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Chief Warrant Officer Jerome Rossignol, the incoming 17 Wing CWO, signs the Change of Appointment certificates with 17 Wing Commander Colonel Andy Cook and outgoing WCWO Mike Robertson. The Change of Appointment ceremony took place at the Warrant Officer's and Sergeant's Mess on Thursday, June 22. CWO Robertson has been the WCWO for the last 3 years and intends to retire later this year. Photo by Cpl Paul Shapka, 17 Wing Imaging.

In this issue:	WCWO SLO-PITCH TOURNAMENT HITS A HOME RUN	STARFIGHTER MUSEUM A LABOUR OF LOVE	IDENTICAL TWIN TALENTS PLAY FOR RCAF BAND	WING COMEDIAN DELIVERS FRINGE FESTIVAL PERFORMANCE	STAYING ON TRACK WHILE STILL ENJOYING THE SUMMER	RELATIVES OF RAF PILOT KILLED IN 1950S TRAINING ACCIDENT VISIT
	PAGE 3	PAGE 5	PAGE 6	PAGE 11	PAGE 12	PAGE 15

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17 Wing Says Farewell and Welcomes New WCWO



Chief Warrant Officer Jerome Rossignol, the new 17 Wing Chief Warrant Officer, is smudged by Master Corporal Brent Thompson, Co-Chair of the Winnipeg Defence Aboriginal Advisory Group, at the Change of Appointment Ceremony on June 22, 2017 in the Warrant's and Sergeant's Mess. Photo: Cpl Paul Shapka.

by Martin Zeilig, Voxair Photojournalist

When a Wing Chief Warrant Officer leaves his post, the official event that's held can turn out to be a sort of love-in masquerading as a Change of Appointment Ceremony (CoA).

That was the case on June 22 at the CoA marking the changeover of outgoing WCWO Mike Robertson to incoming WCWO Jerome Rossignol. The ceremony, which was attended by about 200 people, both military and civilian, was held in the Warrant's and Sergeant's Mess.

There were lots of smiles, laughs, genuine bonhomie, gifts, and some sincere reflection too during the afternoon. There was even a smudging ceremony by Mike Calder, Director of Indigenous Services at the Behavioural Health Foundation, with help from Master Corporal Brent Thompson, Co-Chair of the Defence Aboriginal Advisory Group.

CWO Robertson, who's now posted to 1 Canadian Air

Division until his planned release from the CAF in October 2017, was appointed to his current rank in April of 2010 and assumed the role as 1 CAD A6 Chief Warrant Officer, noted the CoA program. In April of 2014 he was appointed as the 17 Wing/Air Force Training Centre (AFTC) CWO.

"In the three years as WCWO, there have been structural changes to the Wing; the Wing is now a 2 CAD Wing and many of the schools of the AFTC era now come back under 17 Wing," said the program notes.

CWO Robertson, CD, joined the CAF in 1983 as a Radio Technician and was promoted to Master WO in 2006 whereupon he moved to Winnipeg as the Technical Maintenance MWO 17 Wing TISS before being deployed with Joint Task Force Afghanistan as the Theatre Support Element, Communication systems, MWO. Upon return from this deployment he assumed the responsibilities of the Command and Control Systems Support

Flight MWO, maintaining the systems in support of 1 CAD's Air Operation Centre.

CWO Rossignol, CD, a native of Quebec City, joined the CAF Reserves as an infantryman in 1983 with the "Voltigeurs de Quebec". In 1986 he transferred to the Regular Force as an artilleryman before finally deciding to become Air Force. In 1998 he changed trades to become a Flight Engineer.

Captain Padre Paul Gemmiti helped set the tone for the proceedings with his clever and humorous Ode to the Chief: A Prayer for Mike Robertson.

Wing Commander Andy Cook remarked that he and CWO Robertson had a very special relationship. He drew laughs from the crowd when he told the story of his first formal event at base with CWO Robertson.

"He made me go to a golf tournament-- the Wing Commander's tournament," said Col Cook. "We had to keep score, so I had to kick a couple of the balls into the hole. The Chief did help me. My language on the golf cart was suboptimal. The Chief said, 'Sir, just get into the cart.' I spent the last eight holes driving around. The Chief always had my back."

During an interview afterwards, Col Cook commented that he felt sad losing CWO Robertson, but happy that new WCWO Rossignol brings the same level of skill, professionalism, and term of service to the job.

"The transition will be transparent to all 17 Wing personnel," he said.

During his speech, CWO Robertson praised Col Cook.

"Over the last two years you have included me, educated me, lead me and at all times, entertained me," he said. "We have shared many interesting times, dealt with many head scratching issues and had some very candid, 'cone of silence' discussions," he said. "You have enriched my last two years in the CAF and between you and (former Wing Commander) Col Roy have ensured that the best job I've had in the CAF was the 'best job' and well worth the hours."

CWO Robertson also thanked numerous others for their support, including his wife, Joanne, for her "support and understanding these last five years and allowing me to do all the things a Wing CWO does."

Outdoor Adventure Program Aims to Get Adults Out of the House

by Ashley Demers, Voxair Intern

PSP Community Recreation has introduced a new

program just for adults. The 'Outdoor Adventure Program', which began on Sat, June 10, aims to get adults active through outdoor exploration.

The first adventure was a canoe trip on the Pinawa Channel, rated for beginning paddlers. Still to come are five hikes, two zip-lining trips, four more canoe trips, and a day on the Insane Inflatables course at the Red River Exhibition Park. Each hike and canoe trip will take place in a different location.

The main goal is for adults to have fun, while promoting outdoor lifestyle and fitness. These adventures will occur nearly every Saturday, and are set to run from June until October.

According to Community Recreation Coordinator, Colleen Preston, the Outdoor Adventure Program is open to anybody 18 or older who would like to come out. However, she urges that people pay attention to the ratings (beginner, intermediate, or advanced), and know what they're capable of.

"If you have little to no experience, that's ok," said Preston, "especially for the hikes. But with both the hikes and the canoeing, people who have ankle, knee, hip, back issues, we ask that they consider the physical demand."

Preston also mentions that while people aren't required to know how to swim, they are required to wear a personal floatation device (PFD) while on the canoe trips. People should be comfortable with the idea that the canoe may flip.

Both the canoe and the hiking trips have hired guides

who are knowledgeable of the trails and terrain. Adrian Storimans of Wild Harmony Canoe Adventures will be guiding the canoe trips, and Maggie Marin will be guiding the hiking trips. These guides are capable with all skill levels.

To ensure the guides have knowledge of each person, Preston says she will send emails to each participant beforehand to judge their abilities, knowledge, and medical histories.

"When I send the emails, it also addresses medical issues," said Preston. "Certainly if you have a medical issue or a disability a lot of these programs are accessible. We would just appreciate people letting us know, so we know what we're dealing with."

In addition to supplying Preston with their knowledge and medical issues, participants are asked to make sure they bring the proper supplies required for their specific adventure. For safety purposes, if a person does not have the proper supplies on the day of, they may be turned away and barred from partaking in the trip.

Each trip has a capacity of only 14 people, so those who are interested have to register quickly before spots fill up. To register, visit the Fitness and Recreation Centre in person or call 204-833-2500, ext. 5139 or ext. 5976. The deadline for registering is the Wednesday prior to each adventure.

For more information, visit <https://www.cafconnection.ca/Winnipeg/Adults/Programs/Outdoor-Adventure-Program.aspx> or contact the Fitness and Recreation Centre front desk.

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Slo-Pitch Tournament a Morale Boosting Event

by Martin Zeilig,
Voxair Photojournalist

A cool, cloudy and blustery day did not deter 31 teams from participating in the 2017 Wing Chief Warrant Officer's/Public Service Slo-Pitch Tournament on June 16.

In fact, the weather conditions seemed to be just right for this outdoor sporting activity, said various participants.

This fun event, in which every team played four games of five innings each, was held in three different locations: at the ball diamonds and on part of the soccer field behind Building 90, at the softball diamonds off Ness Avenue, and at Heritage Victoria off Sturgeon Road.

Despite it being a purely recreational tourney, the teams were still divided into four divisions, with the A squads being the most competitive, said Chris Merrithew, Sports Coordinator, Personnel Support Programs, who was the tournament's main organizer.

A free barbeque, sponsored by Fountain Tire at 3020 Portage Avenue and the Public Service, was held on the parking lot of Building 90 following the tournament. Entertainment was provided by the Buffalo Red Thunder Traditional Drummers and Dancers. Their featured performer was world champion jigger Ryan Richard-- winner of the Festival du Voyageur jigging championship several times, and a performer with the acclaimed Asham Stompers.

"It was a lot of fun," said Master Corporal Tyler Davey, shortly after his team had just won their third game of the day in the A Division. "I don't have to be at my desk, and I get to hassle (in good humoured way) people."

