

CANEX CFB SHILO
Bldg. 1125, Shilo, Manitoba R0K 2A0
204 765-2343

NOW AVAILABLE
ORIGINAL S.W.A.T.
TACTICAL FOOTWEAR



Shipping is available to our Winnipeg customers!



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

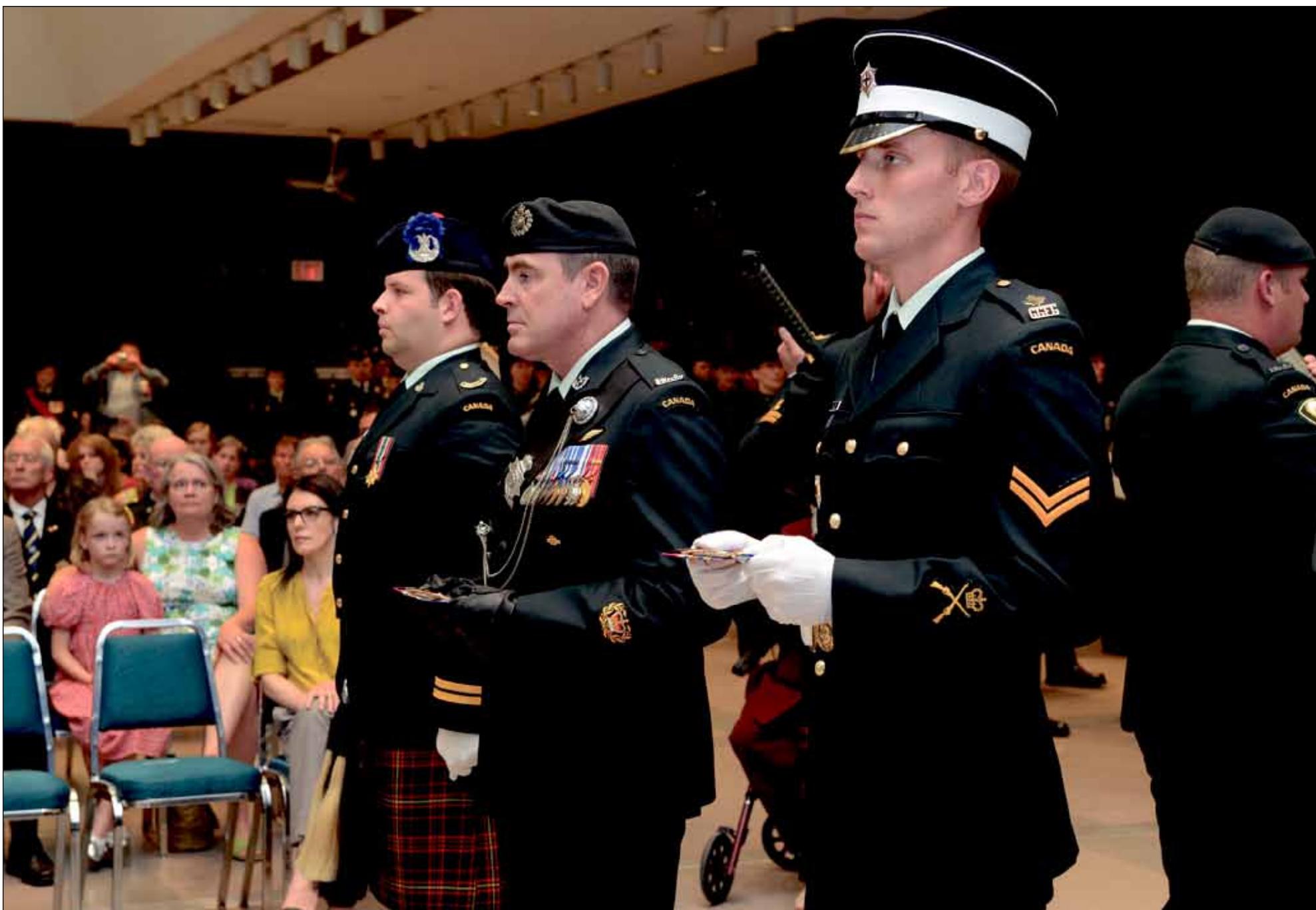
August 27, 2014

VOLUME 63, ISSUE 14

FREE

Visit us online at: www.thevoxair.ca or  Like Us On  facebook 

Victoria Crosses Return Home



Medal bearers (left to right) Captain Josh Fordham, Master Warrant Officer Wayne Nicholson and Corporal David Badger prepare to escort Victoria Crosses to their display during the Victoria Cross Ceremony held at the Manitoba Museum on August 6, 2014. For more, see page 2. Photo: Cpl Paul Shapka

IN THIS ISSUE:

CITIZEN SOLDIERS FIGHT THE FLOOD

PAGE 3

WCWO ROBERTSON SITS DOWN WITH THE VOXAIR

PAGE 6

1CAD HOLDS HONOURS & AWARDS CEREMONY

PAGE 8

FALL FAIR SHAPING UP TO BE BEST EVER

PAGE 11

CFAD DUNDURN RUNNERS PAY TRIBUTE TO METIS VETERANS

PAGE 14

SUMMER SPORTS CAMP WRAPS UP WITH CIRCUS

PAGE 16



PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

Steven Fletcher,
Member of Parliament

Charleswood-St.James-Assiniboia

Phone: 204-984-6432
Fax: 204-984-6451
3111-A Portage Avenue
Winnipeg, Manitoba R3K-0W4

FOR REGULAR UPDATES ON STEVEN FLETCHER VISIT WWW.STEVENFLETCHER.COM

Millennium
Auto Service Ltd.



- Complete Auto Service
- Computer Diagnostics
- Government Inspections
- Evening Hours

3797 Portage Avenue
(Portage at St. Charles St.) Phone: 885-2690 or 632-8909 Fax: 885-2705

Pine Street Boys Honoured at MB Museum



The medals are placed in their display case during the Victoria Cross Ceremony held at the Manitoba Museum, Winnipeg Manitoba. Photo: Cpl Paul Shapka

By Martin Zeilig
Voxair Photojournalist

It was 100 years in the making, and took two years of planning, but the Victoria Cross medals won during the First World War by The Pine Street Boys are finally on display, along with related artifacts, in the foyer of the Manitoba Museum.

Corporal Leo Clarke, Sergeant-Major Frederick William Hall, and Lieutenant Robert Shankland all received the V.C. for their bravery in battles, and they all lived on the same block of Pine Street, which was later renamed Valour Road in honour of their extraordinary courage.

The Victoria Cross (VC) is the highest military decoration awarded for valour in the face of the enemy to members of the armed forces of the Commonwealth countries and previous British Empire territories. It may be awarded to a person of any rank in any service and to civilians under military command.

A formal ceremony, attended by over 300 people, was held on August 6 in the museum's Alloway Hall to wel-

come the medals back. It was an especially poignant ceremony since 2014 marks the 100th anniversary of the start of WWI.

"I think the ceremony was beautifully done," said Jennifer Clarke, a great niece of Leo Clarke, who was there with several other members of the Clarke family.

"It was very meaningful personally and also for my dad, Leo."

Clarke says her father donated the Cpl Clarke's Victoria Cross to the Canadian War Museum in Ottawa two years ago.

Claudette Leclerc, Executive Director of the Manitoba Museum, commended the efforts of Major Paddy Douglass, Deputy Commanding Officer Winnipeg Infantry Tactical Group- Rifles and Camerons, for being the brainchild behind bringing the Valour Road VC's here.

Leclerc said that having the medals at the museum was a great opportunity for people to learn about WWI, and about military life in general.

"Speaking to military representatives, including an Afghanistan war veteran, in the past few days has made the military real to the average Canadian again. The military people we worked with wore their hearts on their sleeves. We were all honoured they could be part of this."

Maj Douglass first approached the Canadian War Museum to see if it was viable to have Shankland's medal put on display in Winnipeg to mark the centennial of the Cameron Highlanders because Shankland served with the 43rd Battalion Canadian Expeditionary Force.

"I asked the Manitoba Museum if we could have a centennial display. So, in 2010 for the Cameron's Highlanders 100th anniversary, we had such a display at the museum. When that was over I asked the War Museum if they had the other two medals –and they did by August 2012."

Then, Douglass approached the Royal Military Institute of Manitoba to ask if they'd oversee the event, which they agreed to do.

