



**THE REPAY ROBERTSON THUEN TEAM**

**ULTIMATE SERVICE GUARANTEED  
CALL US TODAY!**

**204.227.6705**

rrt-team.ca rrt@coldwellbanker.ca



PREFERRED REAL ESTATE  
MILITARY RELOCATION SPECIALISTS

Volume 68, Issue 09

17 Wing Winnipeg / 17e Escadre Winnipeg

15 May 2019

# THE VOXAIR

The Winnipeg Military Community News Source Since 1952

## Remembering the Battle of the Atlantic



17 Wing Chaplain, Major Hope Winfield receives the "Colours" during HMCS Chippawa "Battle of the Atlantic" Ceremony on May 5, 2019 at 1 Navy Way, Winnipeg. Please see page 2 for our story on the memorial ceremony. Photo: MCpl Justin Ancelin, 17 OSS/Imaging

The RCAF and the Battle of the Atlantic

Page 3

Employers Learn about Reservists' Other Jobs During ExecuTrek Wing Tour

Page 4

D-Day Veteran reminisces on 75th Anniversary

Page 5

Groovy Girls Showcases Youngsters' Creativity

Page 6

435 Sqn Hones SAR Skills at Chintex 19

Page 8

Padre Reflects on 25 Years of Faith and 14 Years of Service

Page 15

[THEVOXAIR.CA](http://THEVOXAIR.CA)

[FACEBOOK.COM/THEVOXAIR](https://FACEBOOK.COM/THEVOXAIR)

FREE

**Amethyst Orchid Beauty Spa**  
Ashley Marsh esthetician

372 Duffield St.  
St. James, Winnipeg  
**204-832-2311**  
Instagram @amethystorchid\_beautyspa

**DOMENICA'S**  
UNISEX HAIRSTYLING

VISA MasterCard Interac

2255 Unit 2 Ness Ave  
204-885-3665 or 204-832-6978  
Walk Ins Welcome

Mon, Tue, & Fri 9:00 am-9:00 pm  
Wed & Thur 9:00 am-10:00 pm  
Saturdays 8:30 am-9:30 pm

# Prairie Sailors Remember the Battle of the Atlantic

*On all the oceans the whitecaps flow.  
But they have no crosses row on row.  
But they who sleep beneath the sea,  
Sleep in peace for our country's free.  
On all the oceans where whitecaps flow*

(Author unknown)



HMCS Chippawa "Battle of Atlantic" Ceremony on May 5, 2019 at 1 Navy Way, Winnipeg. Photo: MCpl Justin Ancelin, 17 OSS/Imaging

by Martin Zeilig, Voxair Photojournalist

Gordon Barnson was only 17 and a half years old when he joined the Royal Canadian Navy in 1944 during the Second World War.

"It was against my mother's will," he said about enlisting in the military. "I loved it. I was almost going to stay in after the war, but my brother was killed overseas in the RCAF so I went home."

Mr. Barnson, 92, was one of almost 500 people in attendance at HMCS Chippawa for the Battle of the Atlantic Ceremony on May 5.

The ceremony was attended by a number of dignitaries: including Her Honour, Janice C. Filmon, the Lieutenant-Governor of Manitoba; who made some opening comments; elected representatives from the three levels of government; and, Tony Pagliai, the United States Consul in Manitoba.

The welcoming address was given by Commander CJ Stewart, Commanding Officer, HMCS Chippawa, while Captain (Navy) Jeffrey White, Western Region Captain, gave the main address.

Thoughts and Reflections were presented by Major Hope Winfield, 17 Wing Chaplain.

Squadron Leader Richard Cooke of the Royal Air Force, presently working as Combat Plans Division Chief, Combined Air Operations Centre, 1 Canadian Air Division, was also in attendance at the ceremony.

Robert Watkins, 94, another local RCN veteran of the Battle of the Atlantic, was at the ceremony too.

The HMCS Chippawa band played accompanying music, which included the Naval Hymn "Eternal Father." A laying of wreaths took place near the end of the ceremony as well as the playing of the Last Post followed by two minutes of silence and the Slow Eight Reveille.

The Battle of the Atlantic was the longest continuous battle of the Second World War and one in which Canada played a central role, notes a Veterans Affairs Canada historical publication. The battle began on the opening day of the war in September 1939 and ended almost six years later with Germany's surrender in May 1945.

"The growth of Canada's navy was remarkable," the VAC pamphlet says. "At the beginning of the Second World War, the RCNB had only six ocean going ships and 3500 personnel. By the end of the war, Canada had one of the largest navies in the world with 434 commissioned vessels and 95,000 men and women in uniform. Canada's industry also played an important role in the growth of our military and merchant navies. From 1941 to 1945, Canadian shipyards produced approximately 403 merchant ships, 281 fighting ships, 206 minesweepers, 254 tugs, and 3,302 landing craft.

"Helping the Allies triumph in the Battle of the Atlantic came at a high price. More than 1,600 Merchant Navy personnel from Canada and Newfoundland were killed.

"The RCN and RCAF also paid a high toll in the Battle of the Atlantic. Most of the 2,000 RCN officers and men who died during the war were killed during the Battle of the Atlantic, as were 752 members of the RCAF. There were also civilian casualties. On October 14, 1942, 136 people died when the ferry SS Caribou was sunk as it crossed from Nova Scotia to Newfoundland.

"Allied victory in the Second World War would not have been possible without victory at sea. These brave men and women were some of the more than one million Canadians who served in the cause of peace and freedom during the Second World War."

"Our debt of gratitude can't be fully paid," Lt.-Gov. Filmon observed during her brief address. "But, by our remembrance and by committing to using our own gifts and talents for the good of Canada, we can show that we value the sacrifice and the dedication demonstrated 75 years ago and ever since by Canada's Navy."

Winnipeg was the third largest recruiting centre for the RCN during the war, Capt (N) White said, noting that over 8000 sailors and 300 officers were from the

three Prairie Provinces.

"These prairie sailors joined the war effort," he emphasized. "I push as hard as possible for the young generation to meet that generation or go to the museums and learn those stories."

Capt (N) White said that our sailors continue to "proudly represent Canada" on the world stage along with our allies and partners in a global commitment to combatting crisis whether manmade or natural.

"Without days like today, where we can honour our proud history and take time to remember the sacrifices that others have made for us, we run the dangerous risk of memory fading and their sacrifices sadly becoming forgotten," Maj Winfield observed.

Consul Pagliai said he jumped at the opportunity to attend the ceremony after being asked by Cmdre Stewart.

"It means a lot to me," he said following the formal proceedings. "My grandfather, who's now deceased, was a merchant mariner in the North Atlantic. He tried to join up with the navy at age 14 out of Chicago, but they told him, 'Kid, you're too young. Why don't you go down and join the Merchant Marines if you want to pitch in.' He did. He actually was in merchant ships sailing out of Naples after 1943. He was into Archangel in Northern Russia a couple of times.

"He didn't talk much about his experience, but he did tell me a couple of times of these long nights of low level dread knowing that if your ship got torpedoed, you would freeze to death in just a minute or two. But, it was also exhilarating for him as a young man. So, I grew up on those stories. It really is something that is close to home for me."

Mr. Pagliai also pointed to the strong bilateral relations between Canada and the U.S.

"I think a lot of the cooperation that Canada and the U.S. do isn't often recognized by the average citizen in either country," he said. "We don't really understand the depth of the cooperation. The military cooperation we have is second to none. We're closer than allies. We're more like brothers."

Meanwhile, his voice choking with emotion, Mr Barnson, who was at the ceremony with his son, Paul Barnson (a former member of the Navy Reserves and Navy League of Canada), and daughter-in-law and former officer in the Navy League of Canada, Pat Barnson, said the ceremony brought back memories of so many who never came home.

"I knew a lot of them, too many," he remarked.

In response to the question of what message he had for today's young people, Mr. Barnson, who is originally from Selkirk, Manitoba, said "If your country needs you, serve."

## THE VOXAIR

### OFFICE HOURS

Monday to Friday  
0800 -1500 hrs

### CONTACT

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

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

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

### VOXAIR STAFF

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

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

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

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

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

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

**Broose Tulloch**  
Layout/Ad Design

**Misra Yakut**  
Accounting

**Traci Wright**  
Proofreading

Printed By  
**Derksen Printers**  
204-326-3421

Visit Us Online: [thevoxair.ca](http://thevoxair.ca)

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

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

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



"VC Attack", by Graham Wragg, illustrates Flight Lieutenant David Hornell's valiant attack on a U-Boat during the Battle of the Atlantic. PHOTO: DND

# The RCAF and the Battle of the Atlantic

by Joanna Calder, RCAF-  
Public Affairs

The Battle of the Atlantic, which continued throughout the Second World War, was the longest and largest campaign of the war. Canadian men and women, serving in the Royal Canadian Navy, Royal Canadian Air Force and the Merchant Navy, bore a heavy burden in this struggle for control of the shipping lanes on the North Atlantic Ocean.

Britain desperately needed supplies, particularly from North America. Germany, however, was determined to sink that incoming shipping with their stealthy U-Boats (submarines). So feared was this undersea menace that the Allied war leaders at the 1943 Casablanca Conference declared the elimination of the U-Boat threat as its number one priority.

The Royal Air Force's Coastal Command, which included seven Royal Canadian Air Force squadrons, fought against the enemy's U-Boats, merchant ships and warships. Coastal Command aircraft escorted convoys sailing from North America to Britain, and searched the seas from Iceland to Gibraltar. Coastal Command crews destroyed more than one-quarter of all German U-Boats "killed" during the war: 212 out of 800.

