



THE VOX AIR

Our Military Community Newspaper, 17 Wing Winnipeg

June 1, 2016

VOLUME 65, ISSUE 11

FREE

SAR Canopy Control Course Held in Gimli



Canadian Forces (CF) Search and rescue technician (SAR Tech) WO Glen Hood glides to the ground at the Canopy Control Course in Gimli, Manitoba, May 18th, 2016. Please see page 9 for stories on the course and our reporter's first jump experience. Photo by Ordinary Seaman Erica Seymour.

In this issue:
CITY COUNCIL
LIAISON FOR
MILITARY AND
VETERAN'S
AFFAIRS

PAGE 3

3 CFFTS AND
435 SQUADRON
RESCUE
THREATENED
CANOEISTS

PAGE 4

NEW COINS
UNVEILED
AT MINT

PAGE 7

ASTRONAUTS
MAKE A STOP
IN WINNIPEG

PAGE 8

RESERVIST
EMPLOYERS
VISIT RCAF

PAGE 11

CHAPLAINS
AND SOCIAL
WORKERS QUIZ

PAGE 15

DOMENICA'S
UNISEX HAIRSTYLING

2255-G Ness Avenue

Ph: 885-3665 or 832-6978



Mon & Tues
9:00 am - 6:00 pm

Wed to Fri
9:00 am - 8:00 pm

Saturdays
8:30 am - 5:30 pm

- Military Men Cuts.....\$13
- Perm & Cut.....\$50 and up
- Flat Tops.....\$13
- Highlights & Cut.....\$50
- Colour & Cut.....\$45
- Senior Mens Cut.....\$11.50
- Childrens Cuts.....\$11-17
- Ladies Cut.....\$20
- Ladies Blow Dry.....\$20
- Foil.....\$4 to \$6

THE DAN VERMETTE
Home Selling TEAM



Service en Français
204-255-4204
danvermette.com



RCAF Mess Dinner Features CAF Chefs

by Martin Zeilig, Voxair Photojournalist

Tables were laden with an assortment of hand-made sushi, braised bison tenderloin, succulent rack of lamb, oyster bar with mussels, tasty grilled Halumi cheese slices with canapés (small pieces of bread with a piquant topping), ground beef sliders, mouth watering pan seared shrimp and scallops, bison skewers, nacho canapés, and assorted cheeses and bread.

This was not a scene from some extravagant Medieval or Renaissance banquet, although it could have been. All that was missing were, as the historians of food have described, "coloured jellies of swans, of peacocks or of pheasants served as a speciality and placed on the middle of the table on a sort of pedestal."

Rather, it was the bountiful Annual RCAF Mess Dinner in the Junior and Senior Ranks Mess on May 5.

The fine dinner--which featured an upstairs dessert bar complete with a streaming chocolate fountain and a variety of homemade pastries, pies, cheesecakes, fresh fruit slices, and other delectables-- attracted some 280 commissioned officers and non-commissioned personnel. Tickets for the dinner were \$35.00 each. Musical entertainment was provided by a Celtic combo from the RCAF Band plus a guest violinist.

"It's an opportunity to mingle with people," said Major-General David Wheeler, Commander of 1 Canadian Air Division, who was the Guest of Honour. "It shows the esprit de corps of the Wing, and the food is deli-

cious. This is all it takes for an enjoyable evening."

Wing Commander Colonel Andy Cook, who was the official host of the evening, said he was excited to be part of the 98th RCAF Mess Dinner.

"It's putting our Red Seal chefs to the test," he said while holding a small plate of plump shrimp and scallops in one hand as he conversed with MGen Wheeler and CWO Mike Robertson in the crowded room. "This is a non-traditional dinner that allows us to showcase the talents of Wing Foods personnel."

Col Cook's comment about "non-traditional" was a reference to the buffet style setup: Diners wandered from table to table choosing small portions of each selection.

"We've been preparing for two days," said Sergeant Matthew Keddy, who was chief cook for the dinner. "This is a spin off of the normal Mess dinner with a five course meal. This is all about the actions stations where people mingle and socialize and taste all the foods we prepare. It's like a standup cocktail party."



The creative kitchen crew from 17 Wing Food Services take one last breather before the onslaught of hungry diners. Photo: Martin Zeilig, Voxair Photojournalist.

He noted that last year's dinner was only partially done that way.

"This year, we decided to do it all standup," continued Sgt Keddy, who lauded the 38 staff members at Wing Food for their hard work in preparing the food. "Everything was prepared upstairs (in the kitchen area)."

He added that the dinner also provided an opportunity for three new privates, who have just arrived here from the CAF Cook School at CFB Borden, to learn from Food Services more experienced cooks.

"The young privates took to the finesse of fine cooking," Sgt Keddy said. "This is an opportunity for us to express our talents to the Wing and to meet them too."

Sue Paxton, who's been a civilian kitchen helper here for the past 15 years, stressed that it is a pleasure to serve those who are "dedicated to serve our country."

Towards the evening's end there was a formal toast to Her Majesty Queen Elizabeth II and to the different elements within the CAF.

<p>PROUD OF OUR PAST</p>  <p>PROTECTING OUR FUTURE</p> <p>Welcome...</p> <p>ST. JAMES LEGION</p> <p>Branch No. 4 Royal Canadian Legion 1755 Portage Avenue Winnipeg, Manitoba</p>	<p>CHASE THE ACE Monday 6 pm</p> <p>TEXAS HOLD 'EM Tuesday 7 pm</p> <p>ZUMBA Tuesday / Thursday 10-11 am</p> <p>LINE DANCING Tuesday / Wednesday 7-9 pm</p> <p>DANCE TO LIVE BANDS Friday 8pm-1am June-August Every Saturday 7-11 pm</p> <p>MEAT DRAWS Friday 5-7 pm Saturday 2-5 pm</p>
---	--

THE VOXAIR

Give us a call:

204-833-2500 ext. 4120

Find out the benefits of advertising with us



Stephen's Tuning & Tech Service

Certified Piano Technician

www.stephentuning.ca
204-396-7658
stephen.cocks@gmail.com



VOXAIR		
OFFICE HOURS	CONTACT	
Monday to Friday 0830 -1500 hrs	Ad Sales/Main Office (204) 833-2500 ext 4120	Submissions/Reporter (204) 833-2500 ext 6976 voxair@mymts.net +VOXAIR@PersSvc@Winnipeg
	Accounting (204) 833-2500 ext 4121	
VOXAIR STAFF		
LCol Danielle Clouter Wing Admin O (204) 833-2500 ext 5281	Martin Zeilig Photojournalist (204) 833-2500 ext 6976	Broose Tulloch Layout/Ad Design
Rick Harris Managing Editor (204) 833-2500 ext 4299	Maureen Walls Sales Coordinator (204) 895-8191	Misra Yakut Accounting
Bill McLeod Voxair Manager (204) 833-2500 ext 4120	Capt McCulloch-Drake Wing Public Affairs Officer	Traci Wright Proofreading
		Printed By Derksen Printers 204-326-3421

Visit Us Online: thevoxair.ca

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

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

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included. (Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in The Voxair Newspaper of products and/or services for exchange in donations.

SHINE BRIGHTER

with a better diamond



Engagement rings - Custom Jewellery
Restyling - Insurance Claims

OMORI DIAMONDS

www.omori.ca 2741 Portage Ave.
info@omori.ca (204) 951-7040



	<p>Over 3,000 sq ft in prestigious Tuxedo area! Offered at \$555,000</p>
	<p>Riverbend! 1400 sq ft bunga low built in 2004 fin bsmt priced at \$375,000</p>
	<p>Brand new bi-level! Close to Winnipeg 940 sq ft double garage only \$299,000</p>
<p>Buying or selling in Winnipeg? CALL ME</p>	
<p>Darryl Chatyrbok Over 20 years experience! (204)955-6003</p> 	

Councillor Scott Gillingham

by Martin Zeilig, Voxair Photojournalist

"I am pleased to appoint you to serve as the Council Liaison for Veteran and Military Affairs," said the letter, dated April 5, 2016, from Brian Bowman, Mayor, The City of Winnipeg to Councillor Scott Gillingham, St. James, Brooklands, Weston.

"Winnipeg has a long and rich military history including fifteen active Legions. We are home to current Canadian Armed Forces assets including CFB Winnipeg and several reserve units. In addition to local veteran organizations, the City of Winnipeg has a special relationship with HMCS Winnipeg since her commissioning in 1995."

The official goal of this new position is to create a formal link between CAF personnel in Winnipeg and City Council, Gillingham said during a recent afternoon interview, along with his Executive Assistant, Luc Lewandoski, with The Voxair in the North Committee Room in the Council Chambers Building.

"My goal is to raise awareness of the important work and contributions that the men and women (in the CAF) make in our community," he continued. "For decades the three branches have remained vital to Winnipeg. Another side too is I want the men and women to feel very welcome in the city."

If someone is relocating to Winnipeg, he'd like there to be some sort of process or presence from the city that would help make that person feel welcomed to the wider community-- not only something ceremonial but a very practical role too, Gillingham said.

To that end, Lewandoski is working with the Military Family Resource Centre to coordinate a city presence at the annual 17 Wing Fall Fair.

"We've discussed with them (MFRC) what some of the biggest confusions people have when they move here," said Lewandoski, pointing out that newcomers need to know about the parks, garbage/recycling pick-up, transit routes and other practical things. "We plan to have an information booth with city staff at the Fall Fair, so they'll have a point of contact and know who (is available) and what (to do and where to go). Let's make a difference for the personnel and to improve their living experience."

In his new role, Gillingham also has supported a motion to officially re-designate Amherst Park to Kapyong Park.

"The consideration of this motion comes at a very relevant time," says a letter (April 2016) from Honourable Yonah Martin, a member of the Senate of Canada, that was sent to Gillingham. "June 25, 2015 marked the start of the 65th Anniversary year to commemorate the courage, sacrifice and triumphs of the Canadian Armed Forces in the Korean War. This commemoration period will conclude on July 27, 2018. The 65th anniversary of the historic Battle of Kapyong was nationally commemorated most recently on April 22."

"The actions of 2PPCLI at Kapyong have been recognized around the world, but its legacy is especially important to the City of Winnipeg, as the unit was stationed there after the Korean War from 1973-2004."