"It took six to seven months of planning, but the medals are part of Manitoba history. They represent a window on the Winnipeg of 1914. It makes it real, a tangible piece of that history."

The trio of VC's are on loan to the Manitoba Museum from the Canadian War Museum until November, 14, 2014. The exhibit is located in the Museum's foyer and there is no charge.

CORPORAL LEO CLARKE won his V.C. in the trenches during the battle of the Somme. Cpl Clarke found himself alone, and under attack by 20 enemy soldiers. Instead of surrendering, Cpl Clarke attacked, emptying his revolver twice and then firing a German rifle he picked up from the ground. In the struggle that followed, a German officer bayoneted him in the knee before Cpl Clarke could shoot him. Wounded and bleeding, Clarke kept up the attack, and as enemy soldiers fled Cpl Clarke followed, killing four more and taking a prisoner. Though he was ordered to hospital, Cpl Clarke returned to battle the next day. Cpl Clarke died in action a month later.

SERGEANT-MAJOR FREDERICK WILLIAM HALL was awarded the V.C. for giving his life to save a comrade at the battle of Ypres. On the morning of February 21, 1915, men in the trench heard the groans of an injured soldier on the battlefield. Sgt Maj Hall and two others volunteered to go after him, but as they went over the top they drew heavy fire. The two other men were injured, and all were forced back to their trench. After a few minutes, Sgt Maj Hall went out alone in broad daylight, with enemy guns waiting for him. He crawled out and across the field under a hail of bullets. Reaching the fallen soldier, Hall managed to wriggle himself under the wounded man and begin moving him on his back toward his lines. However, when Sgt Maj Hall raised his head to find his way back to the trench, he caught a bullet in the head and died instantly.

At the battle of Passchendaele, **LIEUTENANT ROBERT SHANKLAND** led his men to a forward position which they held during a fierce counter-attack. Knowing that an accurate description of his company's position was critical to the Allied battle plan, Lt Shankland made his way alone through the battlefield to Battalion Headquarters, delivered the necessary information, and returned the way he had come. Rejoining his men, Lt Shankland carried on defending his position until the end of the battle. Of the three Victoria Cross recipients from Valour Road, only Shankland survived the war.

Sources: Manitoba Museum; Historica Canada website

move places
Winnipeg

Benny Woligroski - Tel: 204 999 3338
MovePlaces.com
Realty Executives First Choice

Buy or Sell with me and receive a \$500 gift card of your choice.

EMPLOYMENT **CONIFEX** OPPORTUNITY



ATTENTION:
Career-Transitioning Military

You have served your term.
You are, or will be, looking at an honourable discharge.

Then what: Looking for a decent lifestyle with decent income?
Maybe away from the hustle and bustle?

Why not share the natural bounty of BC's interior?

Check out Conifex (www.conifex.com), a Canadian lumber manufacturer where we highly value those qualities which through your dedicated service have become second nature to you.

Entry level positions or a trade.
Conifex is hiring at Fort St James, BC (lovefortstjames.com), and Mackenzie (district.mackenzie.bc.ca).

Contact karen.andros@conifex.com for an application

www.facebook.com/thevoxair

VOXAIR

OFFICE HOURS

Monday to Friday
0830 - 1500 hrs

CONTACT

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

Accounting
(204) 833-2500 ext 4121

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

VOXAIR STAFF

LCol Danielle Clouter
Editor-In-Chief
(204) 833-2500 ext 5281

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

Michael Sherby
Voxair Manager
(204) 833-2500 ext 4120

Brittany Nordman
Production Designer

Martin Zeilig
Photojournalist

Maureen Walls
Sales Coordinator
(204) 895-8191

Misra Yakut
Accounting

Traci Wright
Proofreading

Capt McCulloch-Drake
Wing Public
Affairs Officer

Sgt Bill McLeod
Wing Public Affairs
Photojournalist

Printed By
Derksen Printers
204-326-3421

Visit Us Online: www.thevoxair.ca

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

Correspondence should be addressed to:

The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn forces
Winnipeg, MB R3J 3Y5

This newspaper is printed using environmentally safe inks.

Publications Mail Agreement No. 1482823

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

Citizen Soldiers Fight the Floods during Operation LENTUS

By MCpl Draper Houston
PAO 38 CBG

Portage La Prairie, MB – Over 45 members of the 38 CBG Domestic Response Company (38 CBG DRC) were called out on Saturday, 05 July to participate in Operation LENTUS 14-05, which was to support the Province of Manitoba with the flood efforts in and around the Assiniboine River surrounding Portage La Prairie, Man.

“When we arrived on the ground it was a really smooth integration into working with the regular force,” said Warrant Officer Lionel Packulak, Fort Garry Horse. “The civilians were surprised at our ability to be self-sufficient.”

The army reservists from Winnipeg, Portage la Prairie and Brandon area arrived just a day after the Immediate Response Unit, made up from 1 Royal Canadian Horse Artillery (1 RCHA) and 2nd Battalion Princess Patricia's Canadian Light Infantry (2 PPCLI) from Shilo, Man. The Brigade soldiers were eager to showcase the response capability of the army reserves.

“It was a lot of hard work,” said Sergeant Dave Tobin, 31 Engineer Squadron. “The work began as soon as we hit the ground, but then we were changed to the night-shift on the Sunday night.”

Charged with filling the ever-growing need for sandbags, the filling machines never stopped, with an estimate of 100,000 sandbags per machine for a 24-hour period. In fact, the civilians working with the 38 CBG DRC even got a third machine started in order to increase production.

The civilian workers were shocked when they asked if the military personnel had someone qualified to operate the front-end loader for the third sandbag filling machine.

“They did a quick practical test with Master Corporal

Ryan Perry (31 Engineer Squadron),” said Packulak. “Then he was on the front-end loader, and we were on our own – completely self-sufficient.”

Even when the Acting Commander of 38 Brigade, LCol Malcolm Young came by the sandbag machines, the work did not stop.

“The Deputy Commander stopped to speak to one of the troops filling sandbags from the ‘octopus’ (the nickname of the sandbag filling machine), and not wanting to stop the troop handed him a sandbag in the middle of the conversation,” Packulak chuckled. “The Deputy Commander had to get in there to get a word with the troops because the sand wasn’t stopping!”

After six long and grueling days filling sandbags for upwards of 14 hours per day and when the river started to let up, the 38 CBG DRC was re-tasked to be the Quick Reaction Force (QRF) for the domestic operation.

It was well-recognized by the Immediate Reaction Force Commanding Officer, Major Mike Draho, that the Reserve Force was very capable to take over the remainder of the mission with a proven professionalism and work ethic. With 38 CBG DRC taking over, the soldiers



Members of 38 Brigade's Domestic Response Company with Acting Commander of 38 Brigade, LCol Malcolm Young. Photo: Cpl Darcy Lefebvre

from CFB Shilo could go home and start their summer holidays with their families.

“We were extremely prepared to take over the mission,” said Captain Piotr Sliwowski, Officer Commanding, 38 CBG Domestic Response Company. “Specialty engineer equipment capabilities like engineer rigid hull inflatable boats, engineer variant trucks including hydraulic cranes along with heavy winching capability for self-recovery and integral troop lift allowed for a quick response to any potential emergency.”

A Civilian Employer's Sneak Peek into a Reservist's "Other Life"

By Major Mike Lagace
SPAO 38 CBG

Portage La Prairie, MB – It's not too often that civilian employers have the opportunity to see a reservist's "other life" first hand. On June 9, one reservist had the opportunity to show representatives from his civilian employer, Viterra Inc. – an agricultural company that handles and markets grain and oilseed – exactly what being a reservist means.

Bill Roszell, Director of Regional Management, and Kent Klimpke, Regional Manager (Winnipeg Region) received a first-hand view of Cpl. Corbin Delichte of the Fort Garry Horse in action and the overall military effort for the Manitoba floods.

Cpl. Delichte is a reservist of four and a half years and a facility operator at Viterra's Winkler elevator.

“I am happy to have the opportunity to help the com-

munity as I hope others would if I was in the same situation,” Corbin said. “I am glad that my civilian employer got to see what reservists are doing. I hope it helps them understand that it's more of a commitment than just hiking around, and the skills I'm gaining being a reservist can help in my civilian position as well.”

Roszell and Klimpke caught up with Cpl. Delichte just west of Portage La Prairie, MB at the site where sandbags were being filled by an impressive sight of conveyors delivering sand to a distribution point huddled by both military and civilian personnel alike.

