice Degree.

"I'm not a criminologist or a lawyer," he said. "There was a lot of psychology and sociology (in his course work at the U of W)."

He tried to get into the City of Winnipeg Police Service, but, as he noted, that didn't pan out.

"Then, I got into retail," Clementson said. "Thirty years later that's where I (still) am now."

Clementson observed that the CANEX manager's main role is to provide service and convenience for his customers.

"I'm currently going through the store, and finding out what we have and what we need," he said. "I'm making sure that all the staff are up to date on all the products and availability of the products."

Clementson wants to ensure there aren't any unnecessary complications with an order.

"So, when people come in, it's streamlined and they have confidence that it's done, and done properly," he stressed. "I don't like self-inflicted wounds. I like every-

one to be on the same page. That it's a clean process, and everyone has the same level of convenience and confidence in us."

Clementson also observed that a supervisor had been hired and would begin work sometime in September.

"We're looking for three more sales associates to put on the floor," he continued, noting that he's the only full time staff person, while all the other employees work on a permanent part time basis.

Within the 4000 square feet of the CANEX (with another 2000 square feet in shipping and receiving), one can find a diverse range of products and brand names, including Ashley Furniture, Apple computers and accessories and Samsung appliance, among other well-known brand names.

Some of it has to be ordered, but for the most part clientele can come in and get something for any room in the house, Clementson said.

"It's been on a learning curve," he admitted. "I'm ultimately responsible for payroll, ordering, products, and what's on the shelves. A gentleman came in and said 'Hey, you don't have any cookies.' So, I ordered some cookies and put them onto the shelves. So, if there's something they want in the store, fresh fruit, or something specific, they can come to me and I'll see if I can order it. I have vendors who have access to the products."

"The biggest surprise is dealing with the customer. Their level of patience and acceptance, and good nature. Everything about it is different from being in the civilian sector and dealing with the public. That is something I wasn't accustomed to or expecting. That's probably the biggest reason why they deserve to have a better level of service."

Clementson commented that he plans to "establish some firm roots" here.

"The supervisor I've hired is non-military as well," he added. "So, even though we're working for the military, we'll be part of the team and hopefully we can grow."

# Five 'New-Winged' Graduates from 402 Squadron



Group photo of Air Combat System Officer (ACSO) Serial 1701 on July 26th, 2018 at the Officers' Mess, 17 Wing. Photo: Pte Montpetit, 17 Wing Imaging

by Lt Jason Rheubottom, 17 Wing Public Affairs

On July 26, 402 Squadron assembled at Building 21 at 17 Wing, for the graduation parade of Air Combat Systems Officer (ACSO) course 1701. Under the watchful eye of the Reviewing Officer, 17 Wing Commander Colonel Eric Charron, five ACSO graduates received their wings, as dignitaries including the Honorary Colonel of 402 Sqn, Brigadier General (Ret'd) Eldren Thuen, Chief Warrant Officer Lee Darling, and 402 Sqn Commanding Officer Lieutenant Colonel John Schwindt, looked on.

The five graduates, Lieutenant Matthew Bonnevill (posted to 405 Sqn Greenwood), Lt Kayla Hobday (413 Sqn Greenwood), Lt Joel Tourigny (407 Sqn Comox), Lt Graham Noyes (442 Sqn Victoria), and Lt Jason Salter (414 Sqn Ottawa), completed an intensive 14-month course. The graduates learned meteorology, basic and advanced navigation, guidance and control systems, electronics, communications, tactical employment of aircraft, and weapons systems, all under the guidance of Course Director Captain Daryl Mason. As

Col Charron wryly observed in his remarks, "while you will do so politely and with professionalism... you can officially tell pilots where to go."

In addition to receiving their wings from Col Charron, two graduates were awarded trophies. Lt Tourigny was presented the Lieutenant Colonel K.H. Pauls Trophy for demonstrating outstanding performance throughout the course. Lt Bonneville was awarded the James R. Dow Trophy for outstanding flying excellence during the Air Combat Systems Officer course by Mr. Stan Blady, Vice-President of the Prairie Group of the Royal Canadian Air Force Association (RCAFA), on behalf of 500 Wing (City of Winnipeg) RCAFA.

After addressing the graduates individually, Col Charron reminded the course: "at some point we'll be looking...to you to come back and share your newly-acquired skills and prepare...another group of fine, future, new-winged grads."

To quote Col Charron: "bonne chance on your first missions, and godspeed!"

# 435 Sqn Builds Habitats for Humanity in Winnipeg



Captian Charles Lindell helping to put a roof over the heads of Winnipeggers in need.

Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Captain Charles Lindell, Captain Steven Huntley and Corporal Jean Laurin may not have realized it at first, but they were helping to make history at the Habitat for Humanity Building site at 1860 Logan Avenue, west of McPhillips Street.

The three members of 435 Transport and Rescue Squadron were volunteering as builders, along with some 20 other non-military people, on a sunny September 5th.

They were involved in building a four plex unit that will be the first Net Zero project of its kind in Manitoba for any builder, Michelle Pereira Vice President, Marketing, Communications & Philanthropy Habitat for Humanity Manitoba, said amidst the sounds of nails being hammered, a noisy mitre saw, and other noises associated with a busy construction site.

"It's the first Habitat Project of any kind in Canada to build this many Net Zero houses at one time," she said. "We're building five this year."

Habitat for Humanity in Winnipeg was incorporated in 1987 and owes its start to the 1985 Mennonite Economic Development Associates' annual convention in Cedar Rapids, Iowa, says information provided by Master Warrant Officer Bill Ryan, 435 Sqn Habitat for Humanity OPI.

"It was at the convention that Winnipeg's Al Doerkson took inspiration from Millard Fuller's keynote speech that chronicled his journey of providing housing to those in need," notes the material. "Mr. Doerkson was so moved by Fuller's exuberant vision to build houses for those less fortunate that upon returning home, shared his enthusiasm with friend Paul Hiebert and urged him to sign up for Habitat's next Blitz Build in Chicago.

"Caught up in the movement, they returned to Winnipeg the following year and started the first large city Habitat affiliate in Canada to help eliminate poverty housing. The first Habitat Winnipeg office was located in a church basement on Church Street. In 2011 they started identifying as Habitat for Humanity Manitoba because they operate rural Chapters in 14 Manitoba Communities, including Kenora, Ontario. To date, they have built 380 plus Homes in Manitoba and Kenora. In 2018 they will build 18 homes in Winnipeg and 5-7 in the rural areas."

Pereira praised the group from 435 Squadron.

