



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

Royal Canadian Air Force Band Releases Video



The RCAF Band released a video on Sunday, May 1, that was filmed in 11 Hangar last October. Please page 8 for the complete story on their concert at the Manitoba Theatre For Young People (MTYP). Photo: Bill McLeod, Voxair Manager

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AES Op Students Visit 443 Squadron

by Cpl David Randell

On the 10th of April, 2016, ten students and two instructors from 402 Squadron's (Sqn) Intermediate Airborne Electronic Sensor Operator (AES Op) Qualification Course (IAQC), 1552, departed 17 Wing Winnipeg for beautiful British Columbia.

Occupying two CT-142 'Gonzo' aircraft and accompanied by four 402 Sqn Pilots, the IAQC 1552 travelled westward to complete an Operational Unit Visit (OUV) with 443 Maritime Helicopter Sqn (MHS), stationed in Patricia Bay, Victoria and operating the Canadian Helicopter CH-124 Sea King, and 407 Long Range Patrol (LRP) Sqn, positioned at Canadian Forces Base (CFB) Comox and employing the CP-140 Aurora.



AES ops from 402 Sqn upon arrival at Victoria International Airport on the 10th of April, 2016 in front of the "Gonzo." Left to Right: Avr Amy Watson, Avr Thomas Furman, Cpl Brent Connelly, Avr Kevin Lorin, Avr Lee Shaver, Cpl Stuart Knox, Avr Kyle Morris, Cpl Natasha Dresler, Cpl Sylvain Fournier, Cpl David Randell. Photo: Sgt John Bowden

OUV's are an exciting and valuable experience for any IAQC as it helps students expand their existing knowledge of the Royal Canadian Airforce (RCAF) communities that one day they will be posted to. An OUV consists of touring operational units and supporting facilities along with their specific airframe and associated resources. In doing so, students receive a glimpse at the respective workplace environments as well as the duties and tasks that will be expected of them when they arrive on Sqn.

Approximately two hours after the crews left Winnipeg, they landed at Lethbridge, AB airport to refuel. From there it was direct to their flight destination, Victoria International, where the aircrafts were secured

and the group headed for CFB Esquimalt.

The OUV commenced with the students receiving a tour of Her Majesty's Canadian Ship (HMCS) Ottawa, a Halifax Class Frigate, and HMCS Victoria, a long range hunter-killer submarine. Having the opportunity to view a military vessel, such as HMCS Ottawa, was a key influence on the students during their trip. It offered them a better understanding of what to expect if they are posted to a MHS. "The ship looked very well maintained and the crew was very knowledgeable", stated Corporal (Cpl) Stuart Knox, one of the student AES Ops. "It gave us a firsthand indication of what life at sea would be like for an aircrew when operational; given the info I received, I think it would be an exciting

and worthwhile experience to be deployed on a ship as an AES Op", he divulged.

Afterwards, it was off to Patricia Bay to see in the historic Sea King helicopter. While at 443 Sqn, the IAQC was given a tour of the new MH facilities. The students were also fortunate enough to be granted a familiarization flight which had them experience in real time some of the aircrew duties associated with the Sea King as well as take part in a hoisting exercise. Cpl Brent Connelly, an AES Op student hoping to be posted to the MH community, shared his excitement about the experience, "The hoisting was awesome; looking above you at the hovering Sea King is an incredible sight."

He boasted. "It was great to see the crew concept of the Sea King in action; we got a taste of what lies ahead of us once we graduate and get posted." Aviator (Avr) Lee Shaver also commented on the enthusiasm he had after taking his flight. "Taking part in the flight was incredibly beneficial and has left myself more motivated than ever to successfully complete my training and move on to an operational unit."

The following day, the 402 Sqn students made their way from CFB Esquimalt to CFB Comox for their last day of formal engagements. Once they arrived in Comox, the IAQC was greeted by AES Ops from 407 Sqn who conducted a tour of the facilities and briefed the students on some of the finer points related with being attached to a LRP Sqn. The group also had the chance to observe a crew compliment carrying out their duties in the RCAF's new Procedural Crew Trainer (PCT). The PCT, compared to previous mission simulators, is outstanding and gives its users the "real world" like training needed to develop and enhance the technical abilities of the next generation of aircrew. The students then received a detailed tour of the CP-140 Aurora, which in turn provided the students an improved comprehension of the crew's actions, equipment versatility, and mission capabilities involved within the LRP community. "The updated technology on the Aurora is very innovative," says Cpl Natasha Dresler, also an AES Op student. "The advanced capabilities that the RCAF can employ while on domestic and international operations through the CP-140 is quite impressive; it would be an extraordinary work environment for any AES Op wanting to become an operator on that platform."

Overall, the experience and knowledge that the IAQC students from 402 Sqn received while participating in the OUV was extremely valuable in shaping their existing forethoughts and insights into tangible desires toward newly established career ambitions. Avr Kyle Morris, having only been in the military for two years expressed his satisfaction with being able to partake in the trip. "Being new to the military and having only experienced training environments, it was a welcomed change to finally see actual operational squadrons" he said. Not only did this adventure pique the interests of the students but also allowed for an encouraging setting for course moral and esprit de corps. While the schedule had hard timings for them to honour, the group took full advantage of available time and visited such places as Fort Rodd Hill, a coastal artillery fort built in the late 1890s, Fisgard Lighthouse and Sooke Potholes Provincial Park; just a few local attractions that aided in making the trip even more enjoyable.

CANEX Shows Appreciation for Volunteers



On behalf of CANEX, David Yanick, Manager of the 17 Wing CANEX, (left), donated \$3950 to the Volunteer Appreciation Event to be held at 17 Wing on June 12. Accepting the cheque was Deanne Bennett, Community Recreation Coordinator, Barb Thuen, Coordinator of Volunteers for the MFRC, Don Brennan, Executive Director of the MFRC, and Tina Bailey, Manager Fitness, Sports and Recreation. Photo: Bill McLeod, Voxair Manager

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Meteorological Inspection Course Graduates

by MCpl | Cplc Linda Legault

The Canadian Forces School of Meteorology (CFS-Met) has been a busy place with several courses offered this past winter. The second iteration of the Meteorological Inspection course graduated on April 15th, 2016.

CFS Met Instructors teach the Meteorological Inspection course at 17 Wing in Winnipeg, Manitoba. The aim of the Meteorological Inspection Course is to qualify senior meteorological personnel to perform quality control functions for various meteorological programs in the Canadian Armed Forces. This will ensure the integrity of the weather observing, briefing, and forecasting programs supporting a variety of operations: including those at Wings, Tactical Helicopter squadrons, aboard Her Majesty's Canadian Ships, and within field artillery units. These Meteorological Inspectors will be responsible for conducting regular inspections of such

units, coordinate siting, service and repair of specialized equipment, and report on program deficiencies to the various chains of command.

CFS Met had the honour of receiving Colonel Bradley Baker, Director Aerospace Readiness

1 Canadian Air Division Headquarters as guest of honour for the graduation ceremony. Since meteorology equipment must meet air worthiness specifications to be used in Air Operations, procurement of this equipment falls under the area of responsibility of the Director Aerospace Readiness. Colonel Baker and CFS Met's Chief Warrant Officer Malcolm Taylor presented the Certificate of Academic Distinction to Warrant Officer René Gagné.

A busy time sometimes means help is required. Warrant Officer Marc Boucher joined the instructor cadre in order to ensure a smooth delivery of the course.



Back Row: MWO A. Knightley, Sgt P. Malcovich, Sgt B. Simard, WO R. Gagné, Sgt S. Manning
 Centre Row: Sgt D. Windsor, Sgt C. Linteau, Sgt M. Henderson
 Front Row: WO M. Boucher, Sgt M. Pelletier, Mr C. Thompson, Col B. Baker, CWO M. Taylor, MWO B. McDonald, Ms A. Roberts. Photo: Cpl Gabrielle Des Rochers

Sports Trivia

Thoroughbred Horse Racing

by Tom Thomson and Stephen Stone

1. What three races make up the Canadian Triple Crown of Thoroughbred Racing?
2. What is the oldest continuously-run stakes race in North America?
3. Which horse was the first winner of the Queen's Plate?
4. Who was the first reigning monarch to attend the race?
5. How many times has Queen Elizabeth II attended the race?
6. How many times did Queen Mother Elizabeth attend the race?
7. What is the Queen's Plate's nickname?
8. Which owner has had the greatest success at the Queen's Plate?
9. Three owners have won both Queen's Plates and King's Plates. Who were they?
10. What three races make up the Triple Crown of Thoroughbred Racing (United States)?
11. When was the last Triple Crown won and which horse won it?
12. What is the "Grand Slam" of American horse racing?
13. How many horses have won the Triple Crown?
14. Who is the only jockey to win two Triple Crowns?
15. Who is the only female jockey to win an American Triple Crown race, to date?
16. When Affirmed won the Triple Crown in 1978, which horse came second in all three races?
17. When Secretariat won the Triple Crown in 1973, who were his trainer and jockey?
18. Who won the famous match race against Triple Crown winner, War Admiral, at Pimlico Race Course in 1938?
19. Which Canadian-bred horse won the Kentucky Derby, Preakness Stakes, and Queen's Plate in 1964 and is considered to be the most successful sire of the 20th century?
20. Which is the oldest race track in continuous operation in North America?