Cpl. Delichte, along with Capt. Piotr Sliwowski, explained how the sandbag fillers (affectionately nicknamed “the octopus”) worked – much like the workings of a grain elevator, commented Klimpke. Sand is piled into a hopper and conveyed to the top and distributed to many different filling points where they're tied and placed into a front-end loader and brought to a truck.

“It's really important to support these efforts,” said Roszell while viewing the operation, “our whole business is about rural Saskatchewan and Manitoba.”

Viterra is a very strong supporter of the flood efforts and reservists alike – recently donating \$100,000 to support flood relief efforts. Further, after learning about the transition into a quick reaction force operation and the potential for the operation to persist past the time that Cpl. Corbin had initially booked off, Roszell stated “we [Vit-

erra] will support you in whatever you need to do.”

The military is assisting the Province of Manitoba in many ways including filling up to 1000-1500 sandbags per hour, providing identification of weak points in current dykes via special equipment on board the Royal Canadian Airforce's Aurora aircraft, as well as RHIB's (Rigid Hull Inflatable Boats) from HMCS Chippewa, and many man-hours from soldiers, sailors, and airmen and airwomen.



Viterra senior managers take time to check on the welfare of one of their employees during the flood operation. Captain Peter Sliwowski, (r), Officer Commanding for the 38 CBG Domestic Response Company explains the sandbagging operation to Bill Roszell (second from right), Director of Regional Management, and Kent Klimpke, (second from left) Regional Manager (Winnipeg Region) as their employee, Cpl. Corbin Delichte (centre) of the Fort Garry Horse takes a quick break from sandbagging. LCol Malcolm Young, (l) DComd 38 CBG, took the bosses to the site during Op Lentus 14-5 in Portage La Prairie on June 9, 2014. Photo: MCpl Melanie Ferguson

THE DANCE CENTRE

28 YEARS IN YOUR COMMUNITY!

Professional, Caring teachers make The Dance Centre a special place to learn and have FUN!

- BALLET • JAZZ
- HIP HOP
- MUSICAL THEATRE
- LYRICAL
- MODERN
- JAZZ FUNK
- PRESCHOOL - Ages 3-5
- TAP



Classes Begin September 8

CALL 204-832-5992

Director - Joanne Tokaryk

3025 NESS AVENUE at STURGEON ROAD
Sturgeon Creek Village Shopping Centre

visit www.dancecentrewinnipeg.com

Flying with 402 "City of Winnipeg" Squadron

By Martin Zeilig
Voxair Photojournalist

Flying north through the boundless sky over Lake Winnipeg, the voice of lead Tactical Navigator 2Lt Nick Boivin crackles through the headsets worn by the eight crew members on board the twin turboprop de Havilland Canada CT-142 Dash-8 trainer.

2Lt Boivin is one of four students and two instructors, Capt Jennie Deutscher and Maj Ryan Setter, from the 1 Canadian Forces Flying Training School (1 CFFTS) on this ACSO training mission with Winnipeg's 402 Squadron.

They are all seated at desks in front of a bank of computers into which the students, who after pouring over maps and charts, have input flight information. The computers sit along one side of the modified plane's narrow passenger compartment.

"The mission of 402 Squadron is to maintain and fly the Dash-8 trainer in support of 1 CFFTS", says LCol J. Trevor Campbell, Commanding Officer of 402 Sqn.



Wing Flight Safety Officer Major Chuck Halikas exiting the CT-142 Dash 8. Photo: Martin Zeilig

402 Squadron's other tasks includes conducting the Air Combat Systems Officer (ACSO) and Airborne Electronic Sensor Operator (AESOP) training flights, the maintenance and management of the Squadron's four CT-142 Dash-8 aircraft, and the operational training of Dash-8 aircrew and aircraft technicians.

The CT-142, which is designed and produced in Canada and was adapted for navigation training by manufacturer Bombardier Inc. in the late 1980s, is used to teach students aerial navigation and tactics.

"Navigators from around the world come to Canada to train at 1CFFTS on the CT-142," says LCol Campbell.

402 Squadron also provides servicing support to all transient military aircraft visiting 17 Wing. 402 Sqn is unique as a "Total Force" Squadron. It is comprised of a mixture of both Regular Force and Air Reserve personnel, who allow it to support its no-fail mission of providing NORAD support to CF-18s.

During the training mission, we had been flying a steady course some 10,500 feet at just over 400km per hour over the northern basin of Lake Winnipeg.

The plane had been keeping to the prearranged flight pattern, until about one hour into the test flight, when the real training started.

"Crew, we have a re-tasking, I have the new coordinates for you," says 2Lt Boivin, whose three fellow students on the flight are 2Lt Paul Hansen, 2Lt Nathan Cosman and 2Lt Yujin Lee.

As 2Lt Boivin reads off the coordinates, Capt McIntosh and Maj Halikas, the 402 Sqn pilots, make the necessary adjustments in their instrument panels, banking the plane gently into the blue western sky toward Lake Winnipegosis.

"The students have completed their basic phase," explains Capt Deutscher, "which is basically high alti-



Second Lieutenant Yujin Lee, an Air Combat Systems Officer in training, at her computer console during the training flight. Photo: Martin Zeilig

tude navigation and radar handling. Now, they're beginning the tactical phase."

It's all based around a war-type scenario.

"In today's scenario, we'll simulate dropping ammunition for our troops; a resupply mission," says Maj Halikas. During the training flights, the students manage both the mission and the navigation.

"The reason for having ACSOs is to have the students plan a mission, and then to coordinate and control it."

The team reaches their coordinates and completes their mission. The training complete, the pilots turn plane around and head home.

Each student will do this particular mission four times, once in each position: the lead, tactical navigator, lead navigator, and communicator.

"Every time, it's a different mission with a different target," says Capt Deutscher

2Lt Boivin stresses the importance of these training scenarios.

"We are still relatively new, and we have to get used to using the radio. You have to be aware of where you are and where everything is. If there's an emergency, lives depend on us."

Kindermusik®

A developmentally designed **music and movement** curriculum for children birth to age 7 and their families

- ♪ Remarkable and research-proven child development benefits
 - ♪ Over 50 weekly classes
 - ♪ Some simultaneous class options for siblings
 - ♪ Canada's most successful Kindermusik program
 - ♪ Enrol anytime
- Instruments • Creative Movement • Musical Concepts • Vocal and Rhythm Development



Try
a Free
Class

Free Preview Classes: Register Today!

kindermusikdiscovery.com 204-453-1222

3 Locations: The Forks - St. Vital - Tuxedo/Charleswood

Healthy Pets for Happy Families



**Charleswood
Veterinary
Hospital**

889-3110

3717 Roblin Blvd.

(Just East of the Charleswood Bridge)

**Crestview
Veterinary
Hospital**

888-7463

3025 Ness Ave.

(Corner of Ness and Sturgeon Rd.)



Associated Veterinary Hospitals

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



Only minutes to 17 Wing

Leave the snow clearing, maintenance of your family home & security concerns behind ...
Embrace the freedom of condominium lifestyle at ...
350 Lodge Avenue

Silver Heights Condominiums
DON McDONALD 204-981-9544
(by appointment)



Master Builder
www.granitegroup.ca

435 Holds Change of Command Ceremony



Incoming 435 Squadron Commanding Officer, LCol Brent Andrews (Left), 17 Wing Commander, Col Joel Roy (Middle) and outgoing 435 Sqn Commanding Officer, LCol Steve Lamarche (Right) sign the Change of Command Scrolls during the 435 Squadrons Change of Command on the 24th of July, 2014 at 16 Hangar. Photo by: Cpl Justin Ancelin

By Sgt Bill McLeod
17 Wing Photojournalist

Lieutenant-Colonel (Lt.-Col.) Brent Andrews assumed command of 435 (Transport and Rescue) Squadron from Lieutenant-Colonel Steve Lamarche during a flight line parade at 17 Wing Winnipeg on 24 July, 2014.

The Reviewing Officer (RO) for the change of com-

mand parade was Colonel (Col.) Joël Roy, Commander 17 Wing. 435 Squadron, flying the CC-130 Hercules, is one of two operational flying squadrons that falls under 17 Wing. The other is 440 Squadron, which flies the CC-138 Twin Otter out of Yellowknife in the Northwest Territories.