"They're perfect volunteers," she said, noting that various members from the squadron have been out multiple times to various Habitat worksites in Winnipeg throughout the summer. "They are unbelievable. It creates a sense of community. This is hard work. It's not for the faint of heart. We get to tell them about how our program works."

She explained that the average expense to build a house is \$175,000. But, the ones being constructed on Logan Avenue will be about \$200,000 because they'll include solar panels.

"We have to raise that money in the community," Pereira said. "Habitat only builds as many houses as we can raise money for in the community. Then, what happens is we sell the houses to the homeowner at fair market value. So, these houses will be over \$300,000. The average Habitat house is about \$260,000. We have an independent appraiser come in and say, "This house on this lot is worth this much."

The house is sold to the homeowner at fair market value, she added.

"What makes it affordable to them is their mortgage terms," Pereira continued. "It's a no down payment and no interest (payments) for 15 years on the mortgage. Their mortgage payment is based on their ability to pay. It's 27 percent of their gross income. They renew their mortgage every year. So, they have to provide a notice of assessment. That's how we figure that out.

"After 15 years, they need to go a get a traditional mortgage. The average family will have more equity than debt after 15 years, and qualify for a traditional mortgage. They pay us out and then we can help a bunch more families. Our role as an organization is to help them for a period of time, but not forever."

Apart from having solar panels, the houses also have "a super tight envelope," which means that extra insulation is used, she observed.

"Manitoba Hydro will put a dual meter on," Pereira

added. "They purchase the energy the home produces through the solar panels and put it back on the grid. So, the homeowners buy what they need from Hydro. At the end of one calendar year they should net out at zero expense for energy."

This was the second time that members of 435 Sqn had been out volunteering at an H for H building site, Capt Huntley said. He mentioned that before joining the CAF he worked in the construction industry hauling a lot of heavy material and cutting drywall.

"The feedback I've had is everybody really enjoys it," he said.

Capt Lindell, a native of Warren, Manitoba (about 48 kilometres northwest of Winnipeg), said he came out to volunteer because it seemed like a great cause.

"It was a day that I didn't need to be at work," he added. "I've not done any volunteer work like this before but I've renovated my own basement in two locations. My dad was a general contractor so I've been in this type of environment many times. Here you need to work with a group of people that you haven't met before. You're all trying to work together to accomplish a goal that the supervisors and Habitat for Humanity workers have laid out for you."

Cpl Laurin, a C4S Server Technician, smiled in agreement. "It's been a great experience so far," he said.



Captains Steven Huntley (Left) and Charles Lindell (Right). Photo: Martin Zeilig, Voxair Photojournalist

# 17 MSS TEME: Keeping the Wing Moving Forward

This is the first in a series of articles The Voxair will be doing over the coming weeks on the various Flights with the Mission Support Squadron (MSS).

The following article, is an interview with Major Sterling Scott who is Officer Commanding TEME Flt.

by Major Paula Thorne and Martin Zeilig, Voxair Photojournalist

Approximately two years ago, 17 Wing Winnipeg set the mold for the RCAF reorganization of support on Air Wings. Within this unit there now exists five flights working together to provide support to our CAF community under the guidance of Lieutenant-Colonel Kenneth Mills. Today we look at TEME Flight...

TEME Flight, a mouthful should you deign to speak the acronym out in full. Transportation, Electrical and Mechanical Engineering Flight (aka TEME) which comprises the Transportation, Royal Canadian Electrical Mechanical Engineering (RCEME), and Air Moves sections. Yes, it's a lot to remember so let's go with a disparate group of maintainers, truckers, and movers brought together as a cohesive unit. Without a TEAM there would be no TEME.

"One Flight is the mantra," says Maj Scott TEME OC.

At first glance it's easy to recognize the operators who drive the SNIC (snow and ice control) equipment, refuellers, buses, etc. Often, they are out on the road in



MCpl Sabastien Parent checks a tractor engine at Bldg 129, 17 Wing, Winnipeg. File Photo

the early hours before most of us are even awake. Then there are the maintainers who ensure the equipment are kept in excellent condition. These are specialized techs who have the luck of working hands on with heavy or ramp equipment like ploughs and refueling tenders. Finally, within movements you have a select group of MAMS Techs who provide very specialized services in moving personnel and material in support of RCAF operations. In fact, they are a ready deployable airlift force to

support CAF commitments such as Op LENTUS. Want that military flight to visit family at Christmas? Or your belongings shipped by MDC? These are your people!

But, as most things in life, there are challenges. TEME is currently 88% manned with an establishment of 171 pers (mil and civ) and responsible for providing support to an AOR that expands from White River, ON (just east of Thunder Bay) all the way to the Alberta-Saskatchewan border. This area encompasses all three elements and Regular, Reserve, and Cadet units. Even for a small military such as ours, this responsibility involves support to thousands of people and a fleet of approximately 1,000 vehicles. Behind the scenes, you have added duties such as the issuance of DND 404's, overseeing the MSE Safety Program, and conducting collision investigations just to name a few.

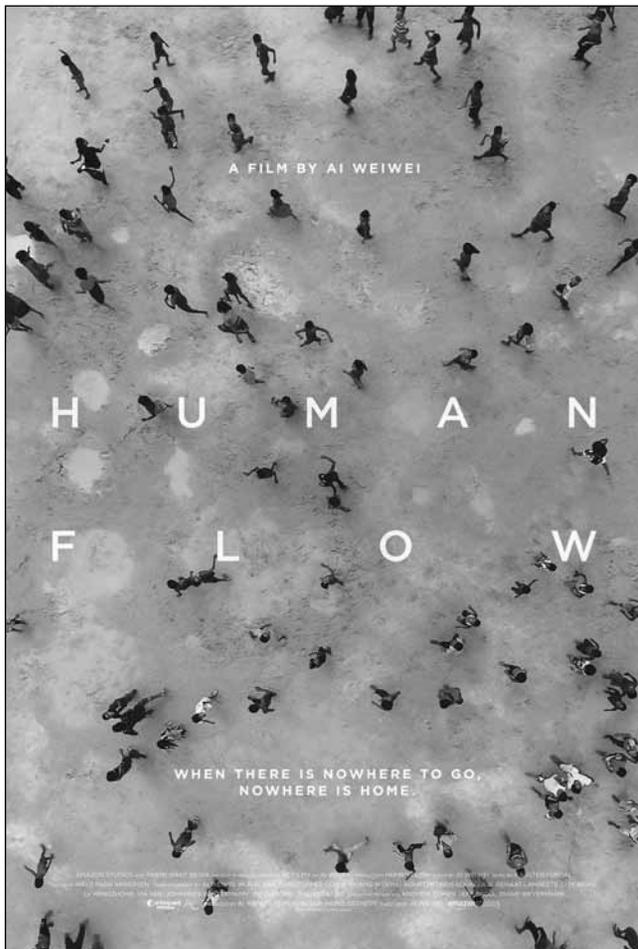
Through it all, TEME pers are a genial bunch who still find the time to give back. Twice a year, they open their shop for a Tire Change to the members and personnel located in 17 Wg Winnipeg. The Fall change supports GCWCC and the Spring change supports the 17 Wg Care and Share program. Not only that, it also provides a very affordable option for changing your winter tires. MSE Safety for the win.