Sports Trivia Answers on page 14

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Sugar Shack Taps Into French Canadian Culture at the Wing



Captain Julian Delgado, with his wife and mother, and Captain Jose Ochoa and his family offer up satisfied smiles after enjoying the bon repast at the annual Sugar Shack in the Wing Chapel Annex on April 2.
Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

If Chief Warrant Officer Steve Frechette, Chief of Food Services at 17 Wing, hadn't been at the Sugar Shack in the Wing Chapel Annex on April 2 then he might have been back home in Quebec helping his father tap maple trees.

After all, that's what CWO Frechette did last year when he was stationed at CFB Bagotville.

CWO Frechette, whose father has a grove of Maple trees just outside of Quebec City, was one of 60 military members and families attending the first seating of the cabane à sucre sponsored by the Winnipeg Military Family Resource Centre. Due to the popularity there was a second seating afterwards.

A traditional French Canadian meal of eggs, ham, baked beans, tortiere (a meat pie originating from Quebec, usually made with finely diced pork, veal or beef), pancakes, pickled treats, maple syrup, sugar pie, and other treats delighted people's palates. A total of 10 volunteers were working on that day.

There's a long history associated with sugar shacks.

A sugar shack, also known as sap house, sugar house, sugar shanty or sugar cabin (French: cabane à sucre) is a semi-commercial establishment, prominent mainly in Eastern Canada although in some of New England's territory which is today part of the United States old sugar cabins can be found on properties belonging to the first settler families, notes Wikipedia.

"Like the name implies, sugar houses are small cabins or series of cabins, originally destined to belong to certain private or farm estates, and where sap collected from sugar maple trees is boiled into maple syrup," says the online information.

"Often found on the same territory is the sugar bush, which is intended for cultivation and production of maple syrup by way of craftsmanship (as opposed to global mass production factories built for that purpose in the 20th century)."

"The reason MFRC is doing this is to tap into our French Canadian culture," said Colombe Pelletier, Second Language Coordinator at MFRC, and the organizer of the Sugar Shack--- which began here in 2013.

She noted that a total of 15 volunteers worked in the preparation of the Sugar Shack, with five MFRC staff members helping out on that busy day.

"The volunteers were at the heart of our success," Pelletier, who's from Montreal originally, emphasized.

"We were preparing for the day about three weeks in advance, especially with the preparation of food. We worked really hard because we wanted to give Francophones an authentic experience, one that would make them feel at home. We also wanted to introduce the tradition of a sugar shack to other members of the 17 Wing community. I think we succeeded in our efforts because people almost rolled out of the annex because they were so full."

Smiling and laughing she pointed out that the children were all on happy sugar high. Some adults were feeling the effects of all that natural sweetness too, combined with caffeine from the freshly brewed coffee being offered.

CWO Frechette, who was with his wife, Marylne Trembley, said he felt right at home.

"It was well presented and comfortable," he added, noting that it takes 40 gallons of Maple water to make one gallon of syrup. "There was good social activity. The food was excellent."

Joint Task Force X Wants Your Skills

by Martin Zeilig, Voxair Photojournalist

A recent article in The Maple Leaf, the monthly national publication of the Department of National Defence and the Canadian Armed Forces, noted that the current environment in which the CAF operates "is more complex than ever and commanders at all levels require detailed situational awareness to support their decision making; increasing the demand on various intelligence collection assets to provide relevant and timely information.

That's where Joint Task Force X, which has been in existence since 2009, comes into play.

JTF(X) is a human intelligence unit working in support of CAF operations explained Captain Alain Bilodeau, the unit's Information and Selection Officer.

He was at 17 Wing on April 20 to conduct information sessions for all regular force CAF personnel on what is required to become a member of the unit. The briefings, which were held at the Netherlands Theatre in Building 135, attracted quite a few members from different units. Capt Bilodeau said JTF(X) recruits personnel from all branches of the CAF.

"Because of the increasingly varied and complex na-

ture of operations that Canadian Forces are involved in, deployed formations have to be flexible, adaptable and able to respond to a wide range of threats," Capt Bilodeau, a native of Gagnon, Quebec, commented during an interview over coffee with The Voxair in the second floor boardroom of the new CANEX Building.

"Today's battlefield is very fluid. Identification of the threat can be unclear, operating amongst the general population and not following tactics, techniques and procedures that would be traditionally found in an organized entity or a traditional military organization"

That's why the need for human intelligence is becoming that much more prevalent in the conduct of the CAF expeditionary operations, he added.

JTF(X) is "Canada's modern day human intelligence (HUMINT) unit, responsible for the provision of strategic, operational and tactical HUMINT resources in support of DND/CAF programs and operations," the article in The Maple Leaf (JOINT TASK FORCE X: Conducting Human Intelligence Operations Worldwide April 2016) said.

"To achieve its mandate, JTF(X) must select and force generate source handlers and interrogators from

within the CAF. The selection process is both rigorous and extensive; requiring candidates to think 'outside the box', as well as demonstrate maturity, superior cognitive skills, strong interpersonal qualities and leadership. Successfully selected candidates will embark on the challenging Source Handler Operator's Course or Interrogators Course, lasting 18 and 12 weeks respectively. Members of JTF X are regularly deployed on different taskings all over the globe and are expected to maintain a high level of fitness and operations readiness during the length of their posting at the unit."

Capt Bilodeau, who's been in the CAF for 35 years and has had numerous deployments overseas, emphasized that JTF(X), is dedicated in supporting current and future CAF operations

"The people in our unit are very busy with operational commitments and intensive training activities."

For further information, contact the Information and Selection Officer via DWAN intranet email at +SHAC@CFINTGP@OTTAWA-HULL or at +IAC@CFINTGP@OTTAWA-HULL, or via CSN at 271-7803.



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Wing Commander's Volleyball Tournament 2016



Players compete during the 2016 Wing Commanders volleyball tournament held at 17 Wing, Winnipeg on April 29, 2016.

Photo by Cpl Paul Shapka

by Martin Zeilig, Voxair Photojournalist

There were some accurate spin serves, sustained volleys, blocked spikes, and thundering smashes by players in the competitive division during the Wing Commanders' Volleyball Tournament in the Fitness and Recreation Centre (Building 90) on April 29.

Meanwhile, 10 teams in the recreational division were competing against each other over in Building 21, located near 1 Canadian Air Division.

Each game was 35 minutes in length with a five minute "change over."

Some of the teams had such colourful monikers as

the Purple Cobras, Fowls, Odds n' Sods, and the High Techs, while others just were denoted by their unit or squadron.

The Regional Cadet Support Unit won the Competitive Division with a 38-37 win over Odds N' Sods, who were made up of PSP Fitness and Staff members, while the Servers defeated SKARZ in the Rec. Division final.

"This is an annual event that everyone looks forward to," said Chris Merrithew, 17 Wing Sports Coordinator, and the tournament's main organizer. "Everyone looks forward to it. It's great volleyball and it's good for morale. All the units come together as a team. It also allows some time off from work."

The tourney allows "all skill levels" to come out and play and have some fun, he added.

Second Lieutenant Dani Vortisch, who played for the Fowl (a team comprised of students studying to be Air Combat Systems Operators from the Canadian Forces School of Aerospace Studies) said the tournament provided a welcoming atmosphere.

"It was a lot of fun," she added, noting that she is also a member of the CAF's women's CISM, or World Military Games, team. "I don't have a lot of time off during the course, so it's nice to get out and play some volleyball with your fellow students."

2Lt Votisch, a native of Whitby, Ontario, and a chemi-



Scott Heithoff of the WTISS Cobras (right) spikes the ball during the 2016 Wing Commanders volleyball tournament held at 17 Wing, Winnipeg on April 29, 2016.

Photo by Cpl Paul Shapka



James Follette, PSP Fitness Coordinator, flies into the air to spike the ball during the 2016 Wing Commanders volleyball tournament held at 17 Wing, Winnipeg on April 29, 2016.

Photo by Cpl Paul Shapka

cal engineer by training, has been playing volleyball for the past 18 years, including at the Royal Military College in Kingston, Ont.

She said the score during the tourney didn't matter, "as long as you're having a good time."

Her comments were echoed by Captain Louis Martel, an instructor at CF-SAT and a member of the FOWL too.

"It's a great opportunity to have fun and interact with all the students and other units," he said. "We wouldn't interact with them (other units) on a regular basis."

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New Emergency Stickers for Wing Telephones



2Lt Michael Puttaert, 17 Wing Operations, changes an emergency sticker on a 17 Wing phone.

Photo: Cpl Paul Shapka

by Bill McLeod, Voxair Manager

17 Wing Operations has developed a new emergency contact information sticker for the telephones located inside the fence on the Wing in direct response to problems associated with 911 response in emergencies.

In at least one incident two years ago 911 response was delayed when a firetruck was directed to the Air Force Way gate, where it couldn't get through. As well, 911 responders are unfamiliar with where units are located on the Wing.

All of the new stickers being distributed note to inform the first responders to 715 Wihuri Road, the main gate on the West side of the Wing, and have a place to write in the building number so the Commissionaires can properly direct the emergency services.