Two CC-130 Hercules aircraft and a C-47 Dakota, painted in the colours flown during the Burma Campaign, provided a backdrop to the parade area on the flight line. Also present was the Chinthe statue, a historically significant artefact to the unit.

After the parade fell in, Lt.-Col. Lamarche took command of the parade from the deputy commander and ordered the march on of the Colours and general salutes for the arrival of the honoured guests and the RO, Col. Roy.

Col. Roy inspected the parade with Lt.-Col. Lamarche before the latter led a march past and addressed the parade.

"What a tremendous two years the squadron has had," Lt.-Col. Lamarche said. "What we've accomplished is nothing shy of remarkable, integral, and significant."

Lt.-Col. Lamarche reminded the squadron of some of the major events during his command. He mentioned the search and rescue (SAR) call-outs, the major exercises, the quantity of fuel delivered, and some squadron milestones like the 70th Anniversary and the naming of a new Honourary Colonel.

"We are Canada's chinthes; determined on delivery," said Lt.-Col. Lamarche.

Lt.-Col. Lamarche also had a friendly warning for Lt.-Col. Andrews. "Expect to be overwhelmed at how the squadron consistently exceeds expectations."

Following the official signing ceremony, outgoing Squadron Chief Warrant Officer Paul Nesbitt presented a gift of a chair to Lt.-Col. Lamarche, saying that he would always have a place at the squadron. Col. Roy then addressed the parade and the incoming and outgoing commanding officers.

"Being asked to lead a squadron such as 435 with two very distinct roles: SAR and NORAD, both being priority number one or no-fail missions for the RCAF, is certainly a great opportunity and also a great challenge," said Col. Roy. "It was certainly one that was met by Steve over the last two years."

Lt.-Col. Andrews addressed the parade last.

"435 Squadron's mission success is directly attributable to the professionalism of its members," he said. "(This) brings me to the central precept of my command: mission success through maintaining continuity, embracing change, and taking care of people."

After speaking, Lt.-Col. Andrews assumed command of the parade and led the squadron for the first time in a march past and an advance in review order before the departure of the honoured guests.

CFS Met Welcomes New CO

By Sgt Bill McLeod
17 Wing Photojournalist

Major (Maj.) Lisa Baspaly assumed command of the Canadian Forces School of Meteorology (CFS Met) from Lieutenant-Colonel (Lt.-Col.) John Cowen during a ceremony at the Officers' Mess at Canadian Forces Base (CFB) Winnipeg on Tuesday, 12 August, 2014.

Colonel (Col.) Carl Doyon, Commander of CFB Borden and the Canadian Forces Support Training Group (CFSTG) headquartered in Borden, Ontario, presided over the ceremony. While CFS Met falls under the command of CFSTG, it is physically located in Winnipeg, Manitoba, making it a lodger unit of CFB Winnipeg.

The incoming and outgoing commanding officers, along with presiding officer and other honoured guests, like the 2 Canadian Air Division (2 Cdn Air Div) Commander, Brigadier-General Bruce Ploughman; 2 Cdn Air Div Chief Warrant Officer (CWO) Deborah Matthews; 17 Wing/CFB Winnipeg Commander Colonel Joël Roy; and, 17 Wing CWO Michael Robertson, were led into the room by a bagpiper.

After a quick official signing ceremony, Lt.-Col. Cowen addressed the guests at the ceremony.

"My time as the commanding officer has gone by far

too quickly," Lt.-Col. Cowen said. "It has been an amazing experience I will carry for the remainder of my life."

"To the men and women of CFS Met who I have had the honour to serve with. I extend my sincere gratitude and respect for the phenomenal daily work you do on behalf of the School and the support you provide to Canadian Armed Forces (CAF) in the production of highly skilled Met technicians," he added.

Taking the podium after Lt.-Col. Cowen, Col. Doyon addressed the audience. "Change of commands are always a bittersweet time," he said. "You say goodbye to, hopefully, someone you have enjoyed working for, someone who has made the unit a better place, but you are also welcoming somebody new who is full of enthusiasm."

Col. Doyon talked about some of the accomplishments of Lt.-Col. Cowen during his command before moving on to discuss the retirement of CWO Ray Fonger and provide some advice for the School's incoming Commanding Officer, Maj. Baspaly.

"I cannot tell you how excited, how proud I am to be assuming command of CFS Met, a school with a proud history that extends back to 1974, features a first class military and civilian staff, and is built upon a unique partnership between DND and Environment Canada,"

said Maj. Baspaly. She went on to thank Lt.-Col. Cowen for setting her up for success and discussed challenges on the way forward for the school.



The Scrolls are signed during the CFSMET Change of Command Ceremony, held on August 12, 2014, Building 76. Left to right: Outgoing Commandant, LCol J.C. Cowen, Presiding Officer, Col J.B.C. Doyon and Incoming Commandant, Maj L.M. Baspaly. Photo: Pte Darryl Hepner

A LONG STANDING TRADITION

Aarbjorn S. Bardal Njall O. Bardal Neil O. Bardal Eirik L. Bardal

- Traditional and Contemporary Funerals
- Indoor Scattering Garden
- Parking
- Preneed Arrangements
- On-Site Crematorium
- Across from Brookside Cemetery

Call: (204) 949-2200
Gimli Call: (204) 642-7124

3030 Notre Dame Avenue
Winnipeg, Manitoba, Canada R3H 1B9
www.nbardal.mb.ca
Email: info@nbardal.mb.ca

neil bardal
Funeral Centre

THE ONLY FUNERAL HOME OWNED AND OPERATED BY THE BARDAL FAMILY

HOOK & SMITH
Barristers, Solicitors & Notaries Public

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

Dennis A. Smith, Winston F. Smith, Q.C.,
Grant W. Davis and Bernard Toews

Telephone - (204) 885-4520 Fax - (204) 837-9846
Email: general@hookandsmith.com

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

Proud to offer a
10% MILITARY DISCOUNT
on all retail parts & services.

Sales • Leasing • Service • Parts •
Collision and Glass Repairs for all makes & models

St. James

670 Century Street, Winnipeg Phone: 204 788-1100
stjamesaudi.com stjamesvw.com

WCWO Robertson Reflects on His First Months at 17 Wing



WCWO Michael Robertson talks to the Voxair. Photo: Martin Zeilig

By Martin Zeilig
Voxair Photojournalist

Wing Chief Warrant Officer Michael Robertson, who was appointed to his current position in April, says that the first few months on the job have gone by in a blink of an eye.

"This is probably the best job I've ever had," says CWO Robertson. "You never know what to expect from one minute to the next, from speaking to politicians and the general public to the airmen in the wing."

CWO Robertson has been working closely with the Wing Commander since taking up his new position. 17 Wing Commander Colonel Joel Roy says that the relationship between a Wing Commander and Wing Chief is critical for a Wing to function properly.

"I was very curious to see who was coming here to assume the CWO position," says Col Roy. "We had met a few times before, and I was glad to see that we were seeing things the same way. He jumped onto the moving train beautifully."

He adds that CWO Robertson's background fits in very well with what the Wing requires.

"Not only does he bring the headquarters perspective, having worked at 1 CAD, but from his A6 experience, he also integrates nicely with me to lead a new mandate I was given, which is to implement an information management functional integration team"

"We both grew up in the military, but from different backgrounds," CWO Robertson says of Col Roy. "This makes us a well-rounded command team able to gain a greater perspective and to allow us to make better decisions."

CWO Robertson has had a varied career in the Canadian Armed Forces since he enlisted as a 19 year-old in 1983.

"I was the first in my family to pick the CAF as a career opportunity," he says. "I was tired of school and wanted to see the world."

Upon promotion to Master Warrant Officer in 2006, CWO Robertson was posted to Winnipeg. He was then deployed with Joint Task Force Afghanistan as the Theatre Support Element, Communication Information systems, MWO. Upon return from this deployment he assumed the responsibilities of the Command and Control Systems Support Flight MWO maintaining the systems in support of 1 CAD's Air Division Centre.

He says that he views his new posting as the Wing CWO as very much a collaborative relationship with the Wing Commander.

"My role is to be half of the command team with the Wing, and to represent the men and women of 17 Wing and in the Lodger units to the boss, Col Roy," says CWO Robertson, who, along with his wife, Joanne, have two adult children, Andrew and Emily.

CFSAS Updates Programs to Emphasize Distance Learning

By Martin Zeilig
Voxair Photojournalist

It is a truism, and one that is a testament to our human ingenuity: Nothing stays the same. And that includes the ever evolving programs offered at the Canadian Forces School of Aerospace Studies (CFSAS).