"Redesignating the park would raise awareness of



Scott Gillingham sits down for a one-on-one with Voxair Photojournalist Martin Zeilig. Photo: Martin Zeilig, Voxair Photojournalist.

the Battle of Kapyong and better inform the public of its important place in Canadian military history. It would also serve as a commemoration to the 2PPCLI soldiers whose lives were regrettably lost in the Korean War. Finally, re-designating the park would be a proud testament to the importance the City of Winnipeg has for the members of CFB Winnipeg and those citizen-soldiers who serve in the many reserve regiments of the 38th Canadian Brigade Group stationed in the city."

Gillingham noted that a motion be brought to his Community Committee about renaming the park had unanimous support. The motion is now before the city's Standing Committee on Protecting Community Services and Parks.

"If they support the motion, then the park will be renamed," remarked Gillingham, who was a Minister at Grace Community Church, located at the Perimeter Highway near Roblin Boulevard, before entering political life.

His other current initiative is liaising with the Commanding Officer of the HMCS Winnipeg on matters relating to, as Mayor Bowman's says, "their ongoing operations" and potential visits to Winnipeg.

Gillingham, who recently met with Lieutenant(N) Michelle Baranowski, a Winnipegger who's serving on the HMCS Winnipeg, said his goal is to provide the ship with updated art works and artifacts from Winnipeg.

"I want to work hard to establish relationship in all three branches," he emphasized. "I just want the families of the CAF to know how valued they are here in the city."

Welcome to Winnipeg-- one great city.

Sports Trivia

Indy Car / F1 Racing

by Tom Thomson and Stephen Stone

1. Who was the first driver to compete in a turbine-powered car at the Indianapolis 500?
2. Who was the first driver to win the Indianapolis 500 four times?
3. How many other drivers have won the Indianapolis 500, to date?
4. How many Canadian drivers have won the Indianapolis 500, to date?
5. Who was the first Canadian driver to compete in the Indianapolis 500?
6. Who is the first woman to qualify and compete in both the Indianapolis 500 and the Daytona 500?
7. What is the largest sporting venue in the world?
8. Which driver has gone the greatest number of races between victories in the Indianapolis 500, to date?
9. What is the narrowest margin of victory, to date, in the Indianapolis 500?
10. Who won the fastest Indianapolis 500?
11. To date, which Formula One driver has won the greatest number of World Championships?
12. Who held the record for most championships prior to Schumacher?
13. Who is the oldest winner of the Formula One championship?
14. At the time of the occurrence, who was the only active Formula One driver ever to be kidnapped?
15. Who was the first Canadian driver to compete in Formula One?
16. Who was the first Canadian driver to win a Formula One race?
17. Who is the only Canadian, to date, to win the Formula One World Championship?
18. Who is the youngest driver, to date, to win a Formula One race?
19. Who is the oldest driver, to date, to win a Formula One race?
20. Who is the youngest Formula One World Champion, to date?

Sports Trivia Answers on page 14



Mental Fitness and Suicide Awareness

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

CFB Winnipeg Golf Club

Come in We're OPEN

BECOME A MEMBER TODAY!

VISIT
www.17wingwpggolf.ca

For all your golf information!
Including pricing, event bookings & golf leagues

Individual, Couple & Family Memberships available!

Call 204.832.8436

FORE more information!

NEW ARRIVALS

Puzzled about Manitoba Driver Licences and Plates?



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

autopac

A Manitoba Public Insurance product

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

Call us or drop in to:

BALDWINSON INSURANCE BROKERS

Canex Bldg, 700 Wihuri Rd at Whytefold
MONDAY TO FRIDAY: 8:30 AM TO 5:00 PM
889-2204

baldwinsoninsurance.ca

8TH ANNUAL ROYAL CANADIAN AIR FORCE RUN COURSE

DE L'AVIATION ROYALE CANADIENNE

8^E ANNUELLE

3 KM FAMILY WALK • FAMILY VILLAGE • AIRCRAFT DISPLAYS

1/2 MARATHON • RELAY / RELAIS
• 10 KM • 5 KM
SPACE IS LIMITED / INSCRIPTION LIMITEE



SUNDAY JUNE 5
DIMANCHE 5 JUIN

REGISTER NOW AT
INSCRIVEZ-VOUS DES MAINTENANT AU www.RCAFRun.ca

CAF Air Crews Rescue Stranded Canoeists



The crew of a Canadian Forces (CF) CC-130 Hercules from 435 Sqn Winnipeg spotted canoeists who activated a personal locator beacon when they became threatened by a forest fire in Northwestern Ontario. Photo: Cpl Darryl Hepner.

by Martin Zeilig, Voxair Photojournalist

Captain Allan di Dio was in a deep sleep at home in Portage La Prairie (about 80 kilometres northwest of Winnipeg) when his cell phone rang at 12:30 a.m. on May 23, 2016-- Victoria Day.

It was a call from Lieutenant Colonel Scott Mutton, Commandant of 3 Canadian Forces Flight Training School in Southport where Capt di Dio works as a rotary wing flight instructor.

"He said there may be a tasking for us," Capt di Dio said during a telephone with The Voxair.

What a mission it turned out to be.

Within two and a half hours of receiving the call, Capt di Dio and two colleagues, Capt Priscilla Jobin, and Capt Jason Marchinko, were sent out in a Bell 412 helicopter to assist 435 Transport and Rescue Squadron from 17 Wing to rescue two stranded canoeists, a 60 year old man and 55 year old woman, near Red Lake, Ontario, 270 kilometres northeast of Winnipeg.

"The two individuals activated a personal locator beacon (PLB) after forest fires and smoke in the area put them in danger," noted a press release from the Media Relations Department of National Defence. "The Joint Rescue Coordination Centre in Trenton, Ont. coordinated the search. The two canoeists were found by a CC-130 Hercules aircraft from 435 Transport and Rescue Squadron and were extracted by a Bell 412 helicopter from 3 Canadian Forces Flying Training School in Southport, Man. The helicopter then transported them to Red Lake Airport where they were transferred to the care of the Ontario Provincial Police."

"The advanced preparation by these two individuals by having a personal locator beacon helped us coordinate the search effectively. Preparedness is so important to survival and we're glad we were able to get them out safely," Major Vince Meunier, Officer in Charge of JRCC Trenton, said in the press release.

LCol Mutton commended the quick response and adaptability of 3 CFFTS personnel and KF Aerospace, the prime flight training contractor at Southport.

"It really speaks to their professionalism and training," he said. "Although search and rescue is not their primary mandate, the crew was still able to provide the necessary support for a successful rescue. We are very proud that we were able to provide that capability and assist two Canadians in need with the assistance of our partners at KF Aerospace."

The 435 SQN SAR crew that were involved in the rescue mission included, Aircraft Commander, Maj. Dennis Scharf; First Officer, Capt. Scott McCulloch; ACSO (Nav), Capt Sansal Guven; Flight Engineer, Cpl Pat Lachance; Loadmaster, Sgt Russell Klassen; SAR Tech, Sgt. Stephane Richard; SAR Tech, MCpl Anthony Vail; AVN Tech Jonas Nacinovich.

Since the rescue was at night, all crew members were wearing night vision goggles, said Capt di Dio, who piloted the chopper.

Capt Jobin dealt with the radio communication and coordinating with the Hercules and Air Traffic Control, while Capt Marchinko helped with map reading, navigation and assisting the canoeists in and out of the aircraft, he emphasized.

"There were thunderstorms and there was a known fire in the vicinity," Capt di Dio continued. "So our con-

cerns were for the weather and smoke."

He also mentioned that KF Aero came in to help them prepare the aircraft for the nonstop flight to Red Lake.

Capt di Dio pointed out that the canoeists, who were in a small nameless lake when they were rescued, were first located by 435 Squadron.

The couple's tent and gear had been burned to a cinder earlier.



3 CFFTS rescue crew with Bell B412CF helicopter, left to right: Capt Allan di Dio, Aircraft Captain; Capt Priscilla Jobin, Co-Pilot; Capt Jason Marchinko, 2nd Pilot. Photo: Supplied.

"Our route took us from Portage to the bottom of Lake Winnipeg, and then to Red Lake," he said, observing that the canoeists were about 30 miles west of Red Lake.

They started off flying at about 1000 feet above ground with good visibility using the night vision goggles, Capt di Dio remarked.

Their helicopter also came equipped with a weather radar system.

mmmm.

MARIGOLD

chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering

1245 Inkster Blvd
2591 Portage Ave
1380 Ellice Ave
718 Osborne St

Serving since '62
Winnipeg

"That's part of the reason why we felt comfortable in this mission, because you can see the storm cells," Capt di Dio confessed. "We had to find our way through that bad weather."

By the time they reached Lake Winnipeg visibility was even worse, so he had to drop the helicopter down to 500 feet.

"But, we found a stretch of better weather for about six miles. It was good visibility through the storm clouds."

Then, he pulled their whirlybird back up to 1000 feet.

They were crossing the ground at about 145 miles per hour/125 nautical miles per hour, Capt di Dio said.

"We had some concern on the way because we don't have hoist on the helicopter," he said. "But, we had to land somewhere and in northwestern Ontario where it's mostly lakes, trees and rocks."

The SAR techs from 435 SQN had already dropped a survival package, which included warm clothing and a strobe light, among other things to the stranded canoeists, he added.

"They were on top of a bay in a swampy area," Capt di Dio said. "There were dead trees in the area. So, we came down right at the water line, and turned the helicopter so the nose was facing the shore and the skis were on shore. The rest of the helicopter was over the water."

Capt Marchinko was able to get out and assist the two canoeists into the aircraft, while the Hercules circled overhead at about 1000 feet, he added.

"After they got on board, we head further east to Red Lake," Capt di Dio said. "The fire was only about a mile from the rescue spot. It was already on their lake. I saw the canoe drifting over the water. When we got them into the helicopter, they looked pretty stressed out and soaking wet because it had been raining all day. The woman was wearing a parka that was in the package dropped by the Herc. She looked like she was going to dissolve into tears. If they didn't have the strobe light, it would have been a tougher go for us. That place where they were was the only site on that lake where we could have landed."

They, then, flew to the small Red Lake airport where an officer from the Ontario Provincial Police showed up to assist the rescued couple.

Capt di Dio and his crew left Red Lake at 6:30 a.m. after the chopper had been refueled. They were back in Portage two hours later.

"We were really happy to be involved," Capt di Dio admitted. "As military pilots, we generally spend a lot of time training, and a smaller portion of our career is actually spent doing a mission. It was quite rewarding for the three of us."

