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RCAF Run Attracts Record Numbers



The rainy weather didn't slow down any of the runners at the annual RCAF Run, which attracted record numbers for the event. For more, see pages 10-11. Photo: Mike Sherby

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DOMENICA'S FLORAL DESIGN



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A Royal Visit: Prince Charles and Camilla at 17 Wing

It was a whirlwind visit to Winnipeg for His Royal Highness Prince Charles and his wife Camilla as they spent 27 hours in Winnipeg starting on May 20th. And 17 Wing was with them every step of the way.

The Prince, who was an aviation mechanic in his younger years and has a fascination with aircraft seemed delighted to be able to spend time with some of the men and women of 17 Wing.

And in his closing remarks before he left Winnipeg, Prince Charles took time to talk about the Province's Military history from the First World War all the way to the War in Afghanistan.

Below are just some of the photos from his Royal Visit.



His Royal Highness, The Prince of Wales, is presented with a unit coin from Colonel Scott Howden at the Fairmont hotel during the Royal Tour, May 21, 2014 Photo: Cpl Paul Shapka



Major Dennis Desrochers of Royal Winnipeg Rifles escorts His Royal Highness, The Prince of Wales, during the parade inspection at the Manitoba Legislature MB, May 21, 2014. Photo: Cpl Paul Shapka



The Prince of Wales and the Duchess of Cornwall are welcomed to Winnipeg at 17 Wing on May 20, 2014, by Major-General Pierre St-Amand, Commander 1 Canadian Air Division, and his spouse Suzanne St-Amand. Photo: Sgt Bill McLeod.



Colonel Joel Roy, the 17 Wing/AFTC Commander, and his wife Michelle (left) walk with their Royal Highnesses, The Prince of Wales, and Camilla, The Duchess of Cornwall, as they leave Winnipeg, Manitoba on May 21, 2014. Photo: MCpl Colin Aitken

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C47/Dakota Unveiled At Burma Reunion



The repainted C47/Dakota aircraft was unveiled at the Burma Reunion, and is seen here on the tarmac on May 24, 2014. For more on the Reunion see page 3. Photo: Bruce Tulloch

Remembering Burma: 435 Sqn Hosts 70th Anniversary Reunion for Vets

By Bruce Tulloch
Voxair Photojournalist

When Harold Thorp joined 436 Squadron in Burma, he was issued an Australian bush hat rather than standard wedge cap because he was going to the Asian theatre. In Southeast Asia, the sun is hot and the rain is torrential, sometimes on the same day. Those hats helped distinguish the Burma Squadrons from the other operational units, becoming a badge of honour.

"It's an original," he said, pointing to the hat on his head. "I wore it in the war." Mr. Thorp, who worked in Stores as an Equipment Assistant, also returned home with a can of Mock Turtle soup, which is now on display at the Chilliwack Museum and Archives.

At every 435/436 Burma Squadrons Association (BSA) reunion, the hats are worn in memory of the Burma campaign. That includes this year's 70th Anniversary Reunion, which was the association's swan song. After 70 years, the Association is adjourning for good, as very few members will be capable of attending future events.

Event OPI Major Terry Fascione oversaw the reunion, which in addition to social gatherings and the parade, included the restoration of a DC3 Dakota aircraft to replicate the design used in Burma - a fitting honour and tribute to the men and women whose story is largely unknown.

Those bush hats were the envy of the parade as a 30-degree sun baked the Hangar 10 tarmac where the

435/436 Burma Squadrons Memorial Parade was taking place at 1400 hrs.

As the parade began, storm clouds gathered in the distance.

After welcoming remarks from Captain MacDougall and a stirring reading of High Flight by Captain Skinner, one of the events' organizers, Mr. Art Adams, BSA President, spoke about the history of the conflict from the veterans' perspective and remembered those members no longer present.

He then laid the first wreath, in honour of fallen comrades.

435 Sqn Honourary Colonel Trevor Kennard (the former Winnipeg Blue Bomber placekicker) was visibly moved and humbled by the event, his strong voice taking a softer tone as he spoke.

The clouds had moved in just as fast as the Hercules flyby, and by the time the final speaker, MGen St-Amand began his address, toonie-sized rain drops were covering the tarmac.

Down came the skies just as Lt(N) Rev Levy finished the saying the Benediction and God Save The Queen began to play.

People in the bleachers shifted uncomfortably in the downpour as the parade marched on, but 435/436 Burma Squadrons stood firm one last time, Harold Thorp's original bush hat protecting him from the rain. Just as it ever was.



Capt MacDougall (left) and MGen Pierre St-Amand (right) stand at attention during the ceremony. Photo: Bruce Tulloch



Burma Vets stand during the parade. Photo: Bruce Tulloch



Burma Vets chat during the Reunion. Photo: Bruce Tulloch



MGen Pierre St-Amand (left) and a cadet lay a wreath during the ceremony. Photo: Bruce Tulloch



The parade continued even as a storm set in. Photo: Bruce Tulloch

Former 1CAD Member Self Publishes Book Trilogy

By Bruce Tulloch
Voxair Photojournalist

Winnipeg is well known as the cultural centre of Canada. It seems to bring out the creative best not only in its residents but also its visitors. From his room at the Windsor Hotel, Charlie Chaplin made the decision to quit vaudeville to make movies; and Marshall McLuhan first conceived of the global village while attending school in the here.

And now Master Corporal Shawnda Currie, who has co-written a trio of books called The Evolved Trilogy about a troubled girl with psychic powers, is following in their footsteps.

The first volume, *Altered: Revelations of the Evolved* was co-written with Glenn Smith, while Cheryl Peters co-authored books two and three, *Choices - Complications of the Evolved* and *Broken - Afflictions of the Evolved*.

"I had always enjoyed coming up with stories but it wasn't until high school that I really considered ever becoming a writer," MCpl Currie says. "It was more of wishful thinking as I knew it would be difficult to make a living without an obscene amount of good luck."

Then in 2008, while posted to 1 CAD as a service couple with her husband, Sergeant Troy Currie, the New Liskeard, Ontario native decided to go for it after discov-

ering that her favourite authors wrote while balancing a career; Stephanie Meyer (*Twilight* series) was a stay-at-home mom and Alyson Noel (*The Immortals* series) was a flight attendant.

"I had balanced a career and a family for many years, and finally decided to put my dream of becoming an author in motion without delay," she says.

Over the next year she developed a rough outline for a trilogy and a draft for the first book. The books follow the adventure of a 16 year-old with psychic powers, Lacey Bennett, after she is sent to live in Clear Waters, a youth rehabilitation centre. Once there she meets a mysterious youth who has traveled back in time to enlist her help in saving the world. Much danger, adventure, and romance ensues over course of the trilogy.

Through other booking-loving friends she met Captain David Culhane, who ran Flea Circus Books, a self-publishing website for aspiring authors. But it would be another two years before they would get down to business.

"It wasn't until after I was posted back to Trenton, Ontario in August 2011 that we connected again," MCpl Currie recalled. The following March, *Altered - Revelations of the Evolved* was published in ebook format, followed by a paperback version in September of 2012.

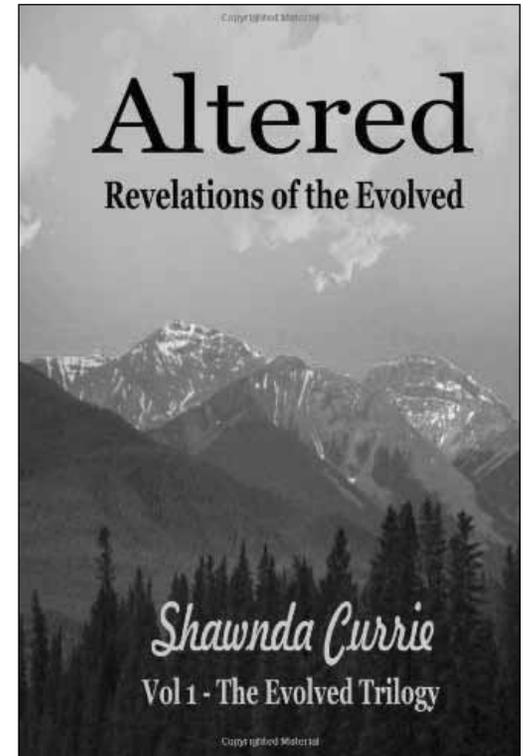
"With the excitement of having my first book published, I worked feverishly on the next two," she says.

The final volume in the trilogy was released January 2014 in paperback format.

MCpl Currie says that even though the books are written, she still has a lot of hard work ahead of her.

"Writing my books was the easy part," she says. "Now that they are available, I have to market them."

In addition to being available on Amazon and through Flea Circus Books, MCpl Currie has created two Facebook pages, Shawnda Currie Books and The Evolved Trilogy, as well as writing a blog, shawdacurrie.com.



MCpl Shawnda Currie's first book, *Altered: Revelations of the Evolved*.
Photo: Amazon.com

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Diesel the Dog & Jay to Take on Easter Seals Drop Zone

By Bruce Tulloch
Voxair Photojournalist

Diesel the dog is raising money for Easter Seals by channeling his inner Spiderman, and his sidekick, Leading Seaman Jay Jaskiewicz, will be by his side.

