



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

June 3, 2015

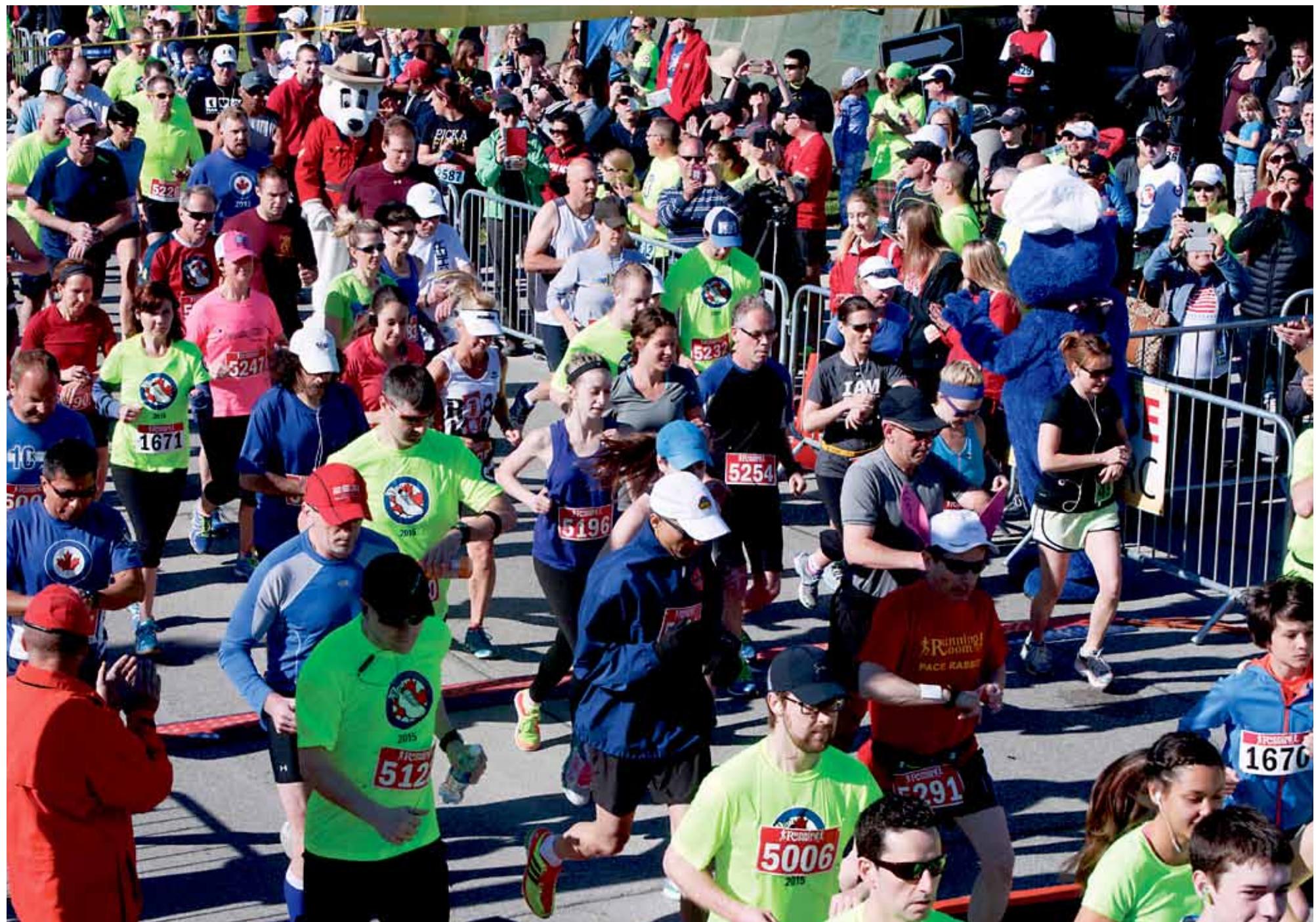
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RCAF Run Attracts Record Numbers



Runners in the 1/2 Marathon head out from the starting gate at the beginning of the 2015 RCAF Run. This year's run attracted a record 2,314 registered runners, with all the money raised going towards military charities. Check out our full coverage on page 9, and make sure you check out www.facebook.com/thevoxair for lots more photos. Photo: Michael Sherby

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Breakfast of Champions: The RCAF Sports Awards Breakfast

Mike Sherby, Voxair Manager, and Chris Merrithew, Sport Coordinator

17 Wing once again celebrated its best and brightest athletes at the annual Sports Awards Breakfast on May 22 at the Officers' Mess. Over 80 people showed up to celebrate the sporting and athletic spirit of 17 Wing.

Awards and kudos were handed out to all of the teams participating in both sports at the Wing level as well as in the CAF Prairie Region, National and CISM championships. Highlights from the year included the Women's Volleyball Team placing second at the CAF National Volleyball Tournament, the golf team cleaning up at the Prairie Region Championships in Shilo, and more recently the fantastic showing by several 17 Wing members at the National Squash and Badminton Championships.

17 Wing Commander Colonel Joel Roy took the time to thank not only the athletes for their achievements, but also all of the behind-the-scenes support they get every day.

"There are officials, and coaches, but there are also supervisors that rearrange your work schedule, there are peers that take on the load of work while you go to the nationals or regionals and so on...So I need you to keep inspiring people, but I need you to realize that there are a lot of people supporting what's going on," he said.



**Sgt Glen MacLeod Memorial Award:
Cpl Kate Marois**

Awarded yearly to honour the contributions that Sgt MacLeod made to hockey at 17 Wing and the CAF, the award is given to the player that best displays the qualities of sportsmanship, dedication, enthusiasm and love for the game of hockey. Cpl Marois is known for her tenacious style of play and for never giving up. She plays with all her heart, and is also looked up to by her team mates as she leads her team by always being a good sport and respecting all the players on the ice.



Official of the Year: Capt Greg King

In 2014 Capt King continued his exemplary work alongside the pool deck as a swimming official at the local, provincial, national, international scene. He volun-



Male Athlete of the Year: Maj Cameron Lowden.

Maj Lowden displayed his tremendous talents on the golf course, both as a member of 17 Wing Golf Team, representing the PR at the CF National Golf Championships, and as a member of the CISM Golf Team at the 2014 CISM World Golf Championships. He helped the 17 Wing team win the Prairie Region Golf Championship in Shilo, and on the national level this individual finished as runner-up in the individual category of the CAF National Golf Championships. He was one of two Canadian Armed Forces members invited to PGA Canada's Inaugural Forces and Families Golf Championship in August of 2014. Maj Lowden has been a member of CISM Golf Team 14 times, more than any other member in the history of the CAF Golf Program.

teered for numerous swim meets in Manitoba, many of which demanded officials at the pool in excess of 12 hours per day. He also volunteered to travel to remote locations across Manitoba to conduct officiating clinics as well as to referee their local swim meets. As a CAF Chief Official, he offered his guidance to the national sports office on swimming matters. He was an assistant in reviewing the swim chapter in the national rule book, and briefing CAF swimmers on new rules and rule changes. He officiated at the CAF Nationals, as well as the Canadian Masters Championships in which CISM Team members participated. He also helped in creating a national database that tracked the progress of CAF Swimmers, and to keep swimmers informed of upcoming events.



Female Athlete of the Year: Capt Kelsey Penner

In the summer of 2014, Capt Penner was chosen as the starting pitcher of the 17 Wing Women's Slo-Pitch team, putting on a great performance during the Prairie Region Championships. She was also the assistant captain of the 17 Wing Rondelles Women's hockey team for this past season, and also served as the team's representative for the Adult Safe Hockey League. Her leadership was evident in the 2015 Prairie Region Hockey Championships where she played a critical role in leading the team to the championship final where they finished as silver medalists. Her enthusiasm and dedication to the sports program is undeniable.