It's just part of the job, at least sometimes.

HOOK & SMITH

Barristers, Solicitors & Notaries Public

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

Dennis A. Smith, Winston F. Smith, Q.C.,
Grant W. Davis and Bernard Toews

Telephone - (204) 885-4520 Fax - (204) 837-9846

Email: general@hookandsmith.com

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

17 Wing Sports Awards and Active Living Breakfast



CWO Sandra Spragg and LCol Alexander Bolt accept a health promotion award on behalf of the AJAG office presented by CWO Mike Robertson and Kathy Dmytrisin. All Photos: Cpl Paul Shapka



17 Wing CWO Mike Robertson presents members of the Mynarski Bombers t-shirts for winning the "C" division intramural hockey division.



17 Wing CWO Mike Robertson presents members of the Yellow Jackets t-shirts for winning the "B" division intramural hockey division.



17 Wing CWO Mike Robertson presents Sgt C.J. Butcher the Glenn MacLeod award.



17 Wing CWO Mike Robertson presents members of the PSP Volleyball team t-shirts for winning the intramural Volleyball division.



17 Wing CWO Mike Robertson presents Ted Scott a 17 Wing sports award for his dedication.



17 Wing Commander, Col Andy Cook presents Lt Chris Worthen the Male Athlete of the Year award.



17 Wing Commander, Col Andy Cook presents Capt Jennifer Finateri the Female Athlete of the Year award.



17 Wing Commander, Col Andy Cook presents Sgt Michelle Neilson the Official of the Year award at the 2016 PSP Sports awards breakfast held at 17 Wing, Winnipeg on May 20, 2016.



17 Wing Commander, Col Andy Cook presents the 17 Wing Womens Volleyball team the "Team" of the year award.

by Bill McLeod, Voxair Manager

The 17 Wing Sports Awards and Active Living Breakfast was held at the All Ranks Mess on May 20th, 2016. Athletes who performed at the highest level and members who demonstrated commitment to sports on the Wing were recognized by their peers and Personnel Support Programs staff.

Lieutenant Chris Worthen was named 17 Wing Male Athlete of the Year for his commitment to sport, tireless dedication, and work ethic. He is involved in ball hockey, hockey, and basketball and is a highly motivated athlete.

Captain Jennifer Finateri was named the 17 Wing Female Athlete of the Year. She is dedicated to the CAF Sports Program and is involved in volleyball and is also an elite runner.

Sgt Michelle Neilson was named the Official of the Year. Sgt Neilson is the CAF Chief Official for Swimming and is also a Level 4 Official for Swimming Canada. She has been featured in the Voxair and is well-known and respected in the Canadian swim community.

The 17 Wing Winnipeg Women's Volleyball Team was named the Team of the Year. Their continued success is attributed to the outstanding dedication of all the players.

Unfortunately, the Coach of the Year couldn't be at the breakfast and will be recognized at another time.

MCpl Linda Legault and Nadya Baspaly Forecast Air Show Weather

by Martin Zeilig, Voxair Photojournalist

"The early outlook for June is that Southern Manitoba will be slightly warmer and dryer than average due to the lingering effects of El Nino," according to a PowerPoint presentation produced for the 2016 Manitoba Airshow by Master Corporal Linda Legault, an instructor at the Canadian Forces School of Meteorology.

That advance weather forecast brings a smile to the face of Nadya Baspaly, director of ticketing for the Airshow, which will be held on June 4 at Southport Airfield, Portage La Prairie-- 83 kilometres west of Winnipeg down Highway One.

This collaboration between the Airshow and CFS Met came about during a conversation between Ms. Baspaly--who is completing an International Business Degree at the Asper School of Business, University of Manitoba-- and her sister, Major Lisa Baspaly, Commandant, CFS Met.

"The forecasts are being provided to the airshow planning committee and are going to be used to promote the event, kind of like what we did for the RCAF run last year," Maj Baspaly wrote in an email to The Voxair on April 11.

Nadya Baspaly noted that CFS Met offered to do a climate brief, as well as five day forecast prior to the Air Show.

"The PowerPoint climate brief I produced is what we call a public forecast, and is intended for the Air Show Board of Directors about the intended weather patterns, explained MCpl Legault during an interview, along with Ms. Baspaly, on May 3 in the second floor boardroom near The Voxair office.

"Now that we've produced the forecast, I'm maintaining a watch on how the weather might develop."

"In fact, the correct meteorological term used is actually known as Maintaining a Weather Watch," she added.

"When we get to five days out, then once a day I will do a detailed study of the weather maps and from there I'll produce a public style forecast," MCpl Legault said.

This year's MB Airshow will feature exciting aerobatics displays by the Snowbirds and our own Canadian Forces CF-18 Demo Team, notes the event's website.

"As well, spectators will be treated to invigorating and adrenaline pumping demonstrations by the Sky Hawks Parachute Team, and a search and rescue demonstration involving our Canadian Forces Search and Rescue Technicians (SAR Techs) and a CC-130 Hercules," says the online information.

"In addition to the heart stopping displays of aviation and military excellence, the airshow will also feature a variety of static and cultural displays that are sure to create excitement at any age including, model aircraft, Prairie Mobile Remote Control Display, Classic Car/Vintage Motorcycle Show/Army Vehicles/ Weaponry/Grass Roots Aviation Display/Recruitment/ Career Fair/MC College Fashion Show/Artisan Market/Beer Garden/Local music and cuisine."

The MB Airshow is a non profit event put on by the Manitoba Ninety-Nines, a branch of the Ninety-Nines, Inc., International Organization of Women Pilots, Ms. Baspaly said.

The organization was founded November 2, 1929, at Curtiss Field, Valley Stream, Long Island, New York. All 117 women pilots at the time were invited to assemble for mutual support, the advancement of aviation and a central office to keep files on women in aviation, says the Ninety-Nines, Inc. website.

"The Air Show will be a festival of Manitoba excellence," emphasized Ms. Baspaly, noting that the event will also mark the 75th anniversary of the Air Cadets.

For further information visit the Air Show website: <https://www.universe.com/events/manitoba-airshow-2016-tickets-portage-la-prairie-57QHTJ>

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

Training Tips for the RCAF Run

by Martin Zeilig, Voxair Photojournalist

As an experienced personal trainer/total health coach, Vic Keller, owner of Vic Fitness Total Health on Provencher Boulevard, knows what it takes to be a successful runner.

"People need to have a systematic foundation that's driven with an incremental approach," Keller says. "It needs to be done by understanding the individual's heart rate. They (runners) need to understand their heart zone for training; and, the heart rate zone they require to have a safe and strong race."

Over the years, he has helped prepare numerous participants for the Royal Canadian Air Force Run, including Winnipeg resident John Grivell, the half marathon gold medal winner in the Masters Category (over 40) at the 2015 RCAF Run.

The 8th Annual RCAF Run will be held on Sunday, June 5.

"Running parallel with the runways of Winnipeg's James Richardson International Airport, the running routes will bring families and fitness enthusiasts alongside Canadian Armed Forces aircraft, which will open for tours between 11:00 a.m. and 2:00 p.m.," notes an RCAF media release.

An opening ceremony will kick off the day at 8:30 a.m. with the first race, the half-marathon, starting at 9:00 a.m. Unlike other road races, the RCAF Run places participants directly beside Canadian Armed Forces aircraft like the mighty CC-130 Hercules. This year, members of the Canadian Forces Snowbirds (431 Air Demonstration Squadron) will be joining us for the day starting with a fly past over 17 Wing at 9:00 a.m.

The RCAF Run features events for the avid runner, the fitness enthusiast, the pack leader and families on the go. Individuals looking to qualify for other running events are welcome to register for our Athletics Canada certified courses in the half-marathon (individual or two-person relay), the 10-km race, and the 5-km race. Families looking for some active fun can also register for our

3-km walk/run, which starts at 11:00 a.m. Registration information for all races can be found at www.rcafrun.ca.

Family support is critical to our mission success. In recognition of our families, we want to give back to those who make our service possible. Half of the funds raised through registrations and donations at the RCAF Run will go to the Military Families Fund. This Fund was created to assist military families faced with unforeseen and often immediate needs that have resulted due to the conditions of military service.

Half of the funds raised through the RCAF Run will go to providing resources and opportunities for servicing and retired Canadian Armed Forces personnel with a permanent or chronic illness or injury to actively participate in physical, recreational or sporting activities to maintain a healthy and active lifestyle."

Grivell, who will be competing in the half marathon at this year's RCAF Run, credits Keller for much of his success as a runner.

"Vic gave me some notebooks to write down my different workouts, and he gave me a copy of his book on nutrition," he said during a telephone interview. "The main thing was focussing on a training plan which involved running hills on Tuesday (evening) at Garbage Hill (Westview Park) in spring, summer and fall, and running tempos at Assiniboine Park on Thursdays with long runs early on Sunday mornings."

Grivell, who works at two jobs, noted that he now trains on his own.

"The other good thing Vic has done is to provide transportation to runs all over the province," he said, observing that the RCAF Run supports a worthwhile cause--Soldier On, which, according to its website, supports those who have served by focusing on their physical and

mental health, their family, their community, and their future.

"The way to get better at running is to be consistent and to make sure you have a pair of comfortable running shoes. It's important to eat properly before you run, and to hydrate while you're running. The RCAF Run is one of my favourite half marathons. It has pinpoint accuracy. The event is very well organized, and it goes toward a good cause. The all you can eat lunch afterwards is terrific. You get to meet a whole bunch of really nice people."

Keller emphasized that a weekly training regimen should include, among other suggestions, one day of hill tempo training, and one day of an "ultra flushing" run at a pre-determined heart rate zone, and one long run based on your target and goal for the half marathon.

"The nutritional aspect is very key," he said. "I do a lot of one on one work in that area. We need to look at what the individual's body weight and fat percentage is. From there, we need to make sure the type of carbohydrates are in line with the fat and protein percentages per meal. When we create this, the body creates natural stable blood sugar levels that allows your body to create energy while running."

This will enable you to utilize your energy stores for prolonged periods of time without having to worry about taking fuel (some type of food) while running a half marathon race."

Keller also stressed that heart rate zone running helps protect you from running dangerously fast or too hard in hot and/or humid weather.



award winning
**Assiniboia
Animal
Hospital**

Gentle with
Pets & Prices

889-5570
3050 Portage Avenue



GET OUT & BE ACTIVE • SORTEZ ET SOYEZ ACTIFS

JUNE is RECREATION Month **JUIN est le mois des LOISIRS**

ALL SESSIONS ARE FREE!