The 7 year-old purebred Belgian Malinois from the Winnipeg Police Service (WPS) K9 unit will rappel 17 stories to the ground from the top of the Royal Bank Building on August 21st as part of Easter Seals' Drop Zone fundraiser. During the descent, Diesel will be tethered to his handler, LS Jaskiewicz.

"He needs to wear a special harness," says LS Jaskiewicz. "Which in our case is his bullet proof vest, which is also a rappelling harness made by K9 Storm."

LS Jaskiewicz, who in addition to being a City of Winnipeg police officer for over 12 years, is also in the Navy Reserves as a Port Inspection Diver with HMCS Chippawa. He also served with 2 PPCLI prior to becoming a Police Officer. He has worked with Diesel since 2008.

LS Jaskiewicz explained that Diesel has previously trained with ropes and heights, though "mostly for socialization purposes and to expose him to different things"

He also says that Diesel has rappelled before, "but never 17 stories."

LS Jaskiewicz says that working with Diesel is a dream come true.

"One of my goals when I became a Police Officer was to work with a canine partner, and this is now my seventh year as canine handler with WPS K9 unit," he says. "I have raised Diesel since he was 8 weeks old and was fortunate to be paired up with him when I became a handler."

LS Jaskiewicz, who likes to keep himself busy, also has 17 Wing connections.

"As a Police officer my canine partner Diesel and I also help out the Canadian Forces School of Survival and Aeromedical Training (CFSSAT) with their A SERE courses," he adds.

In order to participate in the Drop Zone event, rappellers, even if they're dogs, must raise at least \$1,500. LS Jaskiewicz and Diesel have already surpassed their goal, but are still accepting donations through the official website, thedropzone.ca. This year's fundraising goal is \$125,000, with all proceeds going to Society for Manitobans with Disabilities (SMD).



LS Jaskiewicz training with Diesel for the Easter Seals Drop Zone fundraiser. Photo: Supplied

They Need Your Blood: CBS Celebrates National Donor Week

By Bruce Tulloch
Voxair Photojournalist

They're neither pesky mosquitos nor sexy vampires, but they want your blood anyhow.

Canadian Blood Services is celebrating National Blood Donor Week from June 11 to 16 with a blood donor clinic on Friday, June 13 (15:00-19:00) at the St. James Civic Centre. And that means guilt-free doughnuts!

"Every minute of every day, someone in Canada needs blood," said Darrin Desmedt, Community Development Coordinator at Canadian Blood Services. "And over half of all Canadians say they or a family member have needed blood or blood products."

Canadian Blood Services assumed responsibility for blood collection in Canada from the Red Cross in 1998 and has enjoyed a great relationship with the military since 2006 when the Department of National Defense became a Canadian Blood Services' Partner for Life – a program for base members to give blood as a team and set an annual goal for the number of donations they will strive to contribute every year. Since becoming a Partner for Life, service men and women across the country have contributed approximately 20,000 blood donations to our national blood supply.

Canadian Forces Base Winnipeg (CFB Winnipeg) has pledged 100 units to Partner for Life in 2014 and contributed 27 donations to date.

Becoming a Partner for Life simply involves adding CFB Winnipeg to your Blood Donor registration, or

joining online at blood.ca/partnersforlife.

Blood can only be stored for approximately 42 days, so the supply needs to be continually replenished. After 9/11, blood donations far exceeded need and up to 20% had to be disposed of.

Canadian Blood Services asks that donors book appointments, so they can organize a steady intake of donations and maintain inventory levels.

"The summer months can be a challenging time for Canadian Blood Services because blood donors get sidetracked with vacations, travel and outdoor activities," said Mr. Desmedt. "While blood donations traditionally decrease, the need for blood never takes a vacation.

About 84,000 Canadians need to give blood for the first time this year in order to meet the demand for blood,"



In front of the Hercules and CBS Life Bus: (L-R) Suzanne LeClair - A4 Maintenance Coordinator, Air Division, Captain Thom Doelman - Pilot, AAR Operations, Warrant Officer Frederic Lair, Captain Imre-Jozsef Kelemen, Operations & Training Officer, Darrin Desmedt, Community Development Coordinator, Canadian Blood Services. Photo: Bruce Tulloch

To book an appointment or to inquire about donation eligibility, members are asked to call 1-888-236-6283 or visit www.blood.ca.

Lieutenant-Colonel Dan Bobbitt: a soldier, a father, a friend



By Tamir Virani
Army Public Affairs

On May 21, Lieutenant-Colonel Dan Bobbitt was killed when the Light Armoured Vehicle (LAV III) he was riding in was overturned. The incident happened at Garrison Wainwright in Alberta, during Ex MAPLE RESOLVE 14, the largest Canadian Army training exercise of the year.

Four other soldiers were injured in the LAV III. Two were taken by military helicopter to a civilian hospital in Edmonton, where their condition is listed as fair. Another two were treated by Canadian Armed Forces medical personnel in Garrison Wainwright.

"The Canadian Army cares deeply for each and every member," said LGen Marquis Hainse, Commander of the Canadian Army. "In any circumstance, the loss of a soldier is always tragic."

LCol Bobbitt was the Commanding Officer of the 2nd Regiment, Royal Canadian Horse Artillery (2 RCHA) based in Petawawa, Ontario.

LCol Bobbitt first joined the Reserves in 1988. Beginning as a Private in the West Nova Scotia Regiment, he served for two years as a rifleman before transferring to the Regular Forces as an Artillery Officer.

Lieutenant-Colonel Greg Ivey, now with Strategic Joint Staff and a former Commanding Officer at 2 RCHA, knew LCol Bobbitt since they were both 20-year-old candidates getting lost in the training area of Gagetown, New Brunswick.

"Dan was a gregarious and fun-loving guy, and certainly a proud man," LCol Ivey said, adding that LCol Bobbitt was also a well-respected officer and a fierce warrior.

LCol Ivey and LCol Bobbitt served together in the 2 RCHA on multiple occasions; first as young junior officers where LCol Bobbitt lived up to his belief in the saying "work hard, play hard".

LCol Ivey says LCol Bobbitt was known to break into a rendition of "Barrett's Privateers" at any given moment.

"Dan was a close friend," LCol Ivey said. "And in our profession, close and trusted friends are considered family."

Brigadier-General Kevin Cotten served with LCol Bobbitt in multiple capacities since 2004.

"It is hard to put into words the sadness and pain associated with Dan's sudden death. My heart goes out to Dan's wife Monica, and his children. While we have lost a respected officer and a great leader, they have lost a loving husband and father, one who cherished his family and will live on in their memory. I hope they find some comfort in the knowledge that the Artillery Regimental Family embraces them and will be there to support them," said BGen Cotten.

Throughout his 23 years of dedicated service, LCol Bobbitt filled multiple roles as an instructor, commander, and liaison officer.

His operational experiences were just as noteworthy, having participated in two deployments outside of Canada. In 1998, he worked as a civil-military liaison officer with the 1st Battalion Royal Canadian Regiment Battle Group in Bosnia and in 2001 as the Range Liaison Officer for Glamoc Range also in Bosnia. In 2007, he commanded D Battery on operations in Kandahar, Afghanistan as part of the 2nd Battalion Royal Canadian Regiment Battle Group.

He also served in Winnipeg in 1997 during the Red River Floods as a military liaison officer to the city.

LCol Bobbitt had served for seven years in the 2 RCHA. He had assumed a multitude of roles within the regiment including Troop Commander, Gun Position Officer and Battery Captain. He was promoted to Lieutenant-Colonel in 2009. He became Commanding Officer of 2 RCHA in 2013.

LCol Bobbitt held a Bachelor of Arts Degree (with honours) in History from Acadia University and a Masters in Military Arts and Science from the United States Army Command and General Staff College.

Two of his favourite ways to relax were mountain biking and reading military history.

LCol Ivey says that LCol Bobbitt's professionalism and competency will serve as examples to all who had the good fortune work with him.

"Dan leaves behind a legacy. You'll be missed brother."

Added BGen Cotten, "To Dan, I can only say: You touched so many people in so many positive ways; you will be missed but you will never be forgotten. End of Mission. Stand Easy."

LCol Bobbitt is survived by his wife Monica and their children, Connor, Elizabeth and Katherine.

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435 Sqn Helps Evacuate Kashechewan

By Bruce Tulloch
Voxair Photojournalist

When rising water and ice coming in from James Bay threatened the Kashechewan, a fly-in community of 2,000 on the Fort Albany River in Northern Ontario, 435 Squadron sprang into action. They were put on a four hour standby, and were to assist 436 Squadron from Trenton with the evacuation.

On May 11th at 1600 hrs, the call came in.

"About an hour and a half later we were spooled up and ready to go," says Captain Michael Harper, a member of the evac team. "We were told to stand down and come in at 00:30 on the 12th, so at 0500 the crew came in and we were airborne by 0700."