RCAF squadrons in Coastal Command and in Canada accounted for 19 U-Boats, while RCAF crews serving in Royal Air Force squadrons involved in many more "kills" in the North Atlantic.

The tide began to turn against the German submarine "wolf packs" in 1943, in part due to the introduction of American-made Consolidated B-24 Liberator bomber. The aircraft, used by Coastal Command as a long-range patrol aircraft, helped close the "Atlantic Gap", the part of the ocean where U-Boats had prowled unmolested because they were out of range of aerial attack. Technological advances such as sonar helped Allied ships and aircraft target U-Boats that had previously operated safely under cover of darkness. Losses to German U-Boats continued, however, right up until the end of the war.

The cost of winning the Battle of the Atlantic was high. Most of the 2,000 members of the Royal Canadian Navy who died during the war lost their lives in the Battle of the Atlantic. More than 750 members of the RCAF died in maritime operations as a result of enemy action and flying accidents in the unforgiving environment. And The Book of Remembrance for the Merchant Navy lists the names of nearly 1,600 Canadians and Newfoundlanders – or those who served on ships of Canadian or Newfoundland registry.

The Battle of the Atlantic is commemorated annually on the first Sunday in May.

**Meet Flight Lieutenant David Hornell – a hero of the Battle of the Atlantic**

Flight Lieutenant David Hornell flew



**22 January 1944 - Some of the 162 Squadron crew of the Canadian Canso flying boat "C for Charlie" before setting out on anti-submarine patrol in the North Atlantic. Left to Right: Sergeant D. Scott (R-70157, Packenham, ON), Flying Officer B.D. Denomy (J-11265, Chatham, ON), Flying Officer S.E. Matheson (J-22227, Nelson, BC), Flight Lieutenant D.E. Hornell (J-75941, Mimico, ON), Flying Officer G. Campbell (J-26927, Vancouver, BC). Photo: Supplied**

with the Royal Air Force's Coastal Command stalking German U-Boats during the Battle of the Atlantic.

His heroism earned him the Victoria Cross. He was the first member of the RCAF to be awarded the Victoria Cross and one of only two RCAF members to earn this highest decoration for valour during the Second World War.

Flight Lieutenant Hornell, who was born in Ontario in 1910, was the aircraft captain of a PBY-5A Canso amphibious aircraft with the RCAF's 162 Squadron, temporarily attached to Coastal Command and conducting anti-submarine warfare in the North Atlantic.

On June 24, 1944, he was on a patrol out of Iceland; his wireless gunner – Flight Sergeant Sydney Cole – spotted a sub in the distance and Flight Lieutenant Hornell turned to attack it. But the U-Boat had already seen the aircraft and the sub commander returned heavy and accurate anti-aircraft fire.

Just as he gained speed to attack the submarine, one of Flight Lieutenant Hornell's guns jammed and two shells hit his aircraft, starting a fire inside the plane and knocking out one engine. Despite the chaos, he still managed to drop his depth charges and send the U-Boat to the bottom of the ocean.

After the Canso crash-landed into the rough and icy sea, only one of the two inflatable dinghies was serviceable. It was too small for everyone, so crew members took turns sitting inside or partially immersed in the water while clinging to the dinghy's sides. Two of the crewmen died during their 21-hour ordeal. By the time the remaining crew were rescued, Flight Lieutenant Hornell was blind and completely exhausted; he died shortly after being picked up. He is buried in Lerwick Cemetery, located in Scotland's Shetland Islands.

Flight Lieutenant David Hornell's Victoria Cross was announced in the London Gazette on July 28, 1944. He was inducted into Canada's Aviation Hall of Fame in 1974.

*With files from articles by David Krayden, published in On Windswept Heights, and from the Veterans Affairs Canada website*

## College Corner



### FLYING SUPERVISOR COURSE 1901 (16 – 18 April 19)

Flying Supervisor Course 1901 (FSC 1901) was held at Royal Canadian Air Force Barker College from 16 – 18 April 2019. This course provided an opportunity for the 52 candidates to be exposed to a range of topics and lectures related to their current and future roles as Flying Supervisors. The attendees represented all fleets and flying occupations and were ranked Master Corporal to Master Warrant Officer and Captain to Major. This was only the second FSC that Barker College has hosted, only inheriting responsibility from 2 Canadian Air Division in spring 2018.

FSC 1901 was the final "legacy course" to be run. A new provisional Quality Standard was completed in late 2018 in an attempt to formalize the training, and the follow on Training Plan was completed in mid-April 2019, however the new syllabus was not complete for FSC 1901. The new FSC will be 5 days vice 3 and will include pre-course distance learning relating to administration and flying orders, as well there will be syndicate case studies focusing on the varied nuances of leadership in flying units.

FSC 1901 candidates were lucky enough to have many experienced and high ranking flying supervisors share their experiences with them, including: Brig Gen Ireland (United States Air Force, Deputy Commander Canadian NORAD Region), Col Murphy (1 Canadian Air Division Director Fleet Readiness) and Col Alexander (National Defence Headquarters, Director of Flight Safety) just to name a few. Barker College would like to thank all those guest lectures that made the course a success.

## RCAF Barker College News



award winning  
**Assiniboia  
Animal  
Hospital**

Gentle with  
Pets & Prices

**889-5570**  
3050 Portage Avenue

# Reservist Employers Visit Winnipeg on ExecuTrek



The President of Newport Insurance, Robert Clark demonstrates a rotating motion machine during the Royal Canadian Air Force Executrek while touring the Canadian Forces School of Aeromedical Training at 17 Wing Winnipeg on May 1st, 2019. Photo: Cpl Bryce Cooper, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

John See says he is always impressed by the quality of men and women in the Canadian Armed Forces.

He admires their technical capabilities, their leadership skills, and their personalities.

"They truly are amazing," Mr. See, a retired executive with TD Bank and now an advisor/strategy coach with Teal & Company, says. "It's a skill set that is generally underestimated by the Canadian public that doesn't interface with CAF personnel."

The former Honorary Colonel with 437 Squadron at 8 Wing CFB Trenton was part of a group of 20 men and women from across the country on an ExecuTrek tour of 17 Wing on May 1. Most of the participants were from the aerospace and associated industry.

There were also five CFLC directors and liaison officers present.

ExecuTrek is organized by the Canadian Forces Liaison Council (CFLC).

The CFLC is a volunteer group of Canada-wide civilian business and educational leaders who promote the benefits of Reserve Force training and experience to civilians in the workplace, says the Government of Canada website.

The Council also supports individual reservists, as well as reserve units, in matters related to employer support.

"The ExecuTrek Program gives employers, supervisors and human resources professionals a first-hand view of the quality of military training and the benefits that employers can gain from that training – trade skills, general work and management skills, values, work ethics and much more," says the government website.

During their tour of the Wing, the guests had: a briefing from Brigadier-General Mario Leblanc, 2 Canadian Air Division (2 CAD) Commander; a briefing at 17 Wing; a briefing from the reservists at 1 Canadian Air Division; and briefings at 435 (Transport and Rescue) Squadron and 402 "City of Winnipeg" Squadron, said Lieutenant-Colonel Denis Roy, the CFLC chief organizer in Manitoba. The group also was scheduled to visit Mission Support Squadron, the Weapons Simulation Range and the Canadian Forces School of Survival and Aeromedical Training.

LCol Roy was interviewed outside Namao Hall on the third floor of 16 Hangar, where ExecuTrek participants heard some welcoming speeches and watched a video about 435 Squadron, including the Search and Rescue Technicians.

Afterwards the group were given a tour inside a stationary Hercules C-130, plus an informal talk by SAR Tech Warrant Officer Joel Manaire about the role of SAR Techs.

"The value of this tour is that the employers and potential employers of reservists get to see and appreciate what it is a reservist does," LCol Roy explained. "When this reservist goes back to the workplace, they're bringing skills and other qualities that the employer doesn't have to pay for. There's management skills and leadership skills that are inherent in a military person. When a civilian employer hires a reservist, he or she are getting those skill sets built in with that person."

"I often have folks at the end of ExecuTrek asking me how they can go about employing a reservist because they say 'I am impressed.' So, we try to link up potential employers with units that may have reservists looking for employment."

Jacqueline Moorehouse, the Director of Operations for Kognitiv Spark in Fredericton, New Brunswick, noted that her company has some contracts with the different branches of the military.

"We were invited to take part in ExecuTrek," she said. "We're very excited to take part and learn about the different branches of the military. This is fantastic. What an experience this has been. The communication has been so open and transparent. I love the perspective of military families and

what deployment means to them. I wasn't aware of the role of reservists. I fully see the benefit of that."

From an industry and employer perspective, these people have a very important role in our military and (we learned) here's what you can do to support them in terms of job protection and topping up pay, Moorehouse observed.

"Reservists are a humble bunch because they don't necessarily talk about what they do," Mr. See said. "That's a shame because the experiences they have during their off time as reservists is truly extraordinary."

Kelvin Shepherd, Chair of the CFLC for Manitoba and NW Ontario and a former executive at both Manitoba Hydro and Bell MTS, said small companies as well as larger corporations employ reservists.



Group photo of RCAF Executrek participants in front of CC-130 Hercules aircraft during their visit to 17 Wing Winnipeg, MB, on May 1, 2019. Photo: Sgt Daren Kraus

"The benefits you get from that, apart from highly professional and well trained individuals, is that they bring the same dedication and skills from their military job to their civilian job," he emphasized.