The new red telephone stickers are being distributed through your unit IT representatives. If you don't have an IT rep and require stickers, please contact 2nd Lieutenant Harding at Wing Operations to request them. All blue stickers on Wing telephones will be replaced.

Wing Operations reports that new stickers for Wing telephones outside the wire are also in development.

Local Members Ride Italian Battlefields for Wounded Warriors

by Martin Zeilig, Voxair Photojournalist

Major Steve McLean, a C-130 Hercules pilot at 435 Squadron and three friends, reservist Lieutenant James Lamothe, a City of Toronto police officer; Captain Thom Doelman, 17 Wing Operations, and Master Corporal Jeff, Ferguson, a Search and Rescue Technician at 435 Squadron participated in the Wounded Warriors Canada 2014 Battlefield Bike Ride through France. Now, he's preparing for the WWC 2016 Battlefield Bike Ride up the boot of Italy.

Mama Mia. What a trip that will be.

Wounded Warriors Canada is a non-profit organization that supports Canada's ill and injured Canadian Armed Forces members, Veterans, and their families, says the WWC website.

Through a wide range of national programs and services, Wounded Warriors provides a spectrum of care that is focused on mental health and, particularly, Post-Traumatic Stress Disorder.

"The Italian Campaign' will build on the experiences of our previous rides and promises an awe inspiring trip celebrating and reflecting on Canada's considerable contributions to the Italian Campaign in WW2," explains the organization's online information. "Our journey will allow us to bask in the natural beauty of Italy's Adriatic Coast while savouring the hospitality and cuisine of the Italian people."

"Your journey begins with your arrival in Bologna a location slightly north west of the cycling route of

BBR16. The ride begins in historic Ravenna where Julius Caesar gathered his forces before crossing the Rubicon. As we move towards the coast we will enter Rimini, the Northern Allied objective in 1943 and the famed Gothic line. Canadian service in Italy would end in this area in February 1945. In many ways, Italy is where victory in Europe began. Those brave souls of the Allied armies who fought with such courage were far from the infamous and unwise label of being "D-Day Dodgers." In Italy, Canada more than pulled her weight in the road to liberation and ultimate victory!"

Maj McLean mentioned that Lt Lamothe participated in Wounded Warriors because several soldiers who had served with him in Afghanistan had developed Post-Traumatic Stress Disorder, and he was looking "for resources and medical help for them and for employment" for those who could no longer serve.

Lt Lamothe is currently on the board of directors of Wounded Warriors, he added.

Maj McLean said that he and his friends raised over \$20,000 for WWC two years ago.

One of the most memorable experiences he had during the 2014 ride was meeting a Canadian Afghan vet who was homeless in Vancouver.

"Somebody told Wounded Warriors about him, and they managed to help him out and get him back on his feet again, and he rode with us," said Maj McLean.

He added that visiting the Canadian National Vimy Memorial, which overlooks the Douai Plain from the highest point of Vimy Ridge (about ten kilometres north of Arras), was very emotional, especially since several of his fellow riders had family members whose names were engraved in the monument.

"Two of my maternal great uncles names are also on the monument," Maj McLean said.

On his website, Maj McLean writes that the participants in the upcoming BBR will cycle over 600 kilometres "to pay our respects to the Canadians who made the ultimate sacrifice during the war, while raising funds and awareness in support of the life changing programs Wounded Warriors Canada provides for our ill and injured Canadian Armed Forces members, Veterans, First Responders, and their families who are living with operational stress injuries like PTSD."

"I'm excited," he said during his telephone interview with The Voxair.

"It will be a physical and emotional experience. I'm proud to be representing the CAF, the RCAF and 17 Wing."



Photo: facebook.com/Wounded.Warriors.Canada

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Bristol Bolingbroke Mark IV Restoration Underway



Capt Gord Crossley inspecting the unpainted, worn but still intact fuselage of a Second World War era Bristol Bolingbroke Mark IV. The plane is stored inside the large storage tent at Building 32.
All Photos: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Captain Gord Crossley, 17 Wing Heritage Officer, maintains that if he had several people working regular hours an old Bristol Bolingbroke Mark IV would be ready to be put on public display in a few months.

But, that isn't going to happen. Ghost Squadron, the nickname of the volunteers that rebuild historical aircraft on the Wing, is composed of civilians who generously donate their free time to painstakingly rebuild aircraft one bolt or rivet at a time.

Instead it will take a few years before the former RCAF Second World War aircraft is ready for display at Wing Heritage Park off Air Force Way. The British Commonwealth Air Training Plan, the program to train aircrew in Canada far away from the fronts in Europe and the Pacific with aircraft that included the Bristol Bolingbroke Mark IV at RCAF Station Macdonald, celebrates its 75th anniversary this year.

The Bolingbroke's damaged, but repairable, aluminum fuselage, with its faded but still visible flight service number 9887 still visible near the tail section, and other components are being housed in a large white storage tent on the grounds of Building 32-- located less than 200 metres north of the East Gate, as well as in an adjacent wood framed building.

Building 32 was used for many years by Wing Telecommunications as a workshop and offices before they moved onto the base proper, said Capt Crossley, noting

that after the move Building 32 became available to members of the Ghost Squadron to use for their aircraft restoration work and other things.

"The Bolingbroke was donated to 17 Wing by David Morris, Stephen Morris and Royal Canadian Air Force Captain Sean Morris. The Bolingbroke was originally purchased in 1946 by George Morris, grandfather of the men, for \$150 as surplus from British Commonwealth Air Training Plan RCAF Station Macdonald. The aircraft was towed from the rear wheel by a grain truck to the family farm just a few miles away," wrote Sgt Bill McLeod, a former 17 Wing photojournalist, in The Voxair (Trainer slowly sank into the prairie sod for over 60 years April 11, 2013).

"RCAF Station Macdonald is one of the waypoints for the students doing pilot training with 3 Canadian Forces Flying Training School at Portage La Prairie so the aircraft is familiar to everyone at the school."

In early 1937 the RCAF wanted a general reconnaissance aircraft and, in accordance with Canadian policy, looked to Britain for its supply, notes the Canadian Museum of Flight website.

"Although the British Air Ministry had decided to



The Bristol Bolingbroke fuselage found in a farmer's field near Portage la Prairie.

drop the Bolingbroke development, at the RCAF's request the Bolingbroke was continued and it first flew on 24 September, 1937. When the excellent performance of the Bolingbroke became known the Air Ministry decided to redesign the Blenheim on lines making it almost identical with the Bolingbroke," says the online information.

"The Bolingbroke was of all-metal, stressed-skin construction. It carried a crew of four and had one fixed 0.303 Browning machine-gun firing forward and a flexible 0.303 Browning firing aft. It carried up to 1,000 lb (454 kg) of bombs."

On one particular sunny and mild morning in mid-April, Capt Crossley and two Ghost Squadron members, Don Trueman and Robert Arnold, are sorting through and cleaning up different components of the old aircraft.

Mr. Arnold, a retired long distance hauler and volunteer at the Royal Aviation Museum of Western Canada, is repairing the Bolingbroke's original landing light on a large mobile workbench, a former railway luggage cart with large metal wheels in the wooden building's repair room. The exit hatch, which was on top of the plane and the original metal framed pilot's seat (minus the pad-

ding), rest nearby on a work bench, as do parts from other types of old aircraft.

Meanwhile, Mr. Trueman, a retired broadcast engineer at SB Ltd., is inspecting a dusty and rusted four channel radio transmitter that would have provided communication in the HF band back in the 1950s.

"I like old stuff, and bringing it back to working order (if possible)," he said, as he and Capt Crossley spot another aged radio transmitter, one that was used in a Bolingbroke, on a multilevel metal shelf in the small musty storage room.

Other similar old equipment from various types of aircraft are also found on the shelves.

"All this stuff was donated and dropped off at the former Wing Museum in Building 66, and for many years this stuff was stored in an unheated garage in very poor condition," Capt Crossley added.

"They've recently been moved here to be cleaned and examined to see if they are suitable to maintain in the Wing collection. If not, we'll try and find another museum to take it."

He explained that the Bolingbroke is difficult to restore because the steel wing spar components are riveted to the airframe.

"Over the years, corrosion has set in, and the parts have to be re-manufactured," Capt Crossley observed.

So, it will take quite some time to have the plane fully restored.

"We're just getting started here," Capt Crossley said.



Don Trueman, a retired radio engineer and a member of the all volunteer 17 Wing "Ghost Squadron," inspecting an old aircraft radio set inside Building 32. Mr. Trueman is part of the team restoring the Bristol Bolingbroke.

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Jet Stream Concert and Video Release



Guitarist and writer of "Comin' Home", Sgt Mike Hall, plays during the RCAF Band's concert at the Manitoba Theatre for Young People (MTYP), Winnipeg on May 1, 2016. Photo: Cpl Paul Shapka

Martin Zeilig, Voxair Photojournalist

It was the third and final performance of the season for the RCAF Band, featuring their internationally renowned 20 piece show band, Jet Stream, at the Manitoba Theatre for Young People on Sunday, May 1.

Their funky hour long concert, which was met with wildly enthusiastic cheers from the 300 or so audience members, consisted of such soul standards as Ain't No Mountain High Enough, Son of A Preacher Man, Soul With a Capital S, Uptown Funk, among others.