Two and half hours later flight CFC 3839 and its crew of AC LCol Lamarche, FO Capt Michael Harper, ACSO Capt Kristian Raths, FE Sgt Kim Fournier, LM MCpl Jon Moss, and SAR Tech MCpl Tony Vail arrived.

"The C130 was an unfamiliar sight to many evacuees," said MCpl Moss. "The passengers ranged from in-

fants, small children, and teens, to adults and elders."

For one group in particular, the evacuation was a thrill.

"It was fun to see the kids, they were all excited about being on a big airplane," said MCpl Vail. "It's terrible that they have to evacuate from their community, but it's nice to be able to help."

In two trips, they were able to help over 160 people to safety, transporting them to Kapuskasing and Ottawa.

"This mission was very unique for 435 Sqn as we do not normally transport passengers in this high of volume," said MCpl Moss.

"Our first run was 80 adults with 8 babes in arms, we were packed, for sure," MCpl Vail said. "It was the most I've ever seen."

The second run was delayed as the river rose 13 feet before they could return, temporarily closing the airfield and causing the flight to divert to Fort Albany, about 5 kms south of Kashechewan.

"They were going to start helo-ing people to Fort

Albany to board the Hercules," says Capt Harper, "but then the airfield re-opened and we were able to complete our second run."

The four-minute flight from Fort Albany to Kashechewan was the shortest Capt Harper could ever recall.

Arriving in Ottawa with their second and final drop of the day, evacuees were greeted by Red Cross workers and Tim Horton's volunteers.

"The support was there when the people needed it," says Capt Harper.

As they arrived back in Winnipeg around 2030 hrs, a pair of J-model Hercules from Trenton evacuated the remaining flood victims to Timmins.

MCpl Moss says he was extremely impressed with his own team's performance.

"I felt that our crew worked extremely well on this day, completing the task without any problems or delay," he says.

SISIP Donates \$4,000 To 17 Wing's Out Of This World Volunteers

By Mike Sherby
Voxair Manager

17 Wing's volunteers are out of this world, and this year Community Recreation and the MFRC are making sure they know it with a trip to the Planetarium at the Manitoba Museum as a thank you for all their hard work.

On Saturday, June 7th, volunteers from 17 Wing will gather for the annual 17 Wing Winnipeg SISIP Volunteer Appreciation event. There will be a short ceremony at the Manitoba Museum before volunteers will be able to wander the Museum and Planetarium at their convenience.

Community Recreation Director Tina Bailey says that it's important to take the time to thank people for volunteering.

"It will be a very informal and relaxed environment, but we want to just let everyone know that we appreciate their work," she says.

Bailey also says that this year they have decided to move away from giving out awards during the event, because "everyone is important, no matter how much or how little of their time they give."

For more information about the event, or to register you or someone you know, please contact either Tina Bailey at local 2059 or Barbara Thuen at local 4519.



SISIP Branch Manager John Clarey (center) presents a donation for 17 Wing Volunteers to MFRC Executive Director Don Brennon (left) and PSP Manager Rick Harris. Photo: Mike Sherby



Captain Kristian Raths, 435 Squadron Air Combat Systems Officer, takes count of Kashechewan residents boarding the CC130 Hercules aircraft. Photo: Sgt Daren Kraus



(L-R) Sergeant Kim Fournier, 435 Squadron Flight Engineer, and Lt Colonel Steve Lamarche, Commanding Officer of 435 Squadron, during the flight from Kashechewan, ON to Kapuskasing, ON. Photo: Sgt Daren Kraus



CC130 340 Hercules aircraft lands at Fort Albany Regional Airport. Photo: Sgt Daren Kraus

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US Ambassador visits CANR HQ

By Capt Wright Eruebi

Public Affairs Officer, 1CAD and Canadian NORAD Region

Ambassador Bruce Heyman, United States' new Ambassador to Canada visited the Canadian NORAD Region (CANR) Headquarters in Winnipeg, Manitoba on Tuesday 20 May 2014.

Major-General Pierre St-Amand, Commander CANR, and United States Air Force Brigadier General Charles K. Hyde, Deputy Commander CANR, warmly welcomed Mr. Heyman and his entourage before taking the Ambassador on a tour of the headquarters that included the Combined Aerospace Operations Centre. The visit was an important stop along Ambassador Heyman's tour of various Canadian cities, which began after taking office in April.

NORAD is a bi-national command formed by a partnership between Canada and the United States and is one of the longest-standing military alliances of its kind. Having recently celebrated its 56th anniversary, NORAD provides maritime warning, aerospace warning and aerospace control for North America.

NORAD has a wide range of capabilities and, in keeping with its mandate, uses these capabilities to provide aerospace warning and defense for Canada and the United States. NORAD looks at the collective defense of North American airspace and, by design, does not necessarily separate Canadian and United States airspaces. NORAD has the flexibility to respond to a variety of situations in Canada, the United States, and across our borders. As a combined, bi-national military command, NORAD illustrates the close coordination and operational ties between Canada and the U.S. that support the security of North America.



Bruce A Heyman, the United States Ambassador to Canada, is greeted by USAF General C.K. Hyde. Photo by: MCpl Colin Aitken

38 Signal Regiment Holds Change of HLCol

By Cpl Alan Haley

38 CBG Public Affairs

This April, 38 Canadian Brigade Group's 38 Signal Regiment held a Change of Honourary Lieutenant-Colonel (HLCol) Parade at Minto Armouries to officially hand over the HLCol duties of 38 Signal Regiment from HLCol Z. Michael Zawislak to HLCol Barry Burns. Among family and guests, the reviewing officer for the parade was 38 Canadian Brigade Group Commander, Colonel Ross Ermel. The memorable parade included a very energetic speech from HLCol Barry Burns, confidently displaying his recognizable voice for radio, as he thanked friends and guests who attended.

HLCol Z. Michael Zawislak handed over his position after 6 years of service in this capacity. During his tenure as HLCol of 38 Signal Regiment and the former 735 Signal Regiment, HLCol Zawislak received his Canadian Decoration 3rd Clasp marking over 42 years of service to Canada in the Canadian Armed Forces. He also served as Commanding Officer of the 735 Communication Regiment, the predecessor of 38 Signal Regiment.

HLCol Barry Burns assumes his position as HLCol

of 38 Signal Regiment with over 20 years of service in all three elements of the Canadian Armed Forces. His recent retirement from CJOB after 17 years completed a 38-year career in radio broadcasting. He maintains a highly involved community profile by serving as the Royal Military Institute of Manitoba President, the Command Sergeant-at-Arms of the ANAVETS Club and Governor of the Canadian Corps of Commissionaires.

Honourary Colonels are "honourary and advisory". They are vital to fostering esprit de corps within the family. They may mentor the commanding officer and members of the unit, help build relationships with other units through the Honorary Colonel network, and aid in ensuring the maintenance of customs and traditions. By their very presence and name, they build and develop community support for their units by providing a public profile - a public face - for the unit. Perhaps one of their most important attributes, however, is simply the time they spend with all members of the unit, no matter what their rank or position, just as a highly respected member of the family would.



The signing of the scrolls. Photo: Cpl Alan Haley

WComd Golf Tournament Hits Record Numbers

By: Chris Merrthw

PSP Sports Coordinator

On Thu 29 May 14, a record number of 140 golfers from 17 Wing Winnipeg converged on the Carman Golf Course to participate in the first WComd Golf tournament of the summer. The outstanding weather combined with the exceptional condition of the course resulted in a great day of golf for everyone. Capt Tim Coffin won the longest drive contest for the men while Joanne Gautron from WCE won in the women's category. Lorna Brown won the award for longest putt on hole #2, Maj Cam Lowdon had the low gross (men) with a score of 70 and Misty Burrows had the low gross (women) with a score of 93. There were also prizes awarded for "hitting the green" on the PSP golf hole (#8) to LCol Stu Beal, MWO Mike Jarvie and Jose Dulude. Thanks to everyone who came out and participated and look forward to seeing everyone at the upcoming PSP/17 Wing Winnipeg Golf Playdowns at the Bel Acres Golf and Country Club.



Col Roy, 17 Wing/AFTC Commander, gets ready to off on hole #8 at the Carman Golf Course as part of the Wing Commander's Golf Tournament. Photo: Submitted

New! CFMWS National Camp Program for Summer 2014

The Canadian Forces Morale and Welfare Service's Support Our Troops Program is pleased to introduce a National Camp Program for Summer 2014 whereby military families across the country can receive a grant to subsidize summer camp expenses.

The following are eligible for grants:

- Dependants of deceased CAF members;
- Dependants of ill/injured members of the CAF being supported through JPSU;
- Dependants of CAF members who are currently deployed, on a prolonged course/training or serving away from their families;
- Dependants of CAF members who have been deployed for a period in excess of six (6) weeks in the past twelve (12) months;
- Special Needs dependants of CAF members.

Eligible families can apply for one of the following:

- a. A grant of up to \$800 for a week-long overnight camp to an accredited facility of their choice;
- b. A grant of up to \$300 for a week-long day camp to an accredited day/seasonal camp of their choice; and
- c. A grant up to \$1,000 to subsidize camp expenses for a special needs child.