Coach of the year: Maj Dave Treanor

Maj Treanor helped lead the 17 Wing Women's Hockey Team, The Rondelles, to a successful 2014-15 season. He conducted practices geared toward the various skill levels of the players and was able to foster great teamwork and formed a competitive team. In addition to winning their league in the ASHL, he was essential in leading the 17 Wing Women's Hockey Team to their Silver Medal at the PR Women's Hockey Championship. He was also the coach of the 17 Wing Falcons Ball Hockey team, and coached the team to a strong performance at the PR Men's ball hockey championships. Maj Treanor's dedication and passion for both coaching, and the sports of hockey and ball hockey make him a highly sought after individual, and he is a true example of class and commitment.



Team of the year: The 17 Wing Golf Team (Maj Cameron Lowdon (left), Maj Rang Phan (not pictured), Cpl Chad Banks (right), MCpl Jeremy Chapman (not pictured), and LCol Stu Beal (not pictured))

The PR Golf Championship at CFB Shilo was planned for 3 rounds of golf, with each team in the region competing for top honours by using the lowest player score from each day. At the end of the tournament 17 Wing Winnipeg took top honours in the team competition with a total team score of 956. In a competition that is usually determined by only a few strokes, 17 Wing defeated the next closest opponent by 28 strokes. Two members of the 17 Wing team, Maj Lowden and Cpl Banks, were selected as members of the Prairie Region Team to compete at the Canadian Armed Forces National Golf Championships in Kingston in August, where Maj Lowden finished the tournament as the CAF National Silver Medalist in individual play.

VOXAIR

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A Word from the Commander



to host Major-General Whitecross and Chief Warrant Officer Wheeler, who are mandated to develop an action plan addressing the report's recommendations. Three excellent town halls were held on the Wing. The direction I provided everyone on the Wing is in line with that of the Chief of Defence Staff and is very clear: sexual misconduct is not tolerated. Action will be taken should an incident occur with personnel being dealt with fairly and victims supported fully. It is a question of respect and trust: personnel need to be able to rely on each other, and our society needs to have confidence in the CAF. To accomplish this, everyone needs to be part of the solution so that we can continue driving a positive culture we can all be proud of. Your ideas are welcomed as we move forward.

A NORAD evaluation team arrived on the 5th of May to conduct an evaluation of 1 Canadian Air Division. The evaluation included a no-notice arrival at the forward operating location in Yellowknife, requiring rapid adjustment on the part of Joint Task Force (North), who occupies a large part of the infrastructure. As always, some lessons will be pulled from

these events, but the evaluation would not have been as successful without the outstanding support by all. The training paid off and we were quite ready to support exercise Amalgam Dart at the end of May.

Her Majesty's Canadian Ship (HMCS) Chippawa held a couple of events. The Battle of the Atlantic commemorative parade on the first Sunday of May was once again a very nice and well attended event. The Naval Ball might be one event you may want to add to your calendar next year. Not only were guests delighted by an excellent meal, but the impressive music entertainment by the HMCS Chippawa Band rivaled any of the best. The night's event included a master performance from the unit's outgoing commanding officer, Lieutenant-Commander Stiff, with an electric guitar solo.

It had been a very long time since the Dundurn Detachment (Det) in Saskatchewan has held a mess dinner! The WCWO and I were pleased to join the Det and a few personnel from Canadian Forces Armament Depot, including Col Rafter from the Canadian Material Support Group, for this revived tradition on

A few events have kept the Wing Chief Warrant Officer (WCWO) and I busy over the last few weeks. I would like to share these with you in the following lines.

The media have been reporting extensively on the external review of sexual misconduct in the Canadian Armed Forces. On May 8th we had the opportunity

Un mot du Commandant

Quelques événements ont gardé l'Adjudant-Chef (Adjud) de l'Escadre et moi occupés. J'en partage quelques-uns dans les lignes qui suivent.

Les médias ont largement couvert la revue externe d'inconduites sexuelles dans les Forces Armées Canadiennes. Le 8 mai nous avons eu l'opportunité d'être les hôtes du major-général Whitecross et Adjud Wheeler, mandatés pour développer le plan d'action en réponse aux recommandations du rapport. Trois excellentes sessions ont été tenues à l'Escadre. La direction, en ligne avec celle du chef d'état-major de la défense, que j'ai donné à tous sur l'Escadre est claire : l'inconduite sexuelle n'est pas tolérée. Les actions appropriées et immédiates seront prises si un incident survient, et le personnel supporté pleinement. C'est une question de respect et de confiance : le personnel doit être capable de se fier l'un sur l'autre, et la société canadienne doit avoir confiance en ses Forces Armées. Pour y arriver, chacun doit faire partie de la solution et

contribuer activement à une culture positive dont nous pouvons tous être fier.

Une équipe d'évaluateurs est arrivée sur l'Escadre le 5 mai pour faire une évaluation NORAD au 1ère DAC. L'évaluation a incluse une arrivée sans avertissement au emplacement d'opérations avancé de Yellowknife, nécessitant des ajustements rapides de la part de Force opérationnelle interarmées (Nord) qui occupe une bonne partie de l'infrastructure. Comme d'habitude les leçons seront tirées de ces événements, mais dans l'ensemble, une très bonne performance de tous pour supporter cette évaluation. L'entraînement a porté fruit, et nous étions fins prêts pour l'exercice Amalgam Dart à la fin mai.

Le Navire canadien de sa Majesté (NCSM) Chippawa a pour sa part tenu une couple d'événements. La parade commémorative de la Bataille de l'Atlantique, qui se tient le premier dimanche de mai, a encore une fois été de grande qualité et l'assistance au rendez-vous. Le Bal Navale est probablement un événement

que vous voudrez mettre à votre calendrier l'an prochain. Non seulement les invités y ont dégusté un excellent repas, l'impressionnante musique offerte par le Band de NCSM Chippawa a rivalisé celle des meilleurs, incluant même un solo de maître à la guitare électrique, de la part du commandant sortant, capitaine de corvette Stiff.

Il y avait longtemps que le Département de Dundurn n'avait pas tenu de dîner régimentaire. Le 17 avril dernier l'Adjud Ère et moi étions très heureux de nous joindre au Département et quelques personnes du Dépôt de munitions des Forces canadiennes, incluant le colonel Rafter, du Groupe de soutien en matériel du Canada, pour ce renouvellement avec les traditions. Une très bonne soirée dans l'ensemble, même pour la portion karaoqué qui a suivi, où dieu merci il n'y avait pas de caméra. Afin de rendre les choses encore plus intéressantes en après-midi, le commandant du Département, le major Sharp, a organisé du tir, au champ de

April 17th. It was a very nice evening overall with a karaoke session following dinner... thankfully, there were no cameras. To make things even more interesting, the Det CO, Major Sharp, had the WCWO and I practice shooting at one of the ranges in the afternoon... under close supervision of J Petite. On a side note, the Det Equestrian Club had a pregnant mare who foaled during the May long weekend! It is confirmed: it's a boy!

Finally, I was glad to see several Wing members at some recent events including the Winnipeg Wine Festival at the convention center, a performance by the Irish Choir, and the hilarious comedy night at the Wing. We also had a great season opening golf tournament, with record participation.

By the time this is published, the RCAF Run will be behind us already. Taking the time to enjoy the regional activities is always a good way to make the most of a posting, and to feel part of the community. Several more activities are coming; see you there!

tir, pour l'Adjud Ère et moi... sous supervision rapprochée heureusement par J Petite. De nouvelle, le Club Équestre du Département avait une jument enceinte qui a mis bât durant la longue fin-de-semaine de mai... c'est confirmé, c'est un garçon!

Pour terminer, j'étais bien content de voir plusieurs membres de l'Escadre participer (sagement) au festival des vins, assister à une prestation de la chorale Irlandaise, et à l'hilarante soirée comédie à l'Escadre. Nous avons eu un superbe tournoi d'ouverture de la saison de golf, avec une participation record.

Par le temps que cet article est publié, la Course de l'ARC sera déjà derrière nous. Prendre le temps de savourer les activités régionales est une bonne façon de tirer bon parti de notre temps à Winnipeg, et de se sentir membre de la communauté. Plusieurs autres activités s'en viennent; au plaisir de vous y rencontrer.

