



THE VOXAIR

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RCAF Honours and Remembers Two of its Own



Flags flew at half staff in Winnipeg last week in memory of Captain Zachary Cloutier-Gill and Captain Bradley Ashcroft who lost their lives in a civilian aircraft accident. Please see their biographies on pages 10 and 11. Photo: Bill McLeod, Voxair Manager

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1 CAD/CANR Welcomes New Commander



Incoming CANR Commander MGen Christian Drouin, Commander NORAD and US Northern Command Gen Lori Robinson and Outgoing CANR Commander MGen David Wheeler sign the Change of Command scrolls during the 1 CAD Change of Command ceremony held at Winnipeg, MB on June 21, 2016. Photo: Cpl Paul Shapka.



Incoming 1 CAD Commander MGen Christian Drouin, RCAF Commander LGen Mike Hood and Outgoing 1 CAD Commander MGen David Wheeler sign the Change of Command scrolls during the 1 CAD Change of Command ceremony held at Winnipeg, MB, on June 21, 2016. Photo: Cpl Paul Shapka.

by Martin Zeilig, Voxair Photojournalist

For Major-General Christian Drouin, taking command of 1 Canadian Air Division (CAD) from Major-General Dave Wheeler was, in the immortal words of the late New York Yankees baseball player and manager, Yogi Berra, “Deja vu all over again.”

It was kind of a homecoming for him and his wife, Nicole.

A Change of Command Ceremony took place on the morning of June 21 immediately outside the Billy Bishop Building, 1 CAD headquarters. Some 300 military and civilian guests, including representatives from the Government of Canada, Province of Manitoba and City of Winnipeg, were in attendance.

Also present were RCAF Commander Lieutenant-General Mike Hood and General Lori J. Robinson, United States Air Force general, who currently serves as Combatant Commander of the United States Northern Command (USNORTHCOM) and commander-in-chief of the North American Aerospace Defense Command (NORAD). Gen Robinson and LGen Hood gave brief speeches at the ceremony.

The RCAF Band provided musical accompaniment; while a flyover by two CF-18 Hornets, RCAF fighter aircraft, added an impressive but ear shattering punctuation to the proceedings.

MGen Wheeler said the two years in Winnipeg went

by in a heartbeat.

“It was a very busy period for 1 CAD, both here at home in Canada but also overseas,” MGen Wheeler observed.

“Today, we have over 1,000 1 CAD personnel deployed on operations and exercises. We provide Canadians with the first line of defence by conducting more than 900 SAR (Search and Rescue) missions every year. In fact they’re standing ready to respond right now on five of our Wings. We stand by ready to support provinces that suffer natural disasters, such as the recent fires in Fort McMurray or floods wherever they might occur.

MGen Wheeler noted in his speech MGen Drouin’s previous posting to 1 CAD.

“I’ve known Christian for many years and had the opportunity to work with him here in the Division,” he said.

“His experience at the operational level is vast and his understanding of the day to day operations here in 1 CAD is tremendous. I have full confidence that he will progress the operational capability of the RCAF and take care of each and every one of you. Felicitations Christian et bonne chance, and welcome back Nicole.”

MGen Drouin said that he was extremely humbled and honoured to get the opportunity to command “one of the best organizations” of our Canadian Military institution.

“What a great country we live in,” he continued. “One that allowed a young kid like me, from a modest upbringing who barely spoke English when he joined, to the opportunity of Commanding such a great organization. As for my speaking ability, as my wife, Nicole says, since I’m from Québec and she’s from Newfoundland; both of us can’t speak English anyway.”

MGen Drouin also lauded the work of MGen Wheeler.

“Wheels, as you so eloquently stated in your speech, under your command the members of 1 CAD have proudly and effectively delivered Air Power on behalf of the GoC,” he said. “I thank you for handing over to me one of the world’s most professionally trained and capable Operational Air Forces. I will carry on in your footsteps. I wish you and Dorothy, and your family good luck in Ottawa.”

He, then, addressed L Gen Hood and Gen Robinson directly: “You have my word that we, the members and Command Teams of 1 CAD/CANR and I, will do whatever is required en maximisant nos capacités et motivation au service de notre pays to carry-on our Mission in support of the GoC and the Defence of North-America. No better motto to express what I mean than using the motto of my good friend Colonel Brian Derry who passed a few days ago: “PUGNAMUS FINITUM – We will fight to the finish!”

RCAF Run Supports Military Causes



CWO Doug Clark, W Admin Branch Chief, LCol Danielle Clouter, W Admin O and Chair of the 2016 RCAF Run, Col Andy Cook, 17 Wing Commander, and Wing CWO Mike Robertson, display the cheque showing the total raised from the RCAF Run to Soldier On and the Military Families Fund. Photo: Bill McLeod, Voxair Manager.

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LCol Kazak Assumes Command of 435



Incoming Commander LCol Kevin Kozak, 17 Wing Commander Col Andy Cook and Outgoing Commander Maj Michael Sampson sign the Command Scrolls during the 435 Sqn Change of Command Ceremony held at 17 Wing, Winnipeg on June 27, 2016. Photo: Cpl Paul Shapka.

by Bill McLeod, Voxair Manager

Lieutenant-Colonel Kevin Kozak assumed command of 435 (Transport and Rescue) Squadron from Major Michael Sampson during a flight line parade at 17 Wing on the morning of 27 June 2016.

Maj Sampson had assumed Command three months earlier from LCol Brent Andrews when he retired from the RCAF.

The Reviewing Officer for the parade was 17 Wing Commander Colonel Andy Cook, a former pilot of 435 Sqn himself with 1800 flying hours on the CC-130 Hercules. After the flights were inspected by Col Cook and the incoming and outgoing Commanding Officers Major Sampson led a final March Past and handed the colours over to LCol Kozak.

"You may ask yourself, why am I so proud?" said Maj Sampson when he addressed the parade and spectators. "I am proud that every one of us, from the newest Aviator to the most senior Major, sets up every task to enable mission success. We have been operating at the highest operational tempo we have seen in many years and we are achieving it with less people and less aircraft."

"From this past May until late September we will effectively be operating 3 lines of tasking, which will require a minimum of 5 to 6 crews to achieve success, where 2 to 3 crews will be deployed at a time. 435 Squadron is only mandated for one and a half lines of tasking with periods up to two. That means that about 50% of the squadron will be flying in support of various missions, be it search and rescue or national sovereignty," Maj Sampson added.

Maj Sampson will be staying on with the squadron to help complete the upcoming taskings.

Following a presentation to Maj Sampson and the signing of the Change of Command certificates, the 17 Wing Commander, Col Cook, addressed the incoming and outgoing commanding officers and the guests.

"Certi provehendi, or determined to deliver, is the squadron motto of 435 Sqn," said Col Cook. "A more apt motto to describe the efforts of the RCAF personnel in front of you and their forbearers there never was."

After recounting the history of the squadron, Col Cook welcomed LCol Kozak back to the Wing and thanked Maj Sampson for the job he did on becoming the CO of 435.

"In his dealings with me since assuming command, Maj Sampson reinforced what I already knew about him; he's an officer with unassailable integrity, fiercely loyal to both his superiors and his subordinates, of incomparable ability as a navigator, and he is as concerned for each and every one of you as he is of his own family, for you are his family."

LCol Kozak, previously a member of 435 Sqn, was the last to address the squadron and guests and also spoke about the demands on the squadron for the summer season.

"While at 1CAD, I have been consistently impressed by the Air Force's trust in your ability to get the job done," said LCol Kozak. "Not only do you serve a critical role in providing air power, both in your Search and Rescue responsibilities and in your Air-to-Air Refueling mission set, you are consistently called upon to take on additional challenges. The pace of operations over the course of this summer is impressive, maintaining Search and Rescue obligations while concurrently providing AAR support to Maple Resolve, Maple Flag, RIMPAC and even heading to the South Pacific this August for Exercise Pitch Black."

LCol Kozak led the parade in an Advance in Review Order before the departure of the VIPs and the conclusion of the parade. A reception followed at the 17 Wing Officers' Mess.

Sports Trivia

Baseball Movies

by Tom Thomson and Stephen Stone

1. An unknown middle-aged ballplayer comes out of nowhere to become legendary. Based on a novel by Pulitzer Prize winner Bernard Malamud, starring Robert Redford.
2. Gary Cooper starred in this movie based on the life of Lou Gherig.
3. Charlie Sheen plays a pitcher for the Cleveland Indians with a hundred-mile-an-hour fastball whose previous baseball experience was in the California Peal League.
4. Kevin Costner stars in this movie about a major league pitcher at the end of his career who pitches a perfect game.
5. A frustrated fan of the hopeless Washington Senators makes a pact with the Devil to help the team win the pennant.
6. A sports agent uses an unconventional recruitment strategy to get Asian cricket players to play major league baseball.
7. Clint Eastwood plays an aging baseball scout who takes his estranged daughter with him on a scouting trip
8. James Stewart plays a Chicago White Sox pitcher who loses his leg in a hunting accident but equipped with a prosthetic leg makes a comeback to pitch in the minor leagues.
9. The story of the friendship between a star pitcher and a half-wit catcher as they cope with the catcher's terminal illness.
10. Tom Selleck stars as a once-great baseball player who is forced to play in Japan where his egotistical ways cause friction with his new teammates.
11. William Bendix portrays former baseball player Bill Johnson who is unsuccessful at everything when his ball-playing days are over and enters an umpire training school.
12. True story of Jimmy Piersall, who battled mental illness but was able to achieve stardom in major league baseball.
13. Story of the All-American Girls Professional Baseball League, founded in 1943 when most of the young men were overseas in World War II.
14. A dramatization of the Black Sox scandal when the underpaid Chicago White Sox accepted bribes to throw the 1919 World Series.
15. The story of Oakland A's general manager Billy Beane, and his successful attempt to assemble a baseball team on a lean budget by employing computer-generated analysis.
16. This movie is about a Texas high school baseball coach who agrees to try out as a major league pitcher if his team makes the playoffs.
17. A young woman reporter blames the Pittsburgh Pirates' poor performance on the obscenely abusive antics of their manager who starts hearing a voice. The 1951 original starred Paul Douglas and Janet Leigh. The 1994 remake switched to Anaheim Angels and starred Danny Glover and Christopher Lloyd.
18. A new kid in town is taken under the wing of a young baseball prodigy and his team in this movie set in the summer of 1962. They get themselves into many adventures involving rival teams, lifeguards, and a junkyard dog. There is a special guest appearance by the actor who voice Darth Vader.
19. When an accident gives a boy an incredibly powerful pitching arm, he becomes a pitcher for the Chicago Cubs. The movie is a remake of a 1954 movie called "Roogie's Bump."
20. The subject of this 1950 biographical movie played himself.