Full details regarding criteria, eligibility and application process can be found at: <https://www.cfmws.com/en/SupportOurTroops/Programs/Camps/Pages/NationalProgram.aspx>

Du nouveau! Programme national de camps des SBMFC pour l'été

Le programme Appuyons nos troupes des Services de bien-être et moral des Forces canadiennes a le plaisir d'annoncer le lancement du programme national de camps pour l'été 2014 qui permettra aux familles de militaires à l'échelle du pays de recevoir une subvention couvrant les dépenses liées à la participation de leur(s) enfant(s) à un camp d'été.

Les personnes suivantes sont admissibles à une subvention :

- personnes à charge de membres décédés des Forces armées canadiennes (FAC);
- personnes à charge de membres malades ou blessés des FAC qui reçoivent de l'aide par l'entremise de l'UISP;
- personnes à charge de membres des FAC actuellement en déploiement, qui suivent un cours ou un programme de formation prolongé, ou en service loin de leur famille;
- personnes à charge de membres des FAC qui ont été déployés pendant plus de six (6) semaines au cours des douze (12) derniers mois;
- personnes ayant des besoins spéciaux à la charge de membres des FAC.

Les familles admissibles peuvent soumettre une demande pour l'une des subventions suivantes :

- a. une subvention maximale de 800 \$ pour envoyer leur enfant à un camp résidentiel accrédité de leur choix pendant une semaine;
- b. une subvention maximale de 300 \$ pour un camp de jour/saisonnier accrédité de leur choix pendant une semaine;
- c. une subvention maximale de 1 000 \$ pour couvrir les dépenses liées au camp d'un enfant ayant des besoins spéciaux.

Tous les détails concernant les critères, l'admissibilité et la demande d'inscription se trouvent à <https://www.cfmws.com/fr/supportourtroops/programmes/camps/pages/nationalprogram.aspx>.

NEW!
CFMWS NATIONAL CAMP PROGRAM FOR SUMMER 2014

DU NOUVEAU!
PROGRAMME NATIONAL DE CAMP DES SBMFC POUR L'ÉTÉ 2014



Military families across the country can receive a grant to subsidize summer camp expenses. Details regarding criteria, eligibility and application process can be found at:
WWW.SUPPORTOURTROOPS.CA

Des familles de militaires à l'échelle du pays peuvent recevoir une subvention couvrant les dépenses liées à la participation de leur(s) enfant(s) à un camp d'été. Tous les détails concernant les critères, l'admissibilité et la demande d'inscription se trouvent à :
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Les marcheurs se rassembleront à 12 h. La marche aura lieu de 12 h 10 à 12 h 50

Pour obtenir de plus amples renseignements, veuillez communiquer avec le Service des loisirs communautaires du PSP, au 833-2500 (poste 2057).



2014 Red River Exhibition Tickets

Once again, 17 Wing Community Recreation has obtained tickets for the 17 Wing Military Community for the Red River Exhibition that will be held from 13 Jun – 22 Jun 14.

The tickets are available to Military members and their families and to DND/NPF civilian employees and their families and Community Recreation Association members.

Tickets available and the cost to members for each ticket (including GST) are as follows:

1. Gate Admission: \$9.00;
2. 12 ride Ticket: \$25.00;
3. Pay One Price (one day gate admission and all you can ride): \$37.00

These prices are very comparable to other advance prices being offered. Note: Children 6 & under are admitted free. On 19 Jun 14, personnel with a military ID will be admitted into the EX free of charge.

Those personnel who are interested in obtaining Red River Ex tickets must purchase them in person from the reception desk, Building 90 Fitness and Recreation Centre by Wednesday, 11 Jun 14.

POC is Community Recreation at local 5139, local 5976, local 2057 or local 2059.

For more information visit:
www.redriverex.com





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RCAF Run Shines Despite Rainy Start

By Mike Sherby
Voxair Manager

It was 0830 hrs and things didn't look good. With about half an hour to go before the start of the 6th Annual RCAF Run, the rain started to come down. Oh Canada was sung from beneath the safety of a tent, and the children's inflatable bouncy castles were moved inside. But, as luck would have it, the rain let up just after the half marathoners started their run, and from then on it was a perfect day for a walk or run.

MWO Jim White, the RCAF Run's Race Director said that both he and the committee thought the run went exceptionally well this year.

"Unfortunately the weatherman didn't cooperate at first, but it wasn't overly hot and the rain didn't become an issue that had a negative effect on the race," he says. "Some people got wet shoes, but that was about it."

Overall, 2008 people registered for the RCAF Run this year, whether it was for the half marathon, 10 K, 5 K, or the family fun run/walk. This is a huge increase over the 1694 participants from last year's event.

With the run growing in numbers, MWO White is

quick to thank all the volunteers who help make the run happen. All 250 of them.

"It's impossible to do without them," he says. "To have them helping out with set-up and tear down, water stations, as race marshals, the list goes on and on."

This is MWO White's second year as the race director, and he'll be coming back next year. He says that one of the biggest changes to this year's run was the route.

"Because of the anticipated construction on Ness, we moved the route to the Yellow Ribbon Trail," he says. "Everyone was happier with it. The runners were very happy because it got them off the street and away from the buses and exhaust fumes. It was a lot safer and the air was a lot fresher as well."

Another big change this year was the race's increased focus on families and at providing activities for the children and teens that came out. Lt Christina Brine volunteered to supervise the registration of the family walk/run as well as all the family activities this year, and she says that it went really well, despite having to cancel one of the obstacle courses and having to move the bouncy castles inside due to the rain.

"Parents loved it, kids loved it, and the staff enjoyed it as well. There was some great creativity going on there."

Over 400 families registered for the activities this year, which were put on in coordination with PSP and the MFRC. Activities this year also included face painting, arts and crafts, and a couple obstacle courses.

Many runners claimed that one of the highlights of the event was being able run on the flight line, and get a close up look at the static display of air crafts from 402 and 435 Squadrons that had been set up.

MWO White says that this was of particular interest to civilian runners.

"They really appreciate it and look forward to coming out because of that. It's the one time of the year you can actually run on the flight line beside airplanes. You can't get on the other side of the fence any other way."

At press time the race committee was still calculating how much money had been raised from the event. Proceeds go towards the Soldier On and Military Families Fund charities.



Runners in the half marathon hoof it down Whyteford. Photo: Mike Sherby



17 Wing/AFTC Comd Col Roy (right) cheers on racers. Photo: Mike Sherby



Major Fascione of 435 Squadron congratulates a runner who just finished the 2014 Royal Canadian Air Force Run. Photo: Sgt Bill McLeod

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Many families came out to enjoy the Run. Photo: Mike Sherby



The RCAF Band Pipes & Drums leads runners out to the starting line. Photo: Mike Sherby



VIPs salute and stand at attention during the playing of the national anthem at the start of the Royal Canadian Air Force Run. Photo: Sgt Bill McLeod



Corporal Pablo Dunn Dumochel from 435 Squadron working at the face painting booth during the run. Photo: Cpl Paul Shapka



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Promotions



LCol Dave Dixon (right), promotes Master Warrant Officer Daryl Boudreau (middle), to Chief Warrant Officer, on May 20, 2014 at 1 CAD, 17 Wing Winnipeg. With him is his wife Connie Boudreau. Photo: Pte Darryl Hepner



Petty Officer 2nd Class Russ Parker (right) receiving his promotion to Petty Officer 1st Class from CPO2 Scott Allingham (left), during HMCS Chippawa's Port Inspection Dive team's dive exercise at Westhawk Lake on May 17th, 2014. Submitted by LS Jaskiewicz.

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REALTY

RCAF participates in largest annual Canadian Armed Forces exercise

From RCAF Public Affairs

More than 480 members of the Royal Canadian Air Force (RCAF) are in Alberta until the first week of June to participate in Exercise Maple Resolve 1401, the Canadian Armed Forces' largest annual exercise. The exercise prepares and confirms both the RCAF and Canadian Army Task Forces for high readiness.

The RCAF expeditionary capability participating in this exercise is the Air Task Force (ATF) 1401, which comprises an ATF headquarters, the Air Expeditionary Wing (AEW) and their detachments, and 408 Tactical Helicopter Squadron. The ATF headquarters, exercising at Canadian Forces Base Wainwright, Alberta, serves as the operational level headquarters and has operational command of all deployed RCAF assets.

"The ATF is proud to participate in Exercise Maple Resolve," said Lieutenant-Colonel Denis O'Reilly, the commander of ATF 1401. "Short of the real thing, this exercise is one of the most challenging, dynamic, and realistic training environments possible. Maple Resolve provides the Air Task Force an excellent opportunity to plan and execute deployed full spectrum operations in a multinational, joint environment."

The AEW – which has tactical command of assigned assets – enables and sustains deployed aerospace operations. The AEW is exercising at 4 Wing/Canadian Forces Base Cold Lake, Alberta, with additional assets supporting airfield

operations from Wainwright at two separate airfields.