A CELEBRATION OF CYCLING PRESENTED BY FÊTE DU VÉLO. PARRAINÉE PAR



SPORTCHEK

LA PARTICIPATION AUX CONFÉRENCES EST GRATUITE!

BIKE RODEO

Saturday, June 11 • 1030-1300 hrs • Bldg 33 Parking lot
Children's bike safety course, bike decorating, small bike ride, BBQ, games, draws and prizes!

GROUP RIDE

Saturday, June 18 • 1000 hrs • Bldg 90 Parking lot
Group ride to Fort Whyte and back
LUNCH IS AVAILABLE TO PURCHASE OR BRING YOUR OWN

FREE SPIN CLASS

Monday, June 20 • 1700 hrs • Bldg 90

BIKE MAINTENANCE CLINIC REGISTRATION REQUIRED

Monday, June 20 • 1830 hrs • Bldg 33 Activity Room

OUTDOOR NOON SPIN CLASS

Tuesday, June 21 • 1200 hrs • Bldg 90

FREE SPIN CLASS

Wednesday, June 22 • 1700 hrs • Bldg 90

TIRE CHANGING CLINIC REGISTRATION REQUIRED

Thursday, June 23 • 1200 hrs • Bldg 33 Activity Room

BIKE TO WORK DAY PIT STOP

Friday, June 24 • 0630 hrs • Whytewold Rd & Silver Ave
YELLOW RIBBON TRAIL

RODÉO VÉLO

le samedi 11 juin • de 10 h 30 à 13 h • Stationnement du Bât. 33
Cours de sécurité à vélo pour les enfants, décoration de vélos, parcours pour petits vélos, barbecue, jeux, prix à gagner.

GROUP RIDE

le samedi 18 juin • à 10 hrs • Stationnement du Bât. 90
Randonnée aller-retour en groupe au Fort Whyte
POSSIBILITÉ D'ACHETER SUR PLACE OU D'APPORTER SON REPAS

COURS DE CARDIOVÉLO GRATUIT

le lundi 20 juin • à 17 h • Bât. 90

ATELIER GRATUIT D'ENTRETIEN DE VÉLO INSCRIPTION OBLIGATOIRE

le lundi 20 juin • à 18 h 30 • Bât. 33 - salle des activités

CARDIOVÉLO DU MIDI EN EXTÉRIEUR

le mardi 21 juin • à 12 h • Bât. 90

COURS DE CARDIOVÉLO GRATUIT

le mercredi 22 juin • à 17 h • Bât. 90

ATELIER DE CHANGEMENT DE PNEUS INSCRIPTION OBLIGATOIRE

le jeudi 23 juin • à 12 h • Bât. 33 - salle des activités

JOURNÉE « AU BOULOT À VÉLO » ARRÊT RAVITAILLEMENT

le vendredi 24 juin • à 6 h 30 • ch. Whytewold et av. Silver
PISTE DES RUBANS JAUNES

FREE GIVE-A-WAYS!

À GAGNER!

REGISTER ONLINE AT / VEUILLEZ VOUS INSCRIRE EN LIGNE, À WWW.PSPWINNIPEG.CA
OR CONTACT / OU EN COMMUNIQUANT AVEC DEANNE.BENNETT@FORCES.GC.CA • EXT / POSTE 7013

Unveiling of new silver coins from the National Heroes series

by Martin Zeilig, Voxair Photojournalist

A new series of silver coins, from the National Heroes series, honouring Canada's firefighters, paramedics, police and military were unveiled at the Royal Canadian Mint in Winnipeg on May 17.

All four professions face danger in the line of duty yet remain steadfast in their commitment and dedication to helping others, notes information on the Mint website.

Each of the four coins in the series is produced in 99.99% pure silver and features selective colour over engraving which brings to life the depiction of a firefighter, paramedic, police officer, and infantry soldier in the line of duty. Designed by Canadian artist Ken Ryan, each coin has a face value of \$15, a mintage of 10,000 and retails for \$69.95, said the media release.

"This coin series is a wonderful addition to any collection, paying tribute to our everyday heroes who put themselves at risk every time they answer the call of duty to protect us," said Sandra Hanington, President and CEO of the Royal Canadian Mint, who was present at the event. "These coins are also a way for the Mint and all of our employees to say thank you for the unwavering selflessness and courage these heroes demonstrate in their communities."

Lieutenant-Colonel D.R. Kolton, Commanding Officer for the Fort Garry Horse, maintained that it was important for the other three endeavours to share the stage with the CAF.

"I think we have concentrated so much on the sacrifice of the military, that we don't look at the sacrifice of everyday heroes, the police officers, paramedics, and firefighters," he said after the formal indoor ceremonies, as photos were being taken with representatives for the four professions beside large mounted replicas of the respective coins.

He emphasized that firefighters, police and paramedics all make sacrifices in their professions, "the same as



On May 17, 2016 the Royal Canadian Mint (Winnipeg, MB) unveiled four commemorative coins highlighting Police, Paramedic, Fire and Military services.. Photo: Paul Shapka.

anyone in the military."

LCol Kolton, who's a rural municipal coordinator in civilian life, was accompanied by several other members of the Fort Garry Horse, along with a G-Wagon, the primary light, highly mobile vehicle used by the unit in training for reconnaissance. Fort Garry Horse is an Armoured Reconnaissance unit in the Canadian Army Reserve based at McGregor Armoury.

Patrol Sergeant Phil Penner, one of three City of Winnipeg Police Services members in attendance, expressed his admiration for the detail and colour in the coins.

"It very clearly depicts a police officer in action," he said. "I'm very happy with it."

Meanwhile, Mayor Brian Bowman said it was quite fitting that the RCM would unveil this new tribute in their National heroes series.

"We're on Treaty One land, the traditional home of the Metis Nation," he said. "It's a tremendous honour to be here today. It's as inspiring as it gets. People who run towards the fire, those who fight for Canadian values around the world, these individuals make a huge difference in their line of duty and their community. They risk their lives on a daily basis."

During his introductory remarks, Premier Brian Pallister said he was proud to be at the proceedings on such a "beautiful Manitoba day" to honour those men and women that protect people and property.

"These coins acknowledge the tremendous contributions made these groups to Canadians," he added.

In particular, Mr. Pallister pointed to the firefighters who had been battling the massive forest fires around Fort McMurray, Alberta.

"Those brave men and women saved thousands of homes and property," he said. "The coins acknowledge a depth of gratitude we all share."

In conjunction with this coin series, the Mint donated \$10,000 to the Red Cross Alberta Fires Appeal (Fort McMurray) as well as \$5 from the sale of every "Firefighters" coin, which is the first coin in the series.

The "Firefighters" coin is available now at the Mint's boutiques in Ottawa, Winnipeg and Vancouver, as well as through the Mint's global network of dealers and distributors, including participating Canada Post outlets, according to the RCM website. The remaining three coins in the series can be ordered from the Mint as of today and will be available on the following dates: Paramedics - June 7, 2016; Police - August 7, 2016; Military - September 6, 2016

These coins can be ordered from the Mint at 1-800-267-1871 in Canada, 1-800-268-6468.

2 CAD Goes Green With Healthy Snacks

by Bill McLeod, Voxair Manager

An initiative at 2 Canadian Air Division Headquarters intends to encourage people to enjoy fresh, local, healthy snacks while beautifying the front of their building.

A half-dozen members were on hand on Friday, May 20, to add topsoil, cultivate, and plant a community garden in front of Building 86. The garden will include zucchini, carrots, basil, beans, tomatoes, radish, lettuce, and squash, among others.

The garden also includes decorative wheat grass, hostas, and marigolds.

"The purpose of the marigolds is to bring in the good pests and get rid of the bad ones," said Major Charleen



MCpl Bonnie Hill, Major Charleen MacCulloch, and Capt Stephen Bowen plant some decorative plants in the community garden in front of 2 CAD HQ on 20 May. Photo: Bill McLeod, Voxair Manager.

MacCulloch, 2 CAD HQ Commanding Officer.

During the last month, the 2 CAD HQ Orderly Room kept a jar for donations that said, "Donate to our community garden, it's a piece of cake," referring to the frequent treats on the Orderly Room counter. Prior to eating, personnel were requested to provide a donation for

the garden in support of healthy eating. They managed to raise \$30 to purchase plants for the garden.

This is the third year that 2 CAD HQ has come together to beautify the front garden. The first year consisted of only flowers. Last year, each Section was given a specific plot to design and plant, with some Sections planting vegetables. The enthusiasm among 2 CAD HQ personnel surrounding their locally grown, fresh vegetables influenced this year's decision to plant a community vegetable garden.

Master Corporal Bonnie Hill says all 2 CAD HQ members are invited to be involved in the community garden, and those interested will come out a couple of times a week to do a little maintenance and help themselves to a healthy snack.

Although the garden will help beautify the front entrance, Maj MacCulloch says they had to borrow some bright orange snow fencing from Wing Construction Engineering to protect their edible plants from some of the Wing's other residents like white-tailed deer, geese and rabbits. Hopefully the orange fencing will be able to be removed once the plants mature.



Capt Steve Bowen, MCpl Bonnie Hill, WO Paul Marcotte, Maj Charleen MacCulloch, and MWO Barry White plant the new garden at 2 CAD HQ on May 20, 2016.. Photo: Bill McLeod, Voxair Manager.

Healthy Pets for Happy Families

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

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

Associated Veterinary Hospitals

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

ST. JAMES LAWN & GARDEN

Lawn and Garden Services:

- Spring / Fall Clean-ups
- Fertilizer & Weed Control
- Aeration & Over-seeding
- Tree & Hedge Trimming

Dependable and Courteous Service

- Weekly Service: Mon-Fri 9-5
- No Charge Estimates
- On-time scheduled appts
- V.A. - V.I.P. Program

stjameslawn@mymts.net 204.797.3108

LCol Jeremy Hansen (RCAF) and LTC Hague visit 17 Wing



Lieutenant-Colonel Nick Hague (US Air Force) (left) and Lieutenant-Colonel Jeremy Hansen (right) visited 17 Wing Winnipeg on 16 May 2016 and talked to the Voxair. Photo: MCpl Rick Ayer.

by Martin Zeilig, Voxair Photojournalist

Two NASA Astronauts in training, Lieutenant-Colonel Jeremy Hansen of the RCAF and United States Air Force Lieutenant Commander Nick Hague, flew into 17 Wing the Lyndon B. Johnson Space Center in Houston, Texas on May 16 for a brief “gas and go” of their twin engined stiletto shaped T-38 Talon before heading off to CFB Cold Lake to do flight training on CF-18 fighters.