Captain Jordan Forbes, who works in Fleet Read-



17 Wing Commander, Colonel Andy Cook throws the first pitch to CWO Mike Robertson during the opening ceremonies of the WCWO Slo-Pitch tournament held at 17 Wing, Winnipeg on June 16, 2017. Photo: Cpl Paul Shapka

ness at 1 Canadian Air Division, said he was enjoying the cooler temperature.

"The weather is good," he commented. "It's not too sunny and nice and cool. The competition is friendly, which is a good morale builder for the Wing."

"You're getting paid to play baseball," said a person standing in line at the portable toilet set up on the field behind one of the bleachers. "It doesn't get any better than that."

In a similar vein, Master Corporal Holly Young, who works at the Canadian Forces School of Survival and Aeromedical Training, said her team, the Dead Rabbits, was having fun in their game against the Pizza Pop Flyers from Wing TISS.

MCpl Young, who was pitching, had just driven in a run with a line drive single to right field in her previous at bat.

"I'm pleased to see the weather cooperated," said Wing Commander Colonel Andy Cook, during a brief interview at the barbeque. "There was great participation from the military family in Winnipeg."

Wing Chief Warrant Officer Mike Robertson remarked that he was really happy about the tournament, especially because it was his last major event before his impending retirement from the CAF.

During his opening remarks at the barbeque, WCWO Robertson also reminded everyone that 17 Wing lies on Treaty One land "home to the First Nations and Metis people" of southern Manitoba.



Civilian and Military members compete at the WCWO Slo-Pitch tournament held at 17 Wing, Winnipeg on June 16, 2017. Photo: Cpl Paul Shapka

Sports Trivia

NHL Playoffs

by Stephen Stone and Tom Thomson

1. Which team has won the greatest number of Stanley Cups? How many?
2. Which team has won the second greatest number of Stanley Cups? How many?
3. When did Toronto last win the Cup?
4. Who scored the fastest goal in NHL playoff history?
5. Gordie Howe set the record for fastest goal in the playoffs at 9 seconds on April 1, 1954 vs Toronto. Whose record did he beat?
6. Who scored the fastest overtime goal in NHL playoff history?
7. Who scored the fastest two goals from the start of an NHL playoff game?
8. Who scored the fastest two goals in an NHL playoff game?
9. Who holds the record for most career playoff penalty minutes?
10. Who holds the record for most career playoff games without winning a Stanley Cup?
11. Who holds the record for most career playoff games?
12. Who holds the record for most consecutive playoff seasons?
13. Who has won the most Stanley Cups as a player?
14. Who has won the most Stanley Cups as a non-player?
15. Who has won the most Stanley Cups combined as a player or non-player?
16. Who holds the record for most career playoff goals, assists and points?
17. Which players hold the record for most points in a single playoff game?
18. Which goaltender holds the record for most career playoff wins?
19. Which goaltender holds the record for most career playoff shutouts?
20. Who is the only NHL head coach to win a Stanley Cup final game playing in net?

Sports Trivia Answers on page 14

NOTE: The Voxair is on Summer Publishing Schedule - content for July 19 issue due July 12; content for August 23 issue due August 16. Normal Publishing Schedule resumes September 6 issue with content due August 30.

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Relatives of RAF Member Visit Grave For First Time



James Sutton speaks to 3 CFFTS students during a memorial service for RAF Pilot, Flying Officer John Roger Sutton on May 24, 2017 at Hillside Cemetery, Portage La Prairie, Manitoba. All Photos: Cpl Justin Ancelin

by Martin Zeilig, Voxair Photojournalist

The nephew of a deceased Royal Air Force Flying Officer, who, says the inscription on his humble granite gravestone, "tragically lost his life in training on June 29, 1955" in southern Manitoba, finally got to pay respects to his uncle at a graveside memorial service at Hillside Cemetery in Portage La Prairie in May this year.

Flight Officer Roger Sutton died when his Lockheed T-33 Shooting Star jet trainer crashed during a night sortie whilst attached to the Royal Canadian Air Force, says provided information.

"I knew it was going to be an emotional experience," James Pennington Sutton, a retired RAF logistics officer and a native of Calne, Wiltshire England, said after the service.

He was there with his wife, Clare, and 12 year old son, Benjamin.

"It was also a chance to celebrate his life, short as it was," Mr. Sutton, who was visibly moved during the service, said of the observance to his uncle. "It was wonderful that people came out to celebrate this day. It was a humbling experience. Thank you to everyone who here's today."

About 30 people, including current CAF flying students at 3 Canadian Forces Flying Training School, attended the ceremony, which was organized through the efforts of both Padre Kevin Olive of 17 Wing and Captain Vincent Lamothe with the support of Commanding Officer Lieutenant Colonel Antoine Fecteau, both of whom are with 3 CFFTS.

The ceremony consisted of a prayer, a scriptural reading, a brief informal message by Padre Olive, the Last Post by a bugler, Lament and the Rouse by a piper, along with a closing prayer.

"It's very important to recognize the ones who died in service," said LCol Fecteau during the graveside service. "It just happens that FO Sutton was from Great Britain, but he was training here."

Mr. Sutton was presented with a glass covered plaque containing the Commandant's Coin with the number 55

representing the year, 1955, of FO Sutton's fatal crash, and some badges along with a photo of FO Sutton and a metal engraving: "Presented on May 24th, 2017 to the Sutton Family on behalf of Commanding Officer LCol Fecteau and 3 Canadian Forces Flying Training School Portage La Prairie. In gratitude and memory of Flying Officer Roger Sutton, RAF, who tragically lost his life in training on June 29, 1955."

A mounted joy stick from a T-33 similar to the one flown by his uncle on that fateful night 62 years earlier was also presented.

After lunch at 3CFFTS, Mr. Sutton and his son were flown by helicopter, piloted by Flight Lieutenant Jamie Anderson, a RAF exchange flight instructor at 3CFFTS, to the site where FO Sutton's plane

crashed. The location is south-west of Southport, about 45 minutes by car.

This whole series of events began with an email Mr. Sutton sent in January to the Military Family Resource Centre in Winnipeg.

"He looked on the internet and found the MFRC Facebook page, and asked if a padre was available to do a service at the gravesite," explained Padre Olive. "Then it came to me because I'm also the chaplain for 3 CFFTS."

He began corresponding with Mr. Sutton via email, plus speaking with Capt Lamothe about coordinating an event together.

"We worked on a few ideas," said Padre Olive. "So from there, we ended up with this plan to do a little ceremony at the gravesite."

Capt Lamothe did some research and discovered where the crash occurred, he added. Padre Olive said that an elderly woman, who was at the farm, recalled that the crash left a huge hole in the ground, and even affected the cows who would not milk until three days later.

"The crash left an emotional impact that still resides with the family up to this day," he said.

In an email to Padre Olive earlier this year, Mr. Sutton noted that his uncle was given a full military funeral at Hillside cemetery. Today the body would be repatriated, said Padre Olive.

"Unfortunately, it was not possible for any of his family to attend the funeral," he wrote, also mentioning that he served in the RAF for 24 years and was medically discharged in August 2013 after suffering a brain injury.

"During my time in the RAF I was fortunate to visit Canada on several occasions, mainly Calgary, Gander, and Goose Bay. I have some wonderful memories of my time in Canada and always felt it would be wonderful to visit with my family should the opportunity ever present itself. Also because none of the family have ever visited John's grave I feel this is something I really wanted to do as well."

"Since leaving the RAF I have engaged in several voluntary roles within my local community which I find extremely rewarding. It has certainly helped me in many ways not least of which it has given me a renewed sense of self-worth."

"Earlier last year the BBC started filming a new programme called 'Street Auction' with the idea of rummaging in people's houses to find suitable items to be auctioned in a street sale to raise money for someone in the community who makes a difference. The programme was aired on BBC 1 last September. I felt very fortunate to be nominated for this very humbling gift but also incredibly emotional given it would allow me the opportunity to fulfil a long standing aspiration to pay my respects to my Uncle and take my family to Canada. The BBC very kindly used the money raised at the auction to purchase air tickets with Air Canada on behalf of my family to fly to Winnipeg in May."

See more about this story on page 15.



Flying Officer John Roger Sutton's grave stone during a memorial service for the RAF Pilot on May 24, 2017 at Hillside Cemetery, Portage La Prairie, MB.



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CF-104 Starfighter Museum a Labour of Love



Steve Pajot, curator of the Canadian Starfighter Museum at St. Andrews Airport, and his nearly completed six year long renewal project. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

The Canadian Starfighter Museum is dedicated to preserving the memory of the CF-104 Super Starfighter, its pilots, maintenance and service personnel as well as all those who served on Air Bases where the aircraft were operated, says the museum website.

But, it has an even larger purpose.

"We're trying to educate the public about Canada's role in NATO during the Cold War and beyond," said Steve Pajot, Curator and Operations Manager of the CSM, which is located in a private hangar at the St Andrews Airport, 25 kilometres north of Winnipeg.

"We feel that people don't understand that we were actually in a war, and there were people killed, including pilots and other personnel."