**HONoured TO GIVE BACK  
TO THE MEMBERS OF OUR  
CANADIAN FORCES**

**17 Wing Winnipeg CF members receive a \$35 initial exam  
and 10% off professional fees thereafter\***

@seasonsvetclinic

8-655 Sterling Lyon Parkway, Winnipeg, MB (across from IKEA)

\* for all CF members | valid Mil. ID required | taxes not included

**204.477.1293**

seasonsvetclinic.com

**SEASONS  
VETERINARY  
CLINIC**

WINNIPEG MANITOBA

**Lawn  
BOWLS**

GET READY TO ROLL

**Bowls  
MANITOBA**

**Bowls Manitoba cordially invites all families to our  
Lawn Bowling Open House**

**Where:** 1212 Dakota St (Beside Jonathan Toews Community Centre)

**When:** 2 June 2019

**Time:** 1000 - 1400 hours

**Cost:** Free

**Equipment:** Flat soled footwear is recommended or bare feet.

**For Further Info:** Please contact CWO Malcolm Taylor at 204-833-2500 ext. 5836

**BOULINGRIN**

PRÉPAREZ-VOUS À ROULER

**Bowls  
MANITOBA**

**Bowls Manitoba vous invite cordialement vous et votre  
familles à un évènement de boulingrin ouvert à tous et à  
toutes.**

**Où:** 1212 Dakota St (à côté du Centre Communautaire Jonathan Toews)

**Quand:** 2 Juin 2019

**Heures:** 1000 - 1400 heures

**Coût:** Gratuit

**Equipment:** Il est recommandé de porter des souliers à semelles plates mais vous pouvez être nus pieds.

**Pour plus de renseignements:** SVP, contactez l'Adjudc Malcolm Taylor au 204-833-2500 post. 5836

# D-Day Veteran Reminisces 75 Years Later



These boots were made for more than walking; Len Van Roon with the boots he wore on D-Day and throughout the war. Photo: Martin Zeilig

by Martin Zeilig, Voxair Photojournalist

Seated on a chair in his narrow kitchen, Len Van Roon opens an old brown suitcase filled with personal memorabilia from the Second World War: an aluminum mess kit; a metal water bottle; an old number 2 Folding Autographic Brownie camera box purchased for 10 shillings in London; and some faded photographs, among other things.

Among the items are a pair of stiffened black leather boots that Mr. Van Roon, 97, wore when he splashed ashore on the beaches of Normandy, France on June 6, 1944—D Day. He wore those boots throughout the war.

This year, the 75th Anniversary of the Juno Beach Landings and the Normandy Campaign brings into sharp focus Canada's role in what became the momentous turning of the tide in the Second World War.

"Those airman, seamen and soldiers who were there are now fewer in number but one individual who was on

Juno Beach was Winnipegger Len van Roon Sr.," wrote Bill Zuk, historian, author, filmmaker, and member of the Manitoba Chapter of the Canadian Aviation Historical Society in an email. "He helped direct artillery fire that silenced the formidable defences of the Atlantic Wall in Normandy. Len fought through France, Holland and Germany and recalls that he may have shot the last bullets as Nazi Germany capitulated. Along with others in his unit, Len made sure that he would not have any 'hot' rounds in his weapon and as the VE Day message was received, loosed off the last of his ammunition."

Mr. Van Roon returned to his home in Winnipeg but his wartime experiences are still searing his memories, Zuk said.

"For years, Len and his late wife, Verna, collected the stories of other young men who served and who had come from his Charleswood community," he continued. "Their efforts in recording the stories led to a memorial to those local residents from Charleswood who fought and died in the World Wars. Along with members of his family, Len was also able to help build the Charleswood Museum where he still volunteers, inviting visitors to explore the local history of the community."

Len's recollections of his time at war are now part of the Memory Project of Historica Canada, Zuk added.

Mr. Van Roon noted that his unit's job was to support the infantry or tank corps when they got into trouble.

"Our job was to register the targets and see that they were in place," he explained during an interview in the living room of the storey and a half, wood framed home he's lived in since 1928.

He and his late wife of 64 years, Verna, had four children, two girls and two boys, and seven great grandchildren.

"We ran a little poultry enterprise here," said Mr. Van Roon, whose hundreds of original wartime letters, which have been transcribed and placed into three ringed binders, sit in a cardboard box now. "We sold our eggs to private customers. I wasn't anxious to join the army, but we had conscription in Canada. I was called up."

He spent four years in the army.

"We practised a lot in England," Mr. Van Roon said. "We trained for the landing. We were interviewed by Montgomery (Field Marshal Bernard Law Montgomery) and King George V. We were in Bournemouth. We had practise runs part way across and part way back.

"Everything in that south of England was piles of munitions and equipment. As the day approached, we got more serious. Everything was just massive amounts of equipment and munitions. The organization was phenomenal. English couples in their back gardens were almost standing at attention watching us go by. The ships were just loaded. We took off in the morning. The sky was filled with airborne troops. Five thousand ships involved."

Everything was assembled, including rows of rockets for pounding the shore, he noted.

"The big ship we were on was cruising between the main forces and the shore," Mr. Van Roon said. "Our job was to make sure the artillery fire was hitting the correct target. The ocean was so darn rough. We had to jump from one ship onto another one. On the third try both boats came together and we were able to jump into the boat. We had a real ringside seat. I saw what was happening.

"It was a case of the job had to be done. Everybody accepted the fact that this had to work. It was on such a massive scale. Dieppe was such a failure. A small invasion would never work."

Following is an excerpt from a letter written by Signalman Len Van Roon, H1240 63 Battery 19th CAF Regt. RCA Canadian Army Overseas, to Miss Verna Ball, 149 Canora Street, Winnipeg. June 10/44

"Dearest Vern, Sorry to have missed a few letters Vern but there really was a good reason, as you will no doubt know by the time this letter reaches you. The reason being that they did a wee bit of second fronting. We were told that it was all right to mention that we are now in France so I figured I had better write at once for you probably guessed anyway.

"The people have been under the Nazis so long that it is pretty hard to figure them out, so we are taking no chances. We did buy a whole can of milk from a farmer who was just milking his cows and it really tasted great. It has been some time since we had real milk. We have plenty of substitutes though.

"We are eating plenty; our vehicle contains some great amateur cooks and the cans we use are many and marvellous. There is hardly any room in the vehicle for us because of the food, but we don't mind so don't you think we aren't getting enough to eat."

"Love,  
Lenx"

## Air Operations Costly but Key on D-Day

by Major (retired) William March, RCAF Historian

June 6, 2019 marks the 75th anniversary of D-Day—the Allied invasion of Normandy, the successful invasion marked the turning point in the Second World War.

From the outset of planning for Operation "Overlord" (the codeword for the Invasion of Normandy), it was recognized that the Allied air forces would have a vital role.

Previous amphibious landings in the Mediterranean Theatre had underlined the fact that "when critical land operations are in progress, army cooperation is not simply a specialized activity of part of an air force. It is the function of the entire force, with all its available strength." The top allied planners took this to heart when putting together the mountain of details necessary for a successful landing in Occupied France.

The selected site for the invasion was Normandy, rather than the much closer beaches near Calais. The success of the operation depended heavily upon the Allies' gaining total air supremacy, which meant that the Luftwaffe had to be driven from the skies—a fact that had been underlined by the experience gained during the attack on Dieppe on August 19, 1942 where an outnumbered Luftwaffe had viciously contested the French skies. Only then would the close air support of the ground forces, so necessary during the actual landing and buildup at the beachhead, be able to continue with acceptable losses.

Another important element that would be obtained with Allied air supremacy was the ability to disrupt German communications and transport at will. The "interdiction" of these function would deny the enemy the abil-

ity to mount an effective defence.

The entire Allied air force was directed towards these objectives.

The contemplated air assault involved the men, women and aircraft of every Royal Air Force (RAF) command located in Great Britain, plus those belonging to the Eighth (Strategic) and Ninth (Tactical) United States Army Air Forces. This meant that 11,590 aircraft (6,080 American and 5,510 British and Allied) participated in the period of intensive pre-invasion attacks, which lasted from April 1 until June 5, 1944 (the day before the June 6 invasion). During this time the Allied air forces flew 195,200 sorties and dropped more than 195,000 tons of bombs.

The cost of this part of the operation was heavy: 1,953 aircraft were shot down with the loss of more than 12,000 aircrew either killed, missing, or captured (more casualties than would be suffered by the invasion force on D-Day).

On D-Day, the effects of the previous three months were clearly evident. The Allies flew 14,674 sorties and lost 127 aircraft, mainly to ground fire. The Luftwaffe could manage only 319 sorties during the same 24-hour period. The air supremacy that the Allies had won at so a high cost was retained for the remainder of the war.

And what part did Canadians play in this air war?

From the point of view of the Royal Canadian Air Force (RCAF), 39 out of 42 active squadrons overseas at the time participated in D-Day: 15 served with Bomber Command, 18 with the Second Tactical Air Force, four with Coastal Command and two in Air Defence of Great Britain.

In human terms, this meant approximately 30,000 men and women serving in Canadian units with another 24,000 to be found in British and other Allied formations.

Approximately 1,000 Canadian aircraft were in the air on D-Day, of which seven were either shot down, listed as missing or crashed due to battle damage. Before the invasion, the Allied air forces had been informed that Operation Overlord would require a "maximum effort"—and that is exactly what the Canadians provided.



Leading Aircraftman Stan Rivers (on the wing) and Leading Aircraftman Ken Allenby of 402 "Bear" Squadron, paint D-Day markings on an Allied aircraft. Photo: DND Archives

# CANEX Offers Real Value to 17 Wing



Some of the staff at the Winnipeg Canex pose for a photo on May 9. (L-R) Ian, Mike Clementson, store manager, Sue, Chris O'Connor, District Manager, and Bev. Photo: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

"It's becoming more and more apparent to me as I'm talking to members and other employees that not everyone is fully aware of programs we provide and the benefits for its members," Mike Clementson, CANEX Store Manager, said during a recent interview.