Airmen and airwomen from the following locations are participating in the exercise:

1 Canadian Air Division and 2 Canadian Air Division, both headquartered in Winnipeg, Manitoba

2 Wing Bagotville, Quebec

3 Wing Bagotville, Quebec

4 Wing Cold Lake, Alberta

8 Wing Trenton, Ontario

14 Wing Greenwood, Nova Scotia

17 Wing Winnipeg, Manitoba

408 Tactical Helicopter Squadron, which reports to 1 Wing Kingston, Ontario, but is based in Edmonton, Alberta

The CC-130J Hercules, the CP-140 Aurora, and the CH-146 Griffon helicopters are providing essential air support.

The AEW is the core component of any Air Task Force, and may also be deployed as an independent air operation or as part of a joint, combined or coalition force, as required by the Government of Canada. It is also scalable and can be tailored to the assigned task.

"Exercise Maple Resolve will validate the operational readiness of the AEW prior to its period of high readiness," said Lieutenant-Colonel Jay Nelles, the commander of AEW 1401. "It means that if the Government of Canada wishes to employ RCAF capabilities abroad, the AEW will always be ready to deploy and support essential air operations nearly anywhere in the world."



Members of Ex Maple Resolve 1401 get ready to board a flight. Photo: Cpl Jonathan Houck

PGA Tour Canada Offers Opportunity to Attend PGA Golf Clinic

The PGA Tour Canada has partnered with Canadian Forces Morale and Welfare Services to provide free access to all upcoming tour events across Canada. The Player's Cup is being held at the Pine Ridge Golf Club in Winnipeg from 7 to 13 July, 2014. Free admission is extended to all currently serving members (Regular and Reserve), all Veterans and the families of current and former CAF members from Thursday, 10 July through Sunday, 13 July 2014 provided they have a NDI or CFOne card.

A free one-hour golf clinic will be available, taught by PGA Tour Canada players on Monday, 7 July 2014 at 1000 hrs or 1300 hrs exclusive to currently serving members (Regular and Reserve). In order to secure your spot in one of the golf clinics, please forward your name and contact info to Chris Merrithew, 17 Wing Sports Coordinator at Chris.Merrithew@forces.gc.ca or telephone 204-833-2500 local 5511 before 25 June. Register early as these clinics will fill up quickly and are available on a first-come, first serve basis.

Note that this is not TD. Participants are not entitled to claim any part of this outing and therefore are responsible for all expenses incurred.

More information regarding the PGA Tour Canada events and volunteer opportunities can be found at:

<http://www.cfappreciation.ca/en/discounts/pages/pga-tour-canada.aspx>



Photo: Mike Sherby

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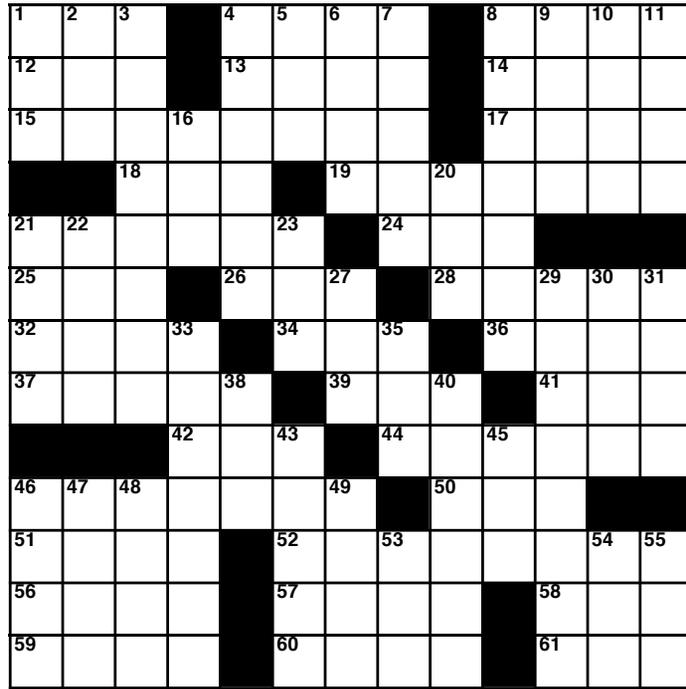
Canadiana Crossword

Of Cat and Country

By Bernice Rosella and James Kilner

ACROSS

- 1 Airliner
- 4 Put downs
- 8 Mr. Piggy
- 12 Hurray, in Hidalgo
- 13 Depart
- 14 Citrus hybrid
- 15 Bali cats
- 17 Harvest
- 18 Journey part
- 19 Cats of Anna and the King
- 21 Off course
- 24 A brood of pheasants
- 25 Meadow
- 26 Roman deity
- 28 Hinder legally
- 32 Feeler
- 34 Young fox
- 36 Irish republic
- 37 Dogie
- 39 Chest protector
- 41 Faucet
- 42 Tease
- 44 North African cat
- 46 Collision
- 50 Staff
- 51 Mata _____
- 52 Influence pedlar, perhaps
- 56 Nordic given name (female)
- 57 Sailboat
- 58 Chordophone, for short
- 59 Nerve fibre
- 60 Fastener
- 61 ___ Farrow



- 5 Chop
- 6 A way to talk
- 7 Beer mug
- 8 Cats from the land of U Thant
- 9 Double curve
- 10 Woe is me!
- 11 Aged
- 16 Earl or Pearl suffix
- 20 Yes, nautically speaking
- 21 Mountain chain
- 22 Posterior
- 23 Wild ox
- 27 Josh
- 29 Metal for Maggert or Mayfair
- 30 Spoken
- 31 ___ Lepew
- 33 Iranian cat
- 35 It is, condensed
- 38 Bravo!
- 40 Bicycle Club cat
- 43 Huge swallows?
- 45 Might
- 46 Muslim denomination
- 47 Cat of the Isle of Man
- 48 Toronto CFL-er
- 49 Fortified wine
- 53 Scarf
- 54 Jet or water add on
- 55 Darjeeling, for one

DOWN

- 1 Task
- 2 Guido's high note
- 3 Revealing
- 4 East Indian cat

Sudoku (advanced)

			6			8	7
				4		5	3
	2		5	8	3		4
	9			8			
		2				9	
			1				6
3			6	4	5		1
6	5		3				
2	1			9			

Sudoku (beginner)

		5					8	7
	6	9	2				4	
			5		1			
	1	7		2				
8								3
				9		7	4	
			9	4				
		6			5	3	7	
4	8						1	

Crossword & Sudoku Answers on page 15.

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

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Afternoon 1500 – 2400 hrs

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Enter online here: <https://www.cfmws.com/en/AboutUs/PSP/recreation/juneisrecreationmonth2012/Pages/The-Contest.aspx>



Play today for a healthier tomorrow

As part of our annual June is Recreation Month campaign, we're asking military families from coast to coast: "Have you played today?" If the answer is "no," it's time to put those excuses aside and get moving!

The Canadian Physical Activity Guidelines recommend at least 60 minutes of daily physical activity for children, and at least 150 minutes per week for adults. While that may not sound like much, only about 11% of children and 15% of adults currently meet that standard.

For Canadian Armed Forces (CAF) members and their families, curbing this trend by making recreation and play a part of everyday life is especially important.

"Physical activity, recreation, and play are essential for promoting optimal well-being and mental health throughout our lives," said Major-General David Millar, Chief of Military Personnel. "Providing opportunities to participate in recreational activities is an important part of our commitment to families and to quality of life in the Canadian Armed Forces. I encourage everyone to celebrate 'June is Recreation Month' and experience the benefits."

Those benefits are numerous; play and physical activity help boost our mental, physical and social health. When we play, we give ourselves the opportunity to build self-esteem, develop friendships and community connections, and escape our stresses by concentrating on the activity. We also give our bodies the chance to move, strengthen our muscles and develop new skills.

"Physical health and social support

are key components when building resilience," said Kimberley Guest, Training Manager with Canadian Forces Health Services Group. "Research continues to demonstrate the importance of a healthy lifestyle and strong social support networks in maintaining positive mental health, as well as bouncing back from adversity."

Luckily, making time for play and recreation just takes a little effort and determination. Adding more play to your family's routine can be as simple as walking to school, biking to work, or heading to the park after dinner instead of the couch.

In CAF communities, the Personnel Support Programs Recreation Program also provides access to a wide variety of structured and unstructured ways to play. Looking for a regular activity? Join one of our teams, classes or clubs. Looking for a more relaxed way to play? Personnel Support Programs can help with equipment and facility rentals to help your family play at your own pace.

For Master Corporal Crystal Booker, joining Personnel Support Programs Community Recreation clubs is one of the best ways to feel at home in a new community. "Clubs and programs allow me to meet new people in the area, and provide that vital initial link to the community," she said. "Recreation has helped me overcome stress, enjoy new postings, and see the bright side of being away from family and friends. My quality of life is the better for it."

So, what are you waiting for? Get out and play today! Visit www.cfgateway.ca to connect with a Personnel Support Programs Recreation team in your community.