Pajot was interviewed during a tour of the CSM on a hot prairie morning in early June. He was with a CSM colleague and fellow volunteer, Russ Johnson.

They, and other volunteers, are in the process of

restoring an old CF-104 Starfighter that was flown by the RCAF before being sold to the Danish military many years ago.

A CF-104 Starfighter is mounted on a pedestal outside the 17 Wing gate on Air Force Way.

The Lockheed F-104 Starfighter is a single-engine, supersonic interceptor aircraft, which later became widely used as an attack aircraft.

It was originally developed by Lockheed for the United States Air Force, but became widely used by US Allies around the world, and produced by several other NATO nations.

The Starfighter was operated by the air forces of more than a dozen nations from 1958 to 2004 and its design team was led by Kelly Johnson, who

went on to lead or contribute to the development of the Lockheed SR-71 Blackbird and other Lockheed aircraft. The F-104 set numerous world records, including both airspeed and altitude records, says Wikipedia.

The Canadair CF-104 Starfighter (CF-111, CL-90) was a modified version of the Lockheed F-104 Starfighter supersonic fighter aircraft built in Canada by Canadair under licence. It was primarily used as a ground attack aircraft, despite being designed as an interceptor, until it was replaced by the McDonnell Douglas CF-18 Hornet in the 1980s.

Those who flew and loved the aircraft called it the "Silver Sliver" or most commonly "the Zipper", said Pajot.

"There was an RCAF demonstration team for many years that called themselves the Deadeye Zips," he said. "The USAF always called the Starfighter the Zipper because of its speed."

Pajot, whose father was in the RCAF, has been spellbound by Starfighters since his early youth. He recalls watching the slender, needle nosed CF-104 Starfighters shoot down the runways during takeoffs at 4 Wing Baden-Soellingen, Germany, and at CFB Cold Lake.

"This is something I've wanted to do, because I remember it as a kid," Pajot said.

The aircraft being restored was purchased in 2011 from a US broker, a retired United States Air Force officer, said Pajot.

Pajot is a retired Air Canada mechanic. He and his older brother, Darryl, a retired RCAF C-130 Hercules pilot, and their father, Phillip, built a 10 foot scale model Starfighter several years ago that now is on display at the National Air Force Museum at CFB Trenton.

"It was shipped by sea container from Denmark, and then by flatbed truck to the museum here," he said.

Pajot says he spends at least eight hours a day four times a week working on the plane. "Right now, I've got to put the cockpit together. Working on this plane is my passion."

Besides the missile shaped, stubby winged Starfighter, the museum also has a complete Canadair CAE F-104 Operational Flight and Tactics Trainer (a flight simulator), a separately mounted Orenda J79-OEL-7 afterburning turbojet, the Canadian Starfighter's power plant, and an ejector seat.

The Orenda J79-OEL-7 is capable of 15,800 pounds of thrust with the afterburner.

"This was a 1960s aircraft built for a nuclear strike," said Pajot. "It could slice through high turbulence. What we're trying to show is Canada's involvement at the height of the Cold War in the 1960s."

Thirty seven Canadian pilots lost their lives flying this aircraft, he observed.

"I do not look at working on this aircraft as a hobby because once it is finished there will be no hobby left," Pajot emphasized. "It is my passion. When the aircraft is done I will not be restoring more of them, but rather will be concerned with running the Museum, itself."

Pajot says the museum's official opening will sometime in mid-2018, although visitors are welcome by appointment now.

For further information, visit the museum's website: canadianstarfightermuseum.ca

Team CFB Winnipeg FireFit as a Fiddle

by MCpl Brandon Terry, CFB Winnipeg Firefit Team Captain

The Scott FireFit Championship is a competition based on firefighting tasks commonly performed in emergency situations. It consists of 6 tasks- stair climb, hose hoist, forcible entry, run, hose advance and casualty drag. This competition gives Firefighter's the chance to compete against their counterparts from across the country, instilling a camaraderie within the Fire Fighting trade, while promoting peak physical fitness and a healthy lifestyle

Over the weekend of 9 June 2017, four of our 17 Wing Firefighters competed in their first event of the year in Spruce Meadows, Alberta. They competed in 2 different categories during their time there. On Saturday, 10 June 2017, three members of the team posted excellent times even through a rain drenched course. MCpl Brandon Terry posted a personal best time of 2:27, Cpl Bryce Warnica completed the course in 2:29 and MCpl Jonathan Boudreau finished in his first competition ever with 2:42. With these times, both MCpl Terry and Cpl Warnica have qualified to compete in the Individual event at the Firefit nationals in Ottawa, Ontario, held in September.

On Sunday 11 June 2017, our mixed relay team had their time to shine, taking home the silver medal, beaten only by Strathcona Fire Dept. - who set a world record in the final race. This event has always been 17 Wing's strongest event and this year looks to be even more promising than the last with members MCpl Terry, MCpl Boudreau, Cpl Warnica and Cpl Summerhayes-

McGraw running a remarkable best time of 1:28. This time matches the team's best race from the previous year's nationals. It's believed that this is a strong basis for the team to build on in preparation to hopefully take home a medal at the national level.



TEAM FIREFIT with their medals being announced at the award presentation. Photo: Supplied

The following weekend gave the CFB Winnipeg team a chance to compete on home turf. With this being said, the individual result posted by our two members competing individually reflected the support and encouragement from our local on-lookers. In the individual event, MCpl Terry posted our top time of the season completing the course in a personal best 2:17, while MCpl Boudreau

finished the course with a time of 2:34. MCpl Boudreau was on pace to reach a time of roughly 2:24 seconds however, with the mental and physical exertion of the course taking a toll on his body, he fell in a last ditch effort to achieve the best time he possibly could.

In the relay event CFB Winnipeg's team was able to compete against an extremely competitive field, managing to take home the bronze with a time of 1:30. With the continued dedication to training and smoothing out of some of the technical aspects of running the course, We are confident that our team will be ready to compete for a medal at nationals.

CFB Winnipeg firehall members also played a crucial role in the success of the event held in Winnipeg. The support from our firehall members was unprecedented in that, more than half of the volunteers needed to complete this event were those from our own firehall (as compared to Winnipeg Fire/Paramedic service, a department of over 1000 firefighters). Volunteer's include, Sgt Clint Killam, MCpl Ryan Muck, MCpl Jason Loboz, Cpl Matt Sankey, Cpl Albert Morton, Cpl Greg Bruce, Cpl Paul Martin and Cpl Dave Zdrill.

In conclusion, The core values of the Scott Firefit challenge are those in which are fundamentally found within the CF. Firefit solidifies the values of physical fitness, healthy living and most importantly esprit de corps within the firehall, the fire service and within the CAF. The CFB Winnipeg Firefit Team would also like to personally thank BGen D. Cochrane and CWO Graham James for their support and attendance during the event.

17 Wing PSP/Community Recreation Clubs: Get to Know the Goldeyes



Two members of the Goldeyes Scuba Club, Warrant Officer Ila Colliss (left) and Major Stefan Gregoir (right), wear their diving equipment at the club's meet on June 7. Photo: Ashley Demers, Voxair Intern

by Ashley Demers, Voxair Intern

The 17 Wing Goldeyes Scuba Club has been around for at least four decades. It's seen numerous presidents, and dozens of different members. It's seen new divers, experienced divers, and those in between. It's been around for such a long time that the current Club President, nor any of its current members, are sure of the club's exact age.

While the club's size and prominence on 17 Wing have varied over the years, it still remains a place for members to dive safely and easily. Most meets take place in the pool, but every now and then the club will meet up with other scuba diving businesses downtown, and take

a trip to West Hawk Lake.

Right now, the club only has eight members. However, every so often classes are held that allow people to get certified and become part of the club at their own pace. Once a person becomes part of the club, they can attend meets, and rent diving equipment at a lower cost than other rental locations.

"The club is getting bigger," said Club President Master Warrant Officer (Ret'd) Darren McDonald. "It's taking time. The last two years have been very thin. People post out, it's the nature of the beast."

McDonald reckons that another reason the club has fewer members than it used to is Winnipeg's gradual ex-

pansion. Many Military families no longer live as close to the Base as they once did. Now, more and more people are choosing to live in other parts of the city, and their commutes are growing longer.

Though there are few members at the moment, there have been times where the club has seen as many as 25 to 30 people. As a scuba diver with more than 30 years of experience, McDonald says more people should have a chance to try it. He acknowledges it as a chance to relax and unplug from the world.

"Scuba is a lot of fun," said McDonald. "If people just want to come out, we can do Discover Scuba for them. They can try it, and if they like it they can join the club. It's relaxing. It's environmental. When you get down there there's no phones, no TV, no nothing. You just go down with a partner and enjoy the scenery."

Discover Scuba, as McDonald mentions, is a program that allows a person unfamiliar with diving to gain experience and learn before they attempt to get certified. The program teaches how to use the equipment, and it teaches skills that the person may not have known. It can also help to determine any problems a person may have with being underwater.