Sports Trivia Answers on page 18

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New Front Moves Into CFSMet Horizon



Major L.M. Baspaly, CFSMet CMTD, shakes hands with Maj S.J.P. Thivierge, CFSMet CMTD (incoming), during the CFSMet Change of Command Ceremony, on June 20th, 2016, at Bldg 75, 17 Wing. Photo: Cpl Darryl Hepner, 17 Wing Imaging

by Bill McLeod, Voxair Manager

Major Stephane Thivierge assumed command of the Canadian Forces School of Meteorology from Major Lisa Baspaly at a ceremony held at the 17 Wing Officer's Mess on the morning of 20 June, 2016.

Following an invocation by Padre Leslie Fox, Maj Baspaly was presented a thermograph from the staff of the school and a photograph before presenting CFSMet with

their own Intelligence Branch flag.

"Intelligence and meteorology, better together," said Major Baspaly during the presentation. She explained that the flag that flew over the school for the last two years was her own personal flag which had flown in the face of the Taliban and in the face of ISIS during her deployments so she was taking it with her but she wanted to make sure the school had a flag to fly when she left.

After signing the Change of Command Certificates, Maj Baspaly addressed the audience, first thanking all the senior officers who supported and set examples for her to follow and her peers at 17 Wing before thanking her staff at CFSMet.

"Guys, it was all about you," she said. "This was my first command and I can honestly say, that despite the lengths the Canadian Armed Forces went to, to prepare me for the position, I still learned something from each and every of the Met Techs I worked with."

Brigadier-General Carl Doyon, Commander of Canadian Forces Base Borden and Canadian Forces Support Training Group and Presiding Officer of the ceremony, commented on Maj Baspaly's performance and ability to be a part of the 17 Wing team despite being a lodger unit.

"In my opinion, one of Lisa's most significant achievements was really to make the unit recognized as a significant contributor to the Wing," he said. "Despite being one of the smallest units here at 17 Wing, I had a call from Colonel Cook who said CFSMet is the model lodger unit at 17 Wing."

Major Stephane Thivierge, the incoming Commandant, has had a varied career in the CAF before arriving in Winnipeg. After graduating from the Royal Military College he completed his Maritime Surface Officer training, his Under Water Warfare Officer training, changed occupations to the Naval Intelligence Branch, before eventually becoming a RCAF Intelligence Officer.

"Lisa, you have done a remarkable job here," Maj Thivierge said. "Thank you for leaving me such a close unit. It's a small unit but the knitting is so well done, you've achieved so much."

A reception followed at the Officers' Mess immediately after the ceremony.

Canadian Tire and Jumpstart Visit 17 Wing



NHL player Luke Schenn, 17 Wing Commander Colonel Andy Cook, Gord Miller of TSN, Jay Crowley of Canadian Tire Southdale, Jeff Smith of Canadian Tire, Mark Stone NHL player, Pat McEleney, Canadian Tire, and Glenn McLean, Canadian Tire Jumpstart, visited 17 Wing on 24 June 2016 as part of their commitment to Canadian Forces Morale and Welfare Services to provide \$300,000 in gift cards and sporting equipment donations across every military base in Canada. Photo: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

The Canadian Armed Forces and the Canadian Tire Family of Companies have a rich history in sport, said Jay Crowley, the owner of the Canadian Tire store in Winnipeg's Southdale area on June 24 at 17 Wing. Part of Canadian Forces Morale and Welfare Services June Is Recreation Month, the Canadian Tire Military Base Tour has been connecting military members with the Canadian Tire Corporation and Jumpstart Charities.

The event in Winnipeg, which included a series of morning recreation events in the sports fields and the gymnasium of Building 90 for Wing personnel, attracted about 250 military and civilian personnel and included a barbeque supplied by 17 Wing Food Services.

NHL stars Luke Schenn, a defenceman with the Los Angeles Kings, and Winnipeg native Mark Stone, a right winger with the Ottawa Senators, along with TSN's Gord Miller were also present at the event. Together with Mr. Crowley, they made a substantial sports equipment donation to the 17 Wing PSP Fitness, Sports and Recreation Department.

Canadian Tire is in the second of a three-year commitment with CFMWS.

Canadian Tire Jumpstart Charities is a National Charity that helps kids aged four to 18 from financially disadvantaged families participate in sports and physical activity by helping to cover the costs associated with registration, equipment, and/or transportation, according to the provided information.

"For the last two years, the Canadian Tire Corporation has given generously to Canadian Forces bases across Canada through donation of sports and recreation equipment and gift cards towards the purchase of additional sports and recreation equipment," said Wing Commander Colonel Andy Cook during his speech at the barbeque. "Here at 17 Wing those donations have been used extensively in our various recreational activities including the summer camps offered to families within the 17 Wing community. This year, those donations will go to towards expanding the resources available to our members and their families as they pursue a healthy and active lifestyle."

"I, for one, look forward to joining everyone here at 17 Wing for June is Recreation Month as organized by our local Personnel Support Program Services and as supported by Canadian Tire's contributions."

He also mentioned that CFMWS and CTC have enjoyed a meaningful relationship since 2013 when CTC (and its affiliate Forzani Group Limited) made a \$150 thousand donation of sports/recreation equipment which was distributed to Bases/Wings across the country including 17 Wing.

"The equipment received has been used extensively in our various recreational activities," said Col Cook.

He observed that the CTC's donations have included canoes, kayaks and related equipment, and gift cards for the purchase of other recreational sports equipment, as well as discount days to the military community at its SportChek stores and Mark's Work Warehouse stores.

"17 Wing's Community Recreation department has recently begun to work with Canadian Tire's Jumpstart Charities to assist in providing recreational sports activities for military families," Col Cook continued.

CTC also sponsors initiatives such as the Canadian Armed Forces Sports Awards and the 'Solider On' program, he said, explaining that Solider On helps retired and serving members of the CAF with an illness or injury adopt an active lifestyle through participation in physical, recreational or sporting activities.

"The visit by the CTC team today is an opportunity for them to meet the men and women of 17 Wing, to gain a better understanding of what we here at the Wing do, and to observe some of our units participating in various sports activities," Col Cook noted.

"Since 2005, Jumpstart Charities has disbursed more than \$2 million to local families to help nearly 26 thousand kids right here in Winnipeg get off the sidelines and into the game," said Jay Crowley, who also emphasized that sport has the power to inspire, foster self-esteem, and help teach children and youth important life skills like courage, confidence and teamwork.

Luke Schenn said that the CAF is the ultimate team. "They are contributing to a common cause and to our country," he added. Schen has been very involved with recognizing the contribution of the Canadian Armed Forces and has his own Luke's Troops charity which gives Canadian military members a chance to attend home games.

Winnipeg native NHL player Mark Stone said CTC's Jumpstart program is "awesome", while the CAF members are "the guys we look up to."

Both Mr. Schenn and Mr. Stone participated in an autograph session following the barbeque.



Gord Miller of TSN Sports reacts after taking a spin in a chair that gets the fluid in the inner ear moving to show aircrew some types of disorientation they may encounter. Gord was visiting the Canadian Forces School of Survival and Aeromedical Training at 17 Wing Winnipeg as part of military base visits being done by Canadian Tire and Canadian Tire Jumpstart Charities on 24 June 2016. Photo: Bill McLeod, Voxair Manager

Language Training Centre Graduates Students



17 Wing Commander Colonel Andy Cook presents a LTC French Course Certificate to Colonel Peter Dozois. All Photos: Bill McLeod, Voxair Manager.



Maj Hope Winfield receives a LTC French Course Certificate.



Captain Ken Mick receives a LTC French Course Certificate.



Lieutenant (N) Kristin Topham receives a LTC French Course Certificate.



Sergeant Matthew Baer receives a LTC French Course Certificate.

by **Johanne Frawley, LTC**

The 17 Wing Language Training Centre (LTC) would like to congratulate all the students who were successful in their second language training, in particular its year-long course participants. Col Dozois and Maj Tinsley met and even surpassed the objectives of the French Superior level course. At the Intermediate level, Maj Winfield, Capt Mick, Lt(N) Topham and Sgt Baer have also attained their objectives.

This year, the LTC has increased its course offerings, in English and French as a second language part-time courses and students attending those fared very well. As a result, a good number of candidates have achieved a C level second-language profile. The LTC team of dynamic, knowledgeable and dedicated teachers has been instrumental in guiding and coaching their students to the desired outcomes.

We congratulate all of you for all your efforts during the 2015-16 school year!

Le centre de formation linguistique souhaite féliciter tous les apprenants qui ont réussi leur formation en langue seconde, notamment les étudiants des cours continus. Le Col Dozois ainsi que le Maj Tinsley ont obtenu et même surpassé l'objectif du cours de niveau supérieur. Au niveau de la formation intermédiaire, le Maj Winfield, le Capt Ken Mick, le Ltv Kristin Topham et le Sgt Matt Baer ont également été en mesure d'atteindre leurs objectifs.

En ce qui concerne les cours à temps partiel, les étudiants se sont également très bien démarqués. En 2015-16, nous avons offert un nombre record de cours avancés et nous sommes fiers du succès des candidats qui ont été en mesure d'obtenir le niveau C.

Ce succès est dû en grande part à l'encouragement et au dévouement du personnel du Centre de formation linguistique. Nous vous remercions pour votre appui et engagement pendant cette période.

Promotion Ceremony for three 17 Wing Fire Fighters



Brig Gen Chad Manske, Deputy Commander Canadian North American Aerospace Defence Region, promotes MCpl Nelson Nordstrom to Sergeant during a promotion ceremony held at the Fire Hall, CFB Winnipeg MB on 29 June 2016. Photo: Cpl Gabrielle DesRochers



Cpl Brandon Terry, Cpl Ryan Moore and MCpl Nelson Nordstrom during the promotion ceremony held at the Fire Hall, CFB Winnipeg MB on 29 June 2016. Photo: Cpl Gabrielle DesRochers

by **Martin Zeilig, Voxair Photojournalist**

Brigadier-General Chad Manske (USAF), Deputy Commander, Canadian North American Aerospace Defence Region and Deputy Combined/Joint Force Air Component Commander, admitted that he didn't remember being helped by three 17 Wing Firefighters after he passed out some 300 metres from the finish line at the RCAF Run on June 5th.

But, he was sure appreciative of the assistance provided to him by Master Corporal Nelson Nordstrom (now Sergeant), Corporal Ryan Moore (now Master Corporal) and Cpl Brandon Terry (now MCpl), at the trio's promotion ceremony at the Fire Hall on June 29.

Brig Gen Manske was a surprise guest at the ceremony, at which about 20 people were present— including, Wing Commander Colonel Andy Cook, Wing Chief Warrant Officer Mike Robertson, as well as some civilian firefighters and the wife and children of Sgt Nordstrom. Brig Gen Manske presented the three firefighters with their new epaulets.