He wants people to know the store is there for the benefit of all CAF personnel, their families, veterans, and DND/PSP/MFRC employees. He also wants to remind members about the CANEX and the services it provides for personnel at 17 Wing.

"Our mission is to be the preferred destination for all the CAF community delivering personalized, consistent

and familiar shopping experience," said Chris O'Connor, District Manager CANEX Western Canada, who just happened to be visiting the CANEX at the time of the interview. "We recognize, understand and anticipate and support their needs."

He also pointed out that a portion of the money from every purchase made goes back to support programs that benefit military members and their families.

"The CANEX here is doing well," O'Connor, who lives in Victoria, BC, said. "It's a newer store. They're still learning a lot and finding their foothold in the community."

A stroll through the aisles reveals major brand names including Samsung, Sony, Apple products, Garmin, G.E., Ashley Furniture and more.

"They're top quality, the same brands you'll find in other retailers," Clementson said. "CANEX goes beyond the normal retail requirements in order to ensure the military community reaps extra benefits from the retail operation. So, we are here for the members."

"The opportunity I have is to remind members that we are here to serve them, and the many benefits we offer. Benefits include a large percentage of the revenue from CANEX is returned every year to the Wing Fund."

Those dollars support a number of programs and activities as determined by the Wing Fund Committee, he explains.

"So, not only are they getting the benefits of CANEX in terms of pricing and availability, they're getting it back in terms of programs later on," Clementson confirms.

Other than the disbursement of profits, CANEX op-

erates its outlets the same way as any other private retailer.

"People are often surprised that we have a price protection policy," Clementson says. "We offer 30-day price protection and 30 day refund policy enabling our members to buy with confidence. No longer having to price shop from retailer to retailer. It's actually 60 days for CF1 members (a program delivered by Canadian Forces Morale and Welfare Services). Lastly we do offer extended warranties for most of our products."

CANEX also has connections with outside businesses, such as Fountain Tire, Ness Auto, Ralph's Custom Tailors, Woodcock Cycle Works and Olympia Cycle & Ski, among others, he notes.

"So customers can walk into these stores, choose the product they are interested in, and CANEX communicates with the vendor to arrange payment," Clementson says.

"Members have access from one to three-year credit plans, no interest, with the minimum purchases starting at \$500 and topping at \$6500. There's a range of credit available to our members.

We can also special order products," Clementson, who employs seven sales staff, says. "If members see a current model product at another retailer, we can place an order with that vendor. It will take some time but we can order the product."

If personnel are being posted, CANEX can have those items ordered and delivered to the CANEX at their new base.

"They just have to come into the store and tell us what they want and we can arrange that for them," Clementson, who's been store manager for the past eight months, emphasizes. "So, when they're at the new base the product is already there so they don't have to go through the stress of shopping while moving. We are here to help them through that transition."

CANEX is here for our members.

# Groovy Girls Hold Art Expo at MFRC



Groovy Girl facilitators MFRC Social Worker Sherri Pierce and Social Work student, Sarah Bell, with Groovy Girl participants and their art projects.

Photo: Supplied

by MFRC Staff

The conference room at the MFRC was abuzz on Thursday, April 18, as people gathered to appreciate an exhibition of art pieces created by girls aged 9-12. The girls were part of an after school group called Groovy Girls, facilitated by MFRC Social Worker, Sherri Pierce, and Social Work student, Sarah Bell.

The group met seven times between January and April to share snacks, ideas and to express themselves through art. Each week a different theme was presented to the girls, including discussions around self-esteem, being yourself, friendship, feelings and body image. Art projects were connected to each theme: positive self-talk mirrors in which girls surrounded their own reflection with a collage of positive messages; and personal Zen gardens, complete with fairies to help with emotional regulation. A writing workshop with Ellen, a playwright facilitator from Manitoba Theatre for Young People, led the production of unique "Scissor Writings" full of each girl's own unique ideas.

The Groovy Girls Art Expo was the grand finale to

the group's inaugural session. Artwork was displayed around the room and guests, including parents, siblings, MFRC staff and community members, had the opportunity to view the pieces, to discuss their work with the artists and to share feedback via the guestbook. Sparkling juice and dainties were served and enjoyed by all.

Kelly Lalonde, Newcomer Services and Relocation Coordinator at the Winnipeg MFRC, said that her daughter, Ellie, one of the participants of Groovy Girls, really enjoyed the experience.

"She loved it," Kelly said.

Groovy Girls was a new project at the MFRC in 2019 and was supported through funding from True Patriot Love as part of a Youth Mental Health initiative.

## HOMEWATCH

Planning your vacation or your annual migration to the south? Plan to leave your home to us.

Commissionaires is Canada's premier security company, offering a unique combination of integrity, experience and innovation. For more than 90 years, Commissionaires has protected people and property across Canada. Make sure you are in compliance to your Homeowner's Insurance Policy.

Military Discount for Commissionaires Mobile Services.

Don't leave your home to chance, leave it to Commissionaires.



**COMMISSIONAIRES**  
TRUSTED · EVERYDAY · EVERYWHERE

Ph: 1 204 942 5993 x2300

admin@commissionaires.mb.ca

www.commissionaires.mb.ca



## HOOK & SMITH

Barristers, Solicitors & Notaries Public

Dennis A. Smith, Winston F. Smith, Q.C.,

Grant W. Davis and Bernard Toews

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



Telephone - (204) 885-4520

Fax - (204) 837-9846

Email: general@hookandsmith.com

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



The 2019 RCAF Run Committee would like to thank the following partners for helping to make this year's event happen:



# 435 Sqn Hones SAR Skills at Chinthex 19



A U.S. Coast Guard Rescue Swimmer jumps from an HH-60 Jayhawk Helicopter in order to rescue simulated casualties during CHINTHEX near Marathon, Ontario on May 6th, 2019. All photos: Cpl Bryce Cooper, 17 Wing Imaging

from 19 Wing Public Affairs

435 Transport and Rescue Squadron's CHINTHEX 19 provided an opportunity for all members of the squadron to develop their skills in supporting search and rescue (SAR) operations during the week-long exercise in Thunder Bay from 6-10 May. Adding depth to the training value of the exercise and promoting interoperability with SAR partners, a diverse set of units with similar roles were invited to participate. 439 Squadron (Bagotville) was represented by a crew with a CH-146 Griffon configured for SAR operations, the 304th Rescue Squadron (USAF) from Portland, Oregon, added a section of Para-rescue jumpers, a crew and C-130 came in from the 39TH Rescue Squadron, Patrick Air Force Base, Florida, and a U.S. Coast Guard crew with a MH-60T Jay Hawk from Traverse City, Michigan.



A Canadian Forces Search and Rescue Technician parachutes to a simulated plane crash during CHINTHEX near Thunder Bay, Ontario on May 8th, 2019.

The exercise focused on sharing and developing existing skills and provide opportunities to broaden the range of experience within the squadron. Key training included: locating search objects, parachuting for accuracy, and marine rescues and hoisting with rotary wing aircraft.

The exercise culminated with a simulated major air disaster scenario with participants responding to a report of a commercial aircraft with 18 passengers and two crew on board going missing. Fixed-wing search aircraft with SAR Techs and rescue jumpers on board located the scene of the notional crash, a clear strip of land in the forest near Geraldton, east of Thunder Bay. SAR Techs and rescue jumpers parachuted to the scene to provide medical care to the injured, bundles of additional medical supplies were dropped by parachute, and while rescuers managed the scene, helicopters began arriving to evacuate role-players with realistic looking injuries.



Air Search and Rescue Association member, Bobbi Fisher, searches for simulated casualties on a CC-130 Hercules aircraft during CHINTHEX near Thunder Bay, Ontario on May 8th, 2019.



United States Air Force Combat Search and Rescue Para Jumpers and Canadian Forces Search and Rescue Technicians carry a simulated casualties on a litter during CHINTHEX near Thunder Bay, Ontario on May 7th, 2019.

The success of the exercise can be attributed to detailed planning, basing scenarios on actual incidents from the past, and tremendous support by numerous agencies. 435 Squadron appreciates the contribution made by all participants, which also included Confederation College's Aviation Centre of Excellence, the Thunder Bay International Airport Authority, the Ontario Ministry of Natural Resources, the Civil Aviation Search and Rescue Association (CASARA) and Ornge Helicopters (air ambulance).

# Around The Wing



Ashley Clement, 17 Wing Community Recreation Coordinator, Mike Clementson, CANEX Store Manager, and John Bailey, Winnipeg Military Family Resource Centre Employment Coordinator pose with a cheque from CANEX to support the annual MFRC/PSP Volunteer Appreciation Event. Photo: Bill McLeod, Voxair Manager

17 Wing members seemed to be enjoying the Easter Circuit hosted by Fitness and Sports Instructors at Building 90 on April 17. Photo: Bill McLeod, Voxair Manager



<u>École francophone</u>	<u>Transport scolaire</u>
<u>Maternelle à 8<sup>e</sup> année</u>	<u>Garderie francophone</u>
<u>École la plus près de la 17<sup>e</sup> Escadre</u>	<u>Centre de la petite enfance et de la famille</u>

École Roméo-Dallaire  
DIVISION SCOLAIRE FRANCO-MANITOBAINE  
81, chemin Quail Ridge, Winnipeg (Manitoba)  
<http://rdallaire.dsfm.mb.ca>

(204) 885-8000  
[romeo.dallaire@dsfm.mb.ca](mailto:romeo.dallaire@dsfm.mb.ca)

*Recycle or pass along this newspaper when you're done.*



## SPECIAL OFFER

Orangetheory Fitness Unicity is offering all Military Personnel with VALID ID special founding rates for Orangetheory Fitness Memberships!