Full House at First Ever CFB Winnipeg Bingo Golf Tournament

On Saturday, May 23rd, the CFB Winnipeg Golf Club hosted its first ever Bingo Golf Tournament. It was a beautiful day outside and over 40 golfers turned up to try their luck.

It was a best ball format tournament with a Bingo Card that had different tasks for each hole, like use another player on your team's clubs, or everyone uses their driver to putt. The goal was to black out your entire card by the end of the round.

The first place finishers with only 1 square remaining were: Ari Korpi, Karen Johnson, Bob Johnson, Captain Ken Cressman, and Major Edison McLean. Second place went to a team of all new members at the club: Ashley Reidle, Stuart Reay, Breanne Stoller, and Derek Michael.



The first place winners of the Bingo Golf Tournament: (l to r) Ari Korpi, Karen Johnson, Bob Johnson, Captain Ken Cressman, and Major Edison McLean. Photo: Jackie Kurceba

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Ret'd RCMP Dog Handler Receives RCAF Commander's Commendation

By Martin Zeilig

Ron MacDougall, a retired Royal Canadian Mounted Police officer, says he was surprised when he learned he was being presented with the RCAF Commander's Commendation at a ceremony at Lower Fort Garry on Wednesday, May 27.

"I don't know how this award came about," MacDougall, 56, who officially retired on April 15, 2015 after 35 years in the RCMP, said.

But others weren't surprised at all.

This award is the highest Commendation available within the Air Force element, said Sergeant William Clouter, a SERE Instructor at the Canadian Forces School of Survival and Aeromedical Training.

"As an RCMP K-9 Handler with Police Dog Services, Cpl Ron MacDougall and his dogs, Mac and Corbin, have supported RCAF Survival Escape Resistance and Evasion Training since 2002," he said.

Over the past 12 years, Cpl MacDougall has volunteered his tracking skills and much of his off-duty time in support of 55 SERE courses put on by CFSSAT.

"He has been a reliable resource, imparting knowledge through theory and demonstrations and has brought realism through 'shock of capture' during the evasion exercises," Sgt Clouter said. "The material he presented and his role was consistently well received by both students and staff. When tracking, his nights would start after midnight and he would usually be the last staff member returning to the camp in the early hours, usually successful with capture."

"His choices of track were through unforgiving and exhausting terrain. Through self-initiative he requested and participated as a student on the school's Land and Arctic Survival Courses and on the SERE Course. He volunteered to participate in Cold Water Immersion Trials conducted as instructor professional development and has attended countless other training sessions on the Wing conducted by SERE section to help better his understanding of the scope of operations."

That's a quite a track record of activity with SERE course from someone who participated in his free time.

"I've had a really good relationship with the group at CFSSAT over the years," MacDougall, a native of Cape Breton Island, Nova Scotia, said.

He started volunteering at the camp after his predecessor at the RCMP mentioned



Cpl (ret) Ron MacDougall (left) accepts his RCAF Commander's Commendation from Col Richard Witherden (right), COS of 2 Canadian Air Division. Photo: Vicki Lambos

that he had been attending. MacDougall's first year at the camp was in April of 2002.

"My main job was teaching air crew how to evade police dogs," MacDougall, who first started working with dogs in 1994, said.

"We'd do a power point lecture and then do a demo of some aggression, so they'd have an idea of what it's like. Then, at night when the air crew hit the ground running for the actual exercises, I'd be deployed with two Hunter Force guys and we'd try and locate them. I always had better success by myself because I didn't have to worry about anyone catching up."

The RCMP uses Czech bred German Shepherds, which have very little hip dysplasia and are bred for working.

"Those dogs are athletes," he said. The dogs weighed between 70-85 pounds, and usually begin training at 16 months to 18 months of age.

"They're strong and powerful."

Over the years, MacDougall worked with three dogs: Mac, who he was with the longest, Bobbie and Corbin.

"The biggest thing is to 'read a dog' – to understand the indications he gives because they'll usually lead to the finds.

Our dogs are driven; they have a prey drive to find some-

thing. We just bring it out in the training."

The dogs are praised for good work by rubbing their nose, saying their name and using other methods of approval.

"When we're tracking, the dogs are always on a leash. But, when the flight crew were hiding, the dog was off leash. I always say that if I do find the students, then they didn't listen well. But, if I didn't find them, they paid attention in the classroom."

MacDougall says the thing he'll miss the most is going up to the camp in spring time.

"It was my passion. I had such a good time there because I became close friends with a lot of people at the camp."



Correction

In our May 20th edition of The Voxair, we inadvertently misspelled LCol Danielle Clouter's name on page 10. We would like to apologize to LCol Clouter and to our readers.

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1CAD Honours and Awards

On May 20th, 2015, the 1 Canadian Air Division held an Honours and Awards Ceremony inside of Building 25 at 17 Wing Winnipeg. All photos: Cpl Jean Archambault.



Major General David Wheeler (left), the Commander of 1 Canadian Air Division (1 CAD), presents an Operation Service Medal Humanitas to Captain Roy Laudenorio (right).



Major Lisa Reimer receives her Special Service Medal Op Sirius.



Major Wayne Desjardins Canadian Forces Decoration second clasp.



Captain Denis Dubois receives his Canadian Forces Decoration second clasp.



Chief Warrant Officer Denis Culver receives his Canadian Forces Decoration second clasp.



Chief Petty Officer Paul O'Keefe receives his Canadian Forces Decoration second clasp.



Master Warrant Officer Neil LaViolette Canadian Forces Decoration second clasp.



Sergeant Susan Sampson receives her Canadian Forces Decoration second clasp.



Lieutenant Colonel Phil Baker receives his Canadian Forces Decoration first clasp.



Major Damian Unrau receives his Canadian Forces Decoration first clasp.



Captain Audrey Jordan receives her Canadian Forces Decoration first clasp.



Major Laureen Banks receives her Canadian Forces Decoration.



Major Natasha Bolduc receives her Canadian Forces Decoration.



Major Joanna Martin receives her Canadian Forces Decoration.



Major Guy Parisien receives his Canadian Forces Decoration.



Captain Lars Kornmacher receives his Canadian Forces Decoration.



Captain Morgan Roche receives his Canadian Forces Decoration.



Sergeant Jennifer Coutts receives her Canadian Forces Decoration.



Jake Fehr receives his Civilian Long Service award for 15 years of service.



Second Lieutenant Karina Danolins receives her Commissioning Scroll from Major General David Wheeler.



CWO Denis Culver receives his Chief Warrant Officer (CWO) Scroll from Major General David Wheeler.



Major Jeffrey Chappel receives a Chief of Defence Commendation from Major General David Wheeler.



Captain Gary Delaney receives a Royal Canadian Air Force Commander's Commendation from Major General David Wheeler.



Chief Warrant Officer Madelaine Tollenaere receives a Royal Canadian Air Force Commander's Commendation from Major General David Wheeler.



Captain Allan Haviland receives a 1 CAD Commander's Commendation from Major General David Wheeler.



Tech Sergeant Benjamin Sambolanay from the United States Air Force receives a 1 CAD Commander's Commendation from Major General David Wheeler.



Major Amanda Ives receives a Joint Force Air Component Commander's Commendation from Major General David Wheeler.

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Honours, Awards, Promotions and Retirements



Jocie Johnston, a Financial Services Clerk with 2 Canadian Air Division Headquarters, was presented with her Long Service Award on May 13th for 15 years of service. Pictured (From L to R): CWO Coutu, 2 CAD HQ CWO; Jocie Johnston; Maj Grand'Maison, 2 CAD HQ CO. Photo by Capt K. Josephson.