A medical emergency was communicated to the Wing Fire Hall for a patient who had collapsed during the 10 kilometre run, noted Master Warrant Officer John Pereira, 17 Wing Fire Chief, in his opening remarks.

"This person was transitioning back and forth from

being responsive to unresponsive," he explained. "Blue Crew, consisting of Master Corporal Nelson Nordstrom, Corporal Ryan Moore and Cpl Brandon Terry, was on duty and responded to the emergency and assisted in stabilizing the patient."

Unbeknownst to the response crew at the time, the patient in question was Brig Gen Manske, he added.

Although all three of the members being promoted assisted the general, being first responders to this situation had nothing to do with the promotions.

"It was just a coincidence that all three firefighters are on the same shift, all three helped Brig Gen Manske, and all three were due for promotion at the same time," said MWO Pereira.

"When I collapsed, I passed out," Brig Gen Manske recalled at the reception following the promotion ceremony. "I was out for 15 or 20 minutes. When I came to, I was on a stretcher and being put into an ambulance. I don't even remember them (the firefighters) helping me. I could feel myself slowing down."

He was taken to the Grace Hospital where he was kept overnight.

Brig Gen Manske is the senior U.S. Military officer in Canada. He represents the U.S. military and is responsible for mission effectiveness and administration

of USAF units assigned to Canada.

He noted that he'd been at the Manitoba Air Show in Southport the day before and had received mild sunburn which can cause a person to become dehydrated.

Brig Gen Manske also admitted that he had under-trained for the race.

"I was running at a faster pace than my training runs," he said. "So, the combination of sunburn and the fast pace caused my collapse. I suffered heatstroke."

Brig Gen Manske praised the three firefighters for their speedy response to his mishap.

"The gentlemen you see before you represent the very best part of what you have to offer," he emphasized. "Their life saving response made the difference."

He also observed that NCM's (non-commissioned members) are the foundation of the military.

"It was awesome that the general came to the fire-hall for the ceremony, and that someone we helped was able to give the promotions," said MCpl Brandon Terry.

"It was a pretty big honour to have my family here," said Sgt Nordstrom, noting that he is being posted to CFB Edmonton this summer. He also added that he didn't expect Brig Gen Manske to be present.

CAF Meets Canadians at the 2016 Red River Ex

The Red River Exhibition is held in Winnipeg each year. The local military units come to the fair to talk about their day to day jobs and display their equipment.



Captain Brian Bowen supervises a visitor in the cockpit of an F-18 at the Red River Ex on June 20, 2016. Photo: Cpl Jean Archambault, 38 CBG Public Affairs/ Affaires publiques du 38e GBC

by Martin Zeilig, Voxair Photojournalist

Emmanuel Domingo lifted the tied down C7A2 5.56-mm Automatic Rifle from its display table to his shoulder and peered through the weapon's sights at the interior tent wall.

Just moments earlier, the third year University of Manitoba science student, with his parents and two siblings, had wandered into the 38 Brigade display tent at the Canadian Armed Forces exhibit set up at the Red River Exhibition late in the afternoon on a sun blistering June 23.

"I think it's great," said Domingo to The Voxair. "It's a good immersion for people who don't know about guns. I actually have a friend who's in the Armed Forces. He says the training is hard and the schooling is good."

Domingo, who didn't completely rule out the possibility that he might join the CAF one day, was also

impressed with the 81-mm mortar, which enables soldiers to engage targets from behind cover, that was sitting on the ground by another table. Private Marc Garcia and Master Warrant Officer Chad Lelond, both of whom are Reservists, were staffing the tent on this shift.

17 Wing puts on a military display at the Red River Ex every year, said Captain Judd Fagrie, the OPI for this year's CAF exhibit. All three elements-- Army, Navy, Air Force-- are included.

The Department of National Defence and Canadian Armed Forces showcase their military vehicles, machinery and a recruiting centre, said Capt Fagrie as he showed off various displays.

A national exhibit from Ottawa featured four interactive screens and one of the touch screens showed current CAF operations world-

wide and across Canada.

"The public can touch all the little icons (on the screen) and photos and descriptions of the operations pop up," said Capt Fagrie as a visitor touched the icon relating to Operation Crocodile, and within seconds the large screen was filled with information about Canada's military contribution to the United Nations peacekeeping mission in the Congo.

Promotional material, including Learn Train Explore, the slick magazine size publication detailing the CAF's "Paid Education Programs" was available for free.

Among the other displays was the Naval Display Bus, which was equipped with a virtual demonstration of various ships in the RCN and a series of small touch screens that described all the jobs-- everything from marine engineering and Naval Electronics Technician (So-

nar) to a steward and much more-- available in the navy.

"This is a good venue," said Petty Officer 1st Class Leonard Lajoie, the recruiting officer for HMCS Chipewa, as a small but steady stream of visitors paid a visit to the bus. "For us being here, it's outreach and public awareness. This is an event for people to come see what the military does."

There were special events too.

For example, on June 26 17 Winnipeg Field Ambulance held a Teddy Bear Clinic, "a Limited Care Medical Facility (LCMF) designated to children's stuffed animals," said the promotional material. Medical Assistants or Technicians provided care "to stuffed animals by applying bandages, splints and casting" to their stuffed animals injuries.

On June 20 and 22, the 435 Squadron Search and Rescue Technicians performed aerial jumps to demonstrate parachuting capabilities.

A performance by the Queen's Own Cameron Highlanders of Canada Pipes and Drums, which were first formed in 1910 and are made up of serving soldiers and civilian volunteers, also took place at 7:30 and 8:30 pm on June 22. The pipes and drums are under the direction of Warrant Officer John Dawson and Sgt Kurt Hunter.



Master Warrant Officer Marc Lavoie from 38 Canadian Brigade Group (38 CBG) Headquarters explains how to use the light machine gun C9 to a visitor at the Red River Ex on June 20, 2016. Photo: Cpl Jean Archambault, 38 CBG Public Affairs/ Affaires publiques du 38e GBC

500 Wing RCAF Member Plants Flowers



Joan Whiston, with the help of 17 Wing staff, buys and plants flowers twice a year at the Garden of Memories. Photo: Bill McLeod, Voxair Manager

by Bill McLeod, Voxair Manager

Twice a year, in the spring and just before the Battle of Britain Parade, an elderly volunteer, now with the help of 17 Wing staff, spends a day buying and planting flowers at the Garden of Memories on Air Force Way.

Joan Whiston, one of the members of 500 (City of Winnipeg) Wing of the Royal Canadian Air Force Association, has been planting flowers in the memorial boxes since shortly after the Garden of Memories was dedicated in 1999. On June 2, with the transportation assistance of the Wing Chief Warrant Officer's Assistant Sergeant Mike Kuruliak, she was back again.

"I didn't do the flowers for the first couple of years," Joan said as she planted. "We had a professional doing it at the start."

The memorial was driven by the efforts of Chris Nielson, Jack Bessey, Norman Clark, and Albert Aldrich of 500 Wing with the support of 1 Canadian Air Division Commander Major General Lloyd Campbell and 17 Wing Commander Colonel Tom Watt. It commemorates the aircrew trained in Manitoba under the British Commonwealth Air Training Plan (BCATP) as Canada became, in U.S. President Roosevelt's words, "the aerodrome of democracy."

"The project started out as three flower beds," Joan said. The cost of the Garden of Memories was defrayed by donations for the inscribed stones around the memorial.

"There are 1600 stones in the Garden," said Joan. The stones have names of people from all over the Commonwealth.

It is fitting that there are still individuals and organizations, like Joan Whiston, 500 (City of Winnipeg)

Wing RCAF Assn., and 17 Wing staff remembering the contribution of Canada and Manitoba to the BCATP as this marks the 75th Anniversary of the formation of the first Canadian squadrons that came into existence as a direct result of the plan.

Canada agreed to provide facilities and training for aircrew from every part of the Commonwealth in an agreement signed in 1939 and in the end Canada also paid almost three quarters of the cost of the BCATP.

Over 131,000 aircrew were trained in the 7,000 hangars, barracks, and drill halls for the air bases and training schools. Enough concrete was used in the runways of the training bases to build a 6 metre wide highway from Ottawa to Vancouver.

It was a monumental undertaking for a relatively young country whose Air Force had 4,000 people, training facilities for 400 ground crew a year, and less than a dozen airports.

By the end of the Second World War, Canada had 215,000 personnel in the Royal Canadian Air Force and was the fourth largest air power of the Allied Forces, a testament to the effectiveness of the BCATP.

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Winnipeg JPSU Member Places at 2016 Invictus Games

by Martin Zeilig,
Voxair Photojournalist

A smile crosses the face of Master Warrant Officer Mike Fuentespina, Regional Sergeant-Major / Joint Personnel Support Unit Prairie Region, as he displays his two latest awards, both of which lay inside their respective felt covered jewelry boxes on his desk: the Order of Military Merit and a bronze medal in cycling from the 2016 Invictus Games.

"The Order of Military Merit recognizes distinctive merit and exceptional service displayed by the men and women of the Canadian Forces, both Regular and Reserve," says information on the Governor General of Canada's website. "Many have demonstrated dedication and devotion beyond the call of duty, and the Order honours them for their commitment to Canada ..."

His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, presided over an Order of Military Merit investiture ceremony at Rideau Hall, on Friday, June 3, 2016.

MWO Fuentespina was one of 55 Recipients; three Commanders, 12 Officers, and 40 Members, invested into the Order of Military Merit. Less than one percent of CAF personnel are awarded the OMM.

MWO Fuentespina, who is being posted to Ottawa with his wife, Major Lisa Baspaly, this summer, said the investiture ceremony was a spectacle.

The Invictus Games were held May 8-12 at the ESPN Wide World of Sports Complex at Walt Disney World Resort in Orlando, Florida. A total of 485 competitors from 14 nations participated in 10 sports during the week long sports festival, notes information from the Invictus Games website.

MWO Fuentespina was part of the 28 member Ca-



MWO Mike Fuentespina races to a Bronze medal at the 2016 Invictus Games. Photo: Martin Zeilig, Voxair Photojournalist

nadian Armed Forces team, which included six other cyclists.

Just prior to the Invictus Games in Orlando, he was with the Canadian team at a press conference hosted by Prince Harry in Toronto to help promote the 2017 games which will be held in the Ontario capital.

Prime Minister Justin Trudeau, Premier of Ontario Kathleen Wynne, and, John Tory, Mayor of Toronto, were there too.

"After the promotional events, Prime Minister Trudeau and Prince Harry met with us," said MWO Fuentespina, who has photos of his meetings. "He asked us how we're doing in our recovery. He's very genuine. It's easy for military guys to relate to him because he served in Afghanistan with the British military."