- Call 204-480-6849 to lock in your rate or visit our pre-sale office at 3647 Portage Ave. Winnipeg (located beside Subway)
- But HURRY and ACT FAST! Offer valid ONLY until Sunday May 26, 2019
- Lock in your rate and don't pay a cent until after your 2 FREE VIP week trial!

Offer Valid ONLY at Orangetheory Fitness Unicity



Veterans Affairs  
Canada

Anciens Combattants  
Canada

Canada



**PENSION FOR LIFE  
FOR VETERANS WITH  
SERVICE-RELATED INJURY  
OR ILLNESS**

The new Pension for Life helps you transition to life after service with the recognition and income support you need.

Learn more: [veterans.gc.ca/pensionforlife](https://veterans.gc.ca/pensionforlife)  
1-866-522-2122

**PENSION À VIE POUR  
LES VÉTÉRANS ATTEINTS D'UNE  
BLESSURE OU D'UNE MALADIE  
LIÉE AU SERVICE**

La nouvelle pension à vie vous aide à faire la transition à la vie après le service grâce à la reconnaissance et au soutien du revenu dont vous avez besoin.

Apprenez-en plus : [veterans.gc.ca/pensionavie](https://veterans.gc.ca/pensionavie)  
1-866-522-2022

# HR Tip: Apply to the Military Spouse Employment Initiative – Casual Inventory



To better support military families, the Department of National Defence launched the Military Spouse Employment Initiative (MSEI) to support employment of military spouses and partners both within and outside of the Federal Public Service. The first phase is a casual job inventory which is open exclusively to spouses of serving Canadian Armed Forces members. Note posi-

tions are not funded, MSEI aims to provide another option of temporary employment to managers in support of Strong Secure and Engaged (SSE)

Casual employment offers applicants the opportunity to:

- Experience Government of Canada departments as an employer;
- Build your reputation as a high performer;
- Make professional connections with colleagues and leaders;
- Access professional networks that can help build your career; and
- With your newfound Government of Canada experience, be more competitive and better prepared when seeking longer-term and permanent employment opportunities in the public service (e.g. term, indeterminate)

If you are interested, apply on the GC Jobs website by searching for the process number 18-DND-CEO-NATNL-259724 and clicking "Jobs Open to the Public."

## Conseil des RH : Inscrivez-vous au Répertoire d'emplois occasionnels de l'Initiative d'emploi pour les conjoints de militaires



Le ministère de la Défense nationale a lancé l'Initiative d'emploi pour les conjoints de militaires (IECM) dans le but d'améliorer le soutien offert aux familles des militaires et de faciliter l'emploi des conjoints et conjointes de militaires, que ce soit à l'intérieur ou à l'extérieur de la fonction publique fédérale. La création du Répertoire d'emplois occasionnels réservé aux conjoints des membres des Forces armées canadiennes en service constituait la première étape de cette initiative. Nota : les postes pourvus par l'entremise de ce Répertoire ne sont pas financés. L'IECM vise mainten-

ant à offrir une nouvelle option d'emploi temporaire aux gestionnaires, à l'appui de la politique Protection, Sécurité, Engagement (PSE).

Les emplois occasionnels offrent les avantages suivants aux postulants :

- Acquérir de l'expérience à titre d'employeur au sein de différents ministères fédéraux;
- Établir une réputation en tant que membre du personnel à rendement élevé;
- Établir des liens professionnels avec des collègues et des dirigeants;
- Accéder à des réseaux professionnels qui peuvent contribuer à bâtir une carrière;
- Utiliser l'expérience acquise au gouvernement du Canada pour devenir un candidat plus compétitif et mieux préparé au moment de la recherche d'un emploi à plus long terme ou permanent dans la fonction publique (p. ex. : emploi pour une durée déterminée ou déterminée)

Si la présente occasion vous intéresse, veuillez postuler sur le site Web Emploi au gouvernement du Canada. Pour ce faire, recherchez le numéro de processus suivant : 18 DND CEO NATNL 259724; puis cliquez sur « Emplois ouverts au public ».

# Sports Trivia

## Money Management is Important by Stephen Stone

1. Who beat the "Greatest of all time," lost the rematch, lost all his dough and ended up as a janitor at a Columbus YMCA?

2. Who is the former MLB All-Star for the Philadelphia Phillies who spent three years in jail for car theft, filed for bankruptcy in 2009 owing over \$31 million with \$500,000 in assets and had to sell the house he bought from Wayne Gretzky?

3. After all was said and done, this Hall of Fame quarterback for the Baltimore Colts filed for bankruptcy in 1991 and was left in financial ruin after being sued by the banks for over \$3 million.

4. Which MLB Hall of Famer pitcher lost his stable of Arabian horses when the bank sold them for five thousand bucks to help pay his debts?

5. One of the most decorated heavyweights of all time made millions. He was forced to sell everything he owned in an attempt to pay off his debts. When all was done he still owed twice what he paid.

6. This former star quarterback for the Tennessee Titans was bust only seven years after signing a \$26-million contract as a rookie.

7. Probably the most feared heavyweight ever, he won millions but was destitute by 2003. He was married to a former Miss USA.

8. He scored the "Hand of God" goal in 1986 to give Argentina the World Cup. He owed over \$54 million in back taxes. Needless to say, he is broke.

9. He was one of the most recognised golfers of his day and one of the highest earners. His problem was gambling. He stated he lost more money than many golfers earn in a lifetime: almost \$98 million.

10. She won Olympic gold in 1978, was a star in the Ice Capades, and was broke by 1991.

11. Who was the former face of the WNBA who, along with poor financial representation, bad investments, as well as being the author of her own misfortune, had to sell her Olympic medals and her Naismith trophy to satisfy her creditors after earning over \$50 million?

12. He had a net worth of \$11 million, was exonerated in the murder of his wife, but was found responsible in a civil suit and ordered to pay her family over \$35 million and was once jailed as a result of a scam involving his sports memorabilia?

13. He made over \$50 million playing for the New York Jets. He owed \$25 million with assets of only \$5 million, five of his nine Whataburger franchises went belly-up, and poor investments led to his collapse.

14. This Wimbledon, Australian Open, French Open, U.S Open, Davis Cup and 1992 Olympic champion had career earnings of over \$120 million and was bankrupt by 2016.

15. Which pitching ace, World Series champ and TV commentator filed for insolvency when he couldn't pay back a \$75-million loan to start a video game company?

16. At 18, he signed a contract with the Detroit Tigers giving him a signing bonus of \$2 million. He drives a \$10,000 VW camper he converted into a tiny home in which he lives in the offseason. His advisors deposit \$800 into his chequing account each month. "Just because you have lots of money doesn't mean you have to have nicer things than you had before."

17. This multi-millionaire for the Washington football club drives a dented Savanna van he bought from his grandmother for \$5,000 and lives in the basement of his parents' home.

18. He signed a \$57.5-million contract with the Washington football club in 2015 and shares an apartment with a childhood friend. He drives a Chevy Tahoe and cooks his own meals. If he splurges on dining out, he goes to a take-out joint.

19. Drafted in 2012 by the Detroit Lions, he lives on \$60,000 a year even though he earns over \$500,000. He stashes his money in investments and a retirement fund. "I don't have cable. I use Apple TV and Netflix. My wife and I don't go out to eat a lot, and I make sure I pay off my credit cards every month."

20. This Lions' safety earns an average of \$6.5 million a year, has been saving 70 per cent of his take-home pay since he was drafted in 2009. He said his plan has always been to "save as much money as I can and spend as little as I can in the time that I have in the league so that I can maximize my future."

Sports Trivia Answers on page 14

*Healthy Pets for Happy Families*

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

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

*Associated Veterinary Hospitals*

◆ **Medicine**      ◆ **Surgery**  
    ◆ **Ultrasound**  
◆ **Dentistry**     ◆ **Vaccinations**

Have you got a story you'd like to share?  
Drop us a line at 204-833-2500 (ext. 6976)  
or email us at voxair@mymts.net

**233-ALLÔ**

**CENTRE D'INFORMATION**

233-2556 1-800-665-4443

**CALENDRIER COMMUNAUTAIRE**

15 mai • Club de pétanque UNF  
• Union National Française

15 mai • Ciné/Feel – Comme des garçons  
• Alliance française du Manitoba

16 mai • Randonnée au parc Lagimodière-Gaboury • ÉMR

16 mai • Avant-première – Cela était notre message • CJP

18 mai • Salon du livre du Manitoba  
• La Maison Gabrielle-Roy/ Éditions du Blé

21 mai • Mardi Jazz- Winnipeg Jazz Collective • CCFM

23 mai • Activités en plein air • FPM/CRÉE

23 mai • Prix Riel 2019 • SFM

23 mai • Franco-Fil • CCFM

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

# cafconnection.ca/winnipeg

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



4 & 11 June 2019  
0830 - 1600 hrs  
4 et 11 juin 2019  
08h30 à 16h00

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

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

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca



## RECREATION LEADER TRAINING

15 YEAR OLDS \* 2 WEEK PROGRAM

MUST BE 15 YEARS OF AGE ON THE START DATE OF TRAINING

Gain skills through fun & hands-on experience!

Staff encourage and support participants in learning about the sports camp and assisting with sports and activities.