A/SLt C. Perry promoted to his new rank by LCol Clouter the Wing Admin O and Branch CWO, CWO Spragg. Photo: Submitted



Wing Admin O LCol Clouter (left) and the Wadmin Branch CWO, CWO Spragg (right), promote MWO Clark to CWO effective 1 Jun 2015. Photo: Michael Sherby



On 26 October 2015, Sgt Dwayne Crawford retired from the Canadian Armed Forces after 27 plus years of dedicated service as a Supply Technician. Sgt Crawford was posted to several Bases/Wings over his career, served in six overseas tours and received numerous medals and awards during his time. He is currently working at Det Dundurn as a Water Treatment Apprentice at the Water Treatment Plant and lives in Hanley, SK with his wife Kallie and their son Jack. Photo: Submitted

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Imaginations Take Flight at Aerospace and Aviation Day

By Martin Zeilig

As they bounded down the ramp of the CC-130 Hercules, a group of 25 grade six students from Bairdmore School in Fort Richmond gathered with their teachers on the nearby lawn.

The plane, on loan from 435 Squadron, was parked on a side tarmac at Red River College's Stevenson Campus, just a few minutes north of 17 Wing on Wihuri Road.

The students were taking part in the Annual Aerospace and Aviation in Manitoba (AAIM) Day on May 22.

"I think it's pretty awesome," said Tia, 12-years-old. "This was a fun experience. It was my first time inside a Hercules."

A total of 700 grade six students from eight different schools took part in the day's activities, said Leslie Yakinishyhn, Marketing Coordinator for Magellan Aerospace, who also serves as the chair of marketing communications of the Manitoba Aerospace Association.

The day's events were meant to illustrate to the students and their teachers to the concepts they are learning in the Flight module of their grade six science curriculum.

The mini symposium, with events happening both inside and outside of the hangar, allowed students to participate in hands-on activities that focused on four major aspects of the aerospace and aviation sectors: repair/overhaul, manufacturing/composites, space, and flight.

17 Wing's 402 Squadron also had one of their CT142 De Havilland Dash 8s on display outside, while the Canadian Forces School of Aerospace Studies had erected a large tent where students dropped rocks into various

types of sand, simulating meteorite impacts. They then measured and compared the impact marks, and linked them to real meteorites impacting the Earth.

"I think this is a good opportunity for 17 Wing to get involved with the community and to showcase what we do at 435 and 402 Squadrons, and at CFSAS," said Captain Gary Hartzenberg, Flight Training Officer 1 Canadian Air Division, who was at the AAIM Day as the pilot, along with several other members of 435 Squadron.

He and his crew were conducting a mock flight for the kids.

"We're simulating a forest fire threatening Winnipeg," explained Capt Hartzenberg, a few minutes after the students from Bairdmore School had left the plane. "So, we're evacuating the children out of Winnipeg. They're given a boarding pass as they enter the plane."

The students also received a short technical briefing about the Herc, as well as participating in an interactive session with the Flight Engineer in which he asked them how old they thought the plane was. The correct answer? Over 50!

"This Herc happens to be of 1964 vintage," Capt Hartzenberg said.

"We also asked them questions such as: How high do you think the plane can fly? The answer is: it has a service ceiling of 35,000 feet. That's the height of 28 Empire State Buildings. The talks are presented in a way that kids can visualize."

The children also received a safety briefing from the Loadmaster as if they were actually going to go flying on the air craft.



Captain Grant Kupfer of CFSAS works at the mock meteor stand as grade 6 students participate in Aerospace week in Manitoba at the Red River College Stevenson Campus.

Photo: Cpl Paul Shapka

"We also get a chance to do a bit of discussion on our jobs and about the path we followed to get these jobs," Capt Hartzenberg said. "This is all about encouraging an interest in the aerospace industry."

The experience seemed to have impressed young Tia.

"I'd like to be a mechanic in the Air Force when I'm older," she said as she was leaving.

Prairie Thunder Roars at ASHL Hockey Championships

Maj Sharp CO Det Dundurn

The Det Dundurn Prairie Thunder won the Adult Safe Hockey Championship National tournament held in Regina, SK. this past weekend. With over 64,000 recreation hockey players in Canada and to win the end of year tournament is quite an accomplishment.

The team members are all very proud of the championship and wish to thank the chain of command again for all of their support. As well, the many people who assisted with donations, Steak night tickets, BBQ, and words of encouragement.

Finally, we all would like to thank our families. Your ongoing support for us to play a game we love so much; it is not unnoticed.

There is many special memories for this group and the opportunity to repre-

sent Det Dundurn, CFAD, MP's and the military community is a job well done.

Team Members listed were:

Sgt Fraser – CE
MCpl Hanrahan – Log
MCpl Esliger – Ops
Cpl McGill – Supply
MCpl Menard – Supply
Cpl Faucher – EME
Pte Glover – EME
Cpl Hennings – Transport
OCdt Luczynski – HQ Admin
Cpl Retieffe - CFAD
Cpl Palma – 13 MP Flight
LS Young – 13 MP Flight –
Assistant Captain
WO Sevigny – CFAD –
Assistant Captain
MCpl Turcotte – EME – Team Captain



The Det Dundurn Prairie Thunder celebrates their win at the ASHL Championship Tournament in Regina. Photo: Submitted

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1CFFTS Hosts Last Graduation Ceremony Before Amalgamation

By Martin Zeilig

It was the end of an era at 1 Canadian Forces Flight Training School, but it also marked a new beginning for 11 graduates in the school's Air Combat Systems Officer and Intermediate Airborne Electronic Sensor Operator Qualification Course programs.

1 CFFTS will be merging with 402 Squadron on July 7 to form a new school under the 402 Sqn banner, said Lieutenant-Colonel RJ Defer, Commandant of 1 Canadian Forces Flying Training School.

During the graduation parade in Building 21 on May 28, seven newly minted ACSOs and four IAQCs received their graduation certificates, as well as their promotions from 2Lt to Lt.

During an afternoon ceremony, they received their wings to indicate that they were now officially part of air crew.

"Promotion comes at the same time as their graduation," said Captain Paul Wood, Section Commander, Professional Development - 1 Canadian Forces Flying Training School Course Director ACSO 1401.

Graduate Lt Marie-Claude Labb   said the ACSO 1402 Course, which she completed in 10 months, required a lot of effort.

"There weren't a lot of breaks," said Lt Labb  , who will now be posted to 423 Squadron at CFB Shearwater where she'll be flying in a Sea King helicopter.

"I'm looking forward to a happy life, and many advances."

Lieutenant James Cartier said it felt "amazing" to finally graduate as an ACSO.

"It was very stressful," he said of the course work. Lt Cartier said. "But I feel a lot of relief now."

Lt Cartier called Winnipeg "an awesome" city.

"The people here are welcoming," he emphasized. "The best part of the course were the check rides (on the Dash 8). Now, I'm looking at the rest of my career. I'll be serving Canada."

Like his graduating ACSO classmates, Lieutenant Tyler Molloy, 24, who has now been posted to CFB Esquimalt, called the course load demanding but very worthwhile.

In an unintended but fitting pun, Lt Molloy said that you had to learn to do things "on the fly."

"I'll now do a cool job all over the world," he added. "There are amazing opportunities in the CAF."

LCol Defer said there was a lengthy study and many levels of review and re-writes before the amalgamation between 1 CFFTS and 402 Squadron occurred.

"With that in mind, this graduation parade will be the last to graduate with ACSO and AES Op wings under the 1 CFFTS banner," he said.

He said it was very fitting that the Reviewing Officer for the afternoon parade was 1 CFFTS Honorary Colonel Eldren Thuen, a retired Brigadier-General in the CAF.

"This is not a sad event, but a milestone unto itself," said LCol Defer. "The two units have worked together since the early 90's and I see the amalgamation as the next step in the evolution of aircrew training in Canada."



The graduating class of the 1 CFFTS ASCO and IAQC courses. This will be the last class to graduate under 1 CFFTS before their amalgamation with 402 Sqn. Photo: Martin Zeilig

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Fun in the Sun at the RCAF Run

By Martin Zeilig

With a faint trickle of sweat running down his brow, Master Corporal Brad Lebel summed up the general attitude of participants at the 7th Annual RCAF Run, held May 31st.

"It was awesome, and very well organized," said the vehicle technician at 2PPCLI, who had driven in from CFB Shilo that morning.

Runners could choose between doing a half-marathon (individual and relay), a 10-km or 5-km run, and a 3-km Family Fun Run/Walk. With the exception of the family event, all of the runs are registered with Athletics Canada and the timings can be used as qualification times for other running events.