The Invictus Games, which received extensive coverage on ESPN, was visited by celebrities like former U.S. President George W. Bush, U.S. First Lady Michelle Obama, Hollywood actors like Gary Sinise and Morgan Freeman, as well as Prince Harry.

"The organizers assembled all the volunteers from the Athlete's Village and Prince Harry came by to meet them all," MWO Fuentespina, a native of Winnipeg, who was a member of the Canadian National Junior Road Racing and Track Cycling Team many years ago, said. "He was taking time to meet people behind the scenes."

He called the high performance participants at the games excellent athletes.

MWO Fuentespina will be recognized at the Manitoba Legislature this month for his bronze medal performance in Orlando, and afterwards will have "a meet and greet" with Premier Brian Pallister.

"I head up the whole cycling program for Soldier On in Canada, So, I gave my recommendations for what guys to be on the high performance team. We trained with the Canadian National Team in Victoria, B.C. We also had training camps at the Toronto Pan Am Sports Centre and the national team coaches in all the sports came down (to help out and observe). It was really quite amazing. A number of Olympians came to speak to us."

Overall, being in Orlando at the Invictus Games was a great experience, he emphasized, who also mentioned that another Manitoban, retired CAF member Sarah Dentry-Travis, won a silver medal in archery in Orlando.

"It's really all about athletes connecting with other fellow athletes who know what they've gone through," MWO Fuentespina observed. "So, it's easy for them to lean on people who understand. I've been on a lot of sports teams, but this one has been the closest with regards to personal relationships with other athletes. The other guys are still going through their personal issues."

required by the MFRC.

CANEX and 17 Wing Appreciate Volunteers

by Martin Zeilig, Voxair Photojournalist

For Lois Mallet, Chair of the Board of Directors of the Military Family Resource Centre, the Annual 17 Wing CANEX Volunteer Appreciation evening, was, in her words, "so justified because of the time people give to volunteering."

The event, which attracted some 80 volunteers and their families, was held at Celebrations Dinner Theatre on June 12 as a way to thank the volunteers that make the MFRC work.

"Time is a precious commodity," said Mallet just prior to the beginning of the onstage performance of an entertaining production, with a talented and energetic young cast, called *The Big Boom Theory 3: The Early Years*.

"If you want something done, always ask a busy person because the others have no time. This is an amazing group of humanity. The expertise (of the volunteers) in this room is outstanding," Mallet added.

The entire evening, which included a four course meal, was sponsored by CANEX, emphasized Deanne Bennett, Personal Support Programs Community Recreation Coordinator, during her brief introductory remarks on stage.

"CANEX currently supports volunteer events at all CAF bases," she said. "Their generous contributions have helped us celebrate the spirit of volunteering at 17 Wing Winnipeg. CANEX is designed specifically to meet the needs of the military community and, in many ways, goes beyond the normal retail requirements in order to

ensure the military community reaps extra benefit from the operation.

"From everyone at 17 Wing, we would like to thank CANEX for their continuous support. Volunteers are an important part of helping to improve quality of life for all, and today provides the opportunity to both recognize and celebrate all of you," Bennett said.

Norma Mulcair, 88, has been volunteering at 17 Wing for the past year and a half. Ms. Mulcair was at the Volunteer Appreciation evening with her daughter, Margaret Mackenzie, whose husband is Lieutenant-Colonel Paul Mackenzie.

"I go to the MRFC once a month," said Ms. Mulcair, a former librarian and secretary, who moved to Winnipeg from her native Montreal with her late husband, Gerald Mulcair, in 2012. Margaret said her mother has been volunteering all her adult life.

"I love meeting people and having something to do," offered Ms. Mulcair, who said she loves living here because there's so much to do.

Roberta and Tom Dillon, a married couple, are both volunteers at the base garden club. Roberta is a civilian worker at 17 Wing Supply.

"We like to give back to everyone who works at the base," said Tom, a civilian employee at 1 Canadian Air Division, who's a past president of the garden club.

Volunteer Lisa Gillis, whose husband is Lieutenant-Commander Ian Gillis at HMCS Chippewa, helps out with coffee mornings, the barbeque and anything else

required by the MFRC.

"Volunteering is a way to connect with people," said Ms. Gillis, noting that she and her husband, who "helped out" at the MFRC's Sugar Shack earlier in the spring, moved here from Ottawa last September. "It's providing something that will allow people to connect with others and enjoy themselves."

Barb Thuen, Coordinator of Volunteers for the MFRC, observed that Canadians have a rich history of volunteering and community involvement.

"Volunteers are on the front lines of all our community services," she said. "Each volunteer present today represents the volunteer spirit that is alive and at work at 17 Wing. Our volunteers are active all over the Wing, and beyond its boundaries. Volunteering is a wonderful way to make a valuable contribution towards a strong community, as well as a way to gain personal rewards and benefits, increasing your skills and making new friends."

She also extended a thank you to the families of volunteers, "who enable the volunteers to do what they do."

17 Wing Commander Colonel Andy Cook was very pleased to be in attendance at Celebrations.

"It's great that the MFRC and PSP can take an evening like tonight to give back to those volunteers who give much to the military community," he remarked during an interview with a reporter. "They help make the 17 Wing community a better place to serve."

Royal Canadian Air Cadets Celebrate 75th Anniversary

by 2Lt Betty Froese

Canada's Royal Canadian Air Cadet Program reached a significant milestone this year marking its 75th Anniversary. Manitoba celebrated with over 300 Air Cadets and members of the Royal Canadian Air Cadet Squadrons from across the province, participating in a Freedom of the City March to Winnipeg's City Hall on Saturday, June 11th.

Cadets from across Manitoba marched through the streets of Winnipeg, starting on Princess Ave, making their way to City Hall. With band playing and flags held high, traffic was stopped for the parade procession for the Freedom of the City Ceremony, something which had not ever happened in the history of the Air Cadet Movement in Manitoba.

The Freedom of the City Ceremony is one of the oldest surviving traditional ceremonies still in existence today, where a military unit is given permission to march through a city, "with drums beating, colours flying, and bayonets fixed". It is an honour usually bestowed upon a local regiment, in recognition of their dedicated service.

Doug McLennan, Chairman of the Air Cadet League Manitoba Provincial Committee, explains the historical significance of the Freedom of the City Parade and Ceremony, and how it relates to this weekend's event.

"To have the ability to have the Freedom of the City Parade is a thing unto itself, as it's not granted to many organizations or groups," says McLennan. "To be able to do that for the Air Cadets on their 75th, and to have His Worship, Mayor Brian Bowman, here to lead the festivities and to make the presentation of the Freedom of the City plaque is just wonderful! And it's great for the cadets too. You can tell just by looking at them. They're smiling, they're happy, they're very glad to be here and to be part of this. The Freedom of the City Ceremony is given by the City of Winnipeg today on the occasion of the 75th Anniversary of the Air Cadets so we can profile the Air Cadets, not only in Winnipeg but also in Manitoba."

Parade Commander, Captain Chris Higgins, continued to lead the Air Cadets through the afternoon as ceremonies continued at the Manitoba Legislature grounds with Lieutenant Governor Janice Filmon in attendance for the Canadian Flags and Banners Ceremony. LGov Filmon and fellow dignitaries participated in the inspection of the cadets. The proceedings ended with a formal picture taken of the cadets, dignitaries and officers on the steps of the Legislative Building.

The Royal Canadian Air Cadet Program was founded jointly by the Air Cadet League of Canada and the Royal Canadian Air Force in



Air Cadets celebrate the 75th Anniversary of the movement by exercising their Freedom of the City in Winnipeg on Saturday, 11 June. Photo: 2Lt Betty Froese.

1941. Doug McLennan was a cadet, himself, with 82 RCACS, Brandon, from 1965 to 1970. He shares how the Air Cadet League of Canada shares the support of the Air Cadet Program with the Department of National Defence.

"The Air Cadet League is one-half of a partnership with the Department of National Defence, as we promote the Air Cadet Program." McLennan explains, "In Manitoba, the League partners with the Regional Cadet Support Unit, for support with officers and staffing. The Cadet League works with the sponsors of the various squadrons, the squadrons' sponsoring committees, and the parent committees. And what we do is try and form that partnership so that there's involvement with the parents, there's involvement with DND, and together we make the program what it is."

Through the Cadet program, the Government of Canada is investing in today's youth and Canada's future. The Cadet Organization is committed to developing youth in the attributes of good citizenship and leader-

ship. Through the program, youth develop an appreciation for community membership and involvement within their communities, both locally and abroad. Through their active involvement, cadets continue to have a positive impact on those very communities, contributing to community strength and vibrancy.

More than 24,000 youth participate in the 450 Air Cadet Squadrons across Canada. Manitoba currently has 24 squadrons, with over 1400 Air Cadets parading each week. McLennan says there are just over 270 civilian volunteers, many Cadet Instructor Cadre Officers, Civilian Instructors, and Regular Forces members who dedicate themselves to make the program what it is in Manitoba. "We have a lot of support from

our communities, as well, that come out and support their squadron, because

they know what that squadron does for the community and they know what the youth program, the Air Cadet Program, does for their cadets." McLennan adds, "And they can see a difference. The cadets have more self-confidence, they have more self-discipline, and they're set for the rest of their lives. They have a path to go on, and that's the Air Cadet Movement in Manitoba."

For more on the Cadet Program, visit cadets.gc.ca. There, you will find information on the Army, Air and Sea Cadet Programs in your community.

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LCol (Retired) Bernard DesAutels bids farewell to Army Reserve



LCol (Retd) Bernard DesAutels. Photo: 2Lt Betty Froese.

by Steven Fouchard, with files from Lynn Capuano, Army Public Affairs

Winnipeg, Manitoba — For Lieutenant-Colonel (Retired) Bernard DesAutels, retirement does not mean a full stop, just reducing his workload from two jobs to one. LCol (Retd) DesAutels is retiring from the Canadian

Army Reserve after an eventful, 42-year military career that began in the Air Reserve and took him from his birthplace of Saint-Boniface, Manitoba to Europe and the Middle East, leading him to his final stop as Senior Army Reserve Public Affairs Officer (PAO).

“For the small military Public Affairs community, Ben’s departure is like the proverbial disappearance of a library,” noted Brigadier-General Marc Thériault, Director-General Public Affairs. “He began his service as a Technical Crewman with the Air Reserve and since then, he never ceased demonstrating curiosity and interest for telling the very human and vibrant story of the Canadian Armed Force’s people. Ben remains remarkably young at heart. We are losing one of our best educators.”

Colonel Jay Janzen, Director Public Affairs, Planning (Operations) agreed about LCol (Retd) DesAutels’s contribution, calling him a dedicated and passionate officer who brings exuberance, tact and diplomacy to his work. Lieutenant-Colonel Michel Mailloux, Director, Army Public Affairs further echoed those sentiments, noting LCol (Retd) DesAutels’s “outstanding contribution to the whole CA Reserve.”