What advice would Maj Scott provide to his successor? "Embrace the challenges. Learn the details. And make use of all the expertise around the leadership levels of MSS."

## Human Flow: Understanding the Refugee Crisis Around the World

Refugee – a person who is forced to flee from persecution and who is located outside of their home country. Convention refugee – a person who meets the refugee definition in the 1951 Geneva Convention relating to the Status of Refugees. This definition is used in Canadian law and is widely accepted internationally.

- Canadian Council for Refugees



poignant film about the refugee crisis confronting the world directed and co-produced by world famous artist Ai Weiwei.

A free screening was sponsored by Doctors Without Borders/Médecins Sans Frontières (MSF), at the Towne Cinema on August 21.

"Displacement is something we see in many of the projects we see in the world," said Laurel Loudon, publicity engagement officer with Doctors Without Borders, who works out of the organization's head office in Toronto.

"The film screening is one of the events we organize across Canada throughout the year. The film is a way for people in Canada to see what experiences refugees are having, and to recognize the humanity of people and their circumstances."

Loudon also remarked that the film was also shown in Ottawa, Vancouver, Hamilton and will be screened in Edmonton too before the year's end.

The film, which was first released in 2017, received such high praise that it was selected for a group of 170 documentaries shortlisted for the Oscars and placed within the top 15, notes Wikipedia.

There are currently more than 65 million people around the world who have been forced from their homes to escape famine, climate change and war in the greatest human displacement since the Second World War, says information in the film, which was provided in publicity material too.

Captured in 23 countries over the course of one year, "this epic film journey gives a powerful visual expression to this massive human migration, and documents the courage, endurance and unassailable spirit of the displaced," says the online information associated with the film.

For instance, we see heart wrenching scenes of desperate Rohingya children, women and men, who have been forced to flee to Bangladesh escaping violence in Myanmar.

The United Nations High Commissioner for Human Rights issued a report on the "Rohingya Crisis" (August 27, 2018) which says, according to news reports, that the Myanmar military and its commanding officers should be brought before the International Criminal Court for "crimes against humanity", including "ethnic cleansing" and "genocide."

Members of Doctors Without Borders/MSF are shown onboard the MV Aquarius, a former German coast-guard and fishery protection vessel, says online information, operated since February 2016 by SOS Méditerranée and

MSF "as a rescue vessel for migrants and refugees making the Mediterranean crossing in makeshift craft from Libya to Italy as part of the European migrant crisis."

"I've been roaming endlessly with my son for 60 days now," says one despairing woman, whose back faces the camera while being interviewed inside a large tent in a sprawling refugee camp. "Nobody has shown us the way. Where am I supposed to start my new life?"

She suddenly motions with her arms to stop. It has become too emotionally difficult for her to continue with the interview.

"Your children grow up without any hope without any prospects for the future without any sense of them being able to make anything out of their lives," says the voiceover from a spokeswoman of the United Nations Refugee Agency-- a UN programme with, as its website states, "the mandate to protect refugees, forcibly displaced communities and stateless people, and assist in their voluntary repatriation, local integration or resettlement" to a third country. "Then, they will become susceptible to all sorts of exploitation, including radicalization."

The people suffering that's very, very dangerous," Queen Rania of Jordan says during an interview.

The viewer learns that there are 10 refugee camps-- Syrian and Palestinian refugees-- in Jordan and 2,034,641 registered refugees.

It's difficult for us to maintain this humanity," Queen Rania remarks.

But, there are also scenes of joy and seeming normalcy in some of the more established refugee camps-- young people playing soccer on artificial turf in a fenced in pitch; 10 cheerful young women, one with a full burka, sitting on the rubble of a destroyed building. "We went for a stroll," one of the teenagers says to the camera. "For fun. It's the only place to escape in the big prison of Gaza."

It's not surprising that Ai Weiwei made this film.

"Ai's outspoken activism and artistic purpose constantly challenges issues relating to freedom and human rights," says a Wikipedia article about Human Flow. "His social commentaries on the refugee crisis relate to his personal life and how he was forced out of Beijing with his family, as a young child during China's Cultural Revolution. He is open about his dehumanizing experience of living in a Chinese camp with terrible conditions.

"Also his art has often been at the forefront of bringing about awareness to the refugee crisis and he was quoted explaining that Human Flow attempts to show the viewer the similarities between individuals."

by Martin Zeilig, Voxair Photojournalist

"Being a refugee is much more than a political status," states Hanan Ashrwai, a Palestinian legislator, activist, and scholar, in the film Human Flow. "It is the most pervasive kind of cruelty that can be exercised against a human being. You are forcibly robbing this human being of all aspects that would make human life not just tolerable but meaningful in many ways."

That is very evident in this powerful, compassionate/

# Fall Weather Doesn't Stop Fall Fair



Military Police provided Child Find ID packages and allowed big and little kids to play in a cruiser at the 17 Wing Fall Fair on September 8.

Photo: Candace Maxymowich, Health Promotion Admin Assistant

by Bill McLeod, Voxair Manager

Despite wet and cool weather that only made the geese at the petting zoo happy, the Fall Fair on September 8 gave families and newcomers a look at some of the clubs, activities, and supports available at 17 Wing.

The rain held off until the moment the 17 Wing Commander's Coffee Break began in the lobby of Building 90 at 9:30 a.m. The coffee break gave fair participants a chance to meet and greet each other and some of the senior staff of the Wing. Following the coffee break, Wing Commander Colonel Eric Charron, acted as a tour guide for the first trolley tour of the Wing.

17 Wing Chief Warrant Officer Jerome Rossignol acted as tour guide for the second trolley tour and he was followed by Colonel (Ret'd) Joel Roy, Executive Director of the Winnipeg Military Family Resource Centre and former 17 Wing Commander.