"I always recommend Discover Scuba," he says. "If you're claustrophobic, or if you've got a problem, you'll know fast. It's just a few bucks to do the Discover Scuba versus registering for a course, start taking it, and finally when you get so many lessons done you find out that you can't."

The club offers occasional classes and drop-in dates, and is available to both Military personnel and civilians. In fact, a few of the club members, including him, are civilians. However, civilians need to have PSP memberships, as well as club membership, in order to have access to the pool and equipment.

According to McDonald, the Goldeyes Scuba Club has access to the pool three times per week, and says the club will soon be looking for new members again once instructors' insurance policies allow.

Nshanov Twins are RCAF Band Twin Talents



Vakhid (left) and Ergash (right) Nshanov. Photo: Ashley Demers, Voxair Intern

by Ashley Demers, Voxair Intern

Identical twins and Sergeants, Ergash and Vakhid Nshanov, have a lot of things in common. They share their looks, of course, but there's more to them than that. They share just about everything, including their brilliant musical abilities.

The Nshanov twins were born and raised in Kazakhstan, and first learned to play the clarinet at the age of 10. Their parents were professional musicians, which is why the instrument quickly became a huge part of their lives.

In the past, both brothers attended post-secondary schooling in Almaty, Kazakhstan and Weimar, Germany before completing their degrees at the Institute

of Music in Moscow, Russia. At the age of 24, they moved to Quebec City, where they achieved their master's degrees at Université Laval.

"When we studied in Moscow, we were always excited to go somewhere else," said Vakhid. "And we started to look for different kinds of education because it was always our point to meet new people, be educated, to take something new. Another school, for example, another profession."

They also began studying for their second master's degree, and completed a full two semesters, but they left school to join the Military in March of 2013. Both brothers are now Sergeants stationed at 17 Wing Winnipeg, and

perform as part of the RCAF Band.

17 Wing isn't Ergash and Vakhid's first posting. Their first posting was to 2 Canadian Division Support Base in Valcartier, Quebec, also together. In Valcartier, they played clarinet in La Musique du Royal 22e Régiment. La Musique du Royal 22e Régiment, like the RCAF Band, is one of Canada's six professional Military bands.

The transfer from the Army to the RCAF has been a change for them, as has the move from Valcartier to Winnipeg, but so far they are adjusting well to the change in surroundings. They say that having each other has helped them with the transition.

They have no other family in Canada, so they hope to remain together in any future postings.

"We're very happy to stay together," said Ergash, "because it is very important to have someone you know very well, from your family, near you. We understand that maybe in the future we might be posted to different places and work in different places, but we hope it won't happen."

Though Ergash and Vakhid have regular practices with the RCAF Band, they still spend at least two to three hours together each day practising the clarinets they have dedicated their lives to.

Due to their shared love for music, they have travelled together far and wide to experience new things, and over the years they have shared their talent with audiences through concerts and competitions in many different places.

"We've felt that people have appreciated our work and our play," said Ergash. "We spend a lot of time at practice. It is our main project and we just don't think about anything else."

With the RCAF Band, Vakhid and Ergash still have the opportunity to do some of the travelling that they love so much. They will be performing at the Canadian Forces Base in Borden, Ont. June 3, as the RCAF Parade Band attends the CFB's Rededication Ceremony.

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CFSAS Air Power Review Symposium Features Defence Experts

by Martin Zeilig, Voxair Photojournalist

Canada's new defence policy is, in the words of General (Ret'd) Raymond Henault, "the most comprehensive, realistic and credible defence policy that I've seen in my lifetime in the military."

Coming from the mouth of this 40 year veteran of the Canadian Armed Forces and former Chief of Defence Staff, that's a truly significant comment.

On June 7, Defence Minister Harjit S. Sajjan unveiled Canada's new defence policy--"Strong, Secure, Engaged."

The Government of Canada is committed to strongly supporting our women and men in uniform," says information on the DND/CAF website.

"The new defence policy...supports their dedication and the pivotal role they play in making Canada strong at home, secure in North America, and engaged in the world."

Gen (Ret'd) Henault, who is a former Chief of the Defence Staff, a former Chairman of the NATO Military Committee and the longest-serving 4-star General in Canadian history, was one of the four members of the Minister's Advisory Panel-- a panel established by Minister Sajjan at the outset of the policy review to provide him with expert independent advice throughout the policy review process.

He was interviewed on June 20 following his participation in the Policy and Procurement Panel at the Canadian Forces School of Aerospace Studies (CFSAS) Aerospace Power Review-- an annual Symposium that is the culmination of the Aerospace Studies Program 69.

The Aerospace Studies Program is one of the most demanding and intensive programs in the Royal Canadian Air Force, notes Major David M. Dunwoody, Aerospace Studies Program Director in an email.

"It is an 11 month program that provides RCAF Officers with the skills to identify deficiencies in capabilities and to acquire, test and evaluate new technologies and capabilities to address those deficiencies," he wrote.

"The program focuses on a wide range of subjects including project management, defence acquisition, statistics, avionics, radar, electro-optic and infrared systems, software engineering and communications. In addition we have partnered with the University of Manitoba to offer our students the opportunity to complete a Post-Baccalaureate in Aerospace Project Management, a Masters of Arts, or a Masters of Engineering."

During the Aerospace Studies Program, students are required to complete an individual aerospace research paper and a team defence acquisition project, Maj Dunwoody explained.

"The topics for the individual papers this year include quantum key distribution via satellites, exploring capability specialization for the RCAF and using Monte Carlo simulations for the CP-140M Aurora aircraft to assess mission system availability," he said. "The Aerospace Power Review 2017 is where the students will present their papers and group projects and show to the staff of CFSAS and invited guests from the Canadian Armed Forces, industry, and government. This is the student's opportunity to showcase the tremendous work they have put in throughout the year as they graduate from the program."

The stars of the Aerospace Power Review are the nine students of The Aerospace Studies Program 69, Maj Dunwoody observed.

He also pointed out that besides Gen (Ret'd) Henault, the other high profile guest this year were Brigadier-General David Cochrane, Commander of 2 Canadian Air Division, MGen (Ret'd) David Fraser, former Army officer and veteran of combat in Afghanistan, Ms. Christyn Cianfarani, President and CEO of the Canadian Association of Defence and Security Industries, and Dr. Robert Huebert, associate professor in the Department of Political Studies at the University of Calgary.

Gen (Ret'd) Henault underscored the fact that Canada's new defence policy has people at its core.

He also observed that Minister Sajjan expressed

a desire for the outset for the defence policy to be relevant and credible. "This policy certainly satisfies that objective, and it is underpinned by stable, predictable and realistic funding", said Gen (Ret'd) Henault.

"The new defence policy clearly outlines Canadian defence requirements, capabilities and priorities for the next 20 years", he continued. "And it's very much designed to guide the way for both today's and for the next generation of men and women in uniform."

Meanwhile, he described the Aerospace Studies Program graduates as being the leaders of tomorrow. "They will clearly contribute to the implementation of the new defence policy, given the depth of intellect, analytical skill and thought leadership that I saw today during the graduates' presentations," Gen (Ret'd) Henault said.

"The new defence policy is designed to stand the tests of time and change. It's very focused on Canadian military capability at home and abroad, but also takes into account innovation, jobs and prosperity. It also recognizes the importance and contributions of

the Reserve Force, and promotes a better integration of the reserves into Regular Force. You need to give the reserves a new and more flexible employment model, and provide an opportunity to build a full-time capability with a part-time force."

They may be able to contribute to some of these enhancements through capabilities light urban search and rescue, intelligence and cyber operations, "which is important because the CAF wants to attract reservists with those skill sets for the longer term," he commented.

"We heard in our public consultations how important Canadian support for the United Nations continues to be, given the long-standing traditions of the CAF," said Gen (Ret'd) Henault, who is Chair of the Advisory Council and Chief Strategic Advisor of ADGA --a privately owned and operated Canadian company whose mission is, says its website, to be the leading Canadian provider of technology solutions in Defence, Security and Enterprise Computing. "So, embedded in the eight core missions of the new defence policy is a commitment to lead or contribute forces to international peace operations and engage in UN capacity building (training and professionalization)."

Canada's New Defence Policy-- "Strong, Secure, Engaged":

One key measure to recognize the sacrifices of serving members and their families is that all troops deployed on international operations will be exempt from federal income tax on their CAF salary up to the pay level of Lieutenant-Colonel, effective January 1, 2017. This is in addition to existing allowances that compensate for hardship and risk.

Strong, Secure, Engaged will grow annual defence spending from \$18.9 billion in 2016/17 to \$32.7 billion in 2026/27, on a cash basis, an increase of over 70 per cent.

These investments reflect Canada's most rigorously costed defence policy in history. It is also fully funded. The structure of the National Defence budget will be clarified so that Parliament and Canadians are better equipped to hold current and future governments accountable for defence spending.