The concert also featured the world premiere of the video Comin' Home (Momma It's your boy) performed by Jet Stream. This soul-stirring and upbeat video, which was filmed in 11 Hangar last October, features an original song by lead guitarist Sergeant Mike Hall, who wrote the tune as tribute to the service and sacrifice of CAF members.

The video, which was directed by filmmaker BJ Verot of Sogo Productions and produced by Cam Paterson and Sgt Joel Green, features members of 17 Wing and their families.

Major General David Wheeler, Commander of 1 Canadian Air Division, congratulated the band afterwards for their performance.

"They did a great job (this afternoon)," he said to

The Voxair. "Their tremendous ambassadors for the RCAF. I'm looking forward to their (upcoming) tour of the country. They always do something different, and have such a wide variety of music. There's something for everyone."

"I'm very proud to be here to witness this (concert and video)," 17 Wing Commander Colonel Andy Cook commented. "It's a great way to showcase the skills, professionalism and team of team of the RCAF."

He also added that the concert and video were a great way to get the band started on their cross country tour of the various RCAF Wings.

Meanwhile, Sergeant David Grenon, lead vocalist with the band, said the music video had its beginnings three or four years ago.

"We finally got it done this year," he said to a reporter moments after the concert's conclusion. "We're all happy that it's finally out. It's an extension of what we do and an extension of the RCAF."

In his opening remarks, Captain John Fullerton, the RCAF Band's conductor, observed that all band members are very proud to be part of the CAF.

"We hope this video is able to present to the Canadian public a small glimpse of what 'Comin' Home' means to us," he said, noting that the lyrics-- which begin with the affecting words, "Mama it's your boy. It's been so long" -- tell the story of a young man who has served his country overseas and is finally coming home to see his mother.

He also thanked a number of organizations at 17 Wing for providing "the support, the locations and the on ground expertise" for the video. They included, Personal Support Program Staff, the Military Family Resource Centre, 435 Squadron, Wing Operations ("with special note to now retired Major Pettitt"), and to all of the 17 Wing Executive Team, "who provided top down support from the beginning."

"Comin' Home" can viewed on Youtube at <https://www.youtube.com/watch?v=P6iqEcHgQeE>

Royal Winnipeg Rifles Appoint New Honourary Colonel



Honorary Colonel Dr. Emoke Szathmáry.

Photo: 17 Wing Imaging

by 2Lt Stacie Nelles, 38 Brigade Public Affairs

Last November, Dr. Emóke Szathmáry was installed to the esteemed position of Honorary Colonel of Royal Winnipeg Rifles (RWR).

Born in Hungary, and having spent six years in a German refugee camp, HCol Szathmáry came to Canada in 1951 and became a Canadian citizen in 1956.

"I grew up, always aware of the military ethos that had ruled my father's life: to serve his country faithfully, honorably, courageously," HCol Szathmáry stated at the Installation Ceremony held at Minto Armoury. "I heard those concepts in a language different than I am using now, but those precepts remain etched in my memory."

"When the opportunity arose for me to serve my country as an honorary member of The Royal Winnipeg Rifles, the route I should choose was clear. I remembered what I have always known of soldiers: disciplined men and women who live their lives by principles, and act on their obligations to their country and its citizens."

Presiding Officer, Colonel Geoff Abthorpe, defined the role of an honorary, "The honorary colonel extends the influence of the commanding officer and that of the unit. ... and can be a very vocal advocate for the rights and benefits of the soldier. ... But one of the best things an honorary can do is help to promote the Esprit de Corps of their unit."

"The appointment is more than an honour," said HCol Szathmáry. "The current members of the regiment decided to serve Canada at a far younger age than I am now, so in my view, the appointment is my last chance to do something for my country by assisting the Commanding Officer and the Riflemen. I am grateful for that opportunity, and I will use it well in the interest of The Rifles."

Concluding his address at the Installation Ceremony, Col Abthorpe said, "Honorary Colonel Dr Emóke Szathmáry, you are the 8th Honorary Colonel of these Little Black Devils. Represent them well, get involved. And have fun! Welcome to 38 Brigade!

Dr. Szathmáry is a Member of the Order of Manitoba (2009) and the Order of Canada (2003). To view the impressive and comprehensive list of Szathmáry's accomplishments and affiliations visit <http://www.mintoarmoury.com/honorary-appointments/honorary-colonel/>.



The RCAF Band plays during a concert at the Manitoba Theatre for Young People, Winnipeg on May 1, 2016, on the occasion of the release of their video for the song Comin' Home. Photo by Cpl Paul Shapka



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Time to Register - RCAF Run Fast Approaching



The CF-18 demonstration jet is scheduled to make an appearance at the RCAF Run on June 5. Photo by Mike Reyno

by Gloria Kelly

The RCAF Run 2016 is just a month away so it's time to dust off those runners and get ready for a fun filled event on Sunday 5 June.

On-line registration is open and you can register for the timed events up until 30 May. After that date only those taking part in the 3km Family Fun run/Walk will still be able to register. There is no race day registration for timed events.

"There will be so much on site to see and do this year," said RCAF Run Chair Lt.-Col. Danielle Clouter. "In addition to this being a well-established challenging run we have some special additions this year that are sure to be appeal to everyone taking part."

"In addition to interactive aircraft displays along the flight line, including the full-size CF18 cockpit, there will be children's activities, an interesting race village, athletes from local professional sports teams and much more including two special features this year," said Lt.-Col. Clouter. "The Snowbirds Demonstration Team will highlight the race start with a flypast and there will be one or two of the distinctive red and white aircraft on display along with a CF-18 fighter jet with pilot. Both will be in Manitoba as part of the Portage-la-Prairie Airshow on 4 June and are staying over to take part in the RCAF Run festivities."

The RCAF Run is for everyone- no matter what their fitness level or ability to actu-

ally run, she said. The RCAF Run is a part of the Canadian Armed Forces commitment to fitness and healthy living and anyone who wants to share in that commitment is welcome to hit the tarmac with the men and women who daily serve and protect Canadians from coast to coast to coast.

The runners in timed events will be off first and these aspects of the race are certified by Athletics Canada and accredited by the Manitoba Runner's Association. The RCAF Run has become an attractive race option for serious runners who like the course and the race organization.

For families or indeed anyone wishing to take part in the 3km Family Fun Run/Walk this event offers a great opportunity. Not only can families stroll along the flight line where a selection of aircraft will be parked, they will actually be able to get up close to other planes, take a tour and chat with the men and women who fly in them.

At the end of the run or walk everyone is encouraged to take time to visit the Race Village that features activities for all ages. A light lunch is available to participants and there will be a spirited band concert by Jet Stream from the RCAF Band.

Race day information and registration can be found by checking out the web site at www.rcafrun.ca.



The colours on the CF-18 demo jet pay homage to the British Commonwealth Air Training Plan aircraft like the two Harvards flying in formation. This year commemorates the 75th Anniversary of the BCATP. Photo by Mike Reyno.

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Battle of the Atlantic Commemorated at HMCS Chippewa



A full house of guests, including the Lieutenant Governor of Manitoba, the Honourable Janice C. Filmon, MP Robert-Falcon Oullette, veterans, and Navy personnel take their seats during the Battle of the Atlantic ceremony held at HMCS Chippewa, Winnipeg on May 1, 2016. Photo: Cpl Paul Shapka

Military Family Goes to the Dogs



Eileen Heath holds 7-week old Nashville, an EngAm Bulldog. Finding a service dog for their autistic son led Eileen and her husband Cpl Aaron Heath to start their own home business, breeding the bulldog cross, and advising others on all aspects of dog ownership, including how to find the right dog for you.

Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Nashville, an adorable seven week old EngAm Bulldog, offered nary a whimper and was very compliant as Eileen Heath gently placed him on the floor by the foot of her chair.

The light blue eyed red brindle puppy curled up and mewed only occasionally as his owner was being interviewed in the boardroom down the hall from The Voxair office on April 25.

At one point, Ms. Heath allowed Nashville to be cuddled. The pup nibbled and licked lightly, more like suckled, with his baby teeth on fingers.

Ms Heath and her husband, Corporal Aaron Heath, a vehicle technician at 17 Wing, run Roxy Road Bulldogs, from their home in the south-end military housing.

The EngAm Bulldog is not a purebred dog. It is a cross between the American Bulldog and the English Bulldog, Ms Heath explains.

They got into the dog breeding business after their son, Preston, who has been diagnosed with autism was born almost 10 years ago when they were living in Edmonton, she said.

The Heaths also have two other children, a 16 year old son, Keenan, and 13 year old daughter, Sierra-- neither of whom have autism.

"When we got the diagnosis for Preston, we researched the effects of animals with children with autism," said Ms. Heath, noting that the family moved here in 2012. "The animals sense when the children are anxious and when they're in danger. They pick up the cues (danger and anxiety). Preston has autism spectrum, which includes Asperger's. This means he's high functioning now but with only the supports and programs (available to him). I like to think of Roxy Road Bulldogs as paws with a cause, a family first breeder, community connection to

animal advice and lifestyle."

Preston does an independent education program plan out of Carpathia Elementary School, she added.