The Space Center is where NASA’s human space-flight training, research, and flight control are conducted from.

LCol Hansen and LTC Hague, both of whom were wearing blue astronaut flight suits with their respective country’s flags on the shoulder, were interviewed at Spot Number 8 on the tarmac. One hundred metres south-east of Hanger 16, their white and blue T-38 jet trainer, with the distinctive NASA logo (a stylized split wing-

shaped red chevron flaring through the orbit of a satellite) painted on its tail, was being refuelled.

They had to be cleared by Canada Customs on the tarmac before their plane could be refuelled and they could engage with The Voxair on that wind whipped, sunny afternoon.

That very same day, media outlets reported that another Canadian, David Saint-Jacques, who hails from Quebec City, had been “booked on a Russian Soyuz rocket that blasts off for the International Space Station in November 2018.”

The announcement was made in Ottawa by Navdeep Bains, Minister of Innovation, Science and Economic development, and Minister responsible for the Canadian Space Agency.

“Saint-Jacques, 46, will take part in a six-month mission at the space station, becoming the ninth Canadian

astronaut in space,” said the report. “It’s the 17th Canadian space mission and the third ‘long-duration’ mission.

Saint-Jacques, along with the 40-year-old Jeremy Hansen of London, Ontario were named Canada’s “newest” astronauts in 2009.

“Both have been training ever since, but neither has left Earth so far,” reported the CBC that day. “Saint-Jacques, who has degrees in medicine, engineering and astrophysics, said he was humbled to represent all Canadians on the mission. The last astronaut to fly in space was Chris Hadfield, who became the first Canadian commander of the space station during a five-month visit in 2013.”

Meanwhile, LCol Hansen served as an aquanaut aboard the Aquarius underwater laboratory during the NEEMO 19 undersea exploration mission, which began on September 7, 2014 and lasted seven days, says his online biography.

He holds a Bachelor of Science degree in Space Science, First Class Honours, from the Royal Military College in Kingston, Ontario. LCol Hansen earned a Master of Science degree in Physics from the same institution in 2000, with a research focus on Wide Field of View Satellite Tracking.

LCol Hansen referred to Chris Hadfield as one of his mentors.

“I first met him nine years ago when he was the First Support Officer at the CSA,” he said to a reporter.

LCol Hansen, who pointed proudly to the CSA patch on a shoulder of his flight suite, explained that he was “seconded” to the CSA from the RCAF.

“We’re both rookie astronauts,” he said modestly of himself and LTC Hague. “I’ve been in the space program for seven years, while (LTC) Nick (Hague) has been in for three years. We don’t have the exact dates when we’ll fly to the ISS.”

LCol Hansen also observed that Canadian astronauts focus on health research onboard the ISS.

“Working in the space program, I’ve been inspired. We’ve set huge goals.”

He emphasized humankind is reaping great benefits from research being done onboard the ISS and through the space program generally.

“I plan to be in the space program for quite a while,” LCol Hansen said.

A short time later, LCol Hansen and LTC Hague were gone. Their T-38 roared down the runway before rising off at an acute angle, to an eventual height of 40,000 feet and speed of 540 knots, into the cloudless spring sky.

Lieutenant Governor Reviews the Troops at Legislature



Lieutenant Governor of Manitoba, The Honorable Janice Filmon, inspects the 17 Wing members on parade at the opening of the Manitoba Legislature on May 16, 2016. Photo: Corporal Paul Shapka.

École francophone	Transport scolaire
Maternelle à 8 ^e année	Garderie francophone
École la plus près de la 17 ^e Escadre	Centre de la petite enfance et de la famille

École Roméo-Dallaire

DEVISION SCOLAIRE FRANCO-MANITOBAINE

81, chemin Quail Ridge, Winnipeg (Manitoba)
<http://rdallaire.dsfm.mb.ca>

(204) 885-8000
romeo.dallaire@dsfm.mb.ca

SAR Tech Canopy Control Course Held in Canada



Canadian Forces (CF) Search and rescue technician (SAR Tech) Sgt Darcy Keeting prepares to jump from a CC-138 Twin Otter during the Canopy Control Course in Gimli, MB, May 18th, 2016. Photo: OS Erica Seymour.

by Martin Zeilig, Voxair Photojournalist

A total of 20 Search and Rescue Technicians (SAR Techs) from 435 Transport and Rescue Squadron and other Canadian Armed Forces bases took part in the first ever SAR Canopy Control Course in Canada, May 9-20, at the Gimli Industrial Park Airfield-- some 70 kilometres north of Winnipeg on the south west shores of Lake Winnipeg.

"Normally, we do these types of courses in the U.S. with a private companies like Flight-1," said Master-Corporal Steve Delage, the SAR Tech course coordinator for the 12 day training program. "It's not common for

SAR Techs to receive this type of course."

Deland, Florida Flight-1 is the leading provider of canopy flight instruction in both the military and sport market, having trained thousands of operators and skydivers worldwide, says the Flight-1 website. "In the year 2010, more than 700 sport parachutists attended over 50 Flight-1 courses in 12 different countries. On the military side, Flight-1 has been delivering targeted canopy control training to national and international military units since 2005, and worked with over fifteen different commands in 2011."

MCpl Delage said the SAR Techs train with a civilian company in order to achieve the highest levels of canopy landing/parachute piloting. This time they decided to do it on Canadian soil and use a Hercules C-130 (435 Squadron) and a Twin Otter (440 Squadron out of Yellowknife, NWT) as their jumping platforms, he added.

"We get basic parachute training when we're on basic SAR Tech course," MCpl Delage observed. "We train every day. When we fly, we jump. But, typically, we don't receive any advanced training."

A number of instructors from Skydive Manitoba were assisting the SAR Techs with the instruction and providing tandem jumps to 435 Sqn members and civilian participants (including a photojournalist from The Voxair) during the course.

Skydive Manitoba is affiliated with both the Canadian Sport Parachuting Association (CSPA-- Canadian

skydivers main governing body since 1956) and the Manitoba Sport Parachuting Association (MSPA), notes the organization's website.

MCpl Delage noted too that renowned skydiving instructor Aaron Stocum, who's done 12,000 jumps from Flight-1 was teaching "advanced and safer canopy techniques in confined areas."

Besides 435 Squadron, the other SAR Techs involved were from CFB Comox, CFB Greenwood and CFB Cold Lake, he pointed out.

"There's no difference between jumping in training sessions or on actual missions because they both involved jumping from aircraft," said MCpl Delage, who was busy throughout the week coordinating jumps and related tasks in the old hanger at the Gimli Airport-- a relic of the British Commonwealth Air Training Plan during the Second World War.

The main reason for training at Gimli was because it was within a reasonable distance of Winnipeg, and the weather conditions in May are suitable for such training because of the high winds, he added.

"And, the facility was good," said MCpl Delage, mentioning that some clerks and navigators and other members of 435 Squadron, along with a few civilians, including The Voxair reporter, did tandem skydives from a C-130 Hercules at about 10,000 feet.

He emphasized that parachute jumping from aircraft is only one mode of insertion for SAR Techs, pointing out that they also are trained for underwater diving, mountain climbing, and hoisting from helicopters.

"We're going to try to have canopy training yearly now with different units across the country," he said

It's what they do for a living.

Voxair Reporter Jumps With the SAR Techs in Gimli

by Martin Zeilig, Voxair Photojournalist

A total of 20 Search and Rescue Technicians (SAR Techs) from 435 Transport and Rescue Squadron and other Canadian Armed Forces bases took part in the first ever SAR Canopy Control Course in Canada, May 9-20, at the Gimli Industrial Park Airfield-- some 70 kilometres north of Winnipeg on the south west shores of Lake Winnipeg.

"Normally, we do these types of courses in the U.S. with a private companies like Flight-1," said Master-Corporal Steve Delage, the SAR Tech course coordinator for the 12 day training program. "It's not common for SAR Techs to receive this type of course."

Deland, Florida Flight-1 is the leading provider of canopy flight instruction in both the military and sport market, having trained thousands of operators and skydivers worldwide, says the Flight-1 website. "In the year 2010, more than 700 sport parachutists attended over 50 Flight-1 courses in 12 different countries. On the military side, Flight-1 has been delivering targeted canopy control training to national and international military units since 2005, and worked with over fifteen different commands in 2011."

MCpl Delage said the SAR Techs train with a civilian company in order to achieve the highest levels of canopy landing/parachute piloting. This time they decided to do it on Canadian soil and use a Hercules C-130

(435 Squadron) and a Twin Otter (440 Squadron out of Yellowknife, NWT) as their jumping platforms, he added.

"We get basic parachute training when we're on basic SAR Tech course," MCpl Delage observed. "We train every day. When we fly, we jump. But, typically, we don't receive any advanced training."

A number of instructors from Skydive Manitoba were assisting the SAR Techs with the instruction and providing tandem jumps to 435 Sqn members and civilian participants (including a photojournalist from The Voxair) during the course.

Skydive Manitoba is affiliated with both the Canadian Sport Parachuting Association (CSPA-- Canadian skydivers main governing body since 1956) and the Manitoba Sport Parachuting Association (MSPA), notes the organization's website.

MCpl Delage noted too that renowned skydiving

instructor Aaron Stocum, who's done 12,000 jumps from Flight-1 was teaching "advanced and safer canopy techniques in confined areas."

Besides 435 Squadron, the other SAR Techs involved were from CFB Comox, CFB Greenwood and CFB Cold Lake, he pointed out.

"There's no difference between jumping in training sessions or on actual missions because they both involved jumping from aircraft," said MCpl Delage, who was busy throughout



A SAR Tech (not Martin) jumps out of a CC-130 Hercules above Gimli Industrial Park Airport, MB. Photo: Cpl Darryl Hepner.

the week coordinating jumps and related tasks in the old hanger at the Gimli Airport-- a relic of the British Commonwealth Air Training Plan during the Second World War.

The main reason for training at Gimli was because it was within a reasonable distance of Winnipeg, and the weather conditions in May are suitable for such training because of the high winds, he added.