Invest \$198.2 million over the course of the policy to implement a new Total Health and Wellness Strategy that will expand wellness beyond the traditional healthcare model to include promotion, prevention, treatment, and support, and provide a greater range of health and wellness services and programs.

Invest an additional \$6 million per year to modernize family support programs, such as Military Family Resource Centres, to provide better support to families when members are deploying or during periods of absence.

Increase the proportion of women in the military by one percentage point annually, to achieve 25 percent representation by 2026, to our operational advantage.

Transform the transition process to better support CAF members and their families by establishing a 1,200-person CAF Transition Group. The creation of this new group means all of our women and men will be taken care of as they transition back into the CAF following illness or injury, or out of the CAF and into civilian life at the conclusion of military service.

Implement teams at Military Family Resource Centres to prevent and respond to gender-based violence.

Increase the size of the Regular Force by 3,500 (to 71,500) and the Reserve Force by 1,500 (to 30,000) members. The Reserves will also become more integrated into the total force, providing agile and effective full-time capability through part-time service.

Replace the CF-18 fleet with 88 advanced fighter aircraft, through an open and transparent competition, to improve CAF air control and air attack capability.

Sources: Gen (Ret'd) Raymond Henault, former Chief of Defence Staff; DND/CAF website.



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Around The Wing



Jamie Doherty, Winnipeg MFRC, Shalynn Froelich, Health Promotion, the Liberty Tax Maple Leaf, Kathy Dmytrisin, Health Promotion, and Shane Parrington, of Restore Massage Therapy greeted bicyclers on Wihuri Rd. during Bike to Work Day on June 23. All Photos: Bill McLeod, Voxair Manager



People enjoying the cool overcast reprieve from summer weather at the CWO/PS BBQ.



A member of Buffalo Red Thunder Traditional Drummers and Dancers dances for the crowd at the Wing Chief Warrant Officer's/Public Service Slo-Pitch Tournament on June 16. A number of indigenous performers entertained at the barbeque following the ball.

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Thanks to Fountain Tire for Supporting the 2017 Wing Chief Warrant Officer's / Public Service Barbecue



PSP's Kathy Dmytrisin and Fountain Tire's Jose Ferreira dish out the BBQ at the WCWO Slo-Pitch tournament held at 17 Wing, Winnipeg on June 16, 2017.



A big thank you goes out to Jose Ferreira of Fountain Tire at 3020 Portage Ave.(R), sponsor of the Wing Chief Warrant Officer's/Public Service Slo-Pitch Tournament. Here he poses with Wing Chief Warrant Officer Mike Robertson and Wing Commander Colonel Andy Cook during the BBQ following the ball games.

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Canada Day Deployment Packages



Canada Day Care packages were prepared for deployment at the Winnipeg MFRC for troops to help celebrate Canada 150. Photo supplied.

by Jamie Doherty, Deployment and Reunion Coordinator

To celebrate Canada 150, the Winnipeg MFRC in collaboration with multiple community partners and volunteers were able to put together 43 Canada 150 themed morale mail boxes filled with goodies. If these members cannot be on Canadian turf for Canada Day, why not send a little piece of our beautiful country to them.

They included Canada Day décor, maple cookies, Tim Horton beverages, handmade card, t shirt, and various snacks (all donations).

The boxes were all packaged up by wonderful volunteers who are currently utilizing the many services offered by the Deployment and Reunion program right here at the Winnipeg MFRC. One of these services include our complimentary packing station which includes all of the necessary tools and items to successfully send out a package to loved ones while they are deployed. This packing station is located at 102 Comet Street which is the home of the Winnipeg MFRC.

The people who made the donations include:

Tova Anderson who took over the initiate of this project and collected all of the donations; SOBEY'S Renders (with much love); Line Courelles; Joan Sylvester; Tim Horton's on Ness; and Giant Tiger in Westwood

For more info on the deployment and reunion services, please contact the Deployment and Reunion Coordinator at 204-833-2500 ext 5391 or by e-mail at Jamie.doherty@forces.gc.ca

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Former Commander JTF-Ukraine Shares Experience

“Sergeant Major James Smith and I are extremely proud of the work done by our team to help build capacity within the Ukrainian Armed Forces. After working alongside our multinational partners and outstanding Ukrainian hosts for the past seven months, we depart with a strong sense of accomplishment.”

— Lieutenant-Colonel Wayne Niven, outgoing Commander, Joint Task Force – Ukraine (Change of Command for Operation UNIFIER in Ukraine News Release from National Defence/Canadian Armed Forces March 7, 2017)

by Martin Zeilig, Voxair Photojournalist

As the Task Force Commander for Joint Task Force – Ukraine, Rotation 2 (JTF-U Roto 2) from August 2016 to March 2017, Lieutenant-Colonel Wayne Niven was responsible for the Canadian Armed Forces' Security Force Capacity Building mission in Ukraine, to, as he explained in an email interview, assist our Ukrainian partners in modernizing their military in an effort to achieve NATO interoperability.

LCol Niven was interviewed in advance of his lecture in the 2016-2017 Speakers Programme of the Canadian International Council at the Royal Canadian Legion #2 on June 8. The CIC is an independent, member-based council established in the 1920s to strengthen Canada's role in global affairs by engaging local communities and CIC members in international issues, says the CIC website.

“I saw LCol Niven speak to the RMIM (Royal Military Institute of Manitoba) at the Junior Ranks Mess on 23 April and determined that he would be a good fit for the mandate of the CIC,” wrote Lieutenant Colonel (Ret), R.G. Nash, CD, Program Chair, Winnipeg Branch CIC, in an email to The Voxair. “The role of the Canadian Armed Forces in Ukraine is an important demonstration of Canadian foreign and defence policy at work. There is strong interest in Op UNIFIER amongst the military and Ukrainian communities in Winnipeg.”

An Infantry Officer and graduate from Royal Military College, LCol Niven, who has served in many command and staff positions throughout his career, has most recently served as the Commanding Officer of 2nd

Battalion Princess Patricia's Canadian Light Infantry since June 2015, and has previously deployed to Bosnia and Afghanistan, notes his bio.

As commander of Joint Task Force Ukraine, Lieutenant-Colonel Niven commanded approximately 200 Canadian Armed Forces personnel based at the International Peacekeeping and Security Centre in Starychi, Ukraine, as part of Operation UNIFIER.

The Government of Canada approved Operation UNIFIER in 2015 in response to requests from the Government of Ukraine, notes information on the Government of Canada website, which says Op UNIFIER is Canada's military training mission in Ukraine.

“The intent is to help Ukraine remain sovereign, secure, and stable,” says the online source.

Personnel under Lieutenant-Colonel Niven's command conducted training with the Ukrainian military in areas such individual weapons training; marksmanship; movement in areas of potential conflict; explosive threat recognition; communication in troop movement and command and control; survival in combat; ethics; explosive device disposal; military police training focused on Use of Force and Basic Investigative Techniques courses; medical training that provides casualty evacuation and combat first aid training modernizing logistics, says information supplied by the CIC.

“Second Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI), was chosen to form the core of this mission as one of the Canadian Army's designated high readiness units over the last year (2016-2017), following an arduous high readiness training period in 2015-2016,” said LCol Niven.

Apart from 2 PPCLI, military professionals from across the CAF, including from fellow units in 1 Canadian Mechanized Brigade Group, specifically 1 Combat Engineer Regiment, Lord Strathcona's Horse (Royal Canadians), 1st Regiment Royal Canadian Horse Artillery, 1 Service Battalion, 1 Headquarters and Signals Squadron, 1 Field Ambulance, Third Battalion Princess Patricia's Canadian Light Infantry and 1 Military Police Platoon, “as well as a host of other units outside of our brigade,” he added.

“As the Commanding Officer of 2 PPCLI, I was hon-

oured to be selected to command this highly trained and professional group of Canadian soldiers,” LCol Niven wrote. “We worked very closely with soldiers from the UK, US, Poland, Lithuania and Denmark. In fact, a small contingent of Danish military linguists were embedded within the Canadian Task Force to assist in delivering instruction to Ukrainian soldiers.

“Our UAF partners are very well trained, and have rapidly mobilized and modernized their military over the last 3 years in the face of the Russian annexation of Crimea as well as Russian led aggression in the Eastern oblasts of Luhansk and Donetsk. The UAF soldiers that we had the pleasure of working alongside are exceptionally patriotic and dedicated to defending their country in the face of this existential threat to their sovereignty and way of life. As many of them were combat veterans from the East, our soldiers often had as much to learn from the UAF as they did from us.”

The UAF are facing a modern hybrid threat from the Russian Lead Separatist Forces, “a threat that our CAF soldiers have not yet been exposed to,” he continued.

“In this light, we took the approach that our instruction on NATO interoperable tactics, techniques and procedures was not necessarily a better way of conducting operations, but rather another way to operate that would provide them different options when faced with the inherent challenges of combat operations. We continue to share best practices and lessons learned which we have brought back to Canada to ensure that our own doctrine and training practices remain relevant in the current security environment. We have recent indications that the training that we and our allies are providing is relevant and effective, as some of the units we have collectively trained have performed very well during recent combat operations in Eastern Ukraine.”