July 8 - 19 \* 9 am - 4 pm

### TRAINING

- Leadership
- Culture of respect & inclusion
- Child & vulnerable adult protection

### PRACTICAL CERTIFICATION

- Swim-to-Survive
- Swim-to-Survive Plus
- Emergency First Aid with CPR-B certification

Membership \$220 • Non-Membership \$250 PAYMENT PLAN AVAILABLE

TO REGISTER CONTACT: [colleen.preston@forces.gc.ca](mailto:colleen.preston@forces.gc.ca) • 204-833-2500 ext. 2057 to set up an informal meeting prior to determine eligibility of acceptance for this program

ONLINE REGISTRATION BEGINS: Membership - Wednesday, April 10 • Non-membership - Wednesday, April 24  
[www.cafconnection.ca/winnipeg](http://www.cafconnection.ca/winnipeg)

## Summer Sports Day Camp

Tuesday, July 2 to Friday, August 23

Before Care 7:30 am - 9 am  
Camp Day 9 am - 4 pm  
After Care 4 pm - 5:30 pm

JOIN US FOR A WEEK OF FUN, FRIENDSHIP & FITNESS  
Sports • Crafts • Games • Swimming • Movies • Trips • Lunch & MORE!  
All sports equipment is child-sized.

FIELD TRIPS MAY INCLUDE: HIDE 'N SEEK, FLYING SQUIRREL INDOOR TRAMPOLINE, DRAGON BOAT/KAYAKING, KILDONAN WATERPARK, OAK HAMMOCK MARSH, STONEWALL QUARRY BEACH, ACADEMY LANES BOWLING

ROOKIES • 6 - 8 YEARS  
Children need to be the age on the start date of camp (Special consideration to Military dependants born in the latter half of 2018)

VARSITY • 9 - 10 YEARS  
Children need to be the age on the start date of camp

ELITE • 11 - 13 YEARS  
Children need to be the age on the start date of camp

PRICE  
MEMBERSHIP \$140 per week, per child  
NON-MEMBERSHIP \$160 per week, per child

All prices include before & after care. Payment plan is available.

For more information: 204.833.2500 ext. 5139 or 2057  
Registration: [www.cafconnection.ca/winnipeg](http://www.cafconnection.ca/winnipeg)  
Membership & Military - begins Wednesday, April 10 • Non-membership - begins Wednesday, April 24

National Défense / Defence nationale

## RESPECT IN THE CAF WORKSHOP RESPECT DANS LES FAC

6 June 2019 / 6 juin 2019  
0800 - 1600 hrs / 08h00 à 16h00

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

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

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

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

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

AGES 14+ / 14 ANS ET PLUS

## Cooking Demonstration Classes Démonstration Culinaire

In conjunction with the Good Food Box Program, we will demonstrate how to use some of the nutrition items in your box! Come out and develop new skills in a fun, friendly environment!  
De concert avec le programme de boîtes d'aliments nutritifs, nous ferons une démonstration de la préparation des aliments nutritifs qui se trouvent dans votre boîte! Joignez-vous à nous pour acquérir de nouvelles compétences dans un milieu amical et amusant!

1500 - 1600 HRS / 15H00 À 16H00  
BLDG 33 / BÂTIMENT 33

APRIL 17 / AVRIL 17  
MAY 22 / MAI 22  
JUNE 19 / JUIN 19

POTATO SOUP - SOUPE DE POMMES DE TERRE  
REGISTER BY: INSCRIPTION: APRIL 12 AVRIL

BABA GANOUSH - BABA GHANOUSH  
REGISTER BY: INSCRIPTION: MAY 17 MAI

SALAD WITH HOMEMADE VINAIGRETTE - SALADE AVEC VINAIGRETTE MAISON  
REGISTER BY: INSCRIPTION: JUNE 14 JUIN

PURCHASE OF GOOD FOOD BOX NOT REQUIRED. IL N'EST PAS NÉCESSAIRE D'ACHETER UNE BOÎTE D'ALIMENTS NUTRITIFS.  
MEMBERSHIP \$5, NON-MEMBERSHIP \$7 - MEMBRES \$ 5, NON-MEMBRES \$ 7

REGISTER AT: [WWW.CAFCONNECTION.CA/WINNIPEG](http://WWW.CAFCONNECTION.CA/WINNIPEG)  
INSCRIVEZ-VOUS À : [WWW.CONNEXIONFAC.CA/WINNIPEG](http://WWW.CONNEXIONFAC.CA/WINNIPEG)

17 Wing Community Recreation

## Aquatic DAY CAMP

Sports & Games

INCLUDES:  
• co-operative games •  
• LOG - relays, a regatta •  
• swim sport workout - diving •  
• synchronized swimming •  
• water polo - boating •  
• triathlon training •

CAMP DAY 9 am - 4 pm  
Before care 7:30 am - 9:00 am / After care 4:00 pm - 5:30 pm

AN ACTION-PACKED WEEK OF AQUATIC SPORTS & GAMES FOR YOUTH WHO LOVE THE WATER!

Monday, July 15 to Friday, July 19 or Monday, August 12 to Friday, August 16

Youth 10-14 yrs

Pre-requisites: Must be ten years of age on the start date of camp & must be able to swim two lengths of the lap pool non-stop, no touching and tread water for one minute OR Be comfortable wearing a pfd and be comfortable in deep water

Membership \$150 per week per child  
Non-membership \$170 per week per child

JOIN US FOR A WEEK OF FUN, FITNESS & FRIENDSHIP.  
Sports, games, swimming, movie, lunch & more!

REGISTRATION:  
[www.cafconnection.ca/winnipeg](http://www.cafconnection.ca/winnipeg)

Membership & Military - begins Wednesday, April 10 • Non-membership - begins Wednesday, April 24

## 17 WING MOVES!

PUT SOME PEP IN YOUR STEP

IN COOPERATION WITH THE 2019 PARTICIPATION COMMUNITY BETTER CAMPAIGN WE CHALLENGE YOU TO TRACK YOUR STEPS AND ACTIVE MINUTES TO SUPPORT 17 WING IN THE GOAL OF CLAIMING THE TITLE OF CANADA'S MOST ACTIVE COMMUNITY!

WIN PRIZES  
ONLY TAKES 10  
FREE

### WE CHALLENGE YOU!

JOIN US AS AN INDIVIDUAL OR TEAM OF 4!  
MAY 31-JUNE 14

FOR MORE INFORMATION OR TO REGISTER PLEASE CONTACT HEALTH PROMOTION AT (204) 833-2500 EXT. 4150 OR AT [HEALTHPROMO@FORCES.GC.CA](mailto:HEALTHPROMO@FORCES.GC.CA)

## INTER-COMM

20 & 27 June 2019 / 20 et 27 juin 2019  
0830 - 1600 hrs / 08h30 à 16h00

A SKILLS BUILDING COURSE DESIGNED TO IMPROVE PERSONAL COMMUNICATION!  
UN COURS DE DÉVELOPPEMENT DES APTITUDES DE COMMUNICATIONS

PLEASE CONTACT US IF CHILDCARE IS REQUIRED. CONTACTEZ-NOUS SI UNE GARDE D'ENFANTS EST REQUISE.  
LE PROGRAMME EST GRATUIT!

PROGRAM IS FREE OF CHARGE!

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

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

17 WING WINNIPEG / 17<sup>e</sup> ESCADRE WINNIPEG

Each box contains a variety of high-quality fresh, nutritious fruits and veggies.  
Chaque boîte contient divers fruits et légumes frais, nutritifs et de qualité.

Stock depends on which are in season or available at the best value.  
Le choix dépend de la saison et des occasions d'achat au meilleur prix.

A community-based program designed to encourage healthier eating through the promotion of fresh fruits and vegetables!  
Le choix dépend de la saison et des occasions d'achat au meilleur prix.

## GOOD FOOD BOX PROGRAMME DE LA BOÎTE VERTE

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!

A bulk-buying program that aims to lower your grocery bill by buying bulk, fresh fruits & vegetables from local farms and 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.

ORDERS CAN BE PLACED ONLINE AT [www.cafconnection.ca/winnipeg](http://www.cafconnection.ca/winnipeg)  
LES COMMANDES PEUVENT ÊTRE PASSÉES EN LIGNE À [www.cafconnection.ca/winnipeg](http://www.cafconnection.ca/winnipeg)

Online order payment by credit card only. Orders are also accepted at the Roc Centre (Bldg 93) front desk with payment by cash, cheque, credit & debit.  
La carte de crédit est l'unique modalité de paiement acceptée par internet. On peut aussi passer sa commande au poste de surveillance du centre de loisirs (Bât 93) avec paiement par comptant, chèque, crédit ou débit.

BOXES ARE PREPARED MONTHLY!  
BOÎTES SONT PRÉPARÉES CHAQUE MOIS!

Small Box \$18	Large Box \$28	Petite boîte 18 \$	Grande boîte 28 \$
----------------	----------------	--------------------	--------------------

APRIL / AVRIL  
ORDER BY / DATE LIMITE: FRI - APRIL 12 AVRIL • VEND.  
PICK UP / RAMASSER: WED - APRIL 17 AVRIL • MER.PICK UP BETWEEN: 1800 - 1730 HRS • BLDG 33

MAY / MAI  
ORDER BY / DATE LIMITE: FRI - MAY 17 MAI • VEND.  
PICK UP / RAMASSER: WED - MAY 22 MAI • MER.RAMASSER ENTRE: 18 H À 17 H 30 • BÂT. 33

JUNE / JUIN  
ORDER BY / DATE LIMITE: FRI - JUNE 14 JUIN • VEND.  
PICK UP / RAMASSER: WED - JUNE 19 JUIN • MER.RAMASSER ENTRE: 18 H À 17 H 30 • BÂT. 33

ALL PROCEEDS GO BACK TO THE PARTICIPANTS.  
NO ORDERS ACCEPTED AFTER THE DEADLINE.  
PLEASE BRING YOUR OWN BAGS/TOILETS TO CARRY YOUR PRODUCE HOME.