Steven Fouchard, with files from Lynn Capuano, Army Public Affairs

He is retiring not by choice, but because he has reached the mandatory retirement age, despite recently placing third in a group of much younger military members taking the Canadian Armed Forces (CAF) Minimum Physical Fitness Standard testing.

LCol (Retd) DesAutels plans to continue his 30-year career as an educator with the Division scolaire franco-manitobaine, where he currently serves as principal of

École Roméo-Dallaire in Winnipeg.

In the following interview, LCol (Retd) DesAutels discusses the challenges of balancing two careers, his experiences overseas, and the relationships he says made his military career memorable.

Q: Your career began in 1974 at 402 Air Reserve Squadron and you simultaneously pursued a Bachelor’s degree in Criminology and Psychology. How did you balance those priorities?

A: “When I had time, I’d come home, and I’d be taking university distance-learning courses. And concurrently with the Canadian Forces and my studies, I became a guard at the Headingley Correctional Centre in Manitoba. They usually gave me afternoons, so that would be 4 p.m. to midnight and, when things were quiet. It would give me the time to study. If they asked for a double shift I’d accept that and I’d do the midnight to eight shift, then go back to university at 10 in the morning, and do it all over again. There was a lot of midnight oil that was burned.”

Q: When you left the Air Reserve after 23 years to focus on teaching, you joined the Army Reserve (with the former Manitoba Lakehead District, now 38 Canadian Brigade Group (38 CBG) in Winnipeg) almost immediately afterward. What prompted the move?

A: “That’s a funny story, actually. My squadron colleagues and I were celebrating my departure when a junior Army officer approached me at the mess. He said to me, ‘Dez, you can’t leave! You speak French, you like public speaking! The Army has a job for you!’ At first, I did not care to continue and declined the offer. But 30 minutes later, a senior Army Officer, a Lieutenant Colonel, wanted to speak to me on the phone. He asked me if I would be around the following week, the next Tuesday night. I said, ‘Yes sir, I’m returning my uniform.’ He then asked to see me, and I agreed. When I was about to hang up the phone, he said, ‘How do you like your coffee?’ I was puzzled by that question, and I said, ‘Black, sir.’ One week later, I knocked on the door at the designated time. It was a big, expansive room with a beautiful oak table. The Lieutenant Colonel was sitting behind it, and on the corner of that table, a cup of steaming coffee was waiting for me: black. Well, that was the hook. That did it for me. It was a blessing in disguise. I never regretted it.”

Q: What will you miss most?

A: “What I’m going to miss in the military are the people that I’ve met, the people that I’ve had the pleasure of working with. It has everything to do with relationships. That’s really what kept me in the military. The Canadian Forces provided me wonderful opportunities to grow professionally and personally, and I seized those opportunities. No regrets!”



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CWO’s Scroll Presentation



Colonel Andy Cook, 17 Wing Commander, and 17 Wing CWO Mike Robertson, present CWO D.R Clark the Chief Warrant Officer’s Scroll during the Wing Commanders’ Honours and Awards Ceremony on June 7th at the 17 Wing Officers’ Mess. Photo By: Cpl Darryl Hepner

In Memoriam: Captain Zachary Cloutier-Gill



Captain Zachary Cloutier-Gill was born on August 23, 1987 in Chatham, New Brunswick. His entrance into this world was quite a memorable one for his parents, as he was actually born in a car on a highway in Chatham. He grew up in St-Jovite, Quebec. Zach always had a great love of music, as shown by the music-focused program he did during his high school years. His main instrument was drums, but he also played the saxophone. After graduating from Polyvalente Curé-Mercure in 2004, he enrolled in the Canadian Armed Forces as an Armoured Officer. After a summer in an armoured unit, he realized this would not be a good fit. He then requested a Voluntary Occupational Transfer to Air Navigator, now called Air Combat Systems Officer (ACSO). After his preparatory year at Royal Military College St-Jean, he attended the Royal Military College (RMC) in Kingston, where he completed a Bachelor of Arts in Business Administration, with a minor in History. While at RMC, he was involved in Broomball and Ball hockey teams. His love of Broomball continued past those RMC years, attending an annual Broomball tournament in Quebec with his team, "Les Coats de Cuire"; something he always looked forward to. He graduated with Honours from RMC in 2009 and was posted to 17 Wing, Winnipeg. After successfully completing his ACSO course in 2010, he was posted to 435 Transport and Rescue Squadron, where he worked on the CC-130 Hercules, participating in numerous Search and Rescue missions as well as air-to-air refueling exercises and operations. It was during his time at 435 Squadron that Zach and Mel officially met, although they had known of one another during RMC. After meeting at a party in 2012, they began dating in 2013 and

became a couple whose relationship and devotion to one another was admired by all who knew them. In 2015 he was posted to 1 Canadian Air Division Headquarters to work in the Air Mobility Division. Zach was known by everyone as an avid outdoorsman, an outstanding RCAF officer and a devoted spouse, son and friend. His family and close friends take comfort in knowing that Zach lost his life doing something he loved.

Captain Cloutier-Gill is survived by; his spouse, Mélanie; father, Jacques; mother, Marguerite; her husband, Normand; and siblings; Noumia, Jason, Karianne, Laurie, Gérémy, Élyse, and Fabien.

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In Memoriam: Captain Bradley Ashcroft



Capt Bradley Ashcroft was born in Brandon, MB and grew up on a grain farm in rural Manitoba, near the Town of Shoal Lake, with his parents and younger sister. He completed all of his primary and secondary education in Shoal Lake graduating from high school in June 2007. Throughout high school, he was employed by his father on their family farm. These early experiences growing up and working on the family farm developed many practical skills relevant to his future within the Construction Engineering trade, such as maintenance on machinery and infrastructure, including basic electrical, carpentry, plumbing and landscaping.

Additionally, to set Capt Ashcroft on his path to the Royal Canadian Air Force, Brad was heavily involved in the Royal Canadian Air Cadet Squadrons (RCACS). Brad joined at the age of 12, later rising to the rank of Cadet Warrant Officer 1st Class in 317 RCACS in Strathclair, MB, and serving as a cadet glider familiarization pilot,

which gave him an understanding of basic airfield infrastructure. During his time with the Air Cadets, Brad embraced his love of aviation receiving his Gliding and Power Pilot scholarships, the Cadet Legion Medal of Excellence and the Cadet Lord Strathcona Medal.

In June 2007, following in his grandfather's footsteps of military service, Capt Ashcroft enrolled in the Canadian Forces as a Construction Engineering Officer, and a few days after his high school graduation he arrived at CFLRS St-Jean to begin his Initial Assessment Period (IAP). After completing IAP in August 2007, he arrived at RMC to march through the arch and begin his first year as a member of 8 Squadron. After completing first year in engineering, he chose to switch into the Physics program. The years at RMC were interspersed with two periods of French training and the Basic Officer Training Period (BOTP) in St. Jean, the Common Army Phase (CAP) and Construction Engineering Officer Course 1.1 course in Galetown. During his time at RMC, Brad decided he liked the place so much that he would stick around for an extra year of studies and used his new found spare time to change to a double major in Physics and Space Science with a minor in Psychology. Following this, Brad went back to finish his final year at RMC, as the Cadet Squadron Leader of 8 Squadron. He also was involved at RMC as the manager of the men's varsity soccer team.

Following graduation in 2012, as a Second Lieutenant, Brad had the opportunity to get a taste of what Construction Engineering actually was like during his summer of On-the-Job-Employment (OJE) at 17 Wing Construction Engineering (WCE). He spent most of the summer getting to understand what the various tradespersons jobs were, by getting his hands dirty working in the sewage plant, driving fire trucks, painting with the carpenters shop, and catching fish between project work at Springer Lake. At the end of the summer, Brad enthusiastically returned for his Construction Engineering Officer Course 1.2 at CFSME. Apparently, he must have liked his experiences at 17 WCE so much, that he actually asked to go back there, and took over the position of Wing Construction Engineering Operations Officer, responsible for the day-to-day maintenance of the wing's infrastructure and the key POC for any infrastructure emergencies. Brad did such an exceptional job during his tenure here, that he was advance promoted from the rank of Lieutenant to the rank of Captain after scarcely a year in the position.

At every opportunity, as soon as he was eligible, Brad made very clear his willingness to deploy and his eager-

ness to gain operational experience. In the summer of 2014, Brad got his first taste as he got to assist with the flood mitigation as the Liaison Officer to the Army for OP LENTUS near Portage La Prairie, MB, for which he received special recognition by the Wing Commander for his actions. In June 2015, Capt Ashcroft had an interesting opportunity to undertake the Aerospace Studies Program (ASP, serial 68) at the Canadian Forces School of Aerospace Studies (CFSAS) along with a Post-Baccalaureate in Aerospace Project Management through the University of Manitoba. His yearlong ASP project studied anti-jamming GPS antennas for use by the Canadian Armed Forces (CAF), and provided recommendations on future CAF research and development in this field. In June 2016, he graduated, becoming the first Construction Engineering Officer to complete the ASP. Following graduation, Capt Ashcroft was posted to 1 Canadian Air Division Headquarters to assume the role of A5 Continental Plans.

Throughout his career, Brad displayed an immense love of learning, regardless of the field. He was always way ahead of all his peers for any professional development training, completing all junior officer professional development courses (over 8) shortly after arriving at his first unit. Additionally, he used his free time to complete civilian based training, such as the diploma he received in Project Management from Red River College. Regardless of the work load, be it on tour or in a demanding position on the wing, Brad was constantly learning, both formally and informally.

Brad's interests during his free time included flying, gliding, running (including the recent Winnipeg Police half-marathon), hunting, weekend farming, curling, ultimate Frisbee, hiking, snow shoeing, biking, and camping. He was an avid Rough Rider's fan, and had dreams of one day being the manager of the MTS Centre (just for the free Jets tickets). He always remained connected to the Cadet organization, and volunteered to be a Cadet Liaison Officer with 573 RCACS and 2701 PPCLI RCACC. Throughout 2013 and 2014 he instructed and assessed the PPCLI army cadets as a volunteer. In 2015, he rejoined the Brandon Cadet Flying site, becoming a role model for all the staff in dress, deportment and competency. He was very committed to giving back to the cadet organization that had supported him for so many years.

Brad's tragic departure from this world occurred on 1 July 2016. He leaves behind his mother, father, girlfriend Nora, sister, grandparents, as well as many aunts, uncles, cousins, and friends.

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CFS Met Forecasting Course Graduation

by MCpl Ashley Morales-Sims

June 24th 2016 was the culmination of that highly coAfter five and a half months of hard work, June 16th, 2016 brought the long awaited graduation day for 8 students on the Meteorology Forecaster Course at the Canadian Forces School of Meteorology (CFS Met) 17 Wing Winnipeg. After these many months of training, the Met trade now has 8 new Forecasters to add to desks across Canada.