Jouer aujourd'hui pour être en santé demain

Dans le cadre de la campagne annuelle Juin, le mois des loisirs, nous demandons aux familles de militaires d'un océan à l'autre : « Avez-vous joué aujourd'hui? » Si la réponse est « non », il est temps d'arrêter de se trouver des excuses et de se mettre à bouger!

Les lignes directrices canadiennes en matière d'activité physique recommandent au moins 60 minutes d'activité physique quotidienne pour les enfants, et au moins 150 minutes par semaine pour les adultes. Bien que cela ne semble que très peu, seulement environ 11 % des enfants et 15 % des adultes atteignent cette norme actuellement.

Pour les militaires des Forces armées canadiennes (FAC) et leur famille, il est particulièrement important d'inverser la tendance en intégrant les loisirs et le jeu à leur vie quotidienne.

« L'activité physique, les loisirs et le jeu sont essentiels pour favoriser un bien-être optimal et une bonne santé mentale tout au long de notre vie, a déclaré le major-général David Millar, chef du personnel militaire. Offrir la possibilité de participer à des activités de loisirs constitue une partie importante de notre engagement envers les familles et relativement à la qualité de vie dans les Forces armées canadiennes. J'encourage tout le monde à célébrer Juin, le mois des loisirs et à en tirer tous les avantages. »

Ces bienfaits sont nombreux : le jeu et l'activité physique contribuent à améliorer notre santé mentale, physique et sociale. Lorsque nous jouons, nous nous donnons l'occasion de bâtir notre estime de soi, de nouer des amitiés et des relations au sein de notre communauté, et de nous échapper du stress de la vie quoti-

dienne en nous concentrant sur l'activité à laquelle nous nous adonnons. De plus, nous permettons à notre corps de bouger, nous fortifions nos muscles et nous acquérons de nouvelles habiletés.

« La santé physique et le soutien social sont des éléments clés pour développer sa résilience, a expliqué Kimberley Guest, responsable de la formation au sein du Groupe des Services de santé des Forces canadiennes. La recherche continue de démontrer l'importance d'un mode de vie sain et d'un solide réseau de soutien social pour maintenir une bonne santé mentale et pour être en mesure rebondir après une période difficile. »

Heureusement, il n'est pas nécessaire de déployer de très grands efforts pour trouver du temps pour les loisirs et le jeu, il faut juste un peu de détermination. Il est assez simple d'intégrer un peu plus d'activité physique à la routine familiale : se rendre à l'école à pied, se rendre au travail en vélo, ou encore aller au parc plutôt que s'allonger sur le divan après le souper.

Par ailleurs, au sein des communautés des FAC, le programme de loisirs des Programmes de soutien du personnel (PSP) donne accès à un large éventail d'activités récréatives, structurées ou non. Vous recherchez une activité structurée? Joignez-vous à une équipe, à un cours ou à un club. Vous cherchez plutôt une façon plus détendue de pratiquer une activité physique? Les PSP peuvent remplir vos besoins en location d'équipement et d'installations pour aider votre famille et vous à bouger à votre propre rythme.

Pour le caporal-chef Crystal Booker, faire partie d'un club de loisirs communautaire des PSP est l'un des meilleurs moyens de se sentir chez soi au sein d'une nouvelle communauté. « Les clubs et les programmes me permettent de rencontrer des gens dans la région et sont l'occasion de tisser ce premier lien essentiel avec la communauté, a-t-elle indiqué. Les loisirs m'ont aidée à surmonter le stress, à aimer les nouvelles affectations et à voir du bon côté le fait d'être éloignée de ma famille et de mes amis. Parce que je pratique des loisirs, j'ai une meilleure qualité de vie. »

Alors, qu'attendez-vous? Sortez jouer dès aujourd'hui! Consultez le <http://www.cfcommunitygateway.com/fr/index.asp> pour entrer en contact avec l'équipe de loisirs des PSP dans votre communauté.

Crossword Answers

J	E	T		B	A	H	S		B	O	A	R
O	L	E		E	X	I	T		U	G	L	I
B	A	L	I	N	E	S	E		R	E	A	P
		L	E	G		S	I	A	M	E	S	E
A	S	T	R	A	Y		N	Y	E			
L	E	A		L	A	R		E	S	T	O	P
P	A	L	P		K	I	T		E	I	R	E
S	T	E	E	R		B	I	B		T	A	P
				R	A	G		S	O	M	A	L
S	M	A	S	H	U	P		M	A	N		
H	A	R	I		L	O	B	B	Y	I	S	T
I	N	G	A		P	R	O	A		U	K	E
A	X	O	N		S	T	A	Y		M	I	A

Sudoku (Advanced) Answers

5	4	3	9	6	1	2	8	7
9	6	8	2	7	4	1	5	3
7	2	1	5	8	3	6	9	4
1	9	6	7	3	8	4	2	5
8	3	2	4	5	6	9	7	1
4	7	5	1	2	9	3	6	8
3	8	9	6	4	5	7	1	2
6	5	7	3	1	2	8	4	9
2	1	4	8	9	7	5	3	6

Sudoku (Beginner) Answers

1	3	5	6	4	9	2	8	7
7	6	9	2	8	3	4	1	5
2	4	8	5	7	1	9	3	6
3	1	7	4	2	6	5	9	8
8	9	4	1	5	7	6	2	3
6	5	2	3	9	8	7	4	1
5	7	1	9	3	4	8	6	2
9	2	6	8	1	5	3	7	4
4	8	3	7	6	2	1	5	9



www.pspwinnipeg.ca



Leave Your Car At Home!

Try something new this June with any one of our three active living activities:



1. Commuter Challenge – June 1-7

The Commuter Challenge is an annual friendly competition that encourages individuals and workplaces to explore greener transportation options for personal, environmental and community health. Commuter Challenge will take place this year the week of June 1-7, 2014.

.... And, there are prizes!

Register and then walk, run, cycle, skate, paddle, bus, carpool, telecommute or participate in any form of green commuting during the week. There are prizes for individuals, or get your whole workplace to register – the workplaces with the highest participation rates in their population category are also rewarded!

Visit: www.commuterchallenge.ca

Register as an individual under 17 Wing Winnipeg Health Promotion and have fun getting healthy and saving money!

2. Big Bike – June 19

The Heart&Stroke Big Bike is a team event geared towards community organizations, companies and groups. Teams made up of 29 enthusiastic riders committed to raise a minimum of \$50 each. A driver is provided by the Foundation and riders pedal around the Legislative Grounds in support of heart disease and stroke research. Transportation will be available from 17 Wing to the ride. Join us for this 11th year of participation; let's show our colours for a good cause!

Mark your calendar for June 20th @ 1:30pm and come out for a great cause! Contact (204)833-2500 ext 4150 to register and start fundraising!!

3. Bike to Work Day – June 20 *FREE*

Bike to Work Day is held annually in Winnipeg. The goal of the one-day celebration is to promote the bicycle as everyday transportation. The event celebrates cycling culture, encourages commuters to choose active transportation and advocates for the continued development of bike friendly infrastructure.

The day begins when pit stops all over the city open to welcome commuters on their way to work. Bike to Work Day provides commuters with prizes, snacks and refreshments when they visit a pit stop. Join us at the corner of Whyteford & Silver for our 17 Wing Pit Stop with entertainment from the RCAF Pipes & Drums.

After work, all registered riders are invited to The Forks for a free BBQ and party featuring a free bike valet service, basic bike maintenance, live music and prizes. Past prizes have included free bikes and free bike makeovers, plus commuter cycling gear.

Register at www.biketoworkdaywinnipeg.org

For more information about any of these activities or other ways to get active please contact Health Promotion at (204)833-2500 ext 4150 or HealthPromo@forces.gc.ca

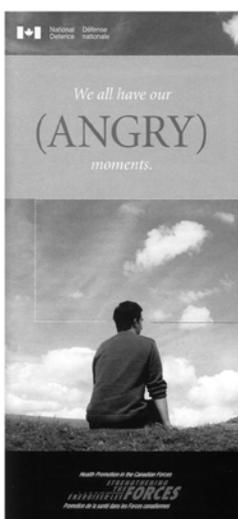
See you outside your car!!



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 (iPod Shuffle, Magic Bullet Blender, Hydration backpack and much more).

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 B63
- drop it off at our office, B63 Rm 148
- bring it to our display at the Wing Commander's Challenge, June 4th



Managing Angry Moments (MAM)

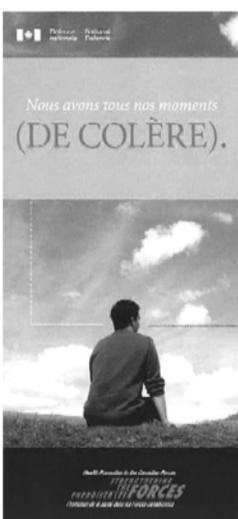
10 and 17 June 2014
0800 - 1600 hrs

Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

Gérer les moments de colère

10 et 17 juin 2014
8 h à 16 h

Il s'agit d'un volet éducatif qui a pour but de vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptation qui vous conviennent.