TOUS LES PRODUITS RETOURNENT AUX PARTICIPANTS.  
AUCUNE COMMANDE NE SERA ACCEPTÉE APRÈS LA DATE LIMITE.  
VOS VOS PROPRES SACS / TOILETS POUR TRANSPORTER LES PRODUITS CHEZ VOUS.

For more info/Pour plus de renseignements : [Ashley.Clement@forces.gc.ca](mailto:Ashley.Clement@forces.gc.ca) • ext./poste 7013



**102 Comet Street | 102 rue Comet**  
**204-833-2500 ext. | poste 4500**

**WE ARE ON...**



**@WinnipegMFRC**  
**www.CAFconnection.ca/winnipeg**

**ADULT PROGRAMS**

**EMPLOYMENT & EDUCATION SUPPORT GROUP**

This small group environment is dedicated to offering a socially supportive atmosphere for spouses who are looking for employment. Tuesdays, 0930 – 1130. Free. Drop-in.

**EMPLOYMENT SPEAKER SERIES**

New topic weekly. Follow us on Facebook to find out the topic. Tuesdays, 1300 – 1500 Free. Drop-in.

**CAFÉ FRANÇAIS**

Join us for a coffee and chat in French. This is a perfect opportunity to practice your French. Wednesdays 930 - 1130. Second Wed. at MFRC. Fourth Wed. École Roméo Dallaire. Free. Drop-in.

**FRENCH LUNCH 'N CHAT**

Bring your lunch to the MFRC and enjoy French conversation. For all levels. Thursdays 1230 - 1315 Free. Drop-in.

**SOUTH SIDE COFFEE**

French or English, parent or not, kids at home or empty nest...everyone is welcome! Wed. 15 May 930 -1100 Free. Drop-in.

**CRAFT DROP-IN AFTERNOON**

Are you a knitter, scrap-booker, card maker or other crafter? Pack up your supplies and work on it in our space, in the company of other crafters. We have 8 ft. tables. You have room to work! Wed. 15 May 1330 – 1500 Free. Drop-in.

**EXCEPTIONAL FUN**

Fun and games night for people with exceptional needs age 16 – 30 years. Must arrive by 1900. Thurs. 16 May 1830 - 2030

**SPECIAL NEEDS DISCUSSION GROUP**

Special guest Michelle from Community Respite services will be joining us this month as we share experiences and information about services, resources and life with special needs. Thurs. 23 May 1800 - 2000 Free. Register by May 16

**MATURE WOMEN'S GROUP**

Join us for an evening of coffee and conversation as we discuss topics geared to midlife. If you're a 45+ woman this is a great way to meet others while sharing your wisdom and expertise about navigating life's journey. Mon. 27 May 1900 – 2100. Free. Drop-in.

**EVERYTHING BINDER**

Everything binders house all of the important information you need when they are deployed, and every day.. Mon 30 May 1830 - 2030. Free. Register by May 25.

**LADIES NIGHT - PLANTER PARTY**

We will be creating a beautiful planter, including plants, to enjoy all summer long. Thursday, May 30 Time and location TBD. \$20 Register by May 23

**MFRC "COUPLE FORCE"**

Come out with your partner for a date night to remember. Dinner and activities provided. There will be some friendly competition between couples and within couples. Friday 31 May 1800 – 2000 \$10 per couple. Register by May 24

**PARENT & FAMILY PROGRAMS**

**A PARENT COMMUNITY**

A 'community' of parents will discuss topics related to parenting children of all ages. Fridays 0930 - 1130. Free. Drop-in

**A PARENT GROUP**

Join us for parenting discussions and networking. Wed, 1800 - 2000 May 22 Free. Drop-in.

**PARENTING TOGETHER AT NIGHT**

Join us for a parenting group in the evening. Wed. 15 May 1830 – 2030. Free. Drop-in.

**SPECIAL NEEDS CONVERSATION GROUP**

Come and discuss the challenges and rewards of managing special needs, as well as networking and sharing information about services and resources. Thursday 1900 - 2100 May 23 Free. Register by: May 16

**DEPLOYMENT DINNER DATE**

If you have a loved one preparing to deploy or is currently deployed or has recently returned from a deployment, allow us to organize dinner for you and your family. Tues. 28 May 1700 - 1900. \$5 per adult and \$3 per child (5-12), under 4 free with a max \$20 per family. Register by May 22.

**NEW RECRUITS PARENT CAFÉ**

Calling parents of a new military member! Come learn about the services the MFRC can offer you and your family. Light refreshments will be served. Sat. 25 May 1100 - 1200. Free. Drop-in.

**CHILDREN & YOUTH PROGRAMS**

**OCCASIONAL CHILD CARE**

Casual child care for 6 months - 12 yrs. Call 204-833-2500 ext. 2491 for cost, hours and to register. MFRC Occasional Child Care Centre, 630 Wihuri Rd.

**CREATIVE TOTS**

Facilitated play group at our 'South Side'. Parents are required to stay. Bilingual. South Side Youth Centre, 347 Doncaster St. Tues. and Thurs. 0900 - 1100. Free. Drop-in.

**KIDS CLUB**

Drop-in care for children 18 months to 5 years. \$2 per child per session, free with PSP membership. Please send along a nut/peanut free snack and diapering supplies if required. Tues. & Thurs. 1630 - 1900, Sat. 0915 – 1130

**MOTHER GOOSE IN FRENCH**

Adult-child program for kids age 1-5. Four sessions: Thursday 9 may, 23 may, June 13, 27. Free. Register by May 7

## Sports Trivia Answers

1. Leon Spinks.
2. Lenny Dykstra.
3. Johnny Unitas.
4. Rollie Fingers.
5. Evander Holyfield.
6. Vince Young.
7. Mike Tyson.
8. Diego Maradona.
9. John Daly.
10. Dorothy Hamill.
11. Sheryl Swoopes.
12. O.J. Simpson.
13. Mark Brunell.
14. Boris Becker.
15. Curt Schilling.
16. Daniel Norris.
17. Kirk Cousins.
18. Ryan Kerrigan.
19. Ryan Boyles.
20. Glover Quin.

Have you got a story you'd like to share?  
Drop us a line at 204-833-2500 (ext. 6976)  
or email us at voxair@mymts.net

## baldwinson

INSURANCE BROKERS

**HOME INSURANCE!**  
**TENANTS INSURANCE!**  
**CAR INSURANCE!**  
**DRIVERS LICENSES!**

204-889-2204

17 WING WINNIPEG  
in the CANEX BUILDING

**autopac**

A Manitoba Public Insurance product



*Barala Kennels*

YOUR PET'S HOME AWAY FROM HOME



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

OWNERS: GARTH AND SARA GRANT

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

### ANAVETS - ROCKWOOD 303

341 Wilton Street • (204) 475-5852

**CHASE THE KING & 50/50**

Every Thursday @ 5:30 PM • Draw @ approx 7:00 PM

**HAPPY HOUR**

Every Friday & Saturday 4:00 PM — 7:00 PM



**MEAT DRAWS**

Friday Night — 7:00 PM • Saturday Afternoon — 3:30 PM

**LIVE BANDS**

May 17 & 18 - Darren Lavallee

May 24 & 25 - The Iggy Cool Band (The Covers)

May 31 & June 1 - Still Friends

www.303rockwood.ca

# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Work energizes you. Get better organized and you'll save time and money. Finish things before starting new projects. A promised reward, like a vacation, will keep you on track. Make a list of places you'd like to go and things you want to do. Note the commonalities of your wishes.

**Taurus (April 20 – May 20):** There's so much to take care of but don't be discouraged. You're in a good place at the moment. You're in a position to take control and your strengths are evident. Help everyone else handle changes that affect everyone. As one phase ends a new one begins. You reap what you sowed.

**Gemini (May 21 – June 21):** Networking now works in your favor. Connect with new people. Share more about yourself. Trust that you can sense others who have honesty and integrity. A mentor can give you some pointers on tackling the issues you face. Instant results aren't possible but wisely wait and watch.

**Cancer (June 22 – July 22):** When you are flexible and deal with details, you get positive results. Model good leadership by showing your appreciation of everyone equally. Group work is enjoyable but work on personal projects that highlight your talents as well. Do what you love. Enjoy fun with friends and family.

**Leo (July 23 – August 22):** Spend time with loved ones. Your warm, open and generous attitude is evident. An equal relationship requires that you give and accept support. Learn from the past and you'll feel like the future is brighter. Expect a shift in a stressful situation that leads to the release of tension.

**Virgo (August 23 – September 22):** Put your knowledge to good use. Demonstrate your skills to help others. Though you may speak on behalf of others be clear about your own goals as well. What do you hope to accomplish? Choose your words carefully. You are a role model. Live, learn, love and laugh.

**Libra (September 23 – October 23):** Demand respect and things will get better. Make your health and wellness a priority; you'll have more to offer others when you do. Investigate what upsets you the most as this provides clues as to what actions you need to take. "Play" with different ideas to find the best option.

**Scorpio (October 24 – November 21):** Listen to your dreams. When you care deeply about something you will find ways to make things happen. In helping others you help yourself. Alleviate a sense of ennui by finding a constructive outlet for strong emotions. Expressing deeper feelings helps you bond with others.

**Sagittarius (November 22 – December 21):** You have options. Network. Consider a new path. As you release old baggage you can heal and move on. Honor the impulsive aspects of your nature as well as the controlled and contained. They are the keys to your success. Allow that you are also evolving all the time.

**Capricorn (December 22 – January 19):** Wisdom helps you see others in a new light. Talk to someone who has experienced more of life. They can teach you how to understand yourself and others better. Though you strive to act in ways that instill trust, light pursuits are needed too. Factor in some fun.