CFS Met had the great privilege to have Lieutenant-Colonel (LCol) Jonathan Nelles, Wing Operations Officer of 17 Wing Winnipeg, accompanied by Chief Warrant Officer (CWO) Giorgio Frausin, 17 Wing Operations CWO as our Guests of Honour for the graduation ceremony.

LCol J. Nelles was assisted by CWO Malcolm Taylor, the Canadian Forces School of Meteorology Chief Warrant Officer, in presenting Master Corporal (MCpl) Kelena Kelly with the CFS Met "Certificate of Academic Achievement" award for the Met Forecaster Course for the highest academic marks on the course, along with 2 promotions one to MCpl Danielle Allen to the rank of Sergeant and MCpl Emmanuelle Dompierre to the rank of Sergeant and lastly Sgt Danielle Allen was presented with her General Campaign Star South West Asia first rotation bar.

The new Forecasters have now returned to their units to share their newfound knowledge.

Well, the training here at CFS Met never stops and by the time you read this article we will have two new courses at the School; Tactical Weather Specialist and Forecaster.



CFSMET staff and graduating course, during the CFSMET, Serial 1601 graduation Ceremony on June 16th, 2016, at Bldg 84, 17 Wing Winnipeg, MB. Back row (left to right): Mr. Curtis Downie, MCpl T.L. Nissen, MCpl M.T. MacDonald, Sgt E.M. Dompierre, MCpl P. Falardeau, Mr. Derrick Kania, Mr. Eric Dykes. Middle row: Mrs Cathy White, MCpl M.L. Wilson, MCpl P.J. Shears-Lush, MCpl K.B. Kelly, Sgt D. Allen, Melanie Boudreault and Sgt L. Legault. Front row: Mrs. Jasmin Paola CWO M.P. Taylor, CWO G. Frausin, LCol J. Nelles, Mr. Chad Thompson, WO R.G. Gagne. Photo: Cpl Darryl Hepner, 17 Wing Imaging.

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Retired RCAF Member Art Brown Cycles Across Australia



Art Brown in Esperance, Western Australia on May 6, 5500 kilometres into the ride. The Beast is on the right. Photo: Supplied.

by Martin Zeilig, Voxair Photojournalist

Retired Royal Canadian Air Force Lieutenant-Colonel Art Brown concedes that cycling across Australia was not his first choice for a long distance road trip.

Brown, 60, who spent 39 years in the RCAF and lives in Winnipeg, rode a recumbent bicycle 6,404 kilometres across the “land down under” from February-June, 2016.

He first took up cycling in earnest back in 1990 while stationed in Yuba City, California on exchange with the United States Air Force, Brown said on his blog.

“Coming from Canada, it was the first time I had ever lived in an area whereby the climate was conducive to year-round cycling,” he wrote. “My first long distance tour was a supported ride from Sacramento to San Francisco via the Napa Valley and finished by crossing the Golden Gate Bridge. It was a fantastic trip and hooked me on cycle touring. I joined Adventure Cycling Association a non-profit organization dedicated to inspiring and empowering people to travel by bicycle, and a few years later started leading tours for them; and still do. Therefore, the majority of my touring has been in North America and always with a group.”

This trip was planned as a retirement reward to himself, Brown said, adding that his wife, who has always supported his many adventures, gave her ok and was more than happy to stay at home and look after their

two dogs.

Cycling across Australia was his first solo trip.

“My original cycling plan for 2016 was to complete the Tour d’Afrique, a supported ride from Cairo to Cape Town which would have cost \$15,000 US,” writes the trimly built Brown on his blog site - crazyguyonabike.com

“I had registered for the 2016 ride two years earlier, but when it came time to pay up the exchange rate would have made it a \$21,000 Cdn trip not including airfare. Bottom line, doing Oz by myself would be cheaper so I did not put any limit on my daily expenditures. A quick wag on what I have spent is \$8,383.”

He started planning for the trip back in January 2015.

“I came up with a route and mileage and booked an airplane ticket and went over and did it,” said the 5’6”, 140 pound Brown, who along with his wife, Susan, has an adult son and daughter and four grandchildren. I chose the months of February through May because I didn’t want to be there in the dead of their summer when it’s unbearably hot with temperatures in many areas of the country. I started in Sydney and ended on the west coast in Perth.”

His trip was also a fund raiser, via donations, for Soldier On, a Canadian organization that supports currently serving members of the Canadian Forces and veterans to overcome their physical or mental health illness or injury through physical activity and sport.

“I was extremely fortunate in my career to not sustain a major injury, physical or mental, and simply wish to give something back to all my comrade in arms that have paid a price for their service to Canada,” said Brown on his website, noting that he has survived both prostate cancer in 2005 and melanoma on his leg in 2011.

Along the Great Ocean Road in Victoria State, Australia is nothing but coastlines and stunningly beautiful beaches, he enthused.

Brown also visited Tasmania, an isolated island state off Australia’s south coast, that’s known for its vast, rugged wilderness areas, largely protected within parks and

reserves, notes Wikipedia.

“While I was there, I toured the 19th-century Port Arthur penal settlement, which is now an open-air museum,” he said. “I took a break in Adelaide and booked a flight and three day hiking and camping tour out of Alice Springs in the Northern Territory.”

He took the opportunity to visit Uluru, formerly Ayers Rock-- a massive sandstone monolith in the heart of the Northern Territory’s Red Centre desert, 450 km from Alice Springs.

“It’s sacred to indigenous Australians and believed to be about 700 million years old,” says online information.

Some of the other highlights experienced by Brown include, crossing the Nullarbor Plain, part of the area of flat, almost treeless, arid or semi-arid country of southern Australia, located on the Great Australian Bight coast with the Great Victoria Desert to its north; teaming up with an Australian couple, Andrew and Adele, to ride across the desert region; encountering such wildlife as Red Bellied Black Snake, Python, kangaroo, wallaby, camel, dingo, red fox, echidna and emu; among other things.

“The scariest part was being passed by large trucks and buses,” Brown stressed, noting that giant road trains – trucks hauling several trailers –roar down the Nullarbor highway. “I was always watching my rear view mirror, and when you saw traffic coming towards you or behind you, you had to make the decision to get off the paved portion on to the gravel shoulder. I even went into a ditch (beside the road) once.”

What made the trip extra worthwhile was meeting people along the way, he emphasized.

“The vast majority of people I met were Australians,” added Brown, who carried camping gear, cooking equipment and food “to sustain myself on the road” on his bike, which flew both the Canadian and RCAF flags. “I had multiple offers to stay with them if I was coming through their town; and, I did this on a couple of occasions.

“When you’re traveling on a bicycle and you pull into some place the bicycle attracts people to you because they want to know where you’re from and where you’re going to. This leads to a whole bunch of other questions. You’re traveling at a slower pace. So, you can see and smell and experience more than if you’re in a car.”

Deer Lodge Centre Celebrates 100th Anniversary



Canadian Forces Surgeon General, Brigadier General Colin MacKay (centre) and Chief Warrant Officer Martin Colbert (right) meet with veteran Michael Slater at Deer Lodge Centre during the 100th Anniversary Celebration. BGen MacKay presented a Commander’s Commendation to the Operational Stress Injury Clinic which was accepted by the manager, Michael Kaan. Photo: Bill McLeod, Voxair Manager.

by Gloria Kelly

Deer Lodge Centre marked its 100th anniversary with pomp, ceremony and the unveiling of a new cornerstone by Her Honour Janice Filmon, Lieutenant Governor of Manitoba.

The largest rehabilitation and long term care centre

in Manitoba, Deer Lodge was initially established to serve veterans of World War I who were in need of care when they returned home from the battlefields of Europe.

While Deer Lodge Centre today is administered by the province of Manitoba under the Winnipeg Regional Health Authority, it is still home of many veterans and the Veterans Affairs run Operational Stress Injury (OSI) Clinic. The OSI Clinic serves both veterans and serving members in need of care and support.

As part of the anniversary celebrations Canadian Forces Surgeon General, Brigadier General Colin MacKay presented the OSI Clinic with a Commander’s Commendation, recognizing the outstanding work done

by the clinic team. Accepting the award was clinic manager Michael Kaan.

In addressing the gathering BGen MacKay said, “There is a tremendous amount of innovation that has spawned from the work of the staff here at Deer Lodge

Centre over the past 100 years, innovation in mental health, geriatric care, rehabilitation care and orthopedics. The engagement in research that has been undertaken here at Deer Lodge and your sharing of your tremendous knowledge with others so that they may learn and benefit from what you have done here over the past 100 years is exceptional.”

“I am here to acknowledge a more recent relationship the military has had with Deer Lodge Centre and that is with the Veterans Affairs Canada Operational Stress Injury Clinic. Our conflict in Afghanistan and other conflicts such as Somalia, Rwanda, and Bosnia have taken a significant toll on our more recent serving members and a significant mental health toll.

The military members who serve in Shilo and at 17 Wing here in Winnipeg have not been immune to that.

We have had some concern with being able to recruit mental health providers within the military and we have been able to rely on the OSI Clinic here at Deer Lodge Centre to really help us out and take on the patients that we have and help them with their mental health needs. The work they have done has been tremendous in returning some of those who are suffering operational stress injuries to work and to also help those who are not able to return to service to transition into their civilian lives and to help us to fill that gap between military service and civilian life.”

BGen MacKay and Canadian Forces Health Services Chief Warrant Officer Martin Colbert took part in the unveiling of the new cornerstone and were able to spend some time speaking with veterans who call Deer Lodge Centre home.

3 CFFTS: Training RCAF Pilots Over the Prairies



3CFFTS Rotary Wing Pilots. Photo: Supplied.

by Martin Zeilig, Voxair Photojournalist

Known amongst RCAF personnel as the place where all future fixed-wing and rotary wing pilots are trained, it might be the best kept secret amongst the general public in Canada.

3 Canadian Forces Flying Training School at the Southport Aerospace Centre is located adjacent to Portage la Prairie, about 89 kilometres west of Winnipeg. The mission of 3 CFFTS is to conduct pilot training. A total of about 250 people, civilian and military, run all aspects of the school.

Canada Wings Aviation Training Centre integrates National Defence, Allied Wings and the Southport Aerospace Centre into a group partnership. Allied Wings, as the training system integrator, and the Southport Aerospace Centre maintain the aircraft, operate the airfield, and provide all of the services necessary for 3 CFFTS's effective operation.

A private company based at the airport, KF Defence Programs (from Kelowna, B.C.) provides pilot training to the RCAF. KF Defence Programs is a joint venture between KF Aerospace, Canadian Helicopters, Atlantis Systems International, and Canadian Base Operators.