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

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150



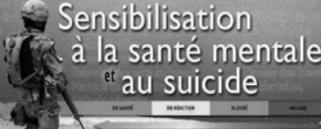
Mental Fitness and Suicide Awareness:
Supervisor Training
This course is course coded!
16 July 2014
0800 – 1600 hrs

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

Sensibilisation à la santé mentale et au suicide :
Formation du superviseur
Il s'agit d'un cours auquel on a attribué un code!
16 juillet 2014
8 h à 16 h

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

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



Health Promotion in the Canadian Forces
STRÉNGTHENING THE FORCES
Promotion de la santé dans les Forces canadiennes



LEARN MORE ABOUT
ALCOHOL, OTHER DRUGS AND GAMBLING
– TWELVE MODULES AVAILABLE

APPRENEZ – EN PLUS
SUR L'ALCOOL, LES AUTRES DROGUES ET LE JEU EXCESSIF
– DOUZE MODULES DISPONIBLES

For more information, contact your local Strengthening the Forces Health Promotion Office or visit our website at www.forces.gc.ca/HealthServices/English/health_promotion_index_e.asp

Pour plus d'information, communiquez avec votre Bureau local de promotion de la santé. Visitez notre site internet www.forces.gc.ca/HealthServices/English/health_promotion_index_e.asp

Alcohol, Other Drugs and Gambling: Supervisor's Training

26 June (0800 - 1600 hrs) and
27 June (0800 -1200 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

26 juin (8 h à 16 h) et
27 juin (8 h à 12 h)

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

Ces compétences seront bientôt obligatoires pour tous les militaires qui ont des fonctions de supervision. Ce cours aura un code. DOAD 5019-7

To register, contact Health Promotion at local 4150

Pour vous inscrire, appelez le Bureau de Promotion de la santé, au 4150

Health Promotion in the Canadian Forces
STRÉNGTHENING THE FORCES
Promotion de la santé dans les Forces canadiennes



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

Sunday, June 22, 2014

LET'S CELEBRATE ST-JEAN-BAPTISTE DAY AT 17 WING!



Come celebrate and enjoy the dynamic Francophone culture!

When: Sunday, June 22, 2014 at 12:00 p.m.
Where: 17 Wing Officers' Mess (building 76)
Meal: Poutine (\$3), hamburger (\$2), hot-dog (\$1)
Activities: Face painting and kids activities, creation of a "Francophonie" banner (kids and adults), music band.

Please register by June 13 at 204-833-2500 ext. 4515 or 4500.
 Everyone is welcome to attend this event, francophones and anglophones!



An invitation of the Winnipeg Military Family Resource Centre.

Dimanche le 22 juin 2014

ON FÊTE LA ST-JEAN- BAPTISTE À LA 17^e ESCADRE !



Venez célébrer, venez vous amuser, venez vivre le dynamisme de la culture francophone !

Quand : Dimanche le 22 juin 2014 à 12 h
Où : Mess des officiers de la 17^e Escadre (bâtiment 76)
Repas : Poutine (3 \$), hamburger (2 \$), hot-dog (1 \$)
Activités : Maquillage et jeux pour enfants, création d'une bannière de la francophonie (enfants et adultes), groupe de musique.

Veillez SVP confirmer votre présence au plus tard le 13 juin en composant le 204-833-2500 poste 4515 ou 4500. Cette activité est ouverte à tous, francophones et anglophones !



Une invitation du Centre des ressources pour les familles de militaires de Winnipeg

Upcoming MFRC Programs and Events

MFRC ANNUAL GENERAL MEETING (AGM)

Wednesday, June 18 at 7:00 p.m.

Childcare is available

Family members of military personnel are invited to attend 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.

MFRC SUMMER BBQS

The first BBQ of the season will take place on THURSDAY, JUNE 12, 2014!

BBQs begin at 11:30, in the grassy area at the NORTH parking lot of the MFRC. Come out for a tasty lunch break, and visit with friends and co-workers!

Please note that our BBQ day has changed – BBQs will take place on alternate Thursdays:

June 12 and 26,

July 10 and 24

August 14 and 28

Be sure to mark your calendars and join us!

MFRC BBQ PRICES

Hamburger & Drink	\$5.00
Smokie and Drink	\$4.00
Hot Dog and Drink	\$3.00
Drinks	\$1.00
Chips	\$1.00

ROAD TO MENTAL READINESS (R2MR)

Monday, June 16 from 6:30 to 9:30 p.m.

Additional stress free childcare funds are available to members of deployed families.

Registration deadline: June 10, 2014

Are you the family member of someone who is involved in the upcoming Air Expeditionary Wing (AEW)? If so, this course is for you. Preparation, education and skills are not only important for your military loved one's success during the deployment, they are also important for you, whether you are a spouse, life partner, parent or alternative. The Road to Mental Readiness (Phase 3) is designed specifically for loved ones of military members. One of the best ways you can prepare yourself to manage the upcoming deployment is take this training package. Many of the same concepts that are in your training are included in the military members' training package.

INTER COMM

Wednesday and Thursday, June 18 and 19

8:30 to 4:00 p.m.

Registration deadline: June 13

Would you like to have a meaningful conversation with your teenager?

Are you tired of not being heard?

Would you like to get better customer service?

Do you want to get your message across briefly and effectively?

If you answered yes to any of the above questions, then Inter-Comm is for you.

Inter-Comm is a new course for anyone who wants to improve their communication skills. The course looks at barriers to communication and provides practical, proven methods to overcome these barriers and create a respectful environment. Please call Health Promotion at 204-833-2500 ext 4150 to register.

THE BIG COOK

Saturday, June 21 from 1:00 to 3:00 p.m.

Cost: \$65.00

Additional Stress Free Child Care funds available to

deployed families.

Registration deadline: June 13, 2014

Join us for an afternoon of food and fun. We'll be making five take home freezer meals. This is a great way to get out of the "dinner rut" and create some new meals for your family. Registration and prepayment are required. Please bring a cutting board, sharp knife, large mixing bowl, mixing spoon, spatula, measuring spoons and cups and a can opener. This month we'll be making Chicken Bacon Subs, Garlicky Italian Chicken Breasts, Lawnmower Tacos, Breakfast Sandwiches and Ham and Swiss Potato Gratin.

FRANCOPHONE LADIES GROUP

DINNER AT CHEZ SOPHIE

Friday, June 13 at 6:00 p.m.

Chez Sophie sur le pont, 50 Provencher Blvd.

Cost: Participants are responsible for paying for their own meals

Registration deadline: June 11, 2014

Located in Winnipeg's French Quarter, Chez Sophie sur le pont has existed since June 2013. Discover the friendly atmosphere of this fine Parisian Restaurant. Bon appétit!

LUNCH AND LEARN—

BRAIN INJURY—

THE INVISIBLE DISABILITY

Thursday, June 19 from 12:00 to 1:00 p.m.

Registration deadline: June 13, 2014

June is Brain Injury Awareness month!

David Sullivan from the Manitoba Brain Injury Association will be coming to speak with us about brain injuries, including the consequences of brain injury and the barriers people with brain injuries face with daily living. Bring your lunch and join the conversation!

PERSONAL CLASSIFIEDS

FOR SALE

- Complete Mens Air Force Mess Kit. Jacket, Pants, Shirt, Vest, bow tie, Suspenders. Size 50. Asking \$400
- Ladies Air Force Mess Kit Skirt, size 12-14. Asking \$20
- Call (204) 221-0225

FOR RENT:

Spacious **3-bedroom** condo available for rent located on Apple Lane. Close to all levels of schools and Unicity Mall with bus stops located nearby. Space is fully renovated and **furnished**. Large master bedroom with walk-in closet, 1½ bathrooms, kitchen with stainless steel appliances, open concept living/dining room and finished basement with in-suite laundry. It also includes a small fenced backyard. Rent is **\$1600** plus utilities, which includes: one parking space, alarm system and access to the condo swimming pool. Sublet from July 2014 – July 2015. No pets, no smoking please. Contact Brenda at brenda.watts32@gmail.com for more information.

FOR SALE:

Golf Bag only 1 yr old
Irons 2.3.4.5.6.7.8.9. Sand and Pitching (50 Degree Loft)Wedge
3 Wood Big Blast (15 D Loft)
5 Wood Nike (19 D Loft)
4 Wood Jazz (16 D Loft)
7 Wood Maltby (22 D loft)
Titanium Driver (10.5 D Loft)
All regripped 1 year ago and have hardly been used, also an umbrella.
Asking \$200.00 but will entertain offers. Contact # 204-504-5026.

FOR SALE:

Winter tires and rims.
6 weeks old, fits Volvo s40,s 60 etc
\$1400 retail, asking \$900.00 or best offer.
Call 204-885-6522 for Brandon, leave message.

Home for Rent: Furnished or Unfurnished

NO SMOKING

WESTWOOD: 1 or 2 bedroom, 1010 S.F. cottage style one and a half story on the river, single detached garage; bus service right out front door; large treed lot, deck, storage shed. Very Unique. \$1200/month plus hydro. Reduced rate for long term (3+ years) lease. Yard service extra. Small pet considered.
Contact Andrew, (204) 896 1815.