"Our courses continue to change and to get better," says CFSAS Commander Lieutenant-Colonel Daniel Desrochers.

These changes include an ongoing switch from an all in-classroom environment to one that puts more of an emphasis on distance education.

"Now, the way we're doing business is hosting a week long CFSAS in-classroom course, but we are transitioning to distance learning (DL). It saves money on transportation, accommodation, and meals among other things. The program is in transition now."

Crucially, as a direct result of distance learning, LCol Desrochers says that CFSAS is now able to teach many more CAF members.

"Previously, we could teach 120 members in a year," he says. "Now, theoretically, we can double that amount. There's more bang for the buck. When complete, we will be training more people for space related positions in

Canada with the increased status of the Canadian Space Operations Centre (CANSPOC) in Ottawa-- the focal point for space operations in the CF."

CANSPOC has become integral to supporting CAF operations in just eighteen months since it was stood up.

While there will still be in-house programs that go into further detail, the Space Applications course is in transition to a distance learning system. The program is offered to members of the RCAF and aims to familiarize students with the CAF's various space operations.

"It allows them to have a general introduction into the capabilities and applications that space offers," says LCol Desrochers.

Because of the inherent difference of DL, the course curriculum and teaching methods have had to be adapted.

"In distance learning it has to be communicated well," says CFSAS WO Kevin Pascal. "The CFSAS multi-media lab is currently making those changes. In a classroom, you can explain it. But with DL, you have to make sure it's all explained."

"Our ultimate aim is to train all Air Force personnel on the introductory Space Application Course," says LCol Desrochers.

He, then, again underscores the value of DL, especially in this time of budgetary restraint for the CAF.

"It already saves money by not having students travel," says LCol Desrochers. "And with our new AFTC Commander, Col Yve Thomson, in Borden, we're expected to do more video conferencing. It allows us to look at streamlining how we operate and maximizing limited resources. Despite the reductions we're seeing, we're still able to teach any course we're asked to do."



LCol Daniel Desrochers (left) and WO Kevin Pascal (right) talk to the Voxair about the programs at CFSAS. Photo: Martin Zeilig

2014 CANADIAN ARMED FORCES PHOTOGRAPHY CONTEST

CONCOURS DE PHOTOGRAPHIE DES FORCES ARMÉES CANADIENNES DE 2014

WWW.CAFPOTOCONTEST.CA
See web site for complete details, official rules, eligibility criteria and entry instructions.

WWW.CONCOURSDEPHOTODESFA.CA
Visitez le site Web pour connaître tous les détails, les règlements du concours, les critères d'admissibilité et les directives de participation.

Logos: H, SENNHEISER, Nikon, AVIS, COREL, Amplis, hp, BOYHARRIS

HABING LAVIOLETTE
BARRISTERS, SOLICITORS & NOTARIES



RONALD HABING
BA. LL.B.
and
SIDNEY LAVIOLETTE
BA. LL.B.

REAL ESTATE & MORTGAGES • WILLS & ESTATES
• FAMILY & CIVIL LITIGATION • FAMILY LAW • BUSINESS LAW

2643 Portage Avenue
Phone: (204) 832.8322 • Fax: 832.3906
ron@habinglaviolette.com


SCOUTS CANADA

1st Crestview Scout Group
Fall Registration

10 September 2014
6:30 - 8:00 pm

Crestview School
333 Morgan Crescent

Meetings for 2014-15:

Beavers (5-7 yrs)
Monday 6:30 - 7:30 @ Silver Heights United Church
Tuesday 6:30 - 7:30 @ Crestview School

Cub Scouts (8-10 yrs)
Wednesday 6:30 - 8:00 @ Crestview School

Scouts (11-14 yrs)
Thursday 6:30 - 8:30 @ Crestview School

It Starts With Scouts

www.scouts.ca
https://www.facebook.com/1stCrestview

17 Wing Takes First Place CAF Prairie Regional Golf Tournament

By Martin Zeilig
Voxair Photojournalist

It came down to the wire for the 17 Wing golf team at the CFB golf course in Shilo, as a sudden death playoff round between Corporal Chad Banks and Major Cameron Lowdon was required to see who would take second place at the Prairie Regional Golf Championships on July 27.

It was a close call, but Cpl Banks won on the first playoff hole. Both players finished with a three round total of 233, thus earning both of them a spot on the Prairie Regional Golf Team that will be playing at the CAF National Golf Championships at CFB Kingston from 23-28 August.

Cpl Banks, Maj Lowdon, Lieutenant Colonel Stewart Beal and Captain Rang Phan comprised the 17 Wing Golf Team that placed first overall at the championships.

"The Team had one goal in mind and that was to bring back the gold as Prairie Regional Golf Champions," said Cpl Banks, an ASRO 1 Propulsion Tech with 435 Squadron.

"Although CFB Shilo is not our home course, all the team members were familiar with the golf course and the challenges that it would present. This is my first year winning gold as a team member. I placed second as an individual at the Prairie Regionals when it was held in Cold Lake," Cpl Banks said.

Added Maj Lowdon: "It was great that the team was able to win the championship. Hopefully, the two of us will now help the prairies come home with the national championship."

The golf tournament, which was played under hot and sunny skies, consisted of three rounds, with the top four scores from each team counting as the Team's score for that day.

The 17 Wing Golf Team got off to a great start, and was leading by nine strokes after the first day. Cpl Banks, who spent eight years in the golf industry working at the CFB Trenton Golf Club, and was a former golf instructor prior to joining the military in 2008 as an AVN Tech, says that the team held things together despite a shaky second day.

"The second day saw the team stumble a bit, however we maintained our first place position," said Cpl Banks.

The third and final day saw the team extend their lead in the tournament.

"It solidified us as the Prairie Regional Golf Champions," said Cpl Banks. "You also had to shoot an individual total of 235 or under to make the team going to the national championship."

On an individual basis the top five males and top two females of the tournament advance to the National Golf Championships. Maj Lowdon and Cpl Banks's teammates on the Prairie Regional golf squad are CAF mem-



The 17 Wing team finished first as a team (10 shots better than 4 Wing Cold Lake). Photo: Jules Xavier/Shilo Stag



Maj Cameron Lowdon, who finished second overall, chipping the ball on day two of the three-day Prairie Regional Golf Tournament hosted by CFB Shilo. Photo: Jules Xavier/Shilo Stag

CFHS Provides Medical Care to Deployed Personnel in Romania

By Captain Christopher Daniel
8 Wing PAFO

A Canadian Forces Health Services (CFHS) medical team, composed of two Medical Technicians from 1 Field Ambulance in Edmonton, AB, and a Medical Officer/Flight Surgeon from 1 Canadian Air Division in Winnipeg, MB, is currently deployed in Campia Turzii, Romania, in support of the Canadian Air Task Force (ATF) Romania.

The ATF Romania is the air component of Opera-

tion REASSURANCE, which is Canada's contribution to NATO Reassurance Measures to promote security and stability in Central and Eastern Europe.

"Supporting ATF Romania means that the CFHS medical team enables six CF-18 Hornet crews, and approximately 200 personnel, in technical, operational and supporting roles, to conduct the mission in a healthier and health conscious environment," said Lieutenant Colonel (LCol) Jay Nelles, Deputy Commander and Chief of Staff of the ATF Romania.

The team has developed and now maintains a strong relationship with the host nation medical staff, which means that, when required, medical assistance beyond the immediate capability of the ATF medical facility are much more accessible and reliable. While it is hoped that this is not required, it is reassuring that it is available for collaborative care.

"As part of the integration and interoperabil-

ity process, joint emergency preparedness plans have been exercised to ensure that in case of a critical incident, service members from both countries will receive top quality timely care regardless of time of day," said LCol Nelles.

The team emphasized that preventative medicine has been one of the cornerstones that the CFHS medical team uses to keep the members of the ATF Romania healthy. Maintaining a discipline of cleanliness in the workplace and protection from known indigenous hazards has so far shown to be an effective strategy to prevent injury and illness. Simple initiatives, such as a hand-washing campaign, help prevent the spread of germs and viruses amongst the ATF and the host nation members.

The team has also provided health awareness briefings on a variety of topics and distributed Diethyl-metaltoluamide (DEET) lotion to further reduce the risk of arthropod-borne illness. Preventative health measures have included organizing the treatment of combat uniforms with Permethrin to reduce the risk of tick-borne diseases such as Lyme disease and Encephalitis.