"And, the facility was good," said MCpl Delage, mentioning that some clerks and navigators and other members of 435 Squadron, along with a few civilians, including The Voxair reporter, did tandem skydives from a C-130 Hercules at about 10,000 feet.

He emphasized that parachute jumping from aircraft is only one mode of insertion for SAR Techs, pointing out that they also are trained for underwater diving, mountain climbing, and hoisting from helicopters.

"We're going to try to have canopy training yearly now with different units across the country," he said

It's what they do for a living.

WHENEVER THEY CHECK THE TIME,
THEY SHOULD SEE YOUR FACE.

ENJOY A 10% MILITARY DISCOUNT



WATCH IT! WHERE TIME MATTERS MORE

POLDO PARK SHOPPING CENTRE
(204) 775-7589 | poloparkwatchit.ca

MOVADO

SPORTS BAR

OPEN for LUNCH
Reservations Welcome
204-783-7800
305 Madison St.
Movado.polo@gmail.com

All military service personnel and veterans receive **20% off** regular priced items with valid Military ID or CF One Card

Must be 18 years old, no minors

233-ALLÔ

CENTRE D'INFORMATION

233-2556 1-800-665-4443

CALENDRIER COMMUNAUTAIRE

19 mai au 28 juillet • Exposition – Exil : Voyage au centre de la terre • CCFM • info. : 233-8972

3 juin • Nuit de Art • Maison des Artistes • info. : 237-5964

3 juin • Quelques arpents de pièges • CCFM • info. : 233-8972

4 juin • Vente bric à brac • Le p'tit bonheur inc. • info. : 233-7491

5-11 juin • Défi transport 2016 • Green Action Center • info. : 866-394-8880

6 juin • Cinéma – Un + Une • SilverCity Saint-Vital • info. : 256-5542

7 juin • Mardi jazz – Sean Burke • CCFM • info. : 233-8972

9 juin • Journée Francophone • Kidsfest • info. : 958-4730

9 juin • Conférence – La conférence de Paris sur le climat, et après ? • Développement et Paix • info. : 231-2848

11 juin • 56e anniversaire de l'indépendance du Cameroun • Sous le Baobab • info. : 231-2145

15 juin • Diner conférence • Chambre de commerce francophone de Saint-Boniface • info. : 235-1406

Pour plus d'informations et pour voir le calendrier au complet, visitez le <http://www.sfm.mb.ca/calendrier>

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



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

St. James



670 Century Street, Winnipeg Phone: 204 788-1100

stjamesaudi.com

stjamesvw.com

HOUSEWATCH

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

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

CF Members Get A 10% Discount

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



COMMISSIONAIRES

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



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

Reservist Employers Visit RCAF Units on Executrek

by Martin Zeilig, Voxair Photojournalist

For Pierre-Patrick Dupont and 14 other business executives from Quebec, northwestern Ontario and Manitoba, a recent whirlwind visit to Winnipeg was filled with activities and insight into the workings of 17 Wing and the role played by Air Reservists within the wider RCAF community.

The executives took part in an Executrek, which is organized by the Canadian Forces Liaison Council, on May 18-19.

"It was designed to give executives in the aviation industry an understanding of the different roles and elements of the Air Force here in Winnipeg and Reservists who serve in the various units," explained Lieutenant-Colonel Denis Roy, head of the CFLC here and the main organizer of the Executrek.

"We're actively looking for support for reservists when they need to train or be deployed or just to carry out an exercise," he said during an interview with The Voxair.

"The executives were kept busy," LCol Roy added.

The visit included: a tour of 435 Squadron; a familiarization flight around Winnipeg and Gimli in a C-130 Hercules; a briefing by Major-General Wheeler, Commander of 1 Canadian Air Division, about 1 CAD; a tour of the museum at 1CAD by volunteer Joe Monkhouse; a dinner at the Officer's Mess with 17 Wing Commander Colonel Andy Cook; and 2 Canadian Air Division Commander, Brigadier-General Dave Cochrane, among other things.

"We exchanged all kinds of information on the reservists and the industries represented," LCol Roy continued.



Participants in the 2016 Executrek under the wing of a CC-130 Hercules during their tour of the base. Photo: Supplied.

He also mentioned that the executives received a briefing from Col Cook on the role of 17 Wing and its units, as well as a presentation from Lieutenant-Colonel Heather Collins at 1CAD on Air Reserves, and a briefing by Lieutenant-Colonel Michelle Claveau, Commanding Officer of the Regional Cadet Support Unit Northwest, on the Cadet program and the Cadet Instructor Cadre.

The executives also had a tour of the Canadian

Forces School of Survival and Aeromedical Training where they witnessed flight crew trainees being put through the Rapid Decompression Chamber and the Positive Briefing System, as well as other methods of training.

They also took part in shooting exercises at the Small Arms Trainer in Building 66, and, afterwards had briefings at the Canadian School of Aerospace Studies, followed by a visit to 402 Squadron, LCol Roy observed.

"It was successful. We accomplished our aims to expose the guests to the reserves and the RCAF," he said. "And, in gaining their support to further support the reserves, and encourage their peers to do the same."

Mr. Dupont called the Executrek a worthwhile experience.

"It was very good and interesting," he said to The Voxair. "We saw a lot things we don't know about. It's a very creative way to promote reservists in our hospitals. I have plenty of medical reservists at the hospital. Many of them are medical technicians and a few are nurses."

He added that he now had a better understanding of the difference between reservists in the Army and the Airforce.

"The Reservists in the Air Force are more like regular forces working within the regular force unit," explained Mr. Dupont. "But, in the army it's more general. You're working with other reservists."

Riding The Wave into the Future of Learning with Technology



LCdr James Cantafio delivers a presentation at the Riding the Wave educational technology conference held in Gimli, MB, on May 5 and 6. Photo: Supplied.

by Martin Zeilig, Voxair Photojournalist

Everywhere you turned there was something happening at the Riding the Wave of Change Conference held on May 5 and 6 at the Lakeshore Resort in Gimli, Manitoba. The two-day conference centred on the use of technology in education, was well attended with over 250 people participating, including Lieutenant-Commander James Cantafio and Major David Treanor from CFB Winnipeg.

The 2016 conference, which was designed for elementary and high school teachers, administrators as well as information technology (IT) support professionals, was presented, in partnership, by: Riding the Wave (RTW), Manitoba Association of Education Technology Leaders (MAETL), Manitoba Education Research and Learning Information Networks (MERLIN), and Manitoba Association of Computing Educators (ManACE)

"The aim of this training gathering is to demonstrate how to integrate and use commercially available technology into the classroom," LCdr Cantafio, Staff Officer Training and Education Development, 2 Canadian Air Division Headquarters, said during an interview with The Voxair.

"There's a lot of software that's in the public realm that people may not know about that could easily be used to help teachers do their job. At this conference, the teachers and administrators showcase how they can use computer technologies to help students learn."

LCdr Cantafio and Maj Treanor, who works at the Canadian Forces School of Aerospace Studies (CFSAS), delivered a workshop that highlighted how the military is adapting to changes in the development and delivery of learning and what the types of technology are being used to train people in the Canadian Armed Forces today.

"While many courses in the Royal Canadian Air Force are (still being) conducted residentially, distance or online learning has become an integral part of how we do training and education at CFSAS," observed LCdr Cantafio, who has a Bachelors of Science degree, a Masters degree in Geography, and a Masters degree in Edu-

cation.

After a brief introduction about CFSAS, LCdr Cantafio and Maj Treanor, who has a Master of Business Administration (MBA), conducted a practical demonstration of the Air Force Officer Professional Development (AFOD programme). Involved with the AFOD programme since 2012, Maj Treanor describes it as "our prized DL academic programme that is based upon the SABA Learning Management System platform."

"We wanted to share our technology with the greater community to show that military training and education is similar to public school teaching when it comes to strategies, similar technologies, and methods such as testing and quizzes using technology," LCdr Cantafio explained.

He also noted that the AFOD Program, which is taught at CFSAS, is a professional development program that prepares junior RCAF officers for leadership roles in the Air Force of the future. The program consists of four distance learning modules and one in-class module, where computer-based learning management systems and audio/video technologies are used to enhance the learning experience "For me, I like that I could say that we were not all that different from the public school system in the fact that the military is open and trying to consider and adapt technology in the learning environment-- whether in the classroom or through distance learning." "Future recruits for the CAF would be surprised to find out that how we teach and learn is similar to the rest of Canadian society," LCdr Cantafio acknowledged.



**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

WIFI Internet

Air Hockey

Wii Games

Foosball

TGIF's

Cable TV **Shuffleboard**

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

www.pspwinnipeg.ca



The end of May has come, and with it, the end of our Health & Wellness Challenge. We hope you had fun and great success with the challenge this month. Health Promotion would like to take this opportunity to remind you to return your Activity Tracker to us by June 7th, to be eligible to win one of our great prizes this year (Emerson 7" Tablet, LifeTrak Core, Fit-bit Zip, Hamilton Beach Single Serve Blender, Yoga Mats).

MAKE SURE YOUR NAME IS ON YOUR TRACKER then return to us:

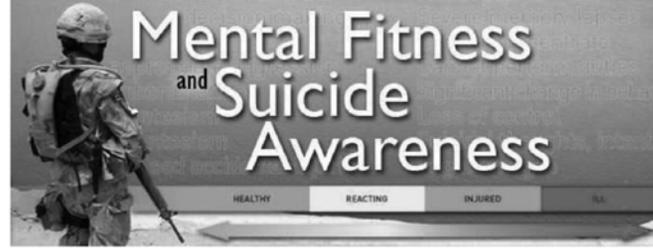
- email your tracker back to us at HealthPromo@forces.gc.ca
- put in internal mail to Health Promotion – B139 (CANEX Building)
- drop it off at our office, CANEX Building Rm 219 or simply email us back and let us know that you participated in the challenge

CFB WINNIPEG Golf Club

Lets Grow the Game!