17 WING FIRE CHIEF'S CORNER



Fireworks

Fireworks are risky business

July 1 st (Canada Day) is sneaking up on us. It's important to remember to play it safe when it comes to fireworks. Fireworks are exciting to watch but they can be extremely dangerous to touch and play with. Each year, fireworks injure thousands of kids. Here are some fireworks safety tips to remember when you are getting ready to celebrate Canada Day.

Sparky's Fireworks Safety Tips

- Fireworks are not toys.
 - Always leave fireworks to trained professionals. That means sparklers too, which can reach over 500 degrees Celsius.
 - Attend only public fireworks displays put on by trained professionals and stay back at least 500 feet from the display. (Besides being the safer way to see fireworks, public fireworks displays are more spectacular than anything you'll see at home.)
 - If you or your friends find fireworks, don't pick them up; tell a grown-up right away
- If fireworks are legal where you live and you decide to set them off on your own, be sure to follow these important safety tips:
- Never allow children to play with or ignite fireworks.
 - Read and follow all warnings and instructions
 - Be sure other people are out of range before lighting fireworks.
 - Only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials.
 - Never try to relight fireworks that have not fully functioned.
 - A Fireworks permit is required to set off fireworks within City limits
 - A fireworks permit can be obtained from the Winnipeg Fire Services

17 Wing Winnipeg Fire Orders state:

Any type of firecracker, sparkler, rocket, fuse or any toy derived there from is forbidden within the Wing area, including all land owned by DND, unless authorized by the Wing Commander. This restriction includes the storage or use of fireworks in MQs.

Wing Stand-Up Comedian and Actor Plays the Fringe

by Martin Zeilig, Voxair
Photojournalist

Heather Witherden says that it didn't take much to convince her to accept a role in the upcoming Winnipeg Fringe Theatre Festival play, *The Doula*.

"There was a call put out and I did an audition at the Manitoba Association of Playwrights," she said, during an interview at the Military Family Resource Centre where she works part-time as a receptionist. Witherden is the mother of three adult sons and wife of retired RCAF officer Rick Witherden, who is now a civilian employee at 2 Canadian Air Division.

"I had a couple of read throughs," she said. "The character I'm doing is Denise, a 44 year old single mom. Three of the characters are pregnant. Part of the fun will be wearing the costumes. We're all looking pregnant but we aren't."

The Doula, Randy Pirate Productions, is an original 60 minute play written by playwright Sarah J. Martin, and also stars Christina Heather, Teela Tomassetti, Jazmyn Shell, Susan Loewen and Sarah Jane Martin.

"Inspired by her doula training experience, Sarah J. Martin, who also directs the play, has written a hilarious waiting room comedy that will both educate and entertain audiences," says the Winnipeg Fringe website.

"Four very different women are killing time in the waiting room of a prenatal class for single mothers in Winnipeg. What could possibly go wrong? *The Doula* is an uproarious new comedy that celebrates women, diversity, parenthood and the strength required to go at it alone."

This is not Witherden's first time on stage.



MFRC receptionist Heather Witherden performing at the CBC Winnipeg Comedy Fest. Witherden will be appearing the Fringe Fest play, *The Doula*.
Photo: D. Bukach

Her first role was in *Peacock Place* at the 2015 WFTF. It was a play about children and adults "not taking things too seriously," although it had some serious subject matter, Witherden said.

Better known as stand-up comic, Witherden started doing stand-up comedy here in Winnipeg over 10 years ago after entering a contest, Winnipeg's Funniest Woman, at Rumors Restaurant & Comedy Club.

Although she didn't win first prize, Witherden, the mother of three young adult sons, held her own in the competition.

"A few weeks later, one of the comedians at Rumors asked me to do a taping at CBC, a summer radio show called, 'So You Think You're Funny,'" said Witherden, who grew up in St. Vital. "They used clips from live shows and interviews with the host. The best part of my style is the fact that there's a little bit of disconnect (between her persona on and off the stage)."

She's also been an extra in a number of locally shot movies including, mostly recently, *Chucky 7* (part of the killer doll horror series), and *Break My Heart A Thousand Times*, where she played a "remnant", a ghost type character from the 1970s.

"I'm also filming for a couple of television True Crime series for *Escape T.V.*," Witherden said. "So far, I've been murdered once. I got shot. I also did a commercial print advertisement for Chartered Professionals Human Resources in the newspaper online."

Witherden is still doing stand-up comedy gigs around town, including acting as the M.C. at a performance of the *Burlesque Show*, a troupe consisting of her and 3 other female comics, at the Park Theatre, on August 18-19. She's also been working hard on the upcoming *Smut Slam*, an open mic event created by Cameryn Moore.

Witherden also organizes the Annual Comedy Night at 17 Wing.

When asked about future gigs, Witherden says she's not much of a planner.

"There's lots of filming going on in Winnipeg," she said, displaying a sense of cheerful confidence. "I would like to do more acting. I'll work for sushi. I know so many wonderful people. I'm really proud of all the people in entertainment that I know. They work so hard. I like the variety of stuff that I'm doing. I'm a person who observes people. So, I do observational comedy; and I'm quick on the word play."

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Summertime Living & Staying on Track!

With a change of season often comes a change of schedule. It can be challenging to stay on track when summer rolls around. BBQ's, pool parties, beach visits and many other summer outings offer up fast food, a lawn chair and a tropical drink in hand.

We have 8 tips to help you stay motivated with your healthy living:

Be prepared! Whether it's your gym bag that needs to be packed, or your lunch pre-made for the next day, take some time the night before so the morning rush to get out the door does not sidetrack your best intentions.

Stock-up! Keep your fridge full of fruits and veggies already cleaned and cut up for quick snacks and to help avoid the temptation of unhealthy snacks when you get the munchies

Self-talk! Tell yourself "you can do this!" Personal pep-talks can help you stay motivated and focussed on your objectives! You can do this!

Sleep! When in doubt...sleep. Go to bed ½ hour earlier each night and see the benefits that rest can provide for staying focussed.

Hydrate! It's important to stay hydrated as the mercury rises – this is especially important during and after physical activity. Keep a bottle of water handy. For some variety try adding fresh fruits, herbs and/or veggies to give it some flavour. It will give your water some pizzazz!

Keep it simple! Don't underestimate the value of starting with one small, consistent change. Small changes often have a big impact. For example, if walking for 30 minutes a day is too daunting, start with 10 or 15 minutes, and do that for one week. The second week, add another 5 minutes. It won't take long before you are doing 30 minutes daily.

Find a friend! Get a buddy involved. Research shows that friends can keep each other accountable and help us to maintain our commitment to better health and well-being.

Don't give up! Gaining and maintaining good health is a matter of starting over, again and again. If it's a food choice you are not happy with, do not wait until tomorrow to start over, use your next meal to get yourself back on track. It is the rare individual who never falls off the "health" wagon.

This information is brought to you by the Director Force Health Protection and Strengthening the Forces. Our feature webpage called Summertime Living delivers tasty recipes, tips for hosting your next BBQ, having safe summer fun, and more. On the DWAN Visit: <http://cmp-cpm.mil.ca/en/health/caf-members/summertime-living.page>

For more information contact Health Promotion at (204) 833-2500 ext. 4150/4160/4995 or email us at health.promo@forces.gc.ca

Managing Angry Moments (MAM)

4 & 11 October
0830 - 1600 hrs

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

Gérer les moments de colère

4 et 11 octobre
08 h 30 à 16 h 00

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

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!

11 July 2017
0800 – 1600 hrs

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

Force Mentale et Sensibilisation au Suicide – Formation du Superviseur

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

11 juillet 2017

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

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

Sensibilisation à la santé mentale et au suicide

A FREE skills building course designed to IMPROVE personal communication skills

Un cours GRATUIT de développement des aptitudes de communications interpersonnelles

INTER-COMM

PRESENTED BY / PRÉSENTÉ PAR MFRC CRFM ET Health Promotion in the Canadian Forces / PROMOTION DE LA SANTÉ DANS LES FORCES CANADIENNES

THURSDAYS / LES JEUDIS
12 October - 2 November / **12 Octobre - 2 Novembre**
1630 - 1930 hrs / 16 h 30 - 19 h 30

FOR INFORMATION OR TO REGISTER CALL / POUR INFORMATIONS OU POUR VOUS INSCRIRE
204-833-2500 ext/poste 4150

REGISTRATION DEADLINE: 5 OCTOBER 2017 / DATE LIMITE D'INSCRIPTION: 5 OCTOBRE 2017

A MEAL IS AVAILABLE FOR A COST OF \$10 PER EVENING. (Paid in advance) / REPAS DISPONIBLE MOYENNANT DES FRAIS DE 10 \$ PAR SOIRÉE. (Paié à l'avance)

STRESS: Take Charge!