Carla Livingston, a special education resource teacher at Carpathia, noted that Preston Heath brought his dog to the school some time ago.

"He was very proud of the puppy," she said during a telephone interview, adding that each week a different student makes a presentation on a topic. "He talked to the class about his dog. I've known Preston for four years. He's kind of grown up in front of me. He loves animals. He's very proud of his dog."

Livingston mentioned that a fellow teacher brings her young Golden Retriever to the school several times a week. "The dog is used in a variety of ways, to relieve stress about being around dogs (for those children who have a fear of dogs)," she said.

Livingston maintains that this is a very effective way of using dogs. "Animal therapy has helped," she said in reference to the "therapy dogs" used by Preston Heath and her colleague.

Mackenzie Pytyck, who works in a group home in Thunder Bay, Ontario, is the very proud owner of "Twitch" a one year old Engam from Roxy Road Bulldogs.

"I had the ability to bring Twitch to work with me to interact with the gentlemen that lives at the home," he wrote in an email message recently. "It is so amazing to have been able to have Twitch spend every minute with me when she was a young pup because she caught on quickly to the Do's and Don'ts."

"I can only take so much credit for her training and behaviour though. Aileen trains these puppies before they can ever open their eyes, she establishes specific boundaries for her puppies, and give them 24/7 care, love and attention. Twitch and I have a special bond that I don't think I would have found if I did not get my puppy from Roxy Road Bulldogs."

Heath credits her mother, who bred Dobermans, for her "humble beginnings" in dog education 26 years ago. "That's when my love for dogs began," she said.

People can contact her for a variety of reasons.

"I'll provide them free of charge with information on how to pick a puppy that works for you and your family," Heath said. "How to choose a dog or puppy, education on looking for red flags in sellers, what to ask the breeder, puppy training trips, resources for training programs and national organizations that provide Service dogs."

She also observed that bringing puppy education to schools is a great way to learn all about "the wonders of dogs" as well as to help teach biology.

Heath will arrange foster surrender program for members of the Canadian forces.

"I accept your dogs into my care for members struggling to find relocation for their dogs due to many circumstances, working with a waiting list of families looking for a dog to adopt," she said. "We can help the transition process to help alleviate the stress. This is a free of charge service whether obtaining a puppy or dog from me directly or not."

For further information contact Twitter account @RoxyRoadBulldog, Instagram ROXYROADBULLDOGS, email is roxyroadbulldogs@outlook.com, and telephone number is 204-891-8501.

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Professors Discuss Arctic Transformation at Wing



Dr Rob Huebert (left) and Dr Whitney Lackenbauer presented briefings on the geopolitics of the Arctic transformation and the historical footprint of the CAF in the Arctic. Both professors were in agreement on the requirement for a RCAF interceptor and in prioritizing the replacement for the RCAF fixed-wing search and rescue capability. Photo: Bill McLeod, Voxair Manager

by Bill McLeod, Voxair Manager

Two remarkably different views on the Arctic were presented to 39 Air Force Officer Development Block 5 course members at a briefing in the Netherlands Theatre on April 20, 2016.

Dr Rob Huebert, Associate Professor at the Centre for Military and Strategic Studies, University of Calgary, and Dr P. Whitney Lackenbauer, a Professor at St. Jerome's University, University of Waterloo, spoke to the large audience which included, besides the AFOD Block 5 students, military members ranking from Brigadier-General to Corporal and including the 17 Wing Command Team. The professors were invited to the Wing by the Canadian Forces School of Aerospace Studies for the AFOD students.

The professors spoke about both the geopolitical implications of transformation in the Arctic in the future and the historical role and activities of the CAF and, in particular, the RCAF in the Arctic.

"What we're here to talk to you about is our understanding of what has collectively been referred to as Arctic security," began Dr Huebert, the first speaker. "My talk is going to be focusing on the big picture, the geopolitics that are driving and transforming this circumstance, this region of the world that Canada considers itself a major player in."

Dr Huebert talked about the history of the geopolitics in the Arctic and broke those down into 4 or possibly 5 eras. The First Geopolitical Era took place from 1840-1870s and included the Franklin Expedition, the Second

Geopolitical Era which included the Second World War and German U-boats and weather stations in the Arctic, the Third Geopolitical Era which encompassed the Cold War and saw a lot of activity in the Arctic, the End of Geopolitics from 1989-2005 during which the Arctic nations flirted with cooperation, and now the Fourth Geopolitical Era during which transformation is being accelerated by climate change and the discovery of valuable resources.

Dr Huebert also outlined security concerns of Russia and the US, which at this time seem to be diametrically opposed and mentioned the increasing interest of other nations, mainly from Asia, in becoming involved in the Arctic.

Dr Whitney Lackenbauer, the Honorary Lieutenant Colonel of the 1st Canadian Ranger Patrol Group as well as a noted Arctic historian, began his presentation with reminding the AFOD students that proper planning for Arctic operations was absolutely essential because the main feature of the Arctic was isolation and that anything required for an operation had to be brought in.

"You can't count on having anything available to you in able to operate in an austere Arctic environment," Lackenbauer said. "So you need to think differently than you do for a lot of domestic operations. It is fitting to talk about it as an expeditionary-type theatre of operations."

Dr Lackenbauer talked about the historical involvement of the CAF and RCAF in the Arctic and highlighted some of the past operations in the region, dismissing some of the strategic threats mentioned by Dr Huebert. Throughout the presentations, both men good naturedly made fun of each other's views on Arctic security.

One thing both professors appeared to agree upon was the continuing need for the RCAF to have the ability to intercept aircraft in the Arctic with a replacement, whatever form that might take, for the CF-18. They also highlighted fixed-wing SAR as a priority.

Dr Huebert, at the end of his presentation, said that Dr Lackenbauer would present a more cooperative nature of the Arctic players while his presentation showed a more conflictual side of the issue.

"Go with the evidence," he said. "Go with the logic that flows from what is happening in this particular set of environments in the geopolitics and come to your own conclusions in terms of where we are going," he said. "The bottom line is that there is so much at play, so much going on when it comes to Arctic security that both of us can be right or wrong at the same time and point to each other and always just ignore the part where we think each other is actually right and say you're actually wrong, but part of this is that this is very much a theatre in motion and that is not going to change. That is not going to stop, this motion."

17 WING FIRE CHIEF'S CORNER



BBQ Season Is Here

So let's get the grill ready to go! Spend a few minutes on your BBQ, and you'll have a cleaner, safer running barbecue, that cooks food more evenly.

First let's give the barbecue an inspection.

You should make a point of doing this every time you change a propane tank as well.

1. Spray soapy water on the connections, and supply lines. If you see bubbles, turn off the tank, and try re-connecting. If it still bubbles, then gas is still leaking. Shut off the tank and get the leaky part replaced.
2. Remove the grates and lava rocks, and check out the burner. If it looks good visually, then fire it up and make sure that you have an even flame throughout. If not, then replace it. Most burners only last 1 or 2 seasons, depending on how much you use your barbecue.

Since you already have the lava rocks out, why not clean out all the ash and grease that's accumulated at the bottom of the barbecue. While you're cleaning, check unit for rust, and any signs of deterioration.

3. Don't forget to check and clean out the venturi tubes that deliver the gas to the burner. If they get plugged up, the gas will get diverted elsewhere, and could pose a hazard.

Whenever you barbecue...

Make sure that the barbecue is at least 5 feet (1.5 meters), or better yet 10 feet (3 meters) from the house, or any other material that could catch fire.

Only open your propane tank a quarter to one-half turn. That's all the gas your barbecue needs to operate, and if you have a problem, then it's much easier to shut off.

Unless you're keen on joining the space program, always open the barbecue lid before you light it. If it doesn't fire up the first time you try it, then shut it down, and try it again in about 5 minutes.

From the time you light the barbecue, till you're finished cooking, stay with your fire. Accidents can happen when you leave a barbecue unattended.

Safety First!

Always make sure that the barbecue is in a safe place, where kids and pets won't touch or bump into it. Keep in mind that the barbecue will still be hot after you finish cooking, and anyone contacting the barbecue could be burned.

If you use a barbecue lighter, make sure you don't leave it lying around where the kids can access it. It won't take long for them to figure out how to use it.

When you're finished barbecuing, always make sure that you not only shut off the barbecue, but shut off the propane tank as well.

Always store propane tanks outside, in a well-ventilated area.

A few tips for charcoal grillers

- Never use gasoline to get the coals going. Instead, use charcoal lighting fluid.
- Let the lighter fluid soak into the coals for a minute or so before lighting it. That gives the explosive vapours a chance to dissipate.
- Stand back from the coals when you ignite them, and make sure you didn't accidentally spill any fluid on yourself, or on any area surrounding the grill.
- Before you light the coals, make sure that you put the lighter fluid at a safe distance away from the fire.
- If the coals start to die out on you, don't spray lighter fluid on the hot coals. You could end up with explosive results.
- Always extinguish the coals when you're finished barbecuing. Here's a safe way to do it. Wearing oven mitts, take the coals out of the barbecue with tongs, and submerge them in a metal pail of water.
- Always make sure that you keep your fire safe from children.