3 CFFTS tasks include oversight of the Primary pilot selection and training of all Air Force pilots provided by Allied Wings, who also conduct the visual flight rules flight training for all Air Force navigators.

It also conducts helicopter pilot training and multi-engine aircraft pilot training using a variety of aircraft, including the Raytheon King Air C-90B multi-engine trainer and the Bell CH-139 Jet Ranger training helicopter. The Grob 120-A elementary trainer is operated by Allied Wings.

Advanced Flying Training for helicopter and multi-engine aircraft pilots is done using a variety of aircraft, including a Bell 412 Outlaw training helicopter.

During a recent visit to 3 CFFTS, which included an hour long ride aboard a Bell 412, The Voxair had the opportunity to meet with some of the people involved in providing flight training, as well as students and other CAF and civilian personnel

"Typically, everybody comes here for at least the start of their flight training," said a helicopter flying instructor. "Those training to be helicopter or multi-engine pilots will return here for advanced training."

2nd Lieutenant Erin Edwards, a six year member of

the CAF, was filling out a pre-flight information sheet in the OPS room, which is connected to the enormous corrugated steel framed main hangar. She was preparing for a training flight aboard a Bell 412.

"It's a lot of work, but I've enjoyed it," said 2Lt Edwards, a native of Vancouver, B.C. "It's definitely worth it."

"I had never flown a helicopter before," said 2Lt Edwards, who has been at the school since January 2016. "I always wanted to fly. I think helicopters are pretty cool."

On our flight, Captain Jay Clelland was teaching another instructor, who was already a qualified instructor on the Bell CH-139, the fine points of landings and take-offs in uneven terrain in a Bell 412.

The flight path took us six miles south over the Portage Sandhills at 300 feet above ground and then north to Area Diversion (Portage Diversion Channel) and along the shore of Lake Manitoba and Delta Marsh.

We transited out beneath fixed wing aircraft from the base.

At one point, Capt Clelland had his student hover the helicopter a few metres above the ground while moving it around in a lazy circle to find a point of reference amongst some tall trees in the near distance.

Listening over the head set to the conversation between student and instructor provided insight into just how much hand-eye coordination is required to fly a helicopter.

"We were practising take offs, levelling off, landing, climbing and descent, turns and straight ahead flying," Capt Clelland explained afterwards, adding that much of what was done was similar to the "touch and go" (touching down on a runway and taking off again without stopping) done by fixed wing pilots.

"These procedures are designed to practise all pilots' skills. They're designed to manoeuvre an aircraft into a tight landing spot in case of an emergency."

Later the Voxair toured the Hilly Brown Building, a gleaming modern headquarters. It has a room holding two enormous Bell Helicopter Flight Simulators, each of which sit on hydraulic jacks, as well as a classroom where students can receive individualized desktop training for the various aircraft at 3 CFFTS.

"We continue to pump out pilots at maximum capacity to support RCAF operations around the world," said Lieutenant Colonel Scott Mutton, Commandant of 3 CFFTS, during an interview. "We're kind of forgotten here. The local community isn't that aware of us. The RCAF is looking to see how we can be made more efficient with pilot training. We're trying to do more with less to make up a short fall (of pilots). But, we're one big happy family."

Bound For a Great Career in the CAF

by Sgt Madeleine Voyer, CFRC Winnipeg Unit Public Affairs Representative

June 24th 2016 was the culmination of that highly competitive process for nine Regular Officer Training Plan candidates, who were enrolled at a special ceremony held at Union Station. They will soon be embarking on a journey that will first lead them into Basic Military Officer Qualification training, then on to the Royal Military College (RMC) or a civilian university for their academics. Once the education segment is complete, their occupation training will be waiting to take them to the next step.

An enrolment ceremony is always a special moment for the candidates, their families and everyone involved in the process. "Enrolling in the Canadian Forces is like crossing the threshold that leads to military service. It's an important moment to also thank the family and friends for their support, which is required through the process", agrees Captain Clay Smorang, Detachment Commander of the Canadian Forces Recruiting Center here in Winnipeg.

At the ceremony itself, we had the pleasure of having Lieutenant-Colonel Kevin "Kozy" Kozak, Commanding Officer of 435 Transport and Rescue Squadron and alumni of RMC, as our attesting officer. Lieutenant-Colonel Kozak recalled his own experience at the college, where he graduated with both a Bachelor and Master's

degree in Physics. The road to success at RMC demands not only academic excellence, but leadership qualities commensurate of the commission that will be bestowed upon them following graduation. He reminded the nine enrollees that they truly are part of something special and akin to a great stepping stone towards a great military career, which no doubt motivated and inspired our new Officer Cadets.

The recruiting family works hard to actively seek motivated and talented team players for employment in the Canadian Armed Forces. To reach national selection, each applicant has to successfully complete a number of tests, a medical exam and job interview, along with a background check for reliability screening. The process is long, but ensures that only the best candidates for the occupation are selected.

We wish our enrollees all the best in their future careers.



From left to right: Liam Marshall, Liam McKenzie, Nathalie Castagner, Matthew Choquette, Lieutenant-Colonel Kozak, Eve Baker, Daniel Boswick, Dustin Porteous and Ranishka Jayakody. (Absent: Seihwan Kim). Photo: Supplied.

Police Motorcyclists Ride the Wing Parade Square



WPS Motor Officers participate in Motorcycle Course. From Left to Right: Police Sergeant Ryan Fuerst; Cst Evan Murray; Constable Scot McDonald; Cst Salvatore Signorino; and Cst Dave Karsin. Photo: Bill McLeod, Voxair Manager.

by Bill McLeod, Voxair Manager

If they had tried, the Winnipeg Police Service (WPS) couldn't have picked a more challenging week to hold the Motorcycle Operators course at 17 Wing Winnipeg.

During the cool and rainy week of May 27-June 2016 the 17 Wing Parade Square became a maze of orange traffic cones for new WPS motorcycle operators.

Retired-WPS policeman and former Motor Officer now Military Police Captain Steve Bowen of 2 Canadian Air Division was the driver behind arranging the use of the parade square for the course. According to Constable Curtis Benzick of the WPS Central Traffic Unit the track they normally use was already booked.

"We run the course once a year for new riders," said Cst. Benzick. "The course allows you to ride for the WPS."

"Our motorcycles are mainly used for parades, mara-

thons, traffic enforcement, and level 5 dignitary escorts," he added. "We will have two bikes on the RCAF Run this Sunday."

The motorcycles used by the WPS, which recently updated its fleet, are 875 lb 2014 Harley Davidson Road King Police Editions. The motorcycles used on the slippery parade square were modified with the addition of rubber tubing on the side guards to keep the chrome from getting messed up as candidates laid the bikes over.

The tight manoeuvres marked by the orange cones tested the police officer's skills in handling the big machines.

One of the candidates, Cst Sal Signorino, was happy to complete the course.

"It's a fantastic course," he said. "I'm glad it's over with but I learned a lot. These are great skills to take with you."

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Drinking Sensibility

Summer is often a time when we can focus more easily on health objectives! It is great to get outdoors to exercise and the availability of fresh fruit and vegetables makes eating healthfully fun and easy. There is also an opportunity to think about our summertime drinking habits! With a season full of BBQ's, outdoor celebrations and dining al fresco, here are some interesting facts to 'pour over'!

Light Drinking

It is often said that one glass of red wine a day is good for the heart due to the compound resveratrol and its antioxidant properties. But did you know that resveratrol is also found in blueberries, raspberries and red skinned grapes? The good news is these delicious fruits are readily available all summer long! For added pizzazz, put fresh fruits in sparkling water to create light drinks and spritzers.

Moderate Drinking

If you consume more than the maximum recommended two-a-day limit of alcoholic beverages, you are more likely to make poor diet decisions! Summertime sense means drinking AND eating sensibly. Don't let that extra drink destroy your clean-eating efforts!

Binge or Heavy Drinking

More than four drinks in one day has a negative impact on all your organs, especially your liver as it has to metabolize a large amount of alcohol very quickly. For the healthiest choices why not try a mocktail or fruit spritzer to keep your alcohol consumption down. You will be saving calories and the negative impact on your body!

Take a Break

Close to one quarter of Canadians state they drink heavily. This summer, why not cut back by giving up one of your daily drinks i.e. the pre-dinner cocktail, the pint with snacks, or your pre-bedtime toddy. Stick to drinking water, sparkling water, iced teas /coffees, mocktails, and fruit spritzers. You will feel better because of it and you'll consume fewer calories too!

Do you know your Low Risk Drinking Guidelines?

Women:

- 0-2: No more than 2 standard drinks per day
- 10: No more than 10 standard drinks per week

Men:

- 0-3: No more than 3 standard drinks per day
- 15: No more than 15 standard drinks per week

For more information contact Health Promotion at local 4150/4160/4995 or email us at healthpromo@forces.gc.ca

Alcohol, Other Drugs and Gambling: Supervisor's Training

18 & 19 August 2016
0800-1600 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

18 & 19 août 2016

Reconnaitre 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

Health Promotion de la Gendarmerie royale du Canada / **FORCES** / Promotion de la santé des Forces armées canadiennes

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

July 27 & 28

0830-1600 hrs

27 et 28

juillet

08h30 - 16h00

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- Learn to read food labels to make better choices - Apprenez à lire les étiquettes des produits
- Plan and prepare for training and competition - Sachez vous préparer en vue d'un entraînement ou d'une compétition
- Learn how to adjust your eating to lose weight or bulk up - Apprenez à modifier votre alimentation et vos exercices pour perdre du poids ou augmenter votre masse musculaire

Free to Military members, their families & DND Employees! For more information or to register call Health Promotion at (204) 833-2500 ext.4150 Or email healthpromo@forces.gc.ca

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Pour plus d'informations ou pour vous inscrire, composez promotion de la santé au (204) 833-2500 4150. Ou par courriel health.promo@forces.gc.ca



John Clarey (SISIP) and Diane Brine (PSP) with the Health & Wellness Challenge Draw prize winners: Adrian Halpert (Blue Yoga Mat), Justin DeRoo (Hambleton Beach Single Serve Blender), Ian Perreault (Emerson Tablet), Laura Plourde (FitBit Zip), Patrick Cross (LifeTrak Sports Watch), and Caroline Linteau (Pink Yoga Mat). They were eligible because they participated in the challenge throughout the month of May. Photos: Supplied

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Upcoming MFRC Programs and Events

Beach Day with the Winnipeg MFRC

July 27 (Rain date July 29th)

Bus pickup : at 9:30 a.m. on South Side at 347 Doncaster Street

Bus pickup: at 9:45 a.m. at the MFRC (102 Comet Street)

Grand Beach - \$10 per family

Registration deadline: July 20, 2016

Bring your lunch, chairs and beach toys. Come have some fun with us! We provide the bus ride.