On top of providing a top-quality competitive running experience, the RCAF Run also serves to highlight the importance of healthy and active lifestyles and the link between physical fitness and operational readiness in the Canadian Armed Forces said RCAF Run Deputy

Chairperson Major Heather Collins.

"Within these three goals we have placed emphasis on trying to increasing the number of youth and young adults that participate in the RCAF Run."

To help meet that goal a youth challenge was organized on the hill behind the 17 Wing Fitness and Recreation Centre. The challenge featured a shuttle run, geography quiz, sit ups, monkey bars, pull ups, tire flip and several other physical and mental challenges.

Emily, a grade 8 student at Noel Ritchot School, had a great time at the event.

"It was a little bit challenging, but not too much. I liked the running best," she said.

Events for younger children were held inside of the Fitness and Recreation Centre on the gym floor. There was a lot to do for the whole family at the Race Village, as the RCAF Band put on a fantastic concert in the afternoon, and people could visit booths and displays set up by the

CAF and local businesses.

The Run also provided a rare opportunity for the general public to get onto the 17 Wing flight line, where they were able to learn more about several RCAF aircraft that were on display.

Lieutenant-Colonel Daniel Desrochers, Commandant at CFSAS, completed his 10-km run in a time of 58:13 minutes. He said this was his fifth RCAF Run, and the most enjoyable one yet.

"It was absolutely fantastic. It was sunny and not too hot, so we could enjoy the outdoor festivities like the music and the barbecue."

Another highlight of the event was the team featuring Kingston Harding, 12 and Alex Sala, 11, students at École Dieppe. They placed first overall in the half marathon relay, a feat that is especially impressive considering they were solving a Rubik's Cube while running.

Maj Collins called the day a tremendous success, with a total of 2,314 people registered in both the timed and family

events.

"It was great to see so many more teams in the timed events, and children of all ages and their families enjoying activities in the race village," she said. "There were lots of really good questions about the planes and equipment on the flight line, which showed that Canadians are interested in what the RCAF is doing."

She also expressed appreciation for the efforts of Sergeant Chris Downey, the Solider On representative at the Race, in connecting with Ability Athletes from the local community.

"He inspired them with his story," said Maj Collins. "It was also nice to see our sponsors come out and set up displays in the race village. It shows a personal interest in the event. It was a highly successful and safe RCAF Run, and we're already looking forward to the next one on June 5, 2016."

Make sure you check out www.facebook.com/thevoxair to see lots more photos from this great event



Families and Runners check out the display of aircraft set up on the 17 Wing Flight Line.
Photo: Martin Zeilig



Runners navigate the course inside of 17 Wing during the RCAF Run. Photo: Mike Sherby



A team of participants pushes over a tire at the Youth Challenge in the Race Village. Photo:
Martin Zeilig



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Operation Impact's Roto 1 personnel get off to a running start during RCAF Run in Kuwait

By Joint Task Force-Iraq Public Affairs

As the Royal Canadian Air Force (RCAF) march-past played, hundreds of Canadian Armed Forces personnel and members of other Middle East Stabilization Force nations stepped off for a five- or ten-kilometre jog as part of the Joint Task Force-Iraq (JTF-I)'s RCAF Run on May 25, 2015.

Held at both Camp Canada and Camp Patrice Vincent, Kuwait, the run supported and raised awareness of the same causes as the RCAF Run in Winnipeg: Soldier On and the Military Families Fund.

"I was proud to see so many of our JTF and coalition members come out this morning to show their support for charities and to display commitment to healthy living, despite the high tempo of operations," said Brigadier-General Lise Bourgon, the commander of JTF-I.

"Despite the fact that many of us have just recently arrived in Kuwait as part of Rotation 1, we are already getting acclimatized to the heat and I'm impressed to see our personnel challenge themselves."

As the JTF-I RCAF Run was held on May 25, which is the United States' Memorial Day, a special prayer was read and a moment of silence observed during the opening ceremonies. Indeed, at Camp Patrice Vincent, the

RCAF Run was one of a number of physical activities, including a "Cross fit-a-thon", that took place on Memorial Day.

The running routes took participants on scenic journeys through the bases. In some spots, runners paralleled the airfields where members of Air Task Force-Iraq who were not taking part in the run were still hard at work, in the early hours, getting planes ready for the next missions against the Islamic State of Iraq and Syria (ISIS)..

This year's satellite run follows in the tradition of the RCAF Run held at Kandahar airfield in Afghanistan in 2010 that saw more than 280 deployed members take part. Although this year's event in Kuwait started at 6:30 a.m., the temperature had already climbed to 35 degrees Celsius. To keep everyone safe, water stations were staffed by volunteers from across Joint Task Force-Iraq and Air Task Force-Iraq, with security and on-scene medical support provided by the Joint Task Force Support Component and the Kuwait Hub.

"Physical fitness is an important part of operational readiness and it contributes to our members' stamina and mental health; in the end, it is an important factor that enables all of us to complete air operations," noted



Canadian Armed Forces personnel at Camp Canada and Camp Patrice Vincent, Kuwait, and other members of the Middle East Stabilization Force participated in the Joint Task Force-Iraq's Royal Canadian Air Force Run on May 25, 2015, during Operation Impact. PHOTO: Operation Impact, DND

Colonel Sean Boyle, the commander of Air Task Force-Iraq. "This run is also a great way to share an experience with our fellow Canadian Armed Forces members taking part in the RCAF Run in Winnipeg."

CFHA Welcomes New Customer Service Representatives

Colleen Ridley, Manager, Housing Service Centre - Winnipeg – Canadian Forces Housing Agency

The Canadian Forces Housing Agency (CFHA) Winnipeg has been very fortunate to have two casual employees working as Customer Service Representatives, while we have been experiencing staff shortages. We recruited these two talented ladies through referrals from the Military Family Resource Centre (MFRC). We approached their Volunteer Coordinator, Mrs. Barb Thuen, seeking her assistance in recruiting interested military family members for a very short period. Two women, with very diverse backgrounds, but both living in our RHU's were keen to join our little, but dynamite team. While the contracts are limited (maximum of 90 days), and grant no authorities, the work they do in assisting our team in serving the CAF is immeasurable.

Nathalie Dufour (on the left) is a Mechanical Engineer with experience at DCC in Bagotville, and her strength and depth is in information and communications. She is a military spouse posted to Winnipeg almost 2 years ago,

volunteering at the MFRC after a couple of months upon arrival. Nathalie has developed and populates bilingual generic and specific group e-mail messages, keeping our occupant informed of the hot issues, such as furnace servicing and yard waste recycle. Her project management skill has been put to good use, in developing the first ever joint 17 Wing / CFHA "Gopher Population Control" exercise. Mother of two growing and active boys, she has this to say about CFHA "I really love working here, every day is different, never boring and the best thing is the team is great. The time goes by fast."

Krystal Moorhouse (on the right) joined us with the experience of a fast paced, high pressure, job from the fast food industry. CFHA is her first "office job" and she has been an invaluable contributor to our Excellence in Service objective, supporting every aspect of maintenance, allocation and administration. She brings joy, laughter and a burning desire to learn, inspiring all of our team. Her husband may be posted this year, and is ready to launch her career while raising their young and busy daughter. She says "Being on the other side of the door I've had the opportunity to see what it's like to be receiving the calls from occupants rather than placing them. This has given me the opportunity to understand the full scope of work that CFHA is involved with; from how contractors work to assisting members deployed overseas with their housing



Nathalie Dufour (left) and Krystal Moorehouse (right), are excited to be working at the CFHA as Customer Service Representatives. Photo: Colleen Ridley

needs."

Over the years, CFHA Winnipeg has had the honour of military spouses working within our Agency. In order to continue this Best Practice, we will continue to strengthen our CAF community, by engaging military family members, as they are "Ambassadors of Excellence" and wonderful additions to our core team. They have been invaluable, when we have been experiencing employees away on extended leave, and when we have the flexibility to use this wonderful resource. Barb from the MFRC confirms "The military family community is a great resource, offering a vast diversity of skills and talents. The men, women, and children who participate in our MFRC programs and services are enthusiastic and dedicated, and we are happy to be able to partner with CFHA to offer them a chance to experience a new opportunity in the work world."