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- Schedule time in your calendar for daily physical activity.
- Create a 'smoke-free' environment.
- Buy a new journal.
- Set up a meal planning board in your kitchen from eatrightontario.ca.
- Pack your gym bag.
- Make sure you have a reusable water bottle.
- Buy some new gym gear (i.e. sports socks, shorts, t-shirt).
- Get a new lunch bag.
- Check your cupboards for a salad and dressing container to add to your lunch bag.
- Think about what motivates you (write it down in your new journal!).
- Find a fitness buddy.
- Sign up for the Good Food Box at Bldg. 90 or at pspwinnipeg.ca.
- Schedule time to get-together with friends.
- Find a new cookbook.
- Clean out your car (from smoke and/or stinky sports gear).
- Get your bike tuned up.
- Get a pedometer or Active Living reflective armband from Health Promotion.
- Download healthy recipe apps on your Smartphone.
- Schedule some 'screen-free' time.
- Create a space for meditation.
- Buy non-alcoholic mocktails or make your own.
- Dust off your Spring/Summer safety gear (helmet, elbow and knee pads).
- Buy a loaf of whole grain bread.
- Clean up your fridge and make a space for lots of veggies and fruit.
- Make space on your desk for a water bottle and healthy snacks.
- Sample a new vegetable or fruit.
- Say "no" to that second beer with your friends.
- Bring a mini chopping board and knife to work for days when you didn't have time to pre-cut your veggies and fruit at home.
- Set reminders in your e-calendar for healthy resolutions (i.e. drink water, buy veggies/fruit, attend a yoga class, meet a friend for coffee).
- Congratulate yourself on prepping for the Challenge.

17 WING WINNIPEG 17^e ESCADRE WINNIPEG

GOOD FOOD BOX PROGRAMME DE LA BOÎTE VERTE

A community-based program designed to encourage healthier eating through the promotion of fresh fruits & vegetables!

Il s'agit d'un programme communautaire qui a pour but d'encourager une alimentation saine grâce à une plus grande consommation de fruits et de légumes frais!

It is a bulk-buying program that aims to lower your grocery bill by buying bulk, fresh fruits & vegetables from local farms & distributors.

Afin de diminuer le montant de votre facture d'épicerie, les fruits et légumes sont achetés en grosses quantités auprès des fermiers et des distributeurs locaux.

THE BOXES ARE PREPARED MONTHLY!

LES BOÎTES SONT PRÉPARÉES CHAQUE MOIS!

Each box contains a variety of high-quality, fresh, nutritious fruits & veggies. Stock depends on which are in season or available at the best value.

Chaque boîte contient divers fruits et légumes frais, nutritifs et de qualité. Le choix dépend de la saison et des occasions d'achat au meilleur prix.

ORDERS CAN BE PLACED ONLINE AT www.pspwinnipeg.ca

PASSER SA COMMANDE PAR INTERNET À www.pspwinnipeg.ca

APRIL 2016 AVRIL
Order by / Date limite - 15 APR
Pick up boxes / Ramasser des boîtes - 20 APR

MAY 2016 MAI
Order by / Date limite - 13 MAY/MAI
Pick up boxes / Ramasser des boîtes - 18 MAY/MAI

Small Box \$17
Large Box \$27

Petite boîte 17 \$
Grande boîte 27 \$

NO ORDERS ACCEPTED AFTER THE DEADLINE. PLEASE BRING YOUR OWN BAGS/BOXES TO CARRY YOUR PRODUCE HOME.

AUCUNE COMMANDE NE SERA ACCEPTÉE APRÈS LA DATE LIMITE. IL VOUS FAUT APPORTER VOS PROPRES SACS / BOÎTES POUR TRANSPORTER LES PRODUITS CHEZ VOUS.

For more info / Pour plus de renseignements : Deanne.Bennett@forces.gc.ca • ext./poste 7013

Square Foot Gardening Basics

with Mick Manfield

Monday, May 9th @1830
Building 33 Activity room

FREE

This workshop will cover the 10 basic principles of Square Foot Gardening and also show some different square foot garden layouts. It will also feature some different styles of vertical and container gardening and show how you can grow a large amount of food in a small space. Square Foot Gardening is a simple, unique and versatile system that adapts to all levels of experience, physical ability and geographical location. Grow all that you want and need in 20% of the space of a conventional row garden. Save time, water, work and money!

ABOUT MICK
Mick Manfield gardens on a 1 acre lot in Lockport where he grows vegetables in a Square Foot Garden that measures 32ft x 32ft. In this garden he grows 60 different varieties of vegetables, salads, herbs and fruits. Mick completed his Square Foot Gardening Teacher Certification in October 2011 in Austin, Texas and completed his Master Gardener and Master Composter in 2012. Over the last 2 years Mick has presented Square Foot Gardening techniques at Gardening Saturday, to gardening clubs, small businesses and housing projects. Mick is passionate about teaching this gardening method and showing people how easy it is to grow their own food in a small space.

To register for this FREE workshop please visit www.pspwinnipeg.ca or contact the B90 front desk from 0600-1800 hrs at local 5139

INTER-COMM

a course for improving communication within relationships

8 & 10 June 2016, 0830 - 1600hrs

Inter-comm: A skills building course designed to improve individual communication skills, help deal with conflict and support communication in relationships. This program can help to maintain healthy relationships and build new ones.

Free!

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

STRESS: Take Charge!

Want to increase your stress hardness, enhance your performance, ramp up your resilience?

Stress: Take Charge!
18 & 19 May 2016
0830 - 1600 hrs

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

Le stress: Ça se combat!
18 mai et 19 2016
08h30 à 16h00

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

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

Mental Fitness and Suicide Awareness

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

Mental Fitness & Suicide Awareness: Supervisor Training

This course is course coded!
6 July 2016
0800 - 1600 hrs

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

Force Mentale et Sensibilisation au Suicide - Formation du Superviseur

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

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

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

Sensibilisation à la santé mentale et au suicide

17 WING WINNIPEG CANEX 17^e ESCADRE WINNIPEG

2016 VOLUNTEER Celebration Célébrons LES BÉNÉVOLES

SUNDAY 1630 to 2030 hrs JUNE 12 DIMANCHE 16 h 30 à 20 h 30

at/au

FREE For Volunteers
*First guest will be subsidized & will have to pay \$19 (12 yrs & under \$13). Each additional guest will have to pay \$59 (12 yrs or under \$33)
Payment to be made at Bldg 90 Front Desk.

L'activité est GRATUITE pour les bénévoles.
*Le billet du premier invité sera subventionné et ne sera que de 19 \$ (ou 13 \$ s'il s'agit d'une personne de 12 ans ou moins). Le prix d'entrée de tous les autres invités sera de 59 \$ (ou 33 \$ s'il s'agit d'une personne de 12 ans ou moins). Le paiement peut être effectué à la réception du bâtiment 90.

THIS EVENT PROMISES A GREAT DINNER & AN ENTERTAINING SHOW!

ON Y PROMET UN EXCELLENT DÎNER ET UN SPECTACLE DIVERTISSANT!

Are you a volunteer at 17 Wing? Do you know someone who volunteers at 17 Wing?

Êtes-vous un bénévole à la 17^e Escadre? Connaissez-vous quelqu'un qui fait du bénévolat à la 17^e Escadre?

WE WILL NEED: NAME, PHONE NUMBER, E-MAIL, NUMBER OF PEOPLE ATTENDING

NOUS AVONS BESOIN DU: NOM, NUMÉRO DE TÉL., COURRIEL, NOMBRE DE PERSONNES QUI ASSISTERONT

RSVP BEFORE 20 MAY 2016

RSVP AVANT LE 20 MAI 2016

CONTACT: Barbara.Thuen@forces.gc.ca • ext./poste 4519 or/ou Deanne.Bennett@forces.gc.ca • ext./poste 7013

Managing Angry Moments (MAM) / Gérer les moments de colère

31 March & 7 June 2016 / 31 mars & 7 juin 2016
0830 - 1600 hrs / 08 h 30 à 16 h 00

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

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

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

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



Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/Winnipeg MFRC www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

FRANCOPHONE ACTIVITY (CO-ED)

PAINT WORKSHOP 18+

Wednesday, June 8 at 7:00 p.m.

WO and Sgt's mess

\$20

Registration deadline: June 3, 2016

The concept is quite simple: we will get together in a bar setting to create a one of a kind painting following the artist-turned-teacher's instructions. You don't have to worry about anything. We will have easels, canvases, paint brushes and paint ready for you budding artists. Get a glass of wine or a pint of beer at the bar and let your creativity flow. **Open to anyone comfortable in following instructions and holding conversations in French. Please bring an apron.

MAKE AHEAD BBQ MEALS

Sunday, May 15 from 1:00 to 3:00 p.m.

\$50.00

Registration deadline: May 11, 2016

Come out and prepare some meals ahead of time for those busy days. We will be making meals that you can prepare all on the BBQ.

We will make Soy Balsamic Burgers, Spicy Southwest Chicken, Zesty Italian Melts and BBQ pork tenderloin. Please bring your own mixing bowls, measuring cups and spoons and an apron if desired.

TAKE THE FIRST STITCH

Wednesday, May 18, June 8 and June 22

From 6:00 to 8:00 p.m.