Although there were fewer people outside due to the rain, some of the fair goers and fair participants braved the elements to see the features outdoors. The rain did not seem to affect the spirits of the 17 Wing Firehall and the firefighters who had a



An anxious bear owner watches to see if her teddy bear is taken care of at the 17 Wing Fall Fair on September 8. Photo: Candace Maxymowich, PSP Health Promotion Admin Assistant

smoke house, a fire truck, and a fire fighter skills test drawing in the children. The Military Police had a cruiser on display and were creating identification packages for kids as part of the Child Find program.

An 18 tonne Tactical Armoured Patrol Vehicle provided by 38 Canadian Brigade Group attracted lots of attention from both young and old kids and the Petting Zoo

was also a big hit. A comically cute alpaca baby stole the show in the tent out of the rain.

Also outdoors for the entire event were Jose Ferreira and his family and staff from Fountain Tire who once again provided lunch, catered by Wing Foods, to the fair goers.

Due to the weather the gym activities and presenters were much busier than in other years. Inside the gym there was everything from Community Recreation clubs like the Wood Hobby Club, the Shotokan Karate club, Strategy Gaming, Scale Modelling, and the Scuba Diving Club to interested groups like Men Sheds, Canadian Blood Services, the Alzheimer Society of Manitoba, and the National Association of Federal Retirees.

Wing resources and supports included the new Conflict and Complaint Management Services, SISIP Financial, Personnel Support Programs (PSP), and the Winnipeg Military Family Resource Centre.

Acting Senior Manager PSP, Rick Kehler, is himself a newcomer to the Wing.

"This was my first 17 Wing Fall Fair, and I discovered that these people know how to throw a party! Aside from the uninvited rain, it was quite an event that I and my kids/grandchildren were all glad to have attended," Kehler said.

"As a newbie to this Wing, I found the gym to be a place to learn about many of the activities and resources that are indeed available to the community," he added.



Aliana gets a temporary tattoo from a volunteer during the 17 Wing Fall Fair on Sept 8.

Photo: Cpl Bryce Cooper, 17 Wing Imaging

"The people/staff/volunteers who were attending the various clubs and activities and resources were informed and engaged."

"Congratulations to all who contributed to make the Fall Fair a great event again this year," said Joel Roy, Executive Director of the Winnipeg Military Resource Centre. "There is a lot of effort behind this, and all those who were not deterred by the rain really appreciated all the activities. This is a great occasion to showcase what the Wing has to offer for families, and have some fun. This day would not be possible without the contribution of partners and many volunteers; my thanks go to them."



17 Wing Commander Colonel Eric Charron acts as a tour guide of his Wing to newcomers and families attending the 17 Wing Fall Fair on Sept 8.

Photo: Cpl Bryce Cooper, 17 Wing Imaging

Have you got a story or photo  
you'd like to share with us?  
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# Around The Wing



The RCAF band brass ensemble plays the National Anthem to open the Toonie Walk/Run on Aug 21, 2018, at 17 Wing.  
Photo: Bill McLeod, Voxair Manager



17 Wing Commander, Colonel Eric Charron and Wing Chief Warrant Officer Jerome Rossignol reach the Finish Line at the Toonie Walk/Run on Aug 21, 2018, 17 Wing.  
Photo: Bill McLeod, Voxair Manager



A CT-142 Dash-8 from 402 Squadron was parked for a static display in front of the Canadian Forces Snowbirds during the Air Show Atlantic in Summerside Prince Edward Island on Saturday, August 25, 2018. Photo: 2Lt. Becky Major



Always stretch before you exercise! Lee-Ann Brookes, PSP Fitness, Sports, and Recreation Instructor, warms up the participants of the Toonie Walk/Run on Aug 21, 2018, at 17 Wing.  
Photo: Bill McLeod, Voxair Manager



402 Squadron raising the roof on a new Habitat For Humanity home. Photo: Martin Zeilig, Voxair Photojournalist



|             |  |
|-------------|--|
| NAME        | REIMER, TOM //                               |
| ENROL DATE  | 1966 //                                      |
| RETIRED AS  | CHIEF PETTY OFFICER 1 <sup>ST</sup> CLASS // |
|             | MARPAC HQ ESQUIMALT //                       |
| DEPLOYMENTS | AT SEA (15 YEARS) //                         |
| LOCATION    | WINNIPEG //                                  |
| TITLE       | CEO, MB //                                   |
| SERVICE     | 1998-PRESENT //                              |

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Despite rainy weather, there was still a large crowd in the gym at the 17 Wing Fall Fair on Sept 8, 2018. Photo: Cpl Bryce Cooper, 17 Wing Imaging.



Air Combat Systems Officer (ACSO) Serial 1701 marches past at their graduation on July 26th, 2018 at 17 Wing, Winnipeg, Manitoba. Photo: Pte Montpetit, 17 Wing Imaging



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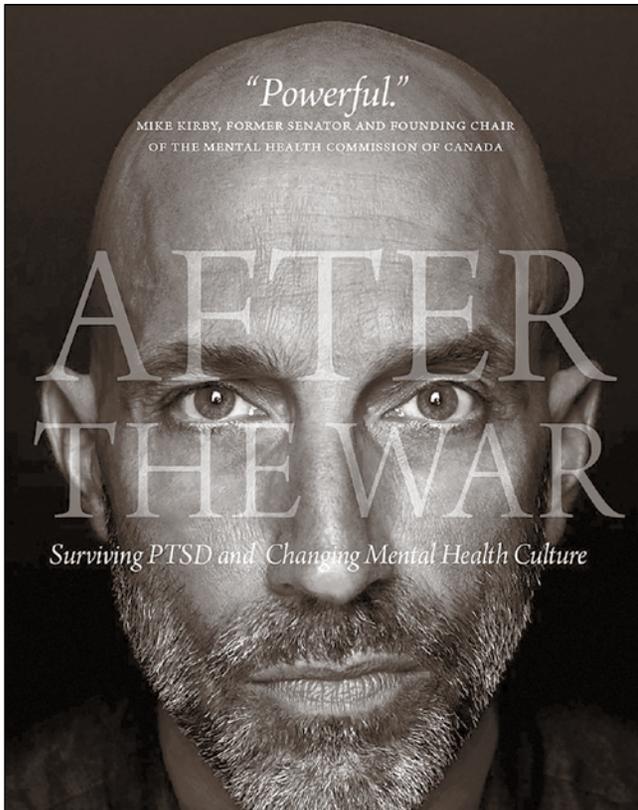
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# AFTER THE WAR: Surviving PTSD and Changing Mental Health Culture



by Stéphane Grenier with Adam Montgomery  
(University of Regina Press 206 pg. \$27.95)

## Review by Martin Zeilig

“Over the years many colleagues have encouraged me to write a book,” Stéphane Grenier wrote in an email. “A few times, when I was invited to speak at conferences the organisers asked me to bring copies of my book, which of course I did not have. A few clinicians also encouraged me to write, and so I did after many years of prompting.”