The CFHS medical team in Romania is pleased to support the ATF members composed of airmen and airwomen from 3 Wing Bagotville, 2 Wing Bagotville, 17 Wing Winnipeg, 8 Wing Trenton, 14 Wing Greenwood, 4 Wing Cold Lake, and 22 Wing North Bay.



Campia Turzii, Romania. July 2014 – The CFHS medical team, supporting the ATF Romania, poses for a photo with the Romanian Air Force medical staff during Operation REASSURANCE. Photo: Capt Christopher Daniel

HOUSEWATCH

Don't leave your house to chance—
Leave it to us.

Did you know that your homeowner's insurance policy may require that your home be checked regularly, as often as everyday when you're away?

Commissionaires' team of bonded security professionals will perform routine internal and external inspections of your property. Our new WiredTime technology places barcodes strategically throughout your home and property, allowing you to keep track of us while we keep track of your home security, giving you complete peace of mind.

CF Members Get A 10% Discount

CAA Manitoba members now **SAVE 10%** on Commissionaires' Mobile Services

COMMISSIONAIRES
TRUSTED. EVERYDAY. EVERYWHERE.
www.commissionaires.mb.ca
 942-9553

1CAD Honours and Awards

On July 08, 2014, the Commander of 1 Canadian Air Division, Major General Pierre St-Amand, presented Honours and Awards to staff at 1CAD, in building 25. All photos by: Pte Darryl Hepner



MGen Pierre St-Amand (left) presents LCol Loren Hollinger (right), United States Army, with the United States Defence Meritorious Service Medal.



Squadron Leader Triccas, Royal Air Force, receives the NATO Medal for Service in Libya.



MWO Dean Hancock receives the Special Service Medal (SSM).



Maj Terrance Sokolowski receives the Canadian Forces Decoration second clasp (CD2).



CWO Ted Fudge receives the Canadian Forces Decoration second clasp (CD2).



LCol Marcy Spiers receives the Canadian Forces Decoration first clasp (CD1).



LCol Patrick Wahl receives the Canadian Forces Decoration first clasp (CD1).



Maj Trevor Larson receives the Canadian Forces Decoration first clasp (CD1).



WFO Todd Grant receives the Canadian Forces Decoration first clasp (CD1).



Sgt Michelle Neilson receives the Canadian Forces Decoration first clasp (CD1).



Cpl Carolyn Abgral-Gaulin receives the Canadian Forces Decoration first clasp (CD1).



Capt Wright Eruebi receives the Canadian Forces Decoration (CD).



Capt Colin Malmstrom receives the Canadian Forces Decoration (CD).



MCpl Jacqueline Wolfe receives the Canadian Forces Decoration (CD).



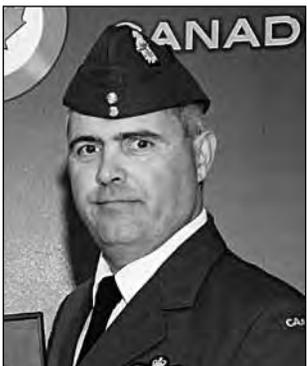
CWO Andre Daigle receives the CWO Scroll.



CWO Andrew Dodd receives the CWO Scroll.



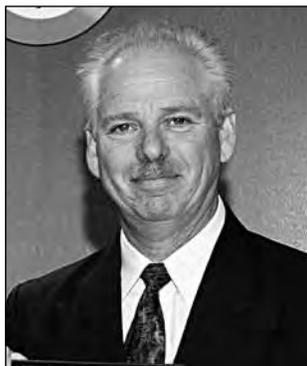
CWO Ted Fudge receives the CWO Scroll.



CWO George Snider receives the CWO Scroll.



Mr. Parwinder Dhaliwai receives the RCAF Commander's Commendation.



Mr. Raymond Clement receives the RCAF Commander's Commendation.



MWO Carlene Stevens receives the RCAF Commander's Commendation.



Mrs. Gisele Lebrun receives the RCAF Commander's Commendation.



MGen Pierre St-Amand (left) presents Ms. Wanda Deong (centre) and Mr. David Strong (right), with an Award of Environmental Excellence.

**Congrats
to all
Honours
&
Awards
recipients!**

NEW ARRIVALS

Puzzled about Manitoba Driver Licences and Plates?



Obtain them at your
Base Insurance Office
in the Main Rec Centre

autopac

A Manitoba Public Insurance product

• Fire insurance? • Contents?
• Driver Licences? • Auto Insurance?

Call us or drop in to:

BALDWINSON INSURANCE
BLDG 90 (REC CENTRE) • WHYTEWOLD RD

MONDAY TO FRIDAY: 8:30 AM TO 5:00 PM

Phone: 889-2204

Fax: 885-1964



THE DEAL HUNTER EVENT



The Honda
2014
MODEL
CLEAROUT



AVAILABLE FEATURES:

- CONTINUOUSLY VARIABLE TRANSMISSION (CVT) WITH IMPROVED FUEL ECONOMY
- LANEWATCH™ BLIND SPOT DISPLAY
- PROXIMITY KEY ENTRY SYSTEM WITH PUSH BUTTON START
- EXPANDED VIEW DRIVER'S MIRROR
- DISPLAY AUDIO SYSTEM WITH HONDALINK™

SAVE UP TO
\$2,000*

2014 CIVIC LX

MODEL SHOWN: CIVIC TOURING

\$19,990[†] - \$2,000 = \$17,990

16 CIVIC | Canada's best-selling car 16 years in a row.



SAVE
\$2,000

2014 ACCORD LX

MODEL SHOWN: ACCORD TOURING

\$25,685[†] - \$2,000 = \$23,685

MSRP, INCLUDES FREIGHT & PDI CASH PURCHASE SAVINGS



SAVE UP TO
\$2,500

2014 FIT DX-A

MODEL SHOWN: FIT SPORT

\$17,540[†] - \$2,500 = \$15,040

MSRP, INCLUDES FREIGHT & PDI CASH PURCHASE SAVINGS



PLUS!

\$500

ADDITIONAL CASH INCENTIVE

To a current/active/retired members of the Army/Air Force/Navy, a DND employee, or a member of the CF appreciation program.



JASON AU Product Advisor

204-661-6644 | jason.au@birchwood.ca



BIRCHWOOD HONDA ON REGENT
1401 Regent Avenue West
204-661-6644 hondaonregent.ca



HONDA

†MSRP is \$19,990/\$25,685/\$17,540 for a new 2014 Civic Sedan LX, model FB2E4EEX/2014 Accord LX, model CR2E3EE/2014 Fit DX-A, model GE8G3EEX, and includes \$1,495/\$1,695/\$1,495 freight and PDI. Taxes, license, insurance, environmental fees and registration are extra. Retailer may sell for less. Retailer order/trade may be necessary. *Cash purchase savings of up to \$2,000 on select new and unregistered 2014 models. †/* Offers valid from August 6, 2014 through August 31, 2014 at participating Honda retailers. Offers subject to change or cancellation without notice. Visit Birchwood Honda for full details.

Riders Pay Tribute to the Fallen at the Grizzly Challenge

By Sgt S.O. Fritsch
402 SQN

On the 13th of June 2014, a group of 24 CAF members and 4 civilians converged on Birds Hill Park, MB to complete the Fourth Annual 402 Sqn "Grizzly" Challenge: a grass roots bicycle ride with the goal of riding 1 km for each CF member lost in Afghanistan and to raise monies for the Soldier On Fund.

The course was designed to allow novice and experienced cyclists the opportunity to participate as individuals or in teams to cover the required distance. After a quick brief and moment of silence all riders rolled off to a beautiful morning.

Despite the physical and mental challenges, a total of 3412 kms were completed on the day. This year we had 14 riders do 164 km or a 100 mile "Century", one rider did 158 km, and eight riders completed over 100

km for a "Metric" century. Our fastest rider was BGen Ploughman who did 100 miles in under 5 hours. He didn't even come out for any of the training rides. One can only imagine what he could he have done if he had come out for the training rides.

The weather was perfect, the best we have had yet. Unfortunately none of our training rides had hills so many a rider could be heard cursing the dreaded East Gate hill! Capt MacPherson and I decided the best way to travel all those laps was going counter clockwise. While most others considered us crazy.