A Canadian Forces Program
Le stress: ça se combat!

Programme des Forces canadiennes

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

Stressed? Take Charge!
2 & 3 August 2017
0830 - 1600 hrs

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

Le stress: Ça se combat!
2 et 3 août 2017
0830 h à 1600 h

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

CFB Winnipeg Golf Club

The CFB Winnipeg Golf Club is now open for the 2017 Golf season.

2017 Golf Club membership fees are very reasonable and are as follows:

- Regular Membership: \$355 (includes GST);
- Ordinary Membership: \$375 (includes GST);
- Associate Membership: \$400 (includes GST)

If you were not a member of the CFB Winnipeg Golf Club in 2016 and you take out a 2017 membership, you will receive a 10% discount on your membership fees.

Family membership rates and Junior memberships are also an attractive option!

For more information about obtaining a golf club membership, payment options, and any other questions you may have regarding the Club, please contact the Golf Club Manager at local 6909.

Le club de golf de la BFC Winnipeg

La saison de golf 2017 est commencée au club de golf de la BFC Winnipeg.

Les droits d'adhésion au club de golf pour 2017 sont très raisonnables :

- Membres réguliers: 355 \$ (y compris la TPS);
- Membres ordinaires: 375 \$ (y compris la TPS);
- Membres associés: 400 \$ (y compris la TPS)

Si vous n'étiez pas membre du club de golf de la BFC Winnipeg en 2016, vous bénéficierez d'un rabais de 10% sur les droits d'adhésion pour 2017.

Les droits d'adhésion pour les familles et les mineurs sont également intéressants.

Pour de plus amples informations sur l'adhésion au club de golf, les modes de paiement et toute autre question au sujet du club, veuillez communiquer avec le gestionnaire du club de golf au poste 6909.

Alcohol, Other Drugs and Gambling: Supervisor's Training

17 & 18 August 2017
0800-1600 hrs & 0800-1200 hrs

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

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

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

17 et 18 août 2016

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

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

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

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

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www.cafconnection.ca

www.facebook.com/WinnipegMFRC

www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

Terrific Two's

An introduction to Nursery School created for children ages 2 - 3 years old. This program will be taught by a qualified CCA with focus on sharing, socialization and following direction.

September 2017 to June 2018

Tuesdays and Thursdays

9:30 to 12:00 p.m.

Westwin Children's Centre,

642 Wihuri Rd.

\$50 per month.

\$10 annual registration fee.

Spaces are limited.

« Terrific Two's »

Une introduction à la prématernelle

Une introduction à la prématernelle pour les enfants âgés de 2 et 3 ans. Ce programme sera enseigné par une éducatrice-adjointe à la petite enfance qualifiée et porte l'accent sur le partage, la socialisation et suivre les directions.

De septembre 2017 à juin 2018

Les mardis et les jeudis

De 9 h 30 à 12 h

Centre pour enfants Westwin, 642, ch. Wihuri

50 \$ par mois

Frais annuels d'inscription : 10 \$.

Les places sont limitées.

Tiny Tots Summer Camp

Join us for the best summer ever! Summer camp is for children ages 3-5 years old. Please send along a peanut free lunch and snacks, water bottle, swim suit, towel and change of clothing.

Children must be potty trained to attend.

Monday to Friday

Week One: July 17 - 21

Week Two: July 24 - 28

Week Three: July 31 - August 4

Week four: August 8 - 11

10:00 a.m. to 3:00 p.m.

Occasional Child Care Centre, 630 Wihuri Rd.

\$100 per week

Registration deadlines:

Week One: July 13

Week Two: July 20

Week Three: July 27

Week Four: August 3

Camp d'été « Tiny Tots »

Le meilleur camp d'été pour les enfants âgés de 3 à 5 ans

Veillez faire parvenir un repas, une collation sans arachides, bouteille d'eau, maillot de bain, serviette et vêtements de rechange. L'enfant doit être propre pour participer à ce programme. Présenté en anglais

Du lundi au vendredi

Semaine 1 : Du 17 - 21 juillet

Semaine 2 : Du 24 - 28 juillet

Semaine 3 : Du 31 juill. - 4 août

Semaine 4 : Du 8 au 11 août

De 10 h à 15 h

Salle de garde occasionnelle, 630, ch. Wihuri

100 \$/semaine, à l'exception de la 4e semaine : 80 \$

Date limite d'inscription : Semaine 1 : 13 juillet, Semaine 2 : 20 juillet, Semaine 3 : 27 juillet, Semaine 4 : 3 août

Colour Me Calm

Think colouring is just for kids? Think again. As an activity, colouring can reduce stress, increase mindfulness, stimulate creativity and connect us with our feelings. Join us for a comfortable evening of colouring and conversation (if you want it). Each new participant will receive a grown-up colouring book and either crayons or coloured pencils to keep. Returning participants may request an additional book for \$15.

Thursday, July 13

6:00 to 8:30 p.m.

\$15 for new participants

Registration deadline: July 6

*Preregister for childcare ages 18 months to 5 years old years old.

Please note: This event is for adults only. Children may not register for this program.

Please note that space is limited.

« Colour Me Calm »

Vous pensez que colorier est seulement pour les enfants ? Détrompez-vous ! Les bienfaits thérapeutiques du coloriage sont abondants. Comme activité, le coloriage peut réduire le stress, augmenter la vigilance, stimuler la créativité et peut aider à identifier ses sentiments. Chaque participant recevra un livre à colorier et des craies de cire ou des crayons de couleurs qu'il pourra garder. Veuillez noter : cette activité est réservée aux adultes.

Jeudi 13 juillet

De 18 h à 20 h

15 \$

Service de garde disponible pour les enfants âgés de 18 mois à 5 ans – veuillez réserver vos places d'ici la date limite d'inscription.

Date limite d'inscription : 6 juillet

Les places sont limitées.

Présenté en anglais

MFRC | CRFM
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CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES
WINNIPEG

Beach Day

Journée à la plage

at / à la plage :
ST-MALO BEACH

\$10
PER FAMILY / PAR FAMILLE
LIMITED SPOTS / PLACES LIMITEES

2017
JULY 10
JUILLET

BUS PICK-UP
9:15 am AT THE MFRC – 102 COMET ST.
9:30 am AT THE SOUTH SIDE – 347 DONCASTER ST.

POINT DE RAMASSAGE D'AUTOBUS
9h15 AU CRFM – 102, RUE COMET
9h30 CÔTÉ SUD – 347, RUE DONCASTER

Bring your lunch, chairs & beach toys.
COME HAVE SOME FUN WITH US!
Apportez votre dîner, vos chaises et vos jeux de plage.
VENEZ AVOIR DU PLAISIR AVEC NOUS!

REGISTER BY 5 JULY AT THE MFRC / INSCRIPTIONS AU CRFM D'ICI LE 5 JUILLET

FOR MORE DETAILS CONTACT THE MFRC / POUR OBTENIR PLUS D'INFOS 204-833-2500 EXT/POSTE 4500

2017
MFRC | CRFM
Summer BBQs d'été

COME OUT FOR A TASTY LUNCH BREAK AND VISIT WITH FRIENDS AND CO-WORKERS!
SORTEZ POUR UNE DÉLICIEUSE PAUSE-REPAS ET PROFITEZ-EN POUR PASSER UN BON MOMENT AVEC DES AMIS ET COLLÈGUES !

THURSDAYS from 1130-1300 hrs
LES JEUDIS suivants de 11 h 30 à 13 h

JUNE - JUIN 8 &/ET 22
JULY - JUILLET 13 &/ET 27
AUGUST - AOÛT 10 &/ET 24

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

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

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

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



Join us for our fun filled summer camp. This year is all about Adventures—travel through time, discover your inner mad scientists, explore the great outdoors and much more!

Hours of Operation
09:00 – 16:00 Extended Care is available from 7:15-9:00am & 4:00 - 5:00pm. Cost included in camp fees. After 5 pm, \$5 will be charged for every 15 minutes of tardiness.