With the assistance of co-author David Montgomery, Grenier, a veteran of the Canadian Armed Forces who retired as a Lieutenant Colonel, has authored a compelling and enlightening account of surviving Post Traumatic Stress Disorder and then setting out to change mental health culture in the Canadian Armed Forces and in society at large.

The recipient of a Meritorious Service Cross by the Governor General, Grenier was recently awarded an honorary Doctor of Laws by the University of Guelph.

Through his social enterprise Mental Health Innovations, Grenier delivers his direct “walk the talk” method to improve mental well-being in government and business. Co-author David Montgomery, PhD, is an historian of medicine and military history and the author of *The Invisible Injured*.

After serving in Rwanda during the 1994 genocide and civil war, Grenier returned to Canada profoundly disturbed by his experiences.

“Facing post-traumatic stress disorder and an archaic establishment, he spent ten years confronting—and changing—the military mental health system from within,” notes the book introduction.

We learn that Grenier coined the term “Operational Stress Injury” to allow the military to see mental injury in the same light as a physical wound. Grenier, then, founded the Operational Stress Injury Social Support program that provides help for mentally injured soldiers and veterans.

AFTER THE WAR is similar to *Among the Walking Wounded— Soldiers, Survival, and PTSD* by John Conrad (Dundurn 230 pg. \$24.99). Both books are, to paraphrase an earlier review of *Among the Walking Wounded* in this newspaper, eloquent, unsparing and blunt accounts of battles with PTSD.

Grenier also pays homage to Lieutenant-General (ret) Romeo Dallaire, the author of the powerful *Shake Hands with the Devil: The Failure of Humanity in Rwanda*, the winner of the 2004 Writers’ Trust Shaughnessy Cohen Prize for Political Writing. Grenier served under Dallaire for a time in Rwanda and references his book a couple of times. He commends the honesty displayed by Dallaire and other Canadian peacekeepers. That proved to be, as Grenier observes, “a significant catalyst for the changes” that followed over the next several years, he says in reference to the documentary film, *Witness the Evil—*“one of the first shots fired at the wall of silence” that guarded the subject of mental health in the Canadian military.

“When looking back on my journey, from my time in Rwanda to the present day, my mind is still haunted by certain memories,” Grenier writes in the concluding chapter. “I still think about that young girl lying on the red Rwandan soil, how her blood saturated the ground around her. That image is forever sealed in my brain. But, life has taken me on interesting journey, as cliché as it might sound, I do believe everything happens for a reason. I feel blessed that I can now serve my country in another way, by assisting organizations that want to

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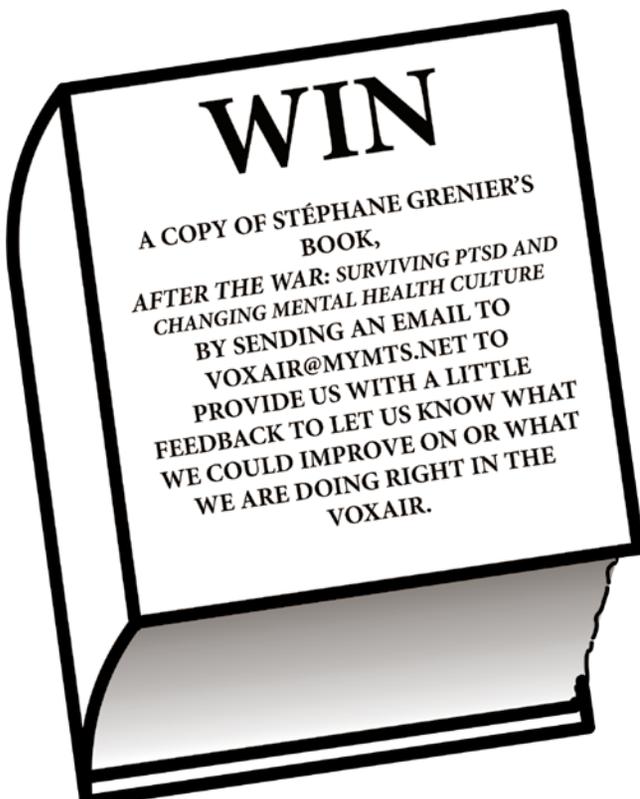
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stop talking and start walking provides me and my colleagues with rays of light as we struggle to get mental health the recognition it deserves. I look forward to the day when Canadians will view mental health injuries with the same compassion and care as physical ones, and when the injured will be shouldered by friends, family, and co-workers. Then, perhaps, stories like mine will no longer have to be written.”



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# 17 WING FIRE CHIEF'S CORNER



## Carbon Monoxide (CO) Safety

Carbon Monoxide is a colourless, odorless and tasteless poison gas that can be fatal when inhaled, and is slightly lighter than air.

### Where does Carbon Monoxide (CO) come from?

- Any fuel-burning appliance that is malfunctioning or improperly installed.
- Furnaces, gas range/stove, gas clothes dryer, water heater, portable fuel-burning space heaters, fireplaces, generators and wood burning stoves.
- Vehicles, generators and other engines running in an attached garage.
- Blocked chimney or flue.
- Cracked or loose furnace exchanger.
- Back drafting and changes in air pressure.
- Operating a grill in an enclosed space

### How can I avoid CO poisoning from my car or truck?

- Have a mechanic check the exhaust system of your car or truck every year. A small leak in the exhaust system can lead to a buildup of CO inside the car.
- Never run your car or truck inside a garage that is attached to a house even with the garage door open. Always open the door to a detached garage to let in fresh air when you run a car or truck inside.
- If you drive a car or SUV with a tailgate, when you open the tailgate open the vents or windows to make sure air is moving through. If only the tailgate is open CO from the exhaust will be pulled into the car or SUV

### What are the effects of Carbon Monoxide (CO) Exposure?

- Common Mild Exposure - Slight headache, nausea, vomiting, fatigue, flu-like symptoms.
- Common Medium Exposure - Throbbing headache, drowsiness, confusion, fast heart rate.
- Common Extreme Exposure - Convulsions, unconsciousness, brain damage, heart and lung failure; followed by death.
- If you experience even mild CO poisoning symptoms, immediately consult a physician

If you or someone develops the Signs or Symptoms of Carbon Monoxide Poisoning **get to fresh air immediately and call 911**

In order to ensure that your home has maximum protection, it's important to have a Carbon monoxide detectors on every floor and near every sleeping area. Five feet from the ground. Carbon monoxide detectors can get the best reading of your home's air when they are placed five feet from the ground. However, if a combination smoke/CO alarm is used, it must be installed on or near the ceiling as per manufacturer's instructions, to ensure that it can detect smoke effectively.