Junior Golf Memberships
\$100.00/Season

www.17wingwpggolf.ca



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!
6 July 2016
0800 – 1600 hrs

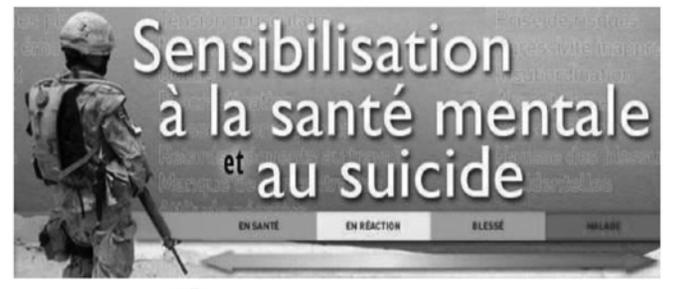
For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150

Force Mentale et Sensibilisation au Suicide

– Formation du Superviseur
Il s'agit d'un cours auquel on a attribué un code!
6 juillet 2016

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150

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



INTER-COMM
a course for improving communication within relationships

8 & 10 June 2016, 0830 - 1600hrs

Inter-comm: A skills building course designed to improve individual communication skills, help deal with conflict and support communication in relationships.

This program can help to maintain healthy relationships and build new ones.

Free!

For all adult military members, DND employees and their family members!

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

Alcohol, Other Drugs and Gambling: Supervisor's Training

18 & 19 August 2016
0800-1600 hrs

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

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

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

18 & 19 août 2016

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

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

To register, contact Health Promotion at (204) 833-2500 ext.4150

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150



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

NEW!! Support to Medically Releasing CAF members and their families.

Monday, June 27 from 1830 – 20130 hrs (A light supper will be provided)

Childcare is available upon request.

The MFRC is hosting an informal gathering for medically releasing CAF members and their families. Join us for an evening of good food and great conversation. Let's celebrate this time of transition and learn from each other's experience and wisdom. Help us build a "Community toolbox" for a smooth transition for the whole family. Together we can make a difference.

Those in attendance will be eligible for a chance to win a \$250.00 Canex gift certificate. RSVP by 20 June 2016 by calling Laurie Jackson at 204-833-2500 ext 4478

MFRC Annual General Meeting (AGM)

Tuesday, June 28 at 7:00 p.m.

Childcare is available free of charge

Family members of military personnel are invited to at-

tend our annual AGM. This is an opportunity to guide programming for the next year and participate in the election for new members of our Board of Directors. A community coffee break will be held after the meeting.

Messy Play Day

Monday, June 20 from 1:00 to 3:00 p.m.

Westwin Children Centre

\$5 per family

Parent participation required.

Registration deadline: June 15, 2016

Get ready to get messy and have fun! Dig in the mud pit, splash in the paint pool, make some wonderfully messy crafts that fizz, bubble and pop! It's sure to be a great afternoon! Dress for a mess—old clothing recommended.

South Side Parent Community

Thursday, June 9 from 9:30 to 11:30 a.m.

South Side Youth Centre -347 Doncaster

Free childcare for children ages 18 months to five years.

Join us at the South side Youth Centre as a "community" of people discuss topics related to all the trials and tribulations of being a parent to kids of all ages! Drop in and have coffee and snacks and get to know your neighbors, as your kids play and socialize with others.

South Side Play Group

Wednesday, June 15

From 9:30 to 11:00 a.m.

374 Doncaster St

Parent participation required

Parents/caregivers and children newborn to 5 years old are invited to drop in for some free play, crafts and stories. This is a chance to have some fun with your children while meeting friends and neighbours.

Happier at Home

Wednesday, June 15 from 6:30 to 8:30 p.m.

\$15.00 for first time participant

Registration deadline: June 8, 2016

Happy at home, but want to be even happier? This group is the sequel to the Happiness Project and will meet to build on the experience of the previous year, looking specifically at happiness within the home. Participants will receive a copy of the Gretchen Rubin book, Happier at Home, to read and discuss.

Coffee and Conversation

Tuesdays, June 7, 21 and 28

From 2:00 to 3:00 p.m.

Please note: there will be no Coffee and Conversation on June 14.

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!

2016
MFRC CRFM 25
Summer BBQs d'été
 COME OUT FOR A TASTY LUNCH BREAK AND VISIT WITH FRIENDS AND CO-WORKERS!
 SORTEZ POUR UNE DÉLICIEUSE PAUSE-REPAS ET PROFITEZ-EN POUR PASSER UN BON MOMENT AVEC DES AMIS ET COLLÈGUES !

THURSDAYS from 1130-1300 hrs
LES JEUDIS suivants de 11 h 30 à 13 h
JUNE • JUIN 9 &/ET 23
JULY • JUILLET 14 &/ET 28
AUGUST • AOÛT 11 &/ET 25

BE SURE TO MARK YOUR CALENDARS & JOIN US!
 NOTEZ LES DATES À VOTRE CALENDRIER ET SOYEZ DES NÔTRES !

WE ARE PLEASED TO OFFER A CHOICE OF:
 Hamburgers, Smokies, Chicken Burgers, Hot Dogs, a vegetarian option, water, soft drinks & chips.

NOUS SOMMES HEUREUX DE VOUS OFFRIR :
 Hamburgers, sandwich à la saucisse fumée, hamburger au poulet, hot-dogs, une option végétarienne, de l'eau et boissons gazeuses et des croustilles.

WE LOOK FORWARD TO SEEING YOU THROUGHOUT THE SUMMER!
 NOUS AVONS BIEN HÂTE DE VOUS VOIR RÉGULIÈREMENT TOUT AU LONG DE L'ÉTÉ!

MAQUILLAGE ET JEUX POUR ENFANTS • JEUX GONFLABLES • MUSIQUE FRANÇAISE
 FACE PAINTING • OUNCY CASTLES • KIDS' ACTIVITIES • FRENCH MUSIC

2016
Fête de la St-Jean-Baptiste Day
 Venez faire un tour, on vous y attend !
 Come celebrate with us!

à 15 h • juin 25 june • 3 pm
 SAMEDI SATURDAY

MESS DES CAPORAUX ET SOLDATS - BÂT. 61 • JR. RANKS' MESS - BLDG 61

Porc effiloché cuit façon méchoui préparé par **DANNYS** • Porc effiloché 3 \$ • Hotdog 1 \$
 Slow roasted Pulled Pork prepared by **DANNYS** • Pulled Pork \$3 • Hot Dog \$1

Toute la communauté MDN est invitée
All the DND community is invited
 FRANCOPHONES ET / & ANGLOPHONES !

MFRC CRFM WINNIPEG 25
 INSCRIPTIONS AU PLUS TARD LE 15 JUIN • REGISTER BY JUNE 15
 Réception du CRFM / MFRC Front Desk • 204-833-2500 poste/ext. 4500

Got "Squeaky" Cheese?

During the week of June 20, 2016, the MFRC is going to order and pick up fresh cheese curds directly from the Bothwell Cheese factory! The cheese will be picked up the day it is packaged for optimal freshness and squeakiness.

Orders must be placed and paid by Thursday, June 16, at the MFRC front desk. No orders will be accepted after this date. 1 Bag of 350g: \$5.75

Cheese curds will be available to be picked during the week of June 20, 2016, at the MFRC. An email will be sent confirming the date and hour for pick up.



www.facebook.com/thevoxair

Today's Trivia Answers

1. Parnelli Jones (Torrance, CA) — May 30 and 31, 1967 (rain interrupted). He drove the four-wheel drive STP-Paxton Turbocar for owner Andy Granatelli and dominated the race, but coasted to a stop with three laps to go when a \$6 transmission bearing broke. After 1968, turbine-powered cars were legislated out of competitiveness.
2. A.J. Foyt Jr (Houston, TX) — 1961, 1964, 1967, 1977.
3. Two. Al Unser Sr. (Albuquerque, NM) — 1970, 1971, 1978, 1987. Rick Mears (Wichita, KS) — 1979, 1984, 1988, 1991.
4. One. Jacques Villeneuve (Saint-Jean-sur-Richelieu, QC) — 1955.
5. Billy Foster (Victoria, BC) — 1965 and 1966. Foster began his racing career at Victoria's Western Speedway in 1954. He was killed in a crash during practice for a NASCAR stock car race at Riverside, CA, on January 20, 1967.
6. Janet Guthrie (Iowa City, IA). Guthrie was originally an aerospace engineer and worked for Republic Aviation. She began racing in 1963 and by 1972 was racing on a full-time basis.
7. Indianapolis Motor Speedway. It was 257,325 permanent seats but can expand to approximately 400,000 with the addition of infield seating.
8. Juan Pablo Montoya (Bogota, Colombia) — 15 (2001-2015).
9. Official margin: 0.043 second. Unofficial margin: 0.033 second.
10. Tony Kanaan (Salvador, Brazil), 2013 — 2 hours, 40 minutes, 03.4181 seconds — 187.433 miles per hour.
11. Michael Schumacher (Hürth, Germany), 7 — 1994, 1995, 2000, 2001, 2002, 2003, 2004.
12. Juan Manuel Fangio (Balcarce, Argentina), 5 — 1951, 1954, 1955, 1956, 1957. This record stood for 47 years until beaten by Schumacher.
13. Juan Manuel Fangio — 46 years, 41 days (1957).
14. Juan Manuel Fangio, February 23, 1958. Two unmasked gunmen of Fidel Castro's 26th of July Movement entered the Hotel Lincoln in Havana, Cuba, the day before Fangio was to compete in the Cuban Grand Prix. The motive was to embarrass the government of Cuba dictator, Fulgencio Batista, by kidnapping the biggest name in motorsport and forcing the cancellation of the race. Batista ordered the race to continue and Fangio was turned over to the Argentine embassy soon after the race was concluded. Italian Giovanna Amati, the last female driver to compete in the Formula One to date, was kidnapped in February 1978 by French gangsters. She was released after 70 days when her father paid a million-dollar ransom. She competed in three races in 1992. British driver Jenson Button was the target of an attempted kidnapping after qualifying for the Brazilian Grand Prix in November 2010, but managed to escape unharmed.
15. Peter Ryan (Mont Tremblant, QC). Ryan competed for Lotus at the 1961 United States Grand Prix at Watkins Glen, NY, finishing ninth. Ryan's career was cut short when he was involved in a crash during a Formula Junior race at Rheims, France, on July 2, 1962. He succumbed to his injuries in a Paris hospital. He was 22.
16. Gilles Villeneuve (Saint-Jean-sur-Richelieu, QC), October 8, 1978 — Canadian Grand Prix. To date, he is the only Canadian to win his home race. He was killed during qualifying for the 1982 Belgian Grand Prix.
17. Jacques Villeneuve, 1997. Gilles was his father.
18. Max Verstappen (Hasselt, Belgium), May 15, 2016 — Spanish Grand Prix — at the age of 18 years and 228 days. Verstappen holds a Dutch racing licence. He beat the previous record was set in 2008 by German driver Sebastian Vettel winning in Italy at 21 years, 73 days.
19. Luigi Fagioli (Osimo, Italy) — 1951 French Grand Prix — aged 53 years, 22 days.
20. Sebastian Vettel, aged 23 years, 134 days (2010). The next youngest is British driver Lewis Hamilton at 23 years, 300 days, in 2008.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Reality is, you're not in charge of everything. Just because others support you doesn't mean your way is the only way. Maintaining the status quo or wishing things could stay the same won't help. Accept change. Deal with the tough stuff. Life may not be fair but you need to be.