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23 CF Health Svcs C Hosts Flight Surgeon Conference

By Martin Zeilig

Several minutes after emerging from the hypobaric chamber at the Canadian Forces School of Survival and Aeromedical Training, Colonel Pierre Morissette mused on the value of undergoing hypoxia recognition training.

Col Morissette, Royal Canadian Air Force Surgeon, was one of 36 flight surgeons from across Canada at a three day conference at 17 Wing sponsored by the 1 Canadian Air Division Surgeon, Lieutenant-Colonel Helen Wright, and her team.

"I've done it many times before, but this is a good refresher course on the stresses of flight and my individual responses to reduced air pressures," Col Morissette said of his 15 minutes inside the hypobaric chamber.

Col Morissette, who is based at the National Defence Headquarters in Ottawa, was also joined by personnel from Aeromedical Evacuation Flight (nurses and med techs) at CFB Trenton, and a foreign flight surgeon.

Inside the chamber, the air pressure was reduced to simulate an altitude of 25,000 feet causing a decrease in the amount of oxygen available in inspired air, so that each individual would experience their own particular symptoms of the onset of hypoxia.

The three-day session, May 20-22, was opened in the Netherlands Theatre by Major General David Wheeler, 1CAD Commander, and Division Chief Warrant Officer Michael Scarella, both of whom emphasized the specialized nature of air operations and the need for medical support personnel to understand roles of aircrew, maintainers and support teams.

According to LCol Wright, the goal of this annual

training session is to keep Flight Surgeons up-to-date in both operational support concepts (i.e., enhance performance in operational context rather than just treating medical issues) as well as clinical aerospace medicine.

"This year's program was a mix of update presentations, a morning of clinical case discussions, and some hands-on experiences," LCol Wright added.

The highlight for most of the Flight Surgeon and Basic Aviation Medicine providers was a low level Herc flight with Major Dennis Scharf and crew at 435 Squadron.

"Last minute changes in timing and additions of civilian personnel required some quick work by Major Steve McLean and his staff at 435 Squadron Ops to make the flight happen. 17 Wing Flight Feeding Master Corporal Kyle Marriott and his team also did some fast work to provide un-forecast box lunches," LCol Wright said.

"Major Josh Leveque of 435 Squadron and Major Dave Dunwoody of 1 CFFTS each gave a lecture on stressors of flight to reinforce how challenging the flying environment can be," she said.

On the final morning conference participants were hosted by Major Dallaire's team at CFSSAT and worked through a number of aeromedical training stations such as the hypobaric chamber and hypoxia demonstration.

This year the conference was also attended by Colonel Katia Alvim of the Brazilian aerospace medicine institute (IMAE)

"She presented on some of the medical challenges her group is facing in preparation for the Rio Olympic Games. It was very interesting to see how their issues



Attendees of the conference undergo hypoxia recognition training at CFSSAT. Photo: Martin Zeilig

and solutions overlap with our own," LCol Wright said.

Overall, LCol Wright says she was very pleased with the training sessions.

"The success of the training was in large measure due to support from 17 Wing units including 435 Squadron, CFSSAT, and Wing Imaging's Corporal Justin Anderlin," she said.

Col Morissette, who was based at 17 Wing for eight years before being posted to Ottawa, found the conference worthwhile on both a professional and personal level.

"I love this stuff," he said. "It's very different than being behind a desk in a doctor's office. We like to experience what the aircrew is exposed to, so we can look after them better. I love coming back to Winnipeg too, and to CFSSAT. It feels like coming back to family."



The Royal Canadian Air Force Surgeon, Colonel Pierre Morissette (Left) presents the Canadian Decoration Frist Clasp to Warrant Officer MJ Farrell (Right) during the Canadian Forces Operations Aerospace Medicine Conference on May 20, 2015 Officer's Mess, 17 Wing Winnipeg, Manitoba. Photo: Cpl Ancelin



The Royal Canadian Air Force Surgeon, Colonel Pierre Morissette (Left) presents the Canadian Forces Health Services coin to Major Aaron Minkley (Right) during the Canadian Forces Operations Aerospace Medicine Conference on May 20, 2015 Officer's Mess, 17 Wing Winnipeg, Manitoba. Col Morissette also presented Maj Minkley with the Canadian Forces Decoration. Photo: Cpl Ancelin

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Community Recreation To Receive Canoes and Kayaks for June Is Rec Month

17 Wing Community Recreation isn't going to leave you up the creek without a paddle this summer. Canadian Tire has partnered with Canadian Forces Morale and Welfare Services (CFMWS) to provision Bases and Wings across the country with brand new Canoe and Kayak kits as part of the 2015 June is Recreation month activities.

17 Wing will be getting 3 canoes and 3 kayaks along with paddles that can be signed out to use. While there is no firm date on their delivery, it will be in time for use this summer.

In addition to the water crafts, CFMWS in association with Canadian Tire will be running a #RECREATIONmatters contest on social media. Just upload a picture of yourself participating in your favourite recre-

ation activity with the hashtag #RECREATIONmatters to www.facebook.com/FG-REC-FC and you'll be entered in a draw to win one of five \$1000 Canadian Tire gift cards.

And that's just the tip of the iceberg for June is Rec Month event, as 17 Wing Community Recreation has a whole host of free activities and workshops throughout the month that you can take part in.

Want to take one of those new kayaks or canoes out, but don't know what you're doing? They've got you covered with their Wilderness Supply session on June 8th at 1830 hrs, where you can learn great tips on where to canoe or kayak locally from experts. You can register online at www.pspwinnipeg.ca or by contacting Deanne Bennett at Deanne.Bennett@forces.gc.ca or at local 7013.

If all that canoeing or kayaking has made you hungry, stop by the front of Building 90 on June 11th for a free Family BBQ from 1700-1930 hrs. At the BBQ, Community Recreation will be holding a draw for two \$50 Canadian Tire gift cards, so make sure you show up to this event.

There will also be a host of other prizes being given away throughout the month of June, including swim suits that were also donated from Canadian Tire.

The month wraps up with a pickle ball clinic, where you can learn all about the exciting, up and coming sport of pickle ball. The clinic runs at 1830 hrs on June 23rd.

For more information about the fun events that are planned for June is Recreation month, go to www.pspwinnipeg.ca.

Join Winnipeg and Bike to Work!

On June 19th, leave your car at home and join the rest of Winnipeg for Bike to Work Day 2015! This event will mark the 8th year for the City of Winnipeg and the 7th year for 17 Wing commuters to be encouraged to be a part of their community and get involved in a growing trend, active transportation!

What is Active Transportation?

Active transportation refers to any form of human-powered transportation – walking, cycling, using a wheelchair, in-line skating or skateboarding. There are many ways to engage in active transportation, whether it is walking to the bus stop, or cycling to school or work.

Why Active Transportation?

Why not?! Seriously though, the benefits to active transportation include, but are not limited to:

Health – every adult should look to accumulate 30 minutes or more of moderate intensity exercise most days of the week. Active transportation provides an opportunity to be physically active on a regular basis. Don't have enough time? For commutes of about 10 kms or less, cycling time is often comparable to motorized travel. Consider any extra time required as time well spent on physical activity (that you don't have to schedule in later).

Social – active transportation is accessible to Canadians and increases social interactions, especially when combined with the variety of organizations such as Bike to the Future and the Manitoba Cycling Association and Green Action Center who are devoted to representing the interests of cyclists in the province.

Transportation – tired of sitting in traffic? Active

transportation reduces road congestion. Think of the stress that will be alleviated from sitting around and waiting for the lights to change or traffic to clear.

Environmental – personal transportation accounts for almost half of the greenhouse gas emissions produced by households. By turning to your feet or bicycle for everyday travel you can quickly and easily reduce your carbon footprint.