CO alarms sound different from smoke alarms when they activate. By introducing a new emergency device into the home, it is important that everyone in the household knows the difference between an alarming smoke alarm and an alarming CO alarm.

As well, everyone needs to know the difference between an actual alarm sound versus the low battery or end of life warnings for both their smoke and CO alarms.

Owners should consult their instruction manual to obtain further information on the characteristics of the audible signals for each device

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# College Corner



## AFOD 2 and 4 Now Self-Registered

The Air Force Officer Development (AFOD) Program Blocks 2 and 4 are now self-registered, just like Block 1. Students of these on-line courses no longer need to apply on MITE and wait to be assigned a Serial. They can go straight to the Defence Learning Network (DLN) and register for the courses for which they have the pre-requisites. The challenges are also on-line, and no password is needed. Upon completion, students will need to print their certificate and update their MITE qualifications through their local MITE clerk. The current two Block 4 Serials conducted under the old system (Serials 1841 and 1842) will conclude normally. Block 3 is still registered through MITE and students assigned a serial, given that it includes online interaction with peers and facilitators.

## RCAF Barker College News



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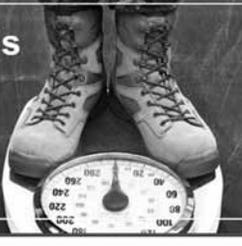
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### Blast Off the Pounds

#### À l'assaut des kilos

17 Sept - 5 Dec 2018  
17 sept - 5 déc 2018



In the Blast Off the Pounds (BOP) program you will take part in courses on healthy eating, injury prevention and training principles as well as instructor-led PT sessions! While coached throughout this program, the objective is to become equipped with the tools to work out safely on your own and make the right choices to lead a healthy and active life.

Dans le cadre du programme À l'assaut des kilos, vous participerez à des cours sur la façon de manger santé, de prévenir les blessures et de s'entraîner. Les séances de formation seront données par un instructeur. Vous serez encadré pendant tout le programme dont l'objectif est de fournir aux participants les outils nécessaires pour s'entraîner seuls en toute sécurité, et pour prendre des décisions éclairées qui

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### Mental Fitness & Suicide Awareness: Supervisor Training

#### Force Mentale et Sensibilisation au Suicide: Formation du Superviseur

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

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

4 October 2018 0800 - 1600 hrs  
4 octobre 2018 08h00 à 16h00

*This course is Coded! Il s'agit d'un cours auquel on a attribué un code!*

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

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### Managing Angry Moments (MAM)

#### Gérer les moments de colère

23 & 30 October 2018  
0830 - 1600 hrs  
23 et 30 octobre 2018  
08h30 à 16h00



Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you. Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptati qui vous conviennent.

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

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### Alcohol, Other Drugs, Gambling and Gaming Awareness Training

#### Formation de sensibilisation aux problèmes liés à l'alcool, aux autres drogues, au jeu excessif et au jeu électronique

11 & 12 October 2018 0800 - 1600 hrs & 0800 - 1200 hrs  
11 et 12 octobre 2018 08h00 à 16h00 et 08h00 à 12h00

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

Reconnaitre les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces. Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code. DAOD 5019-7

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

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National Défense / Defence nationale

Operation HONOUR

### RESPECT IN THE CAF WORKSHOP

#### RESPECT DANS LES FAC

13 September 2018 0800 - 1600 hrs  
13 septembre 2018 08h00 à 16h00

The "Respect in the CAF" workshop is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims.

L'atelier « Respect dans les FAC » vise à promouvoir le respect au sein des FAC en favorisant la prise de conscience et la compréhension pour encourager les membres à lutter contre l'inconduite sexuelle et à soutenir les victimes.

*This course is Coded! Il s'agit d'un cours auquel on a attribué un code!*



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

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### Stressed? Take Charge!

#### Le stress: Ça se combat!

15 & 16 October 2018 0830 - 1600 hrs  
15 et 16 octobre 2018 08h30 à 16h00



Want to increase your stress hardiness, enhance your performance, ramp up your resilience? Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

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## Connect with us:

102 Comet Street / 102 rue Comet  
204-833-2500 extension / poste 4500

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

# Upcoming MFRC Programs and Events

For the most current information on all of our programs, visit our webpage at:  
[www.cafconnection.ca/Winnipeg](http://www.cafconnection.ca/Winnipeg)  
or follow us on Facebook and Twitter:  
@WinnipegMFRC

### RESTORATIVE YOGA

Restorative yoga is back at the MFRC. Classes are 7 pm – 8 pm on September 18, 25 October 25 and November 1. Register by September 14 for the first class and pay only \$30 for all four classes. If you can't make all four, it is \$10 a session.

### COGNITIVE BEHAVIOUR THERAPY

Join us for a four-week educational workshop on cognitive behaviour therapy (CBT) and mindfulness. Classes will cover the basic concepts of CBT, integrating mindfulness with CBT and how to apply these to make positive changes in your life. Wednesdays 1830 – 2030,

September 26, October 3, 10, 17. Register by Sept 21

### SECOND LANGUAGE CLASSES

French Conversation classes will begin Tuesday, September 18, 2018 and run to Tuesday, December 4, with no class October 9. Beginner Conversational French will be 5 pm – 6:15 and Intermediate Conversational French is 6:30 – 7:45. Costs: Military Spouses/partners and children over 16: \$25 (refunded if 85% of classes are attended), Military Members: \$25 (no refund) Community members (\$50 no refund)

### YOUTH CENTRES

We have two youth centres which are the hub for our youth programming. Every day is a new adventure! There is a \$20 annual membership fee and a registration/health form needs to be completed. Please see youth centre staff for more information. Because our program adapts to youth needs, the most current in-

formation regarding Youth Centre activities and other great opportunities for youth are available on-line via Facebook @WinnipegMFRCYouth. \*\*Hours of Operation are subject to change based on youth attendance. Youth Centres are closed on holidays

### NORTH SIDE (6 - 12 YEAR OLDS)

102 COMET ST.  
Monday & Wednesday 1700 – 2000  
Friday 1700 – 2100  
Tuesday/Thursday: CLOSED

### SOUTH SIDE (6 - 12 YEAR OLD)

347 DONCASTER ST.  
Monday to Friday 1630 – 2000

Call 204-833-2500 ext 4500 to register for programs or for more information

**Re-Open / Rouvrent**  
Monday September 17 / le lundi 17 septembre  
ANNUAL MEMBERSHIP FEE - \$20 AND MEDICAL FORMS MUST BE COMPLETED (VALID FOR 12 MONTHS FROM COMPLETION)  
FRAIS ANNUEL D'ADHÉSION - 20\$ ET UN FORMULAIRE D'INFORMATIONS MÉDICALES DOIVENT ÊTRE REMPLIS (ILS SONT VALIDES POUR LES 12 MOIS QUI SUIVENT)