Limited Spots for bus transportation.

You don't want to ride with us on the bus? Meet us there, at the West Beach, at 11:30 a.m. Daily Park parking passes are available for purchase at the park gates at the cost of \$5 per car.

For more details contact the MFRC at 204-833-2500 ext 4500.

KIDS CARE / CASUAL CHILD CARE

Hours: Tuesdays and Thursdays, July 5, 7, 12, 14, 19, 21, 26 & 28

July: Tuesdays, 9:00 to 12:00 & Thursdays, 9:00 to 4:00 or 9:00 to 12:00 or 1:00 to 4:00

Thursdays, August 4, 11, 18 & 25 from 9:00 to 4:00; 9:00-12:00 or 1:00 to 4:00

Fees: Children under 2 years: \$12/3 hours; \$28/7 hours.

Children 2-5 years: \$10/3 hours; \$24/7 hours. Hourly fee \$5.00 per hour, per child.

Ask about our family rates. New rates will be in effect Sept., 1, 2016

Location: 630 Wihuri Rd (Kid's Care Room)

The MFRC offers child care on a casual basis for children 6 months - 5 years old.

Register by calling 204-833-2500 ext. 2491 a minimum of 24 hours in advance.

Peanut free snacks, lunch and diaper supplies (if required) should be sent.

NEXT CHAPTER

Tuesday, July 19 & August 16

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

Free childcare for children 18 months to five years.

Are you in the "next Chapter" of your parenting life? Do you have school aged kids, and are looking to socialize with other parents with school age kids?

This group will help you find yourself as you go thru the middle years before the teen years! Each month we will have a different topic to discuss while having some fun and food with friends. This program is designed for parents with children ages 6 and up.

Are you or a member of your family deploying (leaving home for 30 days or more), or do you want to know what the MFRC offers to members and their families so you can prepare for any last minute deployment?

Op-Deployment is happy to announce that a "Deployment and Reunion information session" is available to members and their families on an appointment basis. A tour of the Winnipeg MFRC will be included in this informal session and you will walk away with a wealth of information to help you and your family stay strong and feel supported during this time. Simply call our Deployment and Reunion Coordinator to make an appointment today. 204-833-2500 Ext. 5391

HAPPIER AT HOME

Wednesday, July 20 from 6:30 to 8:30 p.m.

\$15.00 for first time participant

Childcare is available to children 18 months to 5 years with preregistration.

Registration deadline: July 13, 2016

Happy at home, but want to be even happier? This group is the sequel to the Happiness Project and will look specifically at happiness within the home. Participants will receive a copy of the Gretchen Rubin book, Happier at Home, to read and discuss.

Wednesday, August 17 at 5:30 p.m.

\$5 for previous participants, \$20 for new registrants (includes book)

Assiniboine Park—exact location TBD

Registration deadline: August 10, 2016

Our August meeting will take happiness outdoors! We will meet at Assiniboine park for a wiener roast and s'mores. (In case of rain we will meet at the MFRC).

FRENCH COFFEE

Every Wednesday morning

Please note there will be no French Coffee on Wednesday, July 27.

From 9:30 to 11:00 a.m. Join us every Wednesday morning for a coffee and a chat with members of the francophone community. Free child care is provided for children ages 18 months to 5 years old.

DEPLOYMENT AND REUNION INFORMATION SESSION

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POINT DE RAMASSAGE D'AUTOBUS
9h30 CÔTÉ SUD - 347, RUE DONCASTER
9h45 AU CRFM - 102, RUE COMET

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

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Today's Trivia Answers

1. "The Natural"
2. "Pride of the Yankees"
3. "Major League"
4. "For Love of the Game"
5. "Damn Yankees"
6. "Million Dollar Arm"
7. "Trouble with Curve"
8. "The Stratton Story"
9. "Bang the Drum Slowly"
10. "Mr. Baseball"
11. "Kill the Umpire"
12. "Fear Strikes Out"
13. "A League of Their Own"
14. "Eight Men Out"
15. "Moneyball"
16. "The Rookie"
17. "Angels in the Outfield"
18. "The Sandlot"
19. "Rookie of the Year"
20. "The Jackie Robinson Story"

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Don't fret if someone else's decisions put your plans on hold. You'll end up working with someone who has a greater capacity to handle complex situations. Learn what you can. Share your knowledge. Organize and delegate tasks. Stay open to options. Reliable help is available.

Taurus (April 20 – May 20): Reconsider your assumptions. Talking to others you'll discover that not everyone sees things the way you do. Expand your awareness of the realities they face. Ask how you can help; then do it. Share your good fortune. Working in cooperation with others you'll finish tasks quickly.

Gemini (May 21 – June 21): To gain peace of mind, stop sorting out the messes that other people leave behind. They are responsible for their work. All you are responsible for is your own. Maintain boundaries and calmly stand your ground. Progress is slow but it will come with time. Rest and recuperate now.

Cancer (June 22 – July 22): If you don't know what is going on behind the scenes, don't try to direct the play from your seat in the audience. Discipline yourself not to fall into old patterns or make assumptions. Ask people what they are thinking. People may feed you a line but their behavior will reveal the truth.

Leo (July 23 – August 22): Life may not always be fair, but it would be pretty boring without a few challenges. Accept when things don't go your way and learn from the experience. Focus on what you can be grateful for. Helping others who are less fortunate is rewarding. Celebrate and share your good fortune.

Virgo (August 23 – September 22): Take a break from trying to tackle multiple projects and responsibilities. Use this period of respite to do things that make you happy. Pamper yourself. Treat yourself to a day of fun. Do something that reminds you of the carefree days of childhood.

Libra (September 23 – October 23): You are a creative problem solver who is flexible and smart. Your grasp of a situation is greater than others may realize. Because you seem to magically make things happen your skills can be taken for granted unless you detail all that you've done. Insist on proper compensation.

Scorpio (October 24 – November 21): Though progress is slow due to road blocks and detours, once you have the necessary tools and the paperwork is finalized, things will roll along smoothly. Look past the current challenges and focus on your vision for the future. Things will look different in a month.

Sagittarius (November 22 – December 21): Standing by your principles is very important to you. Though you want to uphold traditions this sometimes leads to inner conflict. Knowledge and logical detachment may not hold up in the face of intense feelings. Establishing new traditions could be the answer.

Capricorn (December 22 – January 19): If you feel overwhelmed by the harshness of reality, focus on staying centred. You can't fix everything or turn back the clock. Time is precious so don't waste it on regrets. Initiate meaningful conversations with loved ones. Do what you've always wanted to do.

Aquarius (January 20 – February 18): You have more influence on where your life is going than you might realize. The feeling that you are stuck is just an illusion. Choose what you will opt into and what you will accept. Consider who you want to share your journey with. You are loved and supported.

Pisces (February 19 – March 20): Practice detachment if you feel you're getting pulled too far into an emotional storm. Be patient and remain positive. You will reach your goal, though it might be slow going just now. The last stretch can feel the hardest but trust that success is possible. Expect good news.



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Chaplain's Corner

Meet the New Wing Chaplain, Major Hope Winfield



Major Hope Winfield, Wing Chaplain (Roman Catholic Pastoral Associate).
Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Major Hope Winfield, Wing Chaplain, calls herself as a "science nerd" who became a Canadian Armed Forces padre.

That's not as strange as it might seem at first blush.

After all, in order to succeed in either field requires focus and a strong belief (some would say "a love") in what you're doing.

"Although I've not worked with her in the past, I am looking forward to working with her here at 17 Wing," offered Captain Padre Paul Gemmiti. "She brings a certain energy to her position as Wing Chaplain and a Pastoral Associate in the RC chapel life."

Maj Winfield arrived at 17 Wing from CFB Edmonton last year to study French at the Language School.

"It's a necessity for all chaplains to speak French because, although a military member might be able to speak English, his or her family might be French speakers," said Maj Winfield, a native of Edmonton, Alberta.

This is her first time serving on an RCAF base since joining the CAF in 2003, she noted, adding that her first on-the-job training was at CFB Wainwright in 2004.

"It's exciting to be here because there are only 12 RC chaplains in the regular force, and two are posted here," said Major Winfield, mentioning that the other RC padre is Captain Emanuelle Dompierre, Mental Health Chaplain, 23 CF Health Services Centre.

She grew up in a faith based environment.

"I was always involved in the church," said Maj Winfield, a graduate of Concordia High School in Edmonton, who noted that her mother, Elizabeth Holst did some time in the reserve medical corps in Edmonton and her eldest sister, Cecilia Long, was an administration clerk in the regular force while another sister, Captain Padre Eliza Holst is based at CFB Esquimalt.

After obtaining a Bachelor of Science degree in biochemistry from King's University College in Edmonton, she began studies for a Master's Degree in Divinity at Newman Theological College, a Roman Catholic school of theology founded in 1969 by the Roman Catholic Archdiocese of Edmonton.

"Half way through my master's degree, I saw a CAF poster at Newman for theology students to discuss whether they wanted to be CF chaplains," continued Maj Winfield, who was posted here with her husband, Major Kevin Winfield, Deputy Commanding Officer of the Air Force Military Police Group at 1 Canadian Air Division.

She liked what she was shown and heard at the local recruitment centre.

After taking her basic training at Chaplain School at CFB Borden, she returned to her studies at NTC to complete her master's degree.

"Then, afterwards, I was posted to Wainwright," Maj Winfield said.

Her OJT at Wainwright turned into a three year

posting that ended with her getting married to her current husband, who was then the Guard House Commander at Wainwright.

"We went to Ottawa from 2007-2012," said Maj Winfield, who worked as the Chapel Life Coordinator for Our Lady of the Airways, the principle R.C. Chapel for the CAF in our nation's capital.

At the end of that term, she was posted to CFB Edmonton with 1 Service Battalion "to gain some field experience," she added, noting that her duties also included overseeing the base chaplaincy at Wainwright and CFB Suffield.

"Then, I got posted here to study (at the language school)," Maj Winfield said, stressing she's very thankful that she and her husband were posted here together.

"I'm in charge of the team involved in pastoral care for all DND military and civilian employees and their families at 17 Wing. Our team supplies unit level ministry of presence at the base and for lodger units, ceremonial chaplaincy services and the provision of ethical, moral and spiritual advice at all levels of command. I'm impressed by the commitments we have, and the tireless efforts of our chaplains to the pastoral needs of our base community. They work hard at 17 Wing."

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

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

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

17 Wing
 204 833 2500



17 Wing Community Chapel
 2235 Silver Avenue
 (Near Whytefold)



Administrative Assistant
 ext 5087

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

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

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

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

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

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

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

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

MAIN OFFICES
 Building 64,
 Lower Level, North End.

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

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

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

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 Contact Wing Chaplain Office for further information.

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