Economic – in the city, the bike travels at half the speed of a car, takes up one tenth of the space on the road, and one twentieth of the parking area. By cycling you are not only saving money on gas and parking but helping to avoid road construction and expansion of parking lots, reducing taxes.

Ready to give it a try?

Ensure your bike is roadworthy; take it to a bike shop if in doubt

Wear a helmet and bright and/or reflective clothing

Get familiar with your bike and ride a few times in the evenings and weekends to get comfortable

Plan your route by referring to a Winnipeg Bike Map or consulting friends, neighbours or co-workers who commute by bike for advice

Have a bike lock and always lock your bike frame to a bike rack or immovable object

Be sure to carry identification, cell phone or change for a payphone in case of an emergency

Decide whether to ride in your work clothes or carry a change of clothes with you

Appreciate what's around you, it's a whole different world from the one in a car

Following your walk, cycle or in-line skate to work on June 19th, join Health Promotion and the Winnipeg MFRC along the Yellow Ribbon Trail at Whytewold and Silver Ave from 0630 – 0900 hrs for safety giveaways and healthy snacks!

Visit <http://www.bikeweekwinnipeg.com/> for more information and to register.



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Alcohol, Other Drugs and Gambling: Supervisor's Training

12 August (0800 - 1600 hrs) and

13 August (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

12 août (8 h à 16 h) et

13 août (8 h à 12 h)

Reconnaitre 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. Cela vous aura un code. DAOD 5019-7

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

Health and Wellness Challenge Wraps Up



This week brings about the end of our Health & Wellness Challenge. Be sure to return your activity trackers to us @ B63 or in B21 on June 10th @ the WComd Challenge. Deadline is June 10th to be entered for prizes!

Commuter Challenge 2015! 31 May - 6 June 2105

The Commuter Challenge is a friendly competition run annually to encourage physical activity, reduce CO2 emissions and build healthy relationships within the workplace, and win awesome prizes. Participants may walk, run, cycle, bus, carpool or participate in any other means of environmentally friendly commute during the week of 31 May – 6 June 2015. Winnipeg has won gold in the commuter challenge the last 9 out of 10 years. So come on 17 Wing, let's get started and win again!

Commuterchallenge.ca



Alcohol, Other Drugs and Gambling: Supervisor's Training

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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

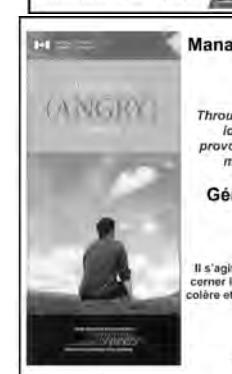
12 août (8 h à 16 h) et

13 août (8 h à 12 h)

Reconnaitre 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. Cela vous aura un code. DAOD 5019-7

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



Managing Angry Moments (MAM)

11 & 18 June 2015

0830 - 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

11 et 18 juin 2015

0830h à 1600h

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

Health Promotion et le Bureau de Formation Stratégique Forces Armées et de Défense (BFSF) sont responsables de l'organisation de ce programme.

Pour vous inscrire, composez Promotion de la santé, au 4150





Upcoming MFRC Programs and Events

COFFEE AND CONVERSATION

Tuesdays, June 2, 9, 16, 23, 30

From 2:00 to 3:00

Please advise in advance if childcare is required

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!

CRAFT DROP IN DAYTIME

Tuesday, June 23

from 9:30 to 11:30 a.m.

Are you a knitter, card maker, stamper, scrapbooker or other crafty sort? We're offering you the space to come and craft without interruption. Enjoy the company and inspiration of others while you complete your masterpiece.

LADIES NIGHT OUT

Tuesday, June 16

from 7:00 to 9:00 p.m.

Registration deadline: June 12, 2015
Come out and have some fun, just us ladies. We will be creating a few greeting cards, having some laughs and sharing some great food. Please bring an appetizer or dessert to share with everyone, as well as your own adhesive for cards.

MOVIE! BIG HERO 6

Friday, June 12 at 1:00 p.m.

17 Wing Theatre—Bldg 90,
680 Wihuri Rd.

Children must be accompanied by an adult.

It's an inservice day and you're looking for something to do?

Join us at the Wing Theatre for a fun film! Snacks will be provided, while supplies last.

SPECIAL NEEDS SUPPORT GROUP

Wednesday, June 24

From 1:30 to 3:30 p.m.

Please contact Sherri if you require childcare.

Are you or someone in your family af-

fected by special needs? Please join us for an afternoon of discussion, networking and sharing the rewards and challenges of managing special needs.

HAPPINESS IS...

(THE HAPPINESS PROJECT)

Wednesday, June 10
from 6:30 to 8:30 p.m.

Cost: \$10.00 (first time registrants only)

Free child care for children 18 months to five years with preregistration by June 3.

Are you interested in consciously creating happiness within your life? This group will meet monthly to discuss, share and support each other as we focus on practical ways to make our lives more fun.

Based on the International Bestseller "The Happiness Project". Each group member will receive a copy of the book to read and reflect.

UNDER THE TUSCAN SUN

Tuesday, June 23 at 6:30 p.m.

Wing Theatre—Bldg 90,
680 Wihuri Rd.

In Conjunction with The Happiness Project

Frances Mayes is a 35 year old San Francisco writer whose perfect life has just taken an unexpected detour. On the spur of the moment, she buys a crumbling villa in Tuscany and takes on finding happiness in her life and learns that sometimes wishes are granted in unexpected ways.

Snacks provided, while quantities last. Rated PG

COMMON MISCONCEPTIONS

ABOUT PTSD

Thursday, June 18 from

7:00 to 9:00 p.m.

Free child care for children 18 months to five years.

Registration deadline: June 12, 2015

Supporting a loved one with PTSD can often be stressful. Gain a deeper understanding of PTSD and how it may impact you, your partner and your ability to communicate with each other.

MFRC Annual General Meeting (AGM)

Wednesday, June 17 at 7:00 p.m.

Childcare is available free of charge

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.

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

MFRC Summer BBQs

The first BBQ of the season will take place on THURSDAY, JUNE 25, 2015! 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!

BBQs will take place on alternate Thursdays:

June 25,

July 9 and 23

August 13 and 27

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

Employment Opportunity

The Winnipeg MFRC is currently accepting applications for a childcare provider. The successful candidate will be responsible for providing childcare, in our playroom, to children ages 18 months to 5 years old during MFRC programs, meetings and drop in times. Other responsibilities include maintaining the playroom and Multi-Purpose Room, and assisting MFRC staff with various tasks.

Hours of work will be Tuesday, Wednesday, Thursday from 9:30-3:30 p.m. and Fridays from 9:00 to 12:00 p.m.

Experience working with children and a current First Aid/CPR certificate are required.

Apply in person at the Winnipeg Military Family Resource Centre at 102 Comet Street, by email to winnipegmfrc@familyforce.ca or by fax to 204-489-8587.

Application deadline: June 5, 2015 No phone calls please. Only those selected for an interview will be contacted.

EMPLOYMENT OPPORTUNITY

Winnipeg Military Family Resource Centre

is seeking a

Francophone Services and Second Language Training Coordinator

30 hours per week, 3 month probation period

Responsibilities

Provide support to the Francophone community through programs, workshops and activities

Help new Francophone families to integrate into their new community

Coordinate the Second Language Training Program

Support other MFRC coordinators when language assistance is required

Translate material distributed by the MFRC to the public

Core Skills/Qualifications

French essential, bilingual

Good knowledge of the Francophone resources available in the community
Autonomy, sense of initiative and ability to work as part of a team

Understanding of the military life style.

Experience in managing staff

Good computer skills

Ability to work a flexible schedule (evenings and weekends)

Please send your résumé no later than June 5th to:

Don Brennan, Executive Director

102 Comet Street

PO Box 17000 Stn Forces

Winnipeg, MB R3J 3Y5

donald.brennan@forces.gc.ca

Fax: 204-489-8578

A job description and a complete list of requirements are available at 102 Comet Street. Only those selected for an interview will be contacted.