**RESTORATIVE YOGA**  
RELAX & UNWIND WITH GENTLE MOVEMENT & STRETCHING  
TUESDAYS SEPTEMBER 18 & 25  
THURSDAYS OCTOBER 25  
NOVEMBER 1  
102 COMET ST.  
\$30 FOR ALL 4 SESSIONS  
\$10 FOR INDIVIDUAL SESSIONS  
REGISTER BY SEPT. 14  
204-833-2500 EXT 4500

Join us for a free 4 week workshop on **Cognitive Behaviour Therapy**  
Wednesday September 26, October 3, 10 and 17  
1830 -2030  
REGISTER BY SEPTEMBER 21  
204-833-2500 EXT 4500  
PRESENTED IN ENGLISH ONLY

**Family DISCO pour la famille**  
FRIDAY SEPT 21 VENDREDI  
6-9 pm / Ages 3-6 years: 6-9 pm / Ages 6-12 years: 7-9 pm / 18 h à 21 h / De 3 à 6 ans : 18 h à 20 h / De 6 à 12 ans : 19 h à 21 h  
South Side Youth Center - 347 Doncaster St. / Centre Jeunesse - sud - 347, rue Doncaster  
BBQ PROVIDED! / BARBECUE COMPRIS!  
Ages 3-12 years / Pour les 3 à 12 ans  
\$5 PER FAMILY / 5 \$ PAR FAMILLE

**International Day of the Girl! / Journée internationale des filles!**  
Thursday / Jeudi 11 OCT 5:00 - 7:30 pm / de 17 h à 19 h 30  
Activities / Activités  
Pizza  
\$5 per person / 5 \$ par personne  
Learn about Hannah Taylor, Founder of the Ladybug Foundation / Découvrez Hannah Taylor, la Fondatrice de la Ladybug Foundation  
Girls ages 6-12 yrs, accompanied by an adult female / Filles âgées de 6 à 12 ans, accompagnées d'une adulte  
Because it's great to be a girl! / Parce que c'est formidable d'être une fille!  
Register in person at the MFRC until 5 OCT / Inscription en personne au CRFM au plus tard 5 OCT

**Thanksgiving Lunch**  
Un repas TRADITIONNEL de l'Action de Grâce  
MONDAY 8 OCT LUNDI  
1 pm à 13 h  
AT / AU  
3770 PORTAGE AVE. / 3770, AV. PORTAGE  
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\$9.50 Children / 9.50 \$ enfants  
Children under 9 yrs eat FREE / Les enfants de moins de 9 ans: GRATUIT  
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Travel to the restaurant and meals are the individual's responsibility. / Le transport et le coût du repas sont aux frais des participants.  
BUY YOUR TICKETS IN PERSON AT THE MFRC UNTIL SEPT 28 / ACHÉTEZ VOS BILLETS EN PERSONNE AU CRFM AU PLUS TARD LE 22 SEPT  
MFRC CRFM  
Space is limited! / Places limitées!

# Sports Trivia Answers

1. Shreveport Pirates July 6, 1994 to October 8, 1994. This occurred during the ill-fated CFL expansion into the USA in 1994-95. On February 2, 1996 the CFL cancelled all US franchises.
2. Saskatchewan Roughriders allowed 710 points in 1991.
3. Hamilton Tiger-Cats – 17 losses in 2003.
4. Calgary Stampeders scored 698 points in 1994.
5. Toronto Argonauts only allowed 302 points in 1989.
6. Montreal Alouettes walked all over the Hamilton Tiger-cats 82 – 14 on October 20th, 1956 for a 68 point victory.
7. Winnipeg Blue Bombers bombed the Saskatchewan Roughriders 56-0 on July 5th, 1986.
8. 1948 Calgary Stampeders were undefeated in 12 regular season games.
9. Shreveport Pirates, Baltimore Stallions, Birmingham Barracudas, Las Vegas Posse, Memphis Mad Dogs, Sacramento Gold Miners, San Antonio Texans.
10. John Barrow and Tommy Grant played in 9 Grey Cup games. Angelo Mosca played in 8.
11. Earl Winfield with 87 from 1987-1997.
12. #12 Russ Jackson.
13. #77 Tony Gabriel.
14. #22 Dick Shatto.
15. #13 the amazing Anthony Calvillo.
16. The pride of Ancaster, Ontario and Acadia University, Bob Cameron.
17. BC Lions' #5 Lui Passaglia with 3,991 pts.
18. Lovell Coleman.
19. Henry "Gizmo" Williams (1,003).
20. #36 Dave Ridgway.

# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Decide what you want to accomplish. Brainstorm on how you can do it. Study local and global trends. Then use what you've learned to set yourself up for success. To reach your potential you must defer and delegate some things. Create a budget. Don't just wait for things to happen.

**Taurus (April 20 – May 20):** If you want others to understand how you feel, tell them. Before you share, consider what outcome you are hoping for. Recognize that others still may not "get you," but if the end result brings closure and resolution that's great. If that is not likely, is baring your soul worth it?

**Gemini (May 21 – June 21):** Decisive action brings radical change. Speak up for yourself but try not to alienate the wrong people. Don't make sacrifices that compromise your autonomy. Deal with anxiety by pinpointing the causes. Address them if possible and practice accepting what you can't do anything about.

**Cancer (June 22 – July 22):** If you regret past decisions, remember you did the best you could at the time. You're older and wiser now. Strive to strike a better balance in your life. Perfection is impossible. Some old issues will require further action. Don't try and manage everything alone. Share the responsibilities.

**Leo (July 23 – August 22):** You'll be expected to do more than you'd like. See this as an opportunity to shine. Doing the lion's share will give you leverage when future decisions are made. Your outlook affects outcomes. Consider what motivates you. Productivity increases if you break big tasks up into small steps.

**Virgo (August 23 – September 22):** How you feel is more important than you realize. Unexpected things will always crop up. Identify behavior patterns, yours and other peoples. This can help you predict outcomes and make better choices. Facing your fears allows you to develop better coping skills.

**Libra (September 23 – October 23):** Your words and actions may have unexpected consequences. This can bring a welcome change for you. Avoiding a decision is a decision too. Spending more time with people who support and encourage you will result in more harmony and balance. Take the initiative.