Alter Ego Sports provided sponsorship support. When LCol Campbell was only one lap away from completion and was feeling quite exhausted, it was Alter Ego Sports' donated Gels that brought him back to life and ensured he completed the full distance.

Although training started a bit later in the season it

ultimately turned out to be the best group we had ever ridden with. MCpl Erwin and I have been taking people on rides and training rides for over ten years now so we have lots of experience. Our methods were clear: Get the most out of each rider without overwhelming them. The first ride was an easy jaunt up to the Forks of 30 km. I would then send out an e-mail to all the riders saying if you can do 30 km you can do 45km. On and on we went longer distances and greater speeds. For the second time ever we did a training ride on the highway which turned out to be one of the favourite rides. We learned about hydration, nutrition and endurance cycling. After all some riders were destined to be on the course for almost eight hours!!

This year's focus was to raise monies for the Soldier On Fund and it was our most productive yet at over \$1800.00 dollars raised. It was also meant to be the stepping stone for it to be bigger and raise even more funds while increasing every rider's fitness level.

Special Thanks to LCol Campbell for allowing the event to happen, participating in it, and his overall support of organised sport and fitness, Maj Pettit for her permitting the training rides to take place during working hours, and MCpl John Erwin for planning routes, setting the pace during training rides, and offering endless advice to all the riders. Sgt Lanteigne, for SAG support on the training rides, counting laps, and tracking everybody's progress.



The participants in the Grizzly Challenge raised over \$1,800 for the Soldier On Fund. Photo: Supplied

Allow me to serve you and your real estate needs while you serve our country.



- over 25 years of professional service
- specializing in military transfer



Tracy McLachlan

bus: 204.453.7653
fax: 204.284.4262

360 McMillan Ave
Winnipeg, MB
R3L 0N2

talktotracy@shaw.ca



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

École francophone

Maternelle à 8^e année

École la plus près de la 17^e Escadre

Transport scolaire

Garderie francophone

Centre de la petite enfance
et de la famille



81, chemin Quail Ridge, Winnipeg (Manitoba) R2Y2A9
<http://rdallaire.dsfm.mb.ca> • romeo.dallaire@atrium.ca

(204) 885-8000



What's Happening at the Fall Fair on Sept. 13th

Bicycle Valet

It's simple! Ride your bike (or rollerblades, stroller, scooter, etc) to the Fall Fair and find our Bicycle Valet; we'll take care of the rest. Just like a coat-check, we'll tag your bike, or other mode of transportation, and provide you with a claim stub. Enjoy your time at the Fall Fair, and bring back the claim stub when you want your mode of transportation returned. You can even leave your helmet or panniers on your bike (securely attached of course). Don't fight for one of the limited parking spots, commute actively to this year's Fall Fair!



Apple Cooking Challenge

Come one, come all, calling all those with any culinary skills! This year's Fall Fair will include an old fashioned apple cooking challenge! Bring your creation (in its completed and ready to consume form) to the B90 Theatre anytime between 10:00am – 12:30pm. At 1:00pm a panel of highly skilled judges will sample all creations and determine the winners.

CONTEST RULES

1. All goods must be fully cooked and complete.
 2. Goods are to be prepared in a sanitary manner.
 3. It is recommended that all entries are placed in covered disposable containers.
 4. If you are using your own dish, you do so at your own risk. Please put your name on the bottom of the container. Don't forget to pick up your dish at the end of judging.
 5. All entries will become the property of the contest and will be used for the tasting activity. There will not be any leftovers.
 6. Each entry should be marked with a name of your baked good when you register on the day of the contest (for example, apple pancake).
 7. Entries must be accompanied by the recipe used to bake it. Also with your permission, the recipes will be collected for distribution to the public. If you choose not to give this permission, this will not affect whether your entry will win a prize.
 8. No intimidating fellow bakers/bakettes
 9. No bribing judges
- Happy baking! Remember now, you get out what you pudding.

Image by foto76 at FreeDigitalPhotos.net



Winnipeg Trolley

All aboard!! Inspired by the Winnipeg Electric Company streetcars that were once a prominent feature on the city's streets, come ride the 32-passenger orange and cream trolley between events at the Fall Fair! Running from 9:45-11:30am, the trolley will transport visitors on a loop taking them from B90 to the Wing Welcome Coffee Break at the MFRC then back to B90.

17 Wing Fire Chief's Corner: Clothes Dryer Fire Safety Tips

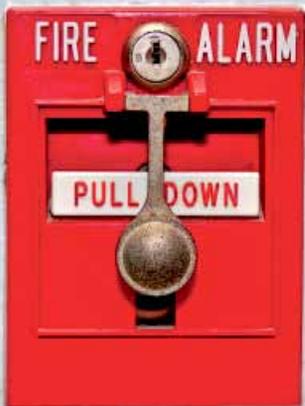


Image by chenjasuwan at FreeDigitalPhotos.net

There are about 12,700 clothes-dryer fires in residential buildings annually in the United States, according to the U.S. Fire Administration. These preventable fires caused 15 deaths, 300 injuries and about \$88 million US in property damage. There are no comparable statistics available for Canada.

Doing laundry is most likely part of your every day routine. But did you know how important taking care of your clothes dryer is to the safety of your home? With

a few simple safety tips you can help prevent a clothes dryer fire. Dryers should be properly grounded. Check the outdoor vent flap to make sure it is not covered by snow. Keep the area around your dryer clear of things that can burn, like boxes, cleaning supplies and clothing, etc. Clothes that have come in contact with flammable substances, like gasoline, paint thinner, or similar solvents should be laid outside to dry, then can be washed and dried as usual.

"In Canada, we excessively use our dryers" If you're anything like so many Canadian families, we're doing two to three loads of laundry every day, so you need to make sure to clean the dryer trap every time with every usage."

Failure to clean out lint traps is the main cause of dryer fires. A blocked vent or exhaust pipe blocks hot air from release, turning the highly combustible lint into a fire hazard.

Dryer fires are a common occurrence. Here are a few tips to help prevent a disaster:

FACT

- The leading cause of home clothes dryer fires is failure to clean them!

TIPS

- Have your dryer installed and serviced by a profes-

sional.

- Do not use the dryer without a lint filter.
 - Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
 - Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.
 - Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often I notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.
 - Keep dryers in good working order. Gas dryers should be inspected by a professional to make sure that the gas line and connection are intact and free of leaks.
 - Make sure the right plug and outlet are used and that the machine is connected properly. Follow the manufacturer's operating instructions and don't overload your dryer.
 - Turn the dryer off if you leave home or when you go to bed.
- These few but simple tips will help prevent a dryer fire. Keep you and your family safe.
- Source: National Fire Protection Association

 Kids Etc's
Youth Movement Company

OFFERING CLASSES IN

- Jazz • Ballet • Tap • Modern • Hip Hop
- Musical Theatre • Lyrical • Special Programs for Preschoolers

In person registration on now!

be remarkable!

follow us on



Special Rates
for Boys



Women's Softball Team Have a Ball at PR Tournament



Back Row (L to R): Pte Christina Reeve, SLt Crystal Wilson, MWO Heidi Twellman, Cpl Kathleen Cameron, Capt Kelsey Penner, MCpl Jason Fortin (coach). Front Row (L to R): 2Lt Karena Dabolins, MCpl Pierrette Hall, Maj Lauren Banks, Cpl Noemie Lavigne, MCpl Phelicia Black, Pte Andrea Thompson, Pte Cathy Emmerson.
Photo: Supplied

By 2Lt Karina Dabolins

During the week of August 10-15th your 17 Wing Women's Softball team travelled to Edmonton to compete in the Prairie Regional tournament. The ladies had a fantastic time, but unfortunately fell short of advancing to Nationals.

Due to tournament scheduling changes, the whole team officially met for the first time as they left for Edmonton. The lengthy drive to Edmonton provided team bonding time, and set a positive tone for the rest of the week.

Despite the new faces everyone played well together and improvement was visible in every game. Throughout all of the games camaraderie was high: strikeout wigs were worn, music was played at the bench keeping spirits high, and the cheering for teammates could be heard across the park. A special mention goes out to MCpl Pierrette Hall for her superb dancing skills and her continuous enthusiasm while playing.

MWO Heidi Twellman (Team Captain) and SLt Crystal Wilson (Assistant Captain) lead the team in many great plays in the outfield and infield, respectively, while Capt Kelsey Penner had several strikeouts with her excellent pitching. The team benefited both in field and at bat from some of the more experienced players, most notably Pte Cathy Emmerson, Cpl Kathleen Cameron, 2Lt Karina Dabolins, and MCpl Phelicia Black, who joined the team as an augmentee representing 17 Wing Det Dundurn.