Taurus (April 20 – May 20): Ignoring reality and avoiding difficult decisions won't work. You have responsibilities that must be met. Lead with your heart and your head, not your ego or pride. Listen to what others are saying. Pay attention also to what isn't said. Head games are counter-productive.

Gemini (May 21 – June 21): When your mind is racing, listen to your heart. Get in touch with your feelings. Keep a journal. It is possible to be a realistic optimist. Being too analytical may lead to logical but unappealing choices. Accept assistance graciously from people who admire and respect you.

Cancer (June 22 – July 22): You can't change the past but you can make changes that improve things in the future. You have options. When it comes to other people's lives, be an observer. When it comes to your own, take charge. Take advantage of an opportunity. Avoid getting caught up in distractions.

Leo (July 23 – August 22): You'll feel a strong desire to do what you please and go where you want to go without restrictions. If you have commitments, honor them first or you'll suffer this lapse in future. Consider a compromise. Tell others about your plan so they can decide if they want to be part of it or not.

Virgo (August 23 – September 22): Yes, you must survive in the real world but doing so at the expense of your dreams will lead to a sense of dissatisfaction. Find a way to align your life with what gives you joy. Don't let the expectation of others limit you. Determine for yourself what is best for you. Nix the excuses.

Libra (September 23 – October 23): If you feel lost and alone on a road less travelled — take heart — those that love you will understand your need for solitude but will also be there if you need them. Opt out of events and celebrations that overwhelm you. Wish others well but give yourself the space you need too.

Scorpio (October 24 – November 21): The appreciation others show for your kindness triggers a profound awareness of how connected everyone is. Educate yourself. There will always be people who won't take responsibility for their actions. Avoid them. Stay real, even if people question your sincerity.

Sagittarius (November 22 – December 21): Catching up with friends you'll hear a lot about what others are going through. You can be the voice of reason and help others or you can quickly judge and potentially burn bridges. This is an opportunity for you to develop empathy for others. Show compassion.

Capricorn (December 22 – January 19): You won't have the opportunity to mull over your options later, so consider the possibilities in advance. List best and worst case scenarios and the choices available to you so that you can act promptly when you need to. Avoid judgements and embrace all that life offers.

Aquarius (January 20 – February 18): You'd love to feel the excitement and mystery of new experiences but the pull of the known is equally strong. Your emotions are swinging radically, but you don't have to act on all of them. Be patient with a person who is still trying to learn how to connect to their feelings.

Pisces (February 19 – March 20): Things may be a bit overwhelming right now. Consider your perspective and how you can change how you look at things. Do what you can and let go of the rest. Life is a series of changes. This phase shall pass. Embrace voluntary simplicity as a way to find peace of mind.

FOR APPOINTMENTS CALL 775-8368

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



Barala Kennels

YOUR PET'S HOME AWAY FROM HOME



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

OWNERS: GARTH AND SARA GRANT

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

GASTHAUS GUTENBERGER GERMAN RESTAURANT

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

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

Phone: 888-3133 for reservations

Catering Service Available

HABING LAVIOLETTE

BARRISTERS, SOLICITORS & NOTARIES



RONALD HABING
BA. LL.B.

and

SIDNEY LAVIOLETTE
BA. LL.B.

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

2643 Portage Avenue

Phone: (204) 832.8322 • Fax: 832.3906

ron@habinglaviolette.com

PERSONAL CLASSIFIEDS

FURNISHED ROOM FOR RENT ON BERRY ST. (5 MINUTE DRIVE/BUS RIDE, 5KM BIKE RIDE TO BASE)
\$500/mth or \$150/week. No lease. Included are all utilities (heat, electricity, water, cable, Internet), laundry, kitchenette, and parking spot. Contact Traci at 204-794-8181 or email cstrokes@mts.net

BUNGALOW FOR SALE IN QUIET CRESTVIEW NEIGHBOURHOOD
1210 sq ft, \$329,900. Five minute drive to 17 Wing. 5 bedrooms, 3 full baths, double attached garage. Minutes from Ecole Romeo-Dallaire School. Close to bus and walking path which goes directly to 17 Wing. Call 204-292-7905 to view.

NEWLY RENOVATED ST. JAMES FURNISHED CONDO FOR RENT (10 MINUTE DRIVE TO THE BASE)
Close to Grace Hospital. 2 bedroom, 1 bath fully furnished, newly renovated condo includes: washer, dryer, gas fireplace, front yard, indoor parking at back door of unit, dishwasher, new stainless steel appliances, electric heat, air conditioning, cable TV with DVR, and more. Available May 1, 2016. No smoking, no pets. Monthly rental is \$1550. For more information email Corinnehere@hotmail.com

RCAF TRADES' REUNION SET FOR NORTH BAY
August 25 to 28 at the Clarion Resort in North Bay, the RCAF will hold a reunion for former and active members of the following trades: fighter control operators, air defence techs, air weapon controllers and aerospace controllers. For information, contact the committee at faaar2016@hotmail.com or 705-776-9448. Complete details online at faaar2016.webs.com or [facebook.com/faaar2016](https://www.facebook.com/faaar2016).

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

Chaplains and Social Workers: Same, Similar, or Different?

by Padre Paul Gemmiti

Although clergy persons/chaplains and clinicians/social workers can be found throughout our modern society, this is a special topic for many CAF folk and their loved ones. To help the cause of clarity, I am providing a brief set of questions (hypothetical FAQs) to spark your own conversations during your coffee time, etc. I hope to eventually provide an article that will have the participation of a social worker counterpart.

Which has existed since at least medieval times and prior and continues to evolve?

Which has existed since developments in 20th century medicine and continues to evolve?

Which is predominantly comprised of military personnel and readily deploys with the troops?

Which is predominantly comprised of civilian personnel and remains as rear guard?

Which can be found among the units at an Army, Navy, or Air Force Base?

Which can be found at an MIR or MFRC of an Army, Navy, or Air Force Base?

Which seems to be comprised of mostly men?

Which seems to be comprised of mostly women?

Which is made up of single people, married people, and people of different cultures?

Which is to serve military members, DND civilian employees, and their immediate family?

Which allows pets at work? (OK, this is just a ploy to check if you are reading this. ☺)

Which has post-secondary studies after a Bachelors level degree?

Which has post-secondary studies after a Masters level degree?

Which is to have practical experience as part of their training?

Which has psycho-social studies as part of their training?

Which has theological and religious studies as part of their training?

Which is meant to be there for the resilience of mind, body, and spirit of the person?

Which is open to discuss strategies of success for psychological, physical, and social healing?

Which is open to discussing concepts of the soul and that which is/may be the afterlife?

Which would be helpful/best for you and your employment situation or general life concern?



If a question of your related interest is not mentioned within the questions that are stated above, then feel free to send it to me via the DIN email system. I will try to include it within the later discussions toward the future article.

For now, I have to mention that I will be on an annual professional development opportunity with other chaplains during this early part of June. So maybe I could include one more question for you to consider...

Which has to take periodic upgrading sessions and self-renewal opportunities while in their professions?

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 Jack Barrett
(Anglican) - Wing Chaplain
ext 5417

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

TBD
ext 6914

Padre Charles Baxter
(Ukrainian Orthodox) 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 Paul Gemmiti
(Roman Catholic Priest)
- Chapel Life Coordinator
ext 4885

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

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.

Your 17 Wing Chaplain Team

From left to right:
Lt (N) L Fox,
Capt P Gemmiti,
LCdr J Barrett,
Capt C Baxter,
Capt E Dompierre



Your 17 Wing Chaplain Team

From left to right:
Lt (N) L Fox,
Capt P Gemmiti,
LCdr J Barrett,
Capt C Baxter,
Capt E Dompierre

Proudly assisting military members and their families for over 22 years.



Kelly Clements S.R.E.S., C.E.R.C.
kelly@theclementsgroup.ca

- Military Relocation Specialist
- Honorable, Trustworthy and Referable
- Assisted over 2000 buyers and sellers
- Comprehensive Relocation Package

www.thedementsgroup.ca
204-987-9808
RE/MAX executives realty



Trudy M Johnson, B.A.
Hall of Fame
Relocation Specialist
Lifetime Achievement Award

Cell: 204.981.1529
Email: trudyj@mts.net
www.trudyj.com

40th year of Professional Success
in the Winnipeg Real Estate Market

Chapman Goddard Kagan
Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2
PH: 888-7973 FAX: 832-3461
E-Mail: info@cgklaw.ca Website: www.cgklaw.ca

George E. Chapman Q.C. Allan L. Dyker, B.A., LL.B. Mindy R. Lofchick, LL.B.
Alan R. Goddard, B.A., LL.B. Kelly P. Land, B.A., LL.B. Serge B. Couture, B.A., LL.B.
Bruce D. Haddad, B.A., J.D.
Almer N. Jacksteit, B. Comm., LL.B, Counsel

Our fees conform to the ERS guideline

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

RELOCATING IN 2016 ?

Terie Langen
MILITARY RELOCATION SPECIALIST
REALTOR

204-987-9808
terie@homeisnwinnipeg.com
www.homesinwinnipeg.com

JUDY LINDSAY
Team Realty

We've Been There and Done That!

Let us help you buy or sell your home in Winnipeg and across Canada

Joanne Robertson, CD
Military Relocation Specialist

Eldren Thuen, BA, CD
Military Relocation Specialist

www.judylyndsay.com
204-925-2900 1-877-262-7072

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

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

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

Brendan McGurru
(204) 799-3022
mcgurru@mts.net

Joanne Gebauer
RE/MAX executives realty
(204) 889-9500
Award Winning Service

Proud to Assist Military Families
Relocation Specialist

30 Years Experience in the Winnipeg Real Estate Market

www.joannegebauer.com
joanne@joannegebauer.com
Toll Free: 1-877-778-3388