**Scorpio (October 24 – November 21):** You may feel like you're not being taken seriously but this may be a reflection of your own beliefs, not other peoples. Patiently create a foundation for your future. Rushing won't bring better results even if it looks dramatic. Proper planning increases your chances of success.

**Sagittarius (November 22 – December 21):** Having goals and challenges can ground you when you feel lost and overwhelmed by things beyond your control. When you have no say and can't get through to people, remain hopeful. Life goes in cycles. Your task is to learn to let go. Accept the inevitable. Breathe.

**Capricorn (December 22 – January 19):** Your determination to take care of others can result in harsh words and conflicts. Who decides what is best? Also, in trying to be there for everyone else you may lose sight of your own needs. Take care of yourself too. Give but also be open to receiving. Help is available.

**Aquarius (January 20 – February 18):** Maintaining the status quo might give the illusion of security, but it's not. Respecting and appreciating what you have is good but moving on and making changes are also important. You aren't in charge of how others feel but you can still consider the impact of your actions.

**Pisces (February 19 – March 20):** Commit to making positive changes. Take small steps and keep moving. Things will fall into place. Appreciate the good things in your life. There is a time to breathe and a time to push. Tune into the rhythm of your creative process and give birth to something special.

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Sept. 14 & 15 – The Otherside  
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Sept. 28 & 29 – Vintage Groove

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### TEXAS HOLD 'EM

Tuesday 7 pm

### ZUMBA

Tuesday/Thursday 10-11 am

### LINE DANCING

Wednesday 1 pm & 7 pm

### DANCE TO LIVE BANDS

Friday 8pm-1am June-August

Every Saturday 7-11 pm

### MEAT DRAWS

Friday 5-7 pm

Saturday 2-5 pm



# Chaplain's Corner

## The Most Potent Prayer

by Capt (Rabbi) Glogauer

In the Jewish calendar, we find ourselves between the Jewish New Year - Rosh Hashanah observed this year on the 10th and 11th of September and the holiest of Holy Days - Yom Kippur - the Day of Atonement commencing on the evening of the 18th of September and concluding at nightfall on the 19th. Yom Kippur is one of the most important holy days of the Jewish year. Many Jewish people who do not observe any other Jewish custom will refrain from work; they will fast and/or attend synagogue services on this day.

The Day of Atonement is a day set aside to "afflict the soul," to atone for the sins of the past year. The 10 days between Rosh Hashanah and Yom Kippur are called the Days of Awe during which our lives hang in the balance as God inscribes all of our names in either the book of life or death. On Yom Kippur, the judgment entered in these books is sealed.

Yom Kippur atones only for sins between ourselves and God, not for sins against another person. To atone for sins against another person, one must seek reconciliation with that person, righting the wrongs one committed against them if possible.

Most of Yom Kippur is spent in the synagogue, in prayer. In Orthodox synagogues, services begin early in the morning (8 or 9 AM) and continue until about 3 PM. After a short break, the afternoon and evening services conclude after nightfall with the blowing of the ram's horn.

Being that most of the Day of Atonement is spent in prayer, I would like to address our shared query... don't we all wonder if our prayers actually accomplish anything? Oftentimes, as far as we can see, our request is not granted, because we seem to be in no better place than before we poured our hearts out to God! In truth, much, much more underlies the purpose of prayer than simply having our mortal requests fulfilled.

King David writes, "My salvation is with God,

Creator of heaven and earth" (Psalm 121:2). Most interesting is the expression he employs here. It would seem to have been more appropriate for him to say, "My salvation is from God." Why does King David express himself in this strange manner stating his salvation is with God?

That, my friends, is exactly the point. The true salvation to our troubles is revealed when we are with God. When we connect with our Creator and recognize that God is with us at every point of our lives, whether we are up or down, we have achieved the ultimate goal of prayer. No prayer ever goes to waste, for in its wake, our relationship with God deepens and develops.

All that we yearn for and desire – health, meaningful relationships, job security, harmony with our spouse, – are all catalysts for us to connect with God. That is the true meaning of "My salvation is with God." It is when we become one with our prayer and realize that we have our beloved Creator at our side that we begin to live with God. Picking up a book of Psalms and pouring our hearts out to God is the greatest achievement of prayer. It is at that point that we are living with our Creator in the most intimate of ways.

And indeed, this is how we actually make our prayers most effective. By placing our complete dependence on God, we prove ourselves most fitting to receive that for which we yearn.

Imagine the scenario of an individual in dire financial straits seeking assistance. Hard-pressed for money, he travels from street corner to street corner, hoping to procure a few dollars here and there. While he may not feel despondent if each person only hands over a few coins, that is because he relies on multiple individuals for assistance.

But what would happen were he to come to one man, and one man only, and plead his despairing case. "You are the only person who can help me!" he cries. "With you, I live, and without you, I die; with you, I

succeed and without you, I fail." When such dependence is thrust upon the benefactor, his heart goes out for the poor man's cause. He will then not simply offer him a few dollars, but a considerable sum. And that is because he became the one and only provider for this needy man.

The same is true of prayer. The most potent form of prayer is achieved when we express our complete dependence on the One Above. When we turn to our God in Heaven and say, "It is all in Your hands; there is no one else who can help me but You," our prayers take on an entirely new depth of meaning.

When we open our prayer books or a book of Psalms and cry out to the Creator of the Universe, telling God that everything is on the line, God will most certainly respond in kind. And that is because if our Creator doesn't help us, no one else will. And when a person is told that he is the only one who can help, it is not merely a few dollars which he hands over, but a generous sum.

That is how we ought to approach prayer: complete dependency on our Creator. It is the key to building the greatest relationship with God and having our prayers shake the heavens.



### PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

**SUNDAY SERVICE:** (English Only) 1100 hrs

#### COMMUNITY SERVICES:

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

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

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

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

#### CHAPLAINS

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

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

TBD  
ext 5272

### JEWISH

#### CHAPLAIN

**Padre Noteh Glogauer**  
(Rabbi)  
ext 6914



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

### CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

**SUNDAY MASS:** (Bilingual)  
Spring/Summer Liturgy Timings: 9am  
(Sunday after Easter - Thanksgiving Weekend)  
Autumn/Winter Liturgy Timings: 4pm  
(Sunday after Thanksgiving to Easter Sunday)

#### COMMUNITY SERVICES:

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

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

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

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

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

**EMERGENCY DUTY CHAPLAIN**  
Contact MP Dispatch ext 2633.

**INFO PHONE NUMBER**  
For chaplaincy services and related information, phone ext 6800 and follow the prompts.

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

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