Registration deadline: May 13, June 2, June 17, 2016

Have you always wanted to learn to knit, but need a slow pace and a great learning environment? This class is perfect for you!

We will be going slow and practicing our stitches; learning how to hold the needles and the yarn; and learning the terminology.

Our instructor speaks French and can teach left handed knitting! We've got you covered. Come out and learn how to knit.

MOTHERS DAY CELEBRATION AT A PARENT COMMUNITY

Friday, May 6 from 9:30 to 11:30 a.m.

Free child care for children 18 months to five years.

Join us at our regular Parent Community Group on Friday, May 6 as we celebrate Mother's Day. We will be having a waffle breakfast to celebrate.

LEARN TO...MANAGE LOWER BACKPAIN

Monday, May 9 from 6:00 to 8:00 p.m.

Registration deadline: May 5, 2016

Join us as we learn some techniques to manage low back pain. Scientifically designed to decrease pain, Physiologic Yoga's approach uses the art of yoga and science of rehabilitation exercise to help heal low back pain no matter what the cause. Safely strengthen your core, improve hip and spine flexibility and retrain your nervous system to find freedom from back pain! Participants need to be able to lie on their backs, stomach, sides and be comfortable in 4 point (on hands and knees). Please dress in comfortable clothing, and if you have, bring a yoga mat. Space is limited to six people.

FOCUS: FAMILIES OVERCOMING UNDER STRESS

Thursday, May 12 at 7:00 p.m.

Childcare available for children ages 18 mos. to 5 years with preregistration.

Registration deadline: May 4, 2016

Are you interested in better communication with your spouse? Would you like for your kids to talk to you about what's going on in their lives? Do you want to learn strategies for keeping your cool? FOCUS is a

resiliency training, available to couples and families within the military community. It focuses on building families strengths and skills building. This one night workshop will give you a taste of what the program is about and how you, and your family can benefit.

THERMEA

Discounted passes for military families

Start your mother's day shopping at the MFRC and give the gift that everyone is talking about! Enjoy a unique experience in the heart of nature! Thermæa is a haven that features relaxation techniques from the Nordic countries. Take the time to unwind and reenergize in the Nordic baths and waterfalls, steam bath, Finnish sauna, and relaxation areas.

Wrapped in your bathrobe, you breathe in the pure air of nature, contemplate the forest, and listen to the sound of the great waterfall. Saunas, whirlpool and multiple pools with crystal clear waters invite you to a ritual dating back two thousand years. A magical ritual that will make you forget the stress of your daily life and live a dream-like moment. Get your passes for the Thermal Experience for only \$40 each (a discount of \$15) at the MFRC front desk. For more information on Thermæa, please visit www.thermea.ca.

INTER-COMM

Wednesday, June 8 and Friday, June 10

8:30 to 4:00 p.m.

Registration deadline: June 3, 2016

A skills building course designed to improve individual communication skills, help deal with conflict and support communication in personal relationships. This program can help to maintain healthy relationships and build new ones. To register please call Health Promotion at 204-833-2500 ext. 4150

MATURE WOMEN'S GROUP

MID-LIFE: CRISIS OR TRANSFORMATION

Monday, May 16 from 7:00 to 9:00 p.m.

Registration Deadline: May 13, 2016

Come join us for coffee and conversation. Share your wisdom as we discuss our experiences of navigating this time in our lives. What works and what do we need to let go of? New members welcome.

Have you always wanted to learn to knit, but need a slow pace and a great learning environment? This class is perfect for you! We will be going slow and practicing our stitches; learning how to hold the needles and the yarn; and learning the terminology. Our instructor speaks French and can teach left handed knitting! We've got you covered. Come out and learn how to knit.

GROWING UP GREEN



A program to celebrate nature. Tuesday afternoons 1:15-2:15 pm May 17-June 7 Westwin Children's Centre For children ages 3-5 years \$40

Call 204-833-2500 ext. 2491 to register.

Registration Deadline: May 13

Science, music, literacy, art, movement activities focusing on the great outdoors

Children must come dressed for outside play and bring a nut free snack.

The staff of the MFRC Kidventures Summer Day Camp welcome you to join us as we take a tour of the world's biggest parties and festivals. Each week will explore the cultural riches of a new part of the world.

Le personnel des camps de jour Kidventures vous invite à se joindre à eux pour faire un tour des plus grandes fêtes et festivals du monde. À chaque semaine, vous pourrez explorer les richesses culturelles d'une nouvelle partie du monde. Qu'est-ce que tu attends! Prenez votre passeport et venez nous voir!

REGISTRATION Defence Team Families: Monday April 4th 2016 Civilian Families: Monday April 18th 2016 To register, please visit the MFRC Main Reception (102 Comet Street) between 08:30 - 16:30.	INSCRIPTION Familles de l'Équipe de la défense : Lundi 4 Avril 2016 Familles non-militaires : lundi le 18 avril 2016 Pour l'inscription, passez au CRFM (102, rue Comet) entre 8 h 30 et 16 h 30.
CAMP FEES Defence Team: \$120.00 per week (\$96 for 4 day week) Civilian: \$135.00 per week (\$108 for 4 day week) A non-refundable deposit of \$25.00 per child per week is due at the time of registration. Balance is to be paid before 27 June 2016 (Post-dated cheques accepted). Eligible for Fitness Tax Credit	Coût Équipe de la défense : 120\$/semaine (96\$/semaine de 4 jours) Familles non-militaires : 135\$/semaine (108\$/semaine de 4 jours) Un dépôt non remboursable de 25 \$ par enfant, par semaine, est dû au moment de l'inscription. Le balance doit être acquittée d'ici le 27 juin 2016 (chèques post datés seront acceptés à cette fin). Admissible au crédit d'impôt pour la condition phy-
PARTICIPANTS Children 6-12 years old. No exceptions. Children must be fastened kindergarten and be enter-	CAMP LOCATION Westwin Children's Centre in the Westwin Community Centre
HOURS OF OPERATION 09:00 - 16:00 *ID must be presented for pickup* Extended Care is available from 7:15-9:00am & 4:00 - 5:00pm. Cost included in camp fees. After 5 pm, \$5	PARTICIPANTS Enfants de 6 à 12 ans. L'enfant doit avoir terminé la maternelle pour et commencé la 1ère année en sep-
	EMPLACEMENT Centre pour enfants de Westwin dans le Centre communautaire Westwin.
	HEURES D'OUVERTURE De 9 h à 16 h Un service de garde additionnel est disponible de 7 h 15 à 9 h et de 16 h à 17 h ; ce coût est compris dans les frais de camps. Après 17 h, 5 \$ sera chargé pour

MFRC | CRFM
 102 Comet Street • Winnipeg, MB • R3J 3Y5 • P: 204-833-2500 Ext. 4500 • E: mfrckids@gmail.com • W: www.familyforce.ca
 102, rue Comet • Winnipeg MB • R3J 3Y5 • T: 204 833-2500, poste 4500 • C: mfrckids@gmail.com • W: www.forcedelafamille.ca

FUNDRAISER

Dinner & Dance

PRESENTED BY:

ANAVETS (Army, Navy & Air Force Veterans of Canada) ASSINIBOIA UNIT 283
 AND
 TRI-SERVICE MILITARY VETERANS ASSOCIATION OF CANADA INC.

SATURDAY

14

MAY

@

ANAVETS
 Assiniboia Unit 283
 3584 Portage Ave.

Cocktails	Dinner	Dance
6PM	7PM	8PM

Dinner: Roast Pork with all the trimmings

Tickets: \$30 each

200 TICKETS PRINTED - AVAILABLE UNTIL MAY 7

• FORMAL/BUSINESS ATTIRE •

IN SUPPORT OF THE

MFRC MILITARY FAMILY RESOURCE CENTRE

MUSIC PROVIDED BY:

TICKETS AVAILABLE FOR PURCHASE AT:

MFRC Front Desk ~ 102 Comet St. or ANAF 283 ~ 3584 Portage Ave. ~ 204.837.6708

Today's Trivia Answers

1. Queen's Plate (Woodbine Race Track in Toronto), Prince of Wales Stakes (Fort Erie Race Track, Fort Erie, Ontario), and Breeders Stakes (Woodbine).
2. The Queen's Plate. Queen Victoria gave it royal assent in 1859 and first run on June 27, 1860, at Carleton Race Course in Toronto.
3. Don Juan, ridden by Charles Littlefield, was declared the winner by Sir Casimir Gzowski, president of the Toronto Turf Club, following three heats and a delay of two weeks.
4. George VI (with his Queen consort, Elizabeth) attended the race (called the King's Plate) in 1939 at Woodbine, won by Archwood.
5. 4 - 1959 (100th running) won by New Providence, Royal Chocolate in 1973, Awesome Again in 1997, and 2010 won by Big Red Mike.
6. Eight - 1939, 1962, 1965, 1974, 1979, 1981, 1985, and 1989.
7. The Gallop for the Guineas. The traditional prize, instituted by King George I, for any race involving official sanctioning by British royalty is 50 guineas. The odd thing is that the Queen's Plate is not actually a plate but a gold cup about one foot tall and the 50 guineas are not actually guineas but sovereigns since the minting of guineas was discontinued during the reign of George III.
8. The Seagram family of distillery fame went to the winner's enclosure 20 times from 1891-1935 including eight times in succession from 1891-1898 and 10 times in 11 years from 1891-1901.
9. Joseph E. Seagram (during the reigns of Queen Victoria, King Edward VII and King George V), William Hendrie (Queen Victoria and King Edward VII), and Windfields Farm owned by E. P. Taylor (George VI and Elizabeth II).
10. The Kentucky Derby (Churchill Downs, Louisville, Kentucky), The Preakness Stakes (Pimlico Race Course, Baltimore, Maryland), and The Belmont Stakes (Belmont Park, Elmont, New York).
11. 2015 - American Pharoah
12. The Triple Crown and the Breeders' Cup Classic. American Pharoah is the only horse ever to win it.
13. Twelve: 1919 - Sir Barton, 1930 - Gallant Fox, 1935 - Omaha, 1937 - War Admiral, 1941 - Whirlaway, 1943 - Count Fleet, 1946 - Assault, 1948 - Citation, 1973 - Secretariat, 1977 - Seattle Slew, 1978 - Affirmed, and 2015 - American Pharoah.
14. Eddie Arcaro - 1941 & 1948.
15. Julie Krone - Colonial Affair - 125th running of the Belmont Stakes - June 5, 1993.
16. Alydar - by a combined total distance of less than two lengths.
17. Trainer - Lucien Laurin (Joliette, Quebec). Jockey - Ron Turcotte (Drummond, New Brunswick).
18. Seabiscuit, ridden by George Woolf of Cardston, AB, by 4 lengths.
19. Northern Dancer - he sired 147 stakes winners. At the time of his death in 1990, his offspring and further descendants had won more than 1,000 stakes races. The latest Triple Crown winner, American Pharoah, has Northern Dancer influence on both sides of his bloodline.
20. Saratoga Race Course in Saratoga Springs, New York - opened August 3, 1863.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Relationships, and your feelings about them are highlighted at this time. Go after what makes you happy and sustains you. It will make your life richer and enrich the lives of those you love as well. Explore your interests fully. Lead by example. Learn, teach, and help others.

Taurus (April 20 – May 20): You're at a crossroad. Recognize how far you've come. Determine where you want to go next. What has the deepest meaning for you? Aspects of your life that no longer suit you can be released. Focus on what sustains you. Look beyond what is obvious to see the big picture.

Gemini (May 21 – June 21): You have so much to be thankful for when you think about it. New adventures await. Follow your own spirit. Don't let others sway you. Say what needs to be said. Trust that there is a way forward. Accept help with gratitude. Not all gifts come with strings attached.

Cancer (June 22 – July 22): You will be able to remember all the details and manage all the tasks, so don't doubt yourself. Remember how capable you are at handling things. Life can be overwhelming right now but focus on your natural ability to manage and multitask and you'll feel better. "Just do it."

Leo (July 23 – August 22): Acknowledge your responsibilities and make them a priority. Take the initiative. Set things up so that you and your loved ones will be financially secure. Commit to a healthier lifestyle. However be aware that shifting your focus may leave you feeling out of step with your peers.

Virgo (August 23 – September 22): When you're optimistic living in the moment is easier and the future looks brighter too. There's more than one way to deal with things. As long as you're the one making the decisions, trust that you will pick the best option. Schedule playdates with friends to offset life's stresses.

Libra (September 23 – October 23): You can think things through fully but not everything you do will have an obvious, immediate or equitable outcome. Take your best shot. Giving up should not be an option. Keep improving on your ideas. Try, and keep trying, until you succeed.

Scorpio (October 24 – November 21): Anyone who thought they could put you on the spot will find out they were wrong. You are more comfortable and capable with challenges than people realize. The serenity you display is a reflection of your wisdom, maturity, and respect for yourself and others.

Sagittarius (November 22 – December 21): Your efforts have unexpected results. Check your assumptions, perceptions and double-check the facts. From where you're sitting things look pretty good. Still, just because you don't see any outstanding issues doesn't mean they don't exist. Play fair.

Capricorn (December 22 – January 19): Though some of your hopes don't pan out you still feel blessed. Maintaining an attitude of gratitude will allow you to shift from one life phase to another gracefully. When you are prepared for changes in yourself and your environment your reaction time is quicker.

Aquarius (January 20 – February 18): Bring issues out in the open. Something has lost its appeal. Your life could be thrown into chaos, but stay calm. In the end you will have enough to meet your needs. Sort through and assess options, data and possessions. Find ways to market, distribute, and share your work.

Pisces (February 19 – March 20): You'll have more energy now so complete outstanding projects. Multitasking can alleviate boredom when tackling chores. Create a systematic cycle to stay on track. Consider purchasing equipment or upgrading tools to make life easier. Share what you have with others.

FOR APPOINTMENTS CALL 775-8368

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

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...
ST. JAMES LEGION
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Winnipeg, Manitoba

CHASE THE ACE
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TEXAS HOLD 'EM
Tuesday 7 pm

ZUMBA
Tuesday/Thursday 10-11 am

LINE DANCING
Tuesday/Wednesday 7-9 pm

DANCE TO LIVE BANDS
Friday 8pm-1am June-August
Every Saturday 7-11 pm

MEAT DRAWS
Friday 5-7 pm
Saturday 2-5 pm

mmmm



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3584 Portage Avenue Winnipeg, MB
Club rooms: 837-6708

BINGO: Monday, Wednesday & Friday at 7:30 pm
Early Bird starts at 7:00 pm

SENIOR'S BINGO: Thursdays at 1:30 pm

CRIBBAGE: Thursdays at 7:30 pm

DANCING: Friday 8:00pm-12:00am

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

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PERSONAL CLASSIFIEDS

406 SQN 75TH ANNIVERSARY CELEBRATION 13-14 MAY, 2016, SHEARWATER, NS

We are reaching out to former members who may wish to attend the 75th Anniversary Celebrations. There will be social events, 12 Wing Facility Tours and a Squadron Parade.

For more information, please visit online:
Facebook - "406 Lynx Squadron 75th Anniversary"
Website - www.rcfassociation.ca/406lynxsqn
Email - 40675thAnniversary@forces.gc.ca

BUNGALOW FOR SALE IN QUIET CRESTVIEW NEIGHBOURHOOD

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

NEWLY RENOVATED ST. JAMES FURNISHED CONDO FOR RENT (10 MINUTE DRIVE TO THE BASE)

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

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Chaplain's Corner

The Work of the Padre

by Padre Lesley Fox

I recall being a part of a ruck march on a particularly warm spring day. For Padres, we tend to walk up and down the lines handing out candy. Yes, that is what we carry in our tactical vests! As the march proceeded, one member started seriously falling back due to the heat and the fact that his ruck sack was loaded heavier than was necessary. I hauled my weary body over the finish line, and saw that he was about one kilometre behind. He still had time to make his timings, but he needed support, so I ran back to find him, and encouraged him pace by pace until he made it. The next day, I could not move my hips, but it was all worth it to see a fellow member complete his loaded weight march successfully.

Many people ask us, "aside from the public work of saying prayers and doing baptisms, weddings, funerals, and church services, what do you Padres actually do?" Our identifiable mission is to provide pastoral care, spiritual guidance, and ethical leadership to CAF members, civilian employees, and their families. We monitor the morale of units for your COs, we encourage you, we provide you with coping skills, we make referrals, we offer perspective, we help you find hope and meaning in life, and we have emergency capabilities meaning that we are on call for you 24/7. At any time of the day or night, if you have a question or need pastoral support, your Padres will respond and we can meet you in your home or on base. It matters not whether you purport to have any identifiable faith background, our calling is to serve all members of the CAF and their families, and to facilitate the religious accommodation for all. As an example, I once served a Wiccan family, and helped them find connections to their faith community in another region.

My work as a Padre is different than my work as a civilian minister. I have done things as a Padre I doubt I would ever have done in civilian ministry, including

emergency child care, counselling people in a variety of environments on a whole range of subjects, and serving others in order to light their way whatever that might mean. Every Padre is unique and we bring different individual gifts to our ministries. I know that when I am on duty, I take our members' list and pray for every member on 17 Wing throughout the course of the week. Sometimes, I will see your name tag and recall in my heart that I prayed for you and your family in particular the night previous.

As more and more of our members are struggling with Operational Stress Injuries, it is significant to remember that OSIs are moral injuries. We, as Padres, are well educated in dealing with spirituality, and can help you achieve spiritual resilience before you deploy, and help you with the totality of your well-being as your return. Staying spiritually fit is as important as staying physically, mentally, and emotionally fit. Let us help you find the joy, love, and inner strength to overcome some of life's challenges that may be thrown at you so that you and your loved ones can thrive in this life!



Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE (English Only) 0900 hrs
COMMUNITY SERVICES

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

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

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

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

CHAPLAINS

Padre Jack Barrett
(Anglican) - Wing Chaplain
ext 5417

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

TBD
ext 6914

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

17 Wing
204 833 2500



17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)



Administrative Assistant
ext 5087

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

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

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

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

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

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

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

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

MAIN OFFICES
Building 64,
Lower Level, North End.

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

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

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

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

Your 17 Wing Chaplain Team

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



Your 17 Wing Chaplain Team

From left to right:
Lt (N) L Fox,
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