Costs
Defense Team Members: \$130.00/week (\$104 for 4 day week)
Civilians: \$145.00/week (\$116 for 4 day week)
A non refundable deposit of \$25.00 per child per week is due at time of booking. Eligible for Child Fitness tax credit

Dates
Camp runs weekly from July 3rd—August 25th

Participants
Children aged 6-12. No Exceptions. Children must be finished Kindergarten to register

Registration
Defense team members: April 3rd
Civilians: April 17th

Location
Westwin Children's Centre
642 Wihuri Rd

To register, please visit the MFRC Main Reception (102 Comet Street) between 08:30 - 16:30. For more information, please call 833-2500 Ext. 2991

Today's Trivia Answers

1. Montreal Canadiens - 23.
2. Toronto Maple Leafs - 13.
3. 1967.
4. Don Kozak, LA Kings - 6 seconds - April 17, 1977 vs Boston Bruins. Kozak broke Gordie Howe's record set in 1954.
5. Dickie Moore of Montreal had set the record at 10 seconds a week earlier on March 25, 1954 vs Boston.
6. Brian Skrudland, Montreal - 9 seconds - May 18, 1986 vs Calgary Flames.
7. Dick Duff, Toronto, 68 seconds - April 9, 1963 vs Detroit.
8. Norm Ullman, Detroit - 5 seconds - April 11, 1965 vs Chicago. Ullman scored at 17:35 and 17:40 of the second period.
9. Dale Hunter, three teams - 729.
10. Dale Hunter, three teams - 186.
11. Chris Chelios, three teams - 266.
12. Larry Robinson, Montreal and LA Kings - 20.
13. Henri Richard, Montreal - 11.
14. Scotty Bowman, four teams - 14.
15. Jean Beliveau, Montreal - 17.
16. Wayne Gretzky, four teams - 122 goals, 260 assists, 382 points.
17. Patrick Sundstrom, New Jersey Devils - 8 points (3 goals, 5 assists) - April 22, 1988 vs Washington Capitals, Mario Lemieux, Pittsburgh Penguins - 8 points (5 goals, 3 assists) - April 25, 1989 vs Philadelphia Flyers.
18. Patrick Roy, Montreal, Colorado Avalanche - 151.
19. Martin Brodeur, New Jersey - 24.
20. Lester Patrick, New York Rangers - April 7, 1928 vs Montreal Maroons. After the Rangers' starting goalie, Lorne Chabot, was lost to an eye injury, the Maroons refused to allow the Rangers to substitute either of two goalies who were sitting in the stands. The 44-year-old Patrick took over saying, "Boys, don't let an old man down." The Rangers won the game 2-1 in overtime and the series 3-2. All games were played in Montreal since the circus was occupying Madison Square Garden.

ANAVETS – ROCKWOOD 303

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June 30th & July 1st Brian James

July 7th & 8th – The One

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Wednesday 4:30pm
Saturday 3pm

Bingo
Friday & Sunday 6:30pm

Live Bands
Friday 9pm

Karaoke &
Double D's Music
Alternating Saturdays 7pm

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Reconcile outstanding issues with a significant other, best friend or parent. You can stand your ground but also be receptive to another's point of view. A cooperative effort to reach the same goal of understanding is essential for mutual respect. Addressing underlying issues is the key.

Taurus (April 20 – May 20): The more you try to multitask the less you'll complete. Be patient when speaking to others. Listen to what is being said instead of assuming you already know what others feel and believe. You'll discover discrepancies in what you'd been told in the past. Strive to be impartial.

Gemini (May 21 – June 21): Follow another's advice only if it fits for you. Be especially careful of people who try to emotionally manipulate or bully you. They will try to make you doubt yourself and your choices. Giving in to get along will leave you disappointed and unfulfilled. Make no snap decisions.

Cancer (June 22 – July 22): You may think others don't understand you, but you must also work at self-awareness. Use a diary to get in touch with your feelings. Find a constructive release for emotional energy. Getting out in the sun revitalizes you. Dine on a patio, hit the beach or get out into the garden.

Leo (July 23 – August 22): Focus on all the good things you have, the friends and family you can rely on. Setbacks are part of life. Look around you and you'll see others facing challenges too. Network. Other people's stories of how they overcame adversity can motivate you. Minor changes have a big impact.

Virgo (August 23 – September 22): Vehicle maintenance is a must. If you own a car, replace what is beyond repair or consider other options. You need things to run smoothly right now due to the additional responsibilities you've taken on. Re-confirm travel arrangements before leaving on a trip. Expect delays.

Libra (September 23 – October 23): Keep a tight rein on spending as your plans include a big expense in future. Look for little ways to make or save more money. It all adds up. Practice mental discipline; focus on your goal and positive outcomes. Worrying is a waste of energy. Do something constructive instead.

Scorpio (October 24 – November 21): If you've given something your best shot and things don't seem to be working it's time to move on. Once you've made your decision, you'll be full of energy with a sense of purpose. Tackle outstanding tasks. Finish paperwork. Create a peaceful haven where you can relax.

Sagittarius (November 22 – December 21): Things are falling into place as expected. Celebrate. Things work in your favor. Address issues so they don't cause problems in the future. You can't change the past but you can commit to doing things differently in future. Adjust your plans if needed. You have options.

Capricorn (December 22 – January 19): Honor commitments but find ways to give yourself a few "time outs" as well. Though it may seem forced, using a schedule helps avoid wasting time. Spoil yourself with healthy food. Cultivate deeper connections with new friends as many of your old friends drift away.

Aquarius (January 20 – February 18): Focus on work as much as possible. Read contracts carefully. Someone you thought you could rely on may not be around when you need them. You'll be seeing someone in a new light. The words people use can reveal more about them than they realize.

Pisces (February 19 – March 20): Make wise use of your time. The goal is not to do more but to do what your soul desires more often. Be patient with yourself when you consider long range goals. Focus on the health and wellness of your body, mind and spirit. Stress disappears when you practice awareness.

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Every Saturday 7-11 pm

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Chaplain's Corner

Unbroken Circles



by Padre Kevin Olive

In the middle of the night, June 29th, 1955, Flight Officer Roger Sutton of the United Kingdom and his Canadair CT-133 Silver Star (T-Bird) Jet crashed in a farmer's field near Treherne, Manitoba. It was his last flight. He was one of many future pilots from places like England, France and Denmark who were here in Portage La Prairie for training. The first T-33 came off the shelf in 1952 and the last one was finally retired by the RCAF in 2005. I still remember as a kid living on Air Force Bases in the 1960's and 70's seeing these beautiful jets shoot across the horizon. Today, you can see T-Birds

hoisted high as statues and memorials all around Manitoba. I've seen them in Winnipeg, in Portage as well as Brandon.

Tall for a young man from the U.K. in 1955, Roger Sutton stood six feet with striking dark hair. He had Tom Cruise – Maverick-like features from Top Gun (although Cruise is more like 5'8!). Young Sutton was the pride of his family. In the June edition of the RAF Flying Review Magazine, there was a section dedicated to his training in Canada along with some great photos. Two pictures stand out - one of him in the cockpit and one showing him at the

Base Canteen with his "Canadian Girlfriend." The article ends with a proud and excited family looking forward to his return in July. Of course, that's not how the story ended. Kindred to the times, his death was not spoken much amongst family members. Life just moved along in slow motion.

Fast-forward sixty-one years to the village of Calne, in England. The BBC show, "Street Auction" was in town to hold one of their many community garage sales; the proceeds of which are given to a person the town nominates because of their volunteer work. The winner was retired RAF Officer, James Sutton, nephew of Roger

Sutton. James' dream was to take his family to visit the graveside of his uncle, since no family member was able to attend the original burial, when the circle of life was broken back in 1955. This past January he went onto our local MFRC website in search of a Padre to do a little ceremony. After I shared the story with the leadership of 3CFFTS in Portage everyone got on board. On May 24th, a group of pilots in training, an RAF instructor from the school as well as the Commandant and other staff attended a grave side ceremony. The RCAF band provided us with our piper and bugler and we ended the day off with a helicopter ride to the very farm and exact site where the crash took place. Captain Vincent Lamothe was even able to find a piece of the tail section.

At the end of the graveside ceremony, our school's Commandant, LCol Fecteau, spontaneously stepped forward and said the most inspiring words, "It's very important to recognize the ones who died in service...it is a reminder that we train hard and sometimes it costs us the ultimate price." The Sutton family were deeply touched. The circle was complete.

CHANGEMENT D'HEURE

A partir de juillet 2017...

La célébrations œcuménique de la communauté protestante du Bon Berger sera le dimanche à 11h00

La messe de la communauté catholique romaine Sainte-Marguerite-Bourgeoys sera le dimanche à 16h00

TIME CHANGE

As of July 2017...

Good Shepherd Ecumenical Protestant Faith Community Worship Service is Sunday 1100 hrs

Ste Marguerite Bourgeoys Roman Catholic Faith Community Mass is Sunday 1600 hrs

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 Lesley Fox
(United Church) - Faith Community Coordinator
ext 5785

Padre Kevin Olive
(Pentecostal)
ext 5272

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

17 Wing
204 833 2500



Administrative Assistant
ext 5087

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

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

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

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

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

Padre Frederic Lamarre
(Roman Catholic Pastoral Associate)
ext 6914

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
Contact MP Dispatch ext 2633.

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

WEBSITE
Those with access to the DIN can visit <http://17Wing.winnipeg.mil.ca>, then click 17 Wing, then Services.

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

Your 17 Wing Chaplain Team

From left to right:
Lt (N) Lesley Fox,
Capt Paul Gemmiti,
Capt Greg Girard,
Maj Hope Winfield,
Capt Emanuelle Dompierre,
Capt Kevin Olive,
Lt (N) Frederic Lamarre



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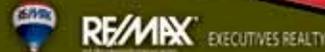
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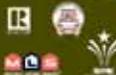
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