**Aquarius (January 20 – February 18):** Teach others what you know. And find a teacher who can help you stretch out of your comfort zone as well. Use what you have to dig yourself out of a rut. Establish a new goal. So much of what you thought would be a constant hasn't stood the test of time. Change and adapt.

**Pisces (February 19 – March 20):** When setting new goals, take all aspects of yourself and your current lifestyle into consideration. You have changed. Take a few more risks, trusting that your instincts and knowledge are correct. Others are drawn to your open and kind heart. Good things are coming your way.

**FOR APPOINTMENTS with NANCY CALL 204-775-8368**

"The future ain't what it used to be."

- Yogi Berra, baseball legend



**Ralph's Custom Tailors**

**Military Messkit**

*CANEX No Interest  
Credit Program Available*

Text or email for measurement appointments

**Text: 204-298-5019**

**Email: rc5139@shaw.ca**

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...

**ST. JAMES LEGION**

Branch No. 4

Royal Canadian Legion  
1755 Portage Avenue  
Winnipeg, Manitoba

**CHASE THE ACE**

Monday 6 pm

**TEXAS HOLD 'EM**

Tuesday 7 pm

**ZUMBA**

Tuesday/Thursday 10-11 am

**LINE DANCING**

Wednesday 1 pm & 7 pm

**DANCE TO LIVE BANDS**

Friday 8pm-1am June-August

Every Saturday 7-11 pm

**MEAT DRAWS**

Friday 5-7 pm

Saturday 2-5 pm

## HABING LAVIOLETTE

BARRISTERS, SOLICITORS & NOTARIES



**RONALD HABING**

BA. LL.B.

and

**SIDNEY LAVIOLETTE**

BA. LL.B.

**KENNY S.R. COSTA**

BA.(HON) J.D.

**REAL ESTATE & MORTGAGES • WILLS & ESTATES  
FAMILY LAW • BUSINESS LAW**

**2643 Portage Avenue**

Phone: (204) 832.8322 • Fax: 832.3906

info@habinglaviolette.com



# Chaplain's Corner

## 14 Years as CAF Chaplain While 25 Years as Catholic Priest

### Padre Paul Gemmiti

Yes, as of 27 May 2019, I will have completed what the title of this article indicates. Thus in feeling reflective, what better way than to share some accumulated thoughts, peculiarities, and wisdom with you. (Of course you may decide for yourself which of these apply to which.)

Be kind with those who are young, compassionate with those who are handicapped or aged, supportive of those who are striving, tolerant of those who are meek, and firmly but kindly corrective with those who are wrong, because some day during your mortal life, you yourself may have been some or all of these. (Inspiration via George Washington Carver).

Living and breathing creatures and organisms are both amazing and weird. Yet it seems that only the human creature can notice and appreciate the existence and diversity of this reality. This planet Earth, of all presently known planets in the universe, seems to be the only place having a richness of living creatures. Since mortal death happens in many ways, and birth occurs by only a few ways, then be biased in choosing, generating, and supporting life.

Having friends and pleasant folk around you is nice to have, but to have found an intimate human confidant with whom you can mutually share life's ups and downs is the best to have.

If someone intentionally tries to kill you, psychologically or mortally wound you, ruin your reputation, make you unemployed, be indifferent to you when in need, or tries the same to others whom you know or love, then feel free at your discretion to push back as self-defence.

I haven't experienced empirical evidence of "reincarnation" nor of "resurrection," but I still put my whole faith, hope, and trust in Jesus the Christ. To be such a compassionate person ahead of his era, yet to have others proactively try to be indifferent or get rid of him, he must have been something of a challenge and epitome that all humans need so as to achieve a more compassionate and reconciling world.

Of course I don't know if the "Ultimate Origin of All Life" (yes, I am speaking of what we refer to as "God") will grant me 25 or more years, but I am so thankful to have come this far, and to be able to look back upon a life that during its early years, within the context of supportive parents and others, was only a bunch of perceived possibilities, curve balls, glass walls, and roads less travelled. I consider myself to have been the better person for taking the risk of discerning and striving in it. So, a prayer for you that you may also find a similar sense for living your own life... no matter how long or short it may be.



RIGHT - Photo collage for you to have fun and test your discernment skill: Welcoming newly deployed in Sicily, Italy; After-funeral interment of mortal remains in Field of Honour, Winnipeg; Change of Command Parade, 4 Wing Cold Lake; Chaplain Basic Training, Borden; Sacrament of Baptism aboard ship, Halifax; Receiving Canadian Forces Decoration, Winnipeg; Sacrament of Holy Matrimony, Winnipeg; Current Chaplain Team, Winnipeg; Photo portrait having Op Mobile Ribbon and restored army pips; Remembrance Day Service, HMCS Chippawa; Celebrating CANFORGEN. Photo: Padre Paul Gemmiti

# Faith and Life

### PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

**SUNDAY SERVICE:** (English Only) 900 hrs

#### COMMUNITY SERVICES:

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

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

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

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

#### CHAPLAINS

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

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

TBD  
ext 6914

### JEWISH

#### CHAPLAIN

**Padre Noteh Glogauer**  
(Rabbi)  
ext 5272



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

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

### CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

**SUNDAY MASS:** (Bilingual)  
Spring/Summer Liturgy Timings: 1100 hrs  
(Sunday after Easter - Thanksgiving Weekend)  
Autumn/Winter Liturgy Timings: 1600 hrs  
(Sunday after Thanksgiving to Easter Sunday)

#### CHAPLAINS

**Padre Hope Winfield**  
(Roman Catholic Pastoral Associate)  
- Wing Chaplain  
ext 5417

**Padre Paul Gemmiti**  
(Roman Catholic Priest)  
- Catholic Faith Community  
Coordinator  
ext 4885

TBD  
- Mental Health Chaplain  
ext 5086

#### COMMUNITY SERVICES:

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

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

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

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

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

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

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

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

# POSTED?

Proudly assisting military members and their families for over 24 years.



**Kelly Clements**  
S.R.E.S., C.R.E.C.  
Sales Representative

**Jeff Kulikowsky**  
Manager Client Care

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

realestate.clementsgroup

[www.thedementsgroup.ca](http://www.thedementsgroup.ca)

204-987-9808

RE/MAX executives realty



## Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 204-888-7973

FAX: 204-832-3461

E-Mail: [info@cgklaw.ca](mailto:info@cgklaw.ca)

Website: [www.cgklaw.ca](http://www.cgklaw.ca)

George E. Chapman, Q.C., (Ret.)

Kelly P. Land, B.A., LL.B

Mindy R. Lofchick, LL.B

Alan R. Goddard, B.A., LL.B

Serge B. Couture, B.A., LL.B

Allan L. Dyker, B.A., LL.B

Almer Jacksteit, B.Comm., LL.B

Katherine C. Misko, B.A., J.D.

*Our fees conform to the ERS guideline*

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



**JUDY LINDSAY**  
Team Realty

Working  
with military clients  
across Canada since 1984

[judy Lindsay.com](http://judy Lindsay.com)  
[irpcanada.ca](http://irpcanada.ca)

204-925-2900



## THE DAN VERMETTE TEAM

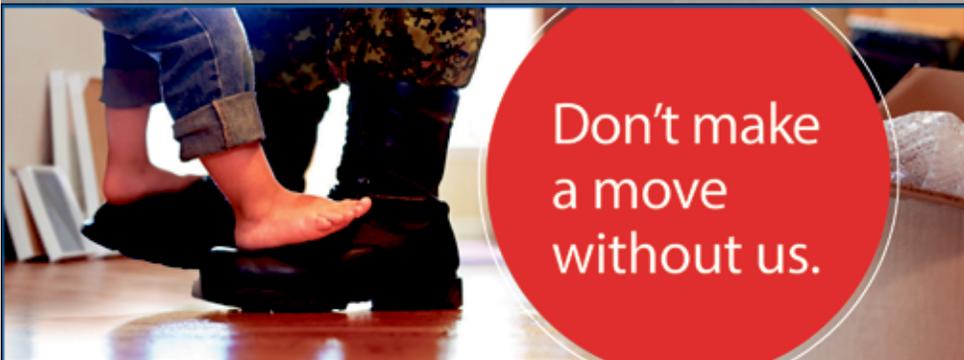
Service en francais or English

Office 204-255-4204

Cell 204-227-3900

[dan@danvermette.com](mailto:dan@danvermette.com)

<https://danvermette.com>



Don't make  
a move  
without us.

Take advantage of special offers for  
Canadian Defence Community

Then start saving with BMO Employee Pricing  
on a wide range of Mortgage options

Official bank of the  
Canadian Defence Community

Magdalena Weber  
BMO Mortgage Specialist  
204-229-0310 | [magdalena.weber@bmo.com](mailto:magdalena.weber@bmo.com)

SISIP Financial – 17 Wing Winnipeg  
204-984-3222 | [Winnipeg.sisip@cfmws.com](mailto:Winnipeg.sisip@cfmws.com)  
[sisip.com](http://sisip.com)

## Trudy M Johnson, B.A.

Ultimate Service

Cell: 204.930.1680

Email: [trudyj@mts.net](mailto:trudyj@mts.net)  
[www.trudyj.com](http://www.trudyj.com)

40<sup>th</sup> year of Professional Success  
in the Winnipeg Real Estate Market



## Joanne Gebauer

RE/MAX EXECUTIVES REALTY

(204) 889-9500

Award Winning Service

Proud to Assist Military Families  
Relocation Specialist

35 Years Experience  
in the Winnipeg  
Real Estate Market

[www.joannegebauer.com](http://www.joannegebauer.com)  
[joanne@joannegebauer.com](mailto:joanne@joannegebauer.com)  
Toll Free: 1-877-778-3388