PERSONAL CLASSIFIEDS

FOR RENT

Beautiful Two-story house in East Fort Garry. 3 bedrooms upstairs. large master bedroom. 2 full bathrooms. Large bright open kitchen, SS appliances. Hardwood floors. Developed basement. Oversized 2 car garage. Large fenced yard. Lovely family home in a great neighbourhood! \$2000 monthly. Available Summer 2015. Contact: Angela (204) 452-3211

HOUSE FOR SALE

2002 1385 sq foot Bungalow for sale in Niverville. Just 17 minutes from the city. 2 owner home. Open Concept. 5 bedrooms. 2 Full Baths. Fully Finished Lower Level. Fully Insulated and Drywalled Double Garage. 2 decks. Large Garden. Built in dishwasher and garburator. CA CV Call Corrie at 204-388-4208

Table & Chairs / Winter Tires For Sale

Pub style table and chairs in solid cherry wood, can also be extended to accommodate 8 chairs/ without the extension it will sit 6 people, asking \$350.00. Also looking to sell are 4 winter tires, size 175/R13. Only used two winters so are in great condition and asking \$150.00 for the set. Please contact 204-998-1827, call or txt is fine.

FOR SALE – Woman's Air Force mess kit with blouse.

Size 10-12. Excellent condition. \$300. Call Lynn at 204-295-1354.

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Every Sat 2 - 4 pm

Scorpio (October 24 – November 21):

It's important to keep some traditions but upholding others may not serve you well. Don't follow others with blind faith. Ask the hard questions. Are they being realistic and do they follow through on their promises. Don't let a person's image sway your opinion. Double-check facts.

Gemini (May 21 – June 21):

Your lifestyle may need a make-over. What can you do to develop your skills? What is missing from your life? Where is there a lack of balance? When you sense something is going on, look past the obvious. Look at things from another person's perspective before you judge them.

Cancer (June 22 – July 22):

If you feel like things aren't progressing no matter how much effort you make – you're right. But it's not because you're not trying. Take off your rose-colored glasses and you'll see your loved ones and situations more clearly. People won't change just because you want them to.

Leo (July 23 – August 22):

If you really care about someone, reach out to connect with them. There is an opportunity to mend fences but you must stay calm in the process. Be sincere and honest or things will swiftly deteriorate. Consider your words carefully. Networking can benefit you at this time.

Virgo (August 23 – September 22):

Plan a trip to a place where you can learn more about what interests you. Go to places you might not be able to see as easily in the years ahead. Note how you feel in different places. Focus on what affects your health and wellness, including what you eat and drink.

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MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

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BY NANCY

Aries (March 21 – April 19):

Let go of things that trigger negative thoughts to shift how you feel about the future. As you sort through objects, pay attention to your emotions. Revisit memories and then if you feel they have a negative effect, determine how you can release them from your psyche. Plan a get-away.

Taurus (April 20 – May 20):

It's important to keep some traditions but upholding others may not serve you well. Don't follow others with blind faith. Ask the hard questions. Are they being realistic and do they follow through on their promises. Don't let a person's image sway your opinion. Double-check facts.

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Aquarius (January 20 – February 18):

Prepare for unexpected repairs. Sell off what you're no longer using. Many things have hidden costs. Check for this and re-evaluate how necessary these expenses are. If something isn't life enriching – get rid of it. This will make you feel freer, more creative and totally alive.

Pisces (February 19 – March 20):

Radical changes are necessary. Do what is needed to get results. Develop systems and get the tools you'll need to do your best work. Take breaks often for when things change the shift will be quick so you'll need to be organized, rested and ready to "meet the demand."

FOR APPOINTMENTS CALL 775-8368

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Chaplain's Corner

Spiritual resiliency Part II

By Capt E. Dompierre, MH Chaplain, 23 CF H Svcs C

“Le sens de la Vie se ressent dans notre contact avec le vide. » Inspiré par Anselm Grün

Le mois de mars dernier, je rédigeais la première partie d'une série d'articles au sujet de la résilience spirituelle. D'entrée de jeu, je soulignais qu'il s'agissait d'une tâche ardue tant par la densité du sujet que par l'aspect subjectif relié à l'expérience, unique, de chacun avec les épreuves de sa vie. J'annonçais donc mon intention de procéder étape par étape plutôt que d'essayer d'expliquer tous les concepts reliés à la résilience et à la spiritualité d'un trait ce qui risquait de me conduire à ne rien expliquer du tout. J'implorais donc, à cet effet, votre patience et tolérance vous promettant que vous finiriez par saisir mon point de vue et peut-être, par le fait même, à l'intégrer à votre expérience personnelle. Je terminais mon article en utilisant une métaphore dans laquelle je comparais la vie à un bateau et à partir de laquelle je vous posais deux questions ; à savoir durant tout le temps que vous avez passé à écoper votre embarcation qui prenait l'eau (traumatisme), qu'est-il advenu de la direction vers laquelle vous deviez vous diriger (spiritualité)? Et la suivante concernait l'état dans laquelle se trouve votre écope ; et si elle était pleine de trous (résilience)? Les prochaines quelques lignes serviront à entrer plus avant dans la compréhension des concepts qui nous intéressent aujourd'hui dont plus particulièrement ceux de résilience et de traumatisme.

Il va s'en dire que si nous traitons de résilience voire même de spiritualité c'est que d'emblé nous sous-entendons l'existence d'un ou plusieurs traumatismes et d'une certaine quête de sens. Boris Cyrulnik rappelle que depuis longtemps déjà on a constaté la présence de troubles psychiques chez les personnes qui, par exemple, avaient subi les affres de la guerre, chez celles ayant été menacées par une catastrophe naturelle ou encore ayant été victimes d'une agression. Cependant, explique-t-il encore, avant la venue de Janet et de Freud, on attribuait ces « symptômes » au mauvais œil, à la possession ou encore à l'infériorité de celui ou celle qui en était atteint. Ce sont ces deux personnages qui ont permis de comprendre que le traumatisme a un impact réel sur les « enveloppes » du Moi venant altérer le fonctionnement psychologique de façon durable.

À la lumière de cette nouvelle compréhension il devient nécessaire d'explorer ce qu'il en était réellement de l'impact extérieur du trauma sur le Moi donc de vé-

rifier la possibilité qu'une personne soit possiblement prédisposée aux différents bouleversements qu'elle allait subir. C'est à ce niveau donc que se pose la question des mécanismes de défense (résilience) et celle de l'effet qu'a la subjectivité sur la réalité et ce qui fait que l'expérience traumatisante a été ressentie comme un trop-plein d'information ou bien encore comme une profonde perte dont le deuil n'arrive jamais.

C'est en observant des orphelins, n'ayant peu ou pas de liens d'attachement avec leurs éducateurs et dont certains en mouraient, que l'on découvrit que lorsque leur entourage affectif était réorganisé, de manière à permettre l'apparition d'un attachement, leur développement reprenait (Résilience). On a donc pu faire un lien et comprendre qu'en présence de certaines composantes il est possible pour une personne ayant subit un traumatisme de ne pas être brisée à jamais.

En somme, nous comprenons que si le terme de guérison reste certes à définir, une personne psychologiquement blessée à cause d'un ou de multiples traumas peut guérir. Pour reprendre ma métaphore du bateau celui dont l'écope est trouée et qui travaillant d'arrache-pied à vider son embarcation se trouve perdu pourra malgré en et dépit de tout, retrouver son chemin et de conserver le moyen de se rendre à destination.



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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 Darryl Levy
(Baptist) - Chapel Life Coordinator ext 5272

Padre InSeob Won
(Presbyterian) ext 5087

Padre Robert Humble
(United Church) - Contracted CivO ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn 306-492-2135 ext 4299

Padre Christopher Donnelly
(United Church) - currently deployed



17 Wing Community Chapel

2235 Silver Avenue

(Near Whytewold)



17 Wing 204 833 2500

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 5956

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.

FOOD BANK DONATIONS
In assistance to Winnipeg Harvest, the donation box is located at the entrance of the chapel.

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 FUND
Contact Wing Chaplain Office for further information.



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