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

Have you got a story 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

ASSINIBOIA UNIT NO. 283

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



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

WELCOME ALL MILITARY PERSONNEL

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Play your cards close to your chest. By not reacting automatically you'll get the chance to forge a deeper connection with someone. Trust grows when people feel safe in expressing their feelings. Communicate respectfully and you'll be heard. Think before you act or speak.

Taurus (April 20 – May 20): Changes happening around you fuel your own desire to make personal changes. Cease activities that were part of a life phase you've outgrown. Do what you enjoy now. Ways to meet your current needs will become obvious with time. Keep your eyes open.

Gemini (May 21 – June 21): Don't rush into anything new right now. Bide your time. Relevant details will surface. Curb your impatience and frustration when more information lets you see a situation clearly. It's best to wait for the perfect fit instead of accepting something that's only "okay" anyway.

Cancer (June 22 – July 22): Don't be surprised when things work out better than expected. You shouldn't hold back for fear of the fallout. Re-establish a routine that integrates time for creative pursuits. There is joy in genuine interactions with others. This is a golden opportunity to move relationships forward.

Leo (July 23 – August 22): It's always exciting for you when you have everyone's attention. You have the opportunity now to show your strengths. If feelings overwhelm you, don't overreact. Temper a public display of "attitude." An old issue may be the real root of a problem not the current situation.

Virgo (August 23 – September 22): Once you wondered - now you know. It may be a bittersweet victory to be proven right but it does bring closure. Settle financial issues even if it feels uncomfortable going toe to toe with others. Don't avoid conflict because in the end, resolution brings peace of mind.

Libra (September 23 – October 23): You'll have a greater awareness of the synchronicity of events in your life. You'll find you are in the right place at the right time. Go with the flow and doors will open. Accept an educational opportunity to study in a new environment. Enjoy exotic places.

Scorpio (October 24 – November 21): Think positive! A lot of what has held you back is about to disappear. Have faith in the future. Your efforts were noticed. Free yourself from limiting beliefs and negative situations. You're on a roll. Push to be the leader in your life. Share how much you have to offer.

Sagittarius (November 22 – December 21): You can see the light at the end of the tunnel. Organize a celebration. Little things that could distract you pop up but stay focused on what you really want. Reflect on how and why you want to share what you know. You have a strong desire to be with others right now.

Capricorn (December 22 – January 19): Let others know how fortunate you feel to be blessed with their friendship. Knowing what makes you feel successful in life brings peace of mind. Set goals you can reach easily to boost your sense of accomplishment and more challenging ones to keep you motivated.

Aquarius (January 20 – February 18): You'd like to be able to turn your passion into a means of financial success. Be analytical. Make a viable business plan to facilitate being paid to do more of what you love. Factor in when your energy is up so you can tap into your natural rhythm as well.

Pisces (February 19 – March 20): Learn from your mistakes and help others who have to face similar challenges. Your ability to see far into the future and to predict trends is an asset. Watch for patterns and signs. Err on the side of caution in uncertain situations to avoid feeling anxious.

FOR APPOINTMENTS CALL 775-8368

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



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Tues 7 p.m.

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8 to 10 p.m.

Dancing To Live Bands

Fri & Sat
9 p.m. - 1 a.m.

Meat Draws

Every Fri 5 - 7 p.m.
Every Sat 2 - 4 pm

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Sunday 11 am - 10 pm

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Phone: 888-3133 for reservations

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Cantonese & Szechuan Cuisine

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718 Osborne St



Chaplain's Corner

"On The Road Again"

By LCdr Padre Jack Barrett
17 Wing Chaplain

The title of this article is certainly not original and those with a few years behind them would recognize the song by Willie Nelson. And of course it is the time of the year when our personnel prepare to move, and get "On The Road Again". While posting numbers may be fewer than in years past, those who are so blessed to receive a posting message will be faced with the challenges of packing up and moving. For some the prospect of moving is anything but straight forward. From finding a new family doctor, to school transfers, to finding new work, to a new place to call home, to saying farewell to friends and colleagues, to deciding to go unaccompanied, to ..., and so forth. The list of things to do with a move, at times seem daunting and overwhelming as the struggles of moving can test the best of relationships.

For those who have been posted before, the process may be familiar, but the emotions can still be raw just below the surface. It is important to remember at times like these, that everyone in the family is feeling their own type of stress and anxiety and at times the stress of moving can manifest itself in ways and at times that may not be appreciated by others. The goal of achieving a successful move can more easily be reached when the humour and understanding is not packed away with the fine china.

Yet people have moved around in search of a better or different life for as long as there have been people walking the face of the earth. Sometimes populations have moved in search of food and other times, entire societies have moved to avoid persecution and oppression, as a means of finding or creating a better life. So it seems

that moving has been part of our existence for a very long time.

From a spiritual perspective, movement has also been an integral part of the great religious traditions of the world. For the Jews, the power of God was experienced in the Exodus from Egypt and the return from Exile. Though wrought with fear and frustrations they nevertheless persevered to the end and we're ultimately rewarded with a home, a place to settle and flourish. But they each went on the journey in the company of others. For Christians, the stories of Jesus and of Paul, often include travel and encounter with new and sometimes unusual people and places. But rarely do they travel alone. Yet it is in journeying together that the people find strength and companionship in a way that would not have been possible had they not embarked up a journey. For modern day Muslims, many partake of the annual pilgrimage of the Haaj in Mecca. Again, the spiritual journey involves travel in the company of others where the pilgrim encounters the holy in the midst of life.

So, as this posting season gets underway and we prepare to say our goodbyes, remember that the journey is as much a part of the story as is the destination. Be grateful for the experiences of the last posting and embrace new postings as a journey towards something new and exciting, where new memories and experiences are waiting to expand our understanding and appreciation of the world around us.

So, as you get ready to get "out The Road Again", keep a sense of humour and a sense of exploration and know that you never travel alone - spiritually or physically.

Winnipeg Goldeyes Season Tickets

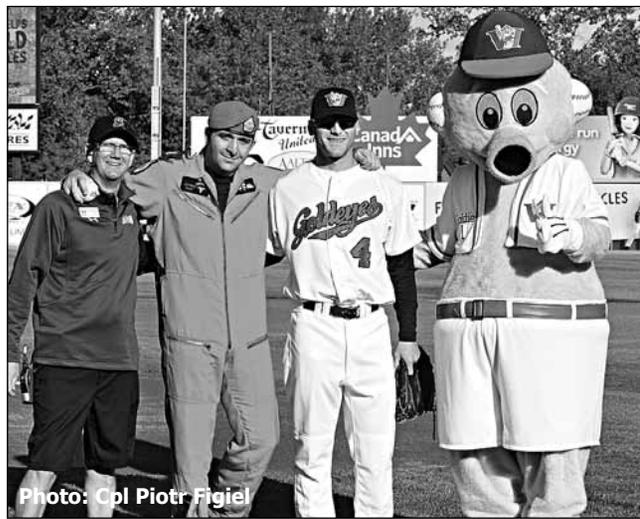


Photo: Cpl Piotr Figiel

The 17 Wing Community Recreation Association has obtained **four** season tickets for the upcoming **2014 season**. These tickets are available to CF military personnel and Community Recreation Association members.

If you are interested in purchasing some tickets please visit building 90 front desk to put your name down on your chosen dates, with the number of tickets you would like to purchase.

Cost per ticket per game is \$11.00

For more information about this ticket offer, you can contact the front desk building 90 local 5139 or Tina Bailey, Comm Rec Director at local 2059.

For more information about the Winnipeg Goldeyes please check out the following website:
<http://www.goldeyes.com/pdfs/2014schedule.pdf>

Billet d'abonnement aux parties des Goldeyes de Winnipeg

L'Association des loisirs communautaires de la 17e Escadre a obtenu **quatre billets** d'abonnement pour la **saison 2014 à venir**. Ces billets sont réservés aux militaires des FC et aux membres de l'Association des loisirs communautaires.

Si vous aimeriez acheter des billets, veuillez vous rendre à la réception du bâtiment 90 afin d'inscrire votre nom aux dates que vous aurez choisies, tout en précisant le nombre de billets que vous souhaitez acheter.

Le prix de chaque billet et de 11 \$ la partie.

Pour plus de renseignements sur cette offre de billets, communiquez avec le personnel à la réception du bâtiment 90, au poste 5139, ou avec Tina Bailey, directrice des loisirs communautaires, au poste 2059.

Pour en connaître davantage sur les Goldeyes de Winnipeg, visitez le site Web suivant :
<http://www.goldeyes.com/pdfs/2014schedule.pdf>

Together in Church

CATHOLIC

CHAPLAINS

Padre Ray Laudensorio
Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre
Roman Catholic Office 833-2500 ext. 5956

Masses (English only)

Tues, Weds, Thurs 1210 hrs
Sunday 1100 hrs



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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Jack Barrett (Wing Chaplain)
(Anglican) 833-2500 ext 5417

Padre Christopher Donnelly
(United Church) Office 833-2500 ext 4885

Padre Darryl Levy
(Baptist) Office 833-2500 ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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

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

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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

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