There were a few players on the team who were newly posted to Winnipeg and the tournament provided them with the opportunity to meet people, make new friends, and become involved with military sports. The tournament was an excellent experience and offered first time players the chance to try a new sport and improve their skills.

Thanks goes out to the coaches, the players who worked hard to make the tournament a possibility, and everyone involved who helped create such a positive atmosphere. Well done ladies!

Any CF members interested in participating in the CF Sports Program should contact PSP to learn more about the base teams at 17 Wing.

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



THANK YOU



To José Ferreira and his Team at Fountain Tire Portage Avenue
for their support of the WCWO/Public Service Week BBQ and Slo-Pitch Tournament





Night Golf Anyone?

CFB Winnipeg Golf Club NIGHT GOLF

13 September 2014 / 1st Tee Off at 9:00 pm. / Sunset estimated at 7:30 pm.
 Shot Gun Start.
 If needed, the Club has glow balls for signing out.
 Maximum 40 entries.

Members - \$20. (\$10 entry + \$10 per glow ball, refunded if the ball is returned)
 Non-Members - \$35. (\$15 Green Fee + \$10 entry + \$10 ball, refunded if the ball is returned)

Please arrive before 9pm and use the Air Force Way / Sharp Blvd gate for entry.
 All departures after 9 pm must be through the Whytefold Road gate.

When entering please include:
 Name of each player:
 Membership number of each player:
 Non-Member vehicle License Plate Number for access on the base:

Maximum 40 entries.
 Email your entry with the above information to: loyd.olson@forces.gc.ca

PSP Golf Tournament A Hole in Fun



Some golfers pose for a photo. Left to right: WO Chris Chisholm, MCpl Heather Diebert, Capt Heather Lewis, and CWO Ted Fudge. Photo: Martin Zeilig



Cpl Andrew Burnett on the green. Photo: Martin Zeilig

1100hrs friday 29 august - vendredi 29 août 2014

END OF SUMMER TGIF CONCERT

ROYAL CANADIAN AIR FORCE BAND

MUSIQUE DE L'AVIATION ROYALE CANADIENNE

SPECTACLE DE LA FIN DE L'ÉTÉ

Open to all 17 Wing Units, including lodger units and Air Divisions
 Family members welcome!
 Performances by the RCAF Band including Jetstream
 BBQ Pulled Pork Sandwiches, with Hot Dogs for the children for only \$2/person
 1100hrs behind the 17 Wing Recreation Centre (Bldg 90), indoors if inclement weather
 Activities for Children, including bouncy castles, face painting, and more

17 WING WINNIPEG

Ouvert à toutes les unités de la 17e Escadre y compris les unités hébergées et les divisions aériennes
 Les membres de la famille sont les bienvenus
 Spectacles de la Musique de l'ARC, y compris Jetstream
 Sandwichs au porc effiloché cuit sur le barbecue et hot-dogs pour les enfants Seulement 2 \$ par personne
 À compter de 11 h, à l'arrière du Centre des loisirs de la 17e Escadre (bâtiment 90)
 à l'intérieur en cas de mauvais temps
 Activités pour enfants, y compris structures gonflables, maquillage et plus encore

Hosted by Colonel Joel Roy
 17 Wing Commander
 For more information contact
 Capt Paul Wood at 5886

Organisé par le colonel Joel Roy
 commandant de la 17e Escadre
 Pour obtenir de plus amples renseignements communiquez avec
 le Capt Paul Wood au poste 5886

award winning
Assiniboia Animal Hospital

Gentle with
 Pets & Prices

889-5570

3050 Portage Avenue

London Airman Proud to Serve with RCAF at World's Premier Military Exercise

By Captain Jeff Noel
RCAF RIMPAC Air Task Force Public Affairs

Corporal (Cpl.) Julian Campos Marino is one of a dedicated team of Aerospace technicians, aircrew, and support personnel assigned to the Royal Canadian Air Force's (RCAF) Air Task Force at Rim of the Pacific (RIMPAC) 2014, the world's premier combined and joint maritime exercise taking place around the Hawaiian Islands and in San Diego from June 26 to August 1.

The London native is an Airframe Technician who is responsible for the maintenance of the CC-130 Hercules aviation systems, including the airframe, with 435 Transport and Rescue Squadron based normally at 17 Wing in Winnipeg but is currently deployed with a detachment from the squadron to Hickam Field, Hawaii.

"I've travelled to multiple locations in Canada and the USA with the CC-130 Hercules but this time we are operating over 6,100 km from our home base," say Cpl. Campos Marino, a health and fitness enthusiast who graduated from John Paul II Secondary School, or JPPII as it is commonly known.

An extremely hard worker, his drive and determination have assisted him greatly during his deployment to RIMPAC, and earned him great respect both within his squadron and on the soccer pitch.

"It definitely has been a challenge with the heat, working in the open with no shelter, and the intensity of operations making sure our CC-130 air-to-air tanker is serviceable for each and every mission," Campos Marino said. "But that is all part of why we are here and we're very proud that our aircraft hasn't missed a mission yet because of a mechanical issue."

This year's Rim of the Pacific (RIMPAC), the 24th in the series that began in 1971 includes twenty-two nations, 49 surface ships, 6 submarines, more than 200 aircraft and 25,000 personnel participate. More than 1,000 Canadian airmen and airwomen, sailors, and soldiers are participating in the exercise.



Cpl Julian Campos Marino. Photo: Supplied

100 KM Run? No Problem for CFAD Dundurn

By Pte Kyle Degroseilliers
CFAD Dundurn

When you think about it, 100 km is a long way. For those of us that commute to Canadian Forces Ammunition Depot (CFAD) Dundurn each day from Saskatoon that's like making the trip just over 3 times; but that's just how far 6 CAF members from CFAD ran on Friday, 18 July. The run took us from Friendship Park on the shore of the South Saskatchewan River in downtown Saskatoon to the National Historic Site of Batoche, Saskatchewan. Batoche was the site of the Battle of Batoche in 1885 during the Northwest Rebellion, which saw the defeat of Louis Riel and his Métis forces by MGen Frederick Middleton and his Northwest Field force. The run was to pay tribute to Métis veterans of Canada, both past and present as well as to honour our soldiers. The six members from CFAD taking part in the run were Maj Martin Duchesneau, Capt Kathleen McBurney, WO Luc Sevigny, Sgt Michel Bouchard, Pte Raphaël Gilbert-Therrien, and Pte Kyle Degroseilliers.

When all was said and done, most of the CFAD members ran approximately half of the full distance of the run, which we broke into legs ranging from 5 to 15km. It is safe to say that all of us who completed the run felt a great sense of pride and accomplishment, with several of us never having run so many kilometers in one day. Throughout the entirety of the run passing motorists honked and cheered to show their support for the event, with at least one person offering money out his window as a donation. This support was very uplifting and motivating, and made the long distances fly by much more easily. Towards the end of our journey when the sun went down and the sounds of the swamp came alive, the mosquitoes became so thick that they were a veritable cloud around each of our heads. There was, however, a light at the end of the tunnel. In what was possibly the best part of the run, when we arrived at the Batoche site,

people were lined up with lights to show us the path to the stands. Upon arriving to the stands we were greeted by hundreds of people screaming and cheering and offering high-five's, handshakes and even hugs. For a short time we all felt like rock stars, and it was a great finish to a great day. For Sgt Bouchard "It was fun to run it as a team and with other participants, (Combat engineers and young Métis) it kept me going, I never thought I could run that much in a day. The arrival at the Métis campground was very emotional, when we ran into the tent, all tired, to have a crowd cheering us on, the pride of these people was palpable." I think all of us were honored to run and work so hard for such a worthy cause, and the team from CFAD looks forward to the next run in 2015.



Sgt Bouchard and WO Sevigny run alongside CWO Joel Pedersen and some young participants. Photo: Supplied



A young Métis runner aiming to complete the 100 km run from start to finish represents her community during the Honour Run. Photo: Supplied



MONDAY – THURSDAY

Lunch 1130 – 1300 hrs
Afternoon 1500 – 1900 hrs

(Hours may be extended to 2200 hrs depending on attendance)

FRIDAY

Lunch 1130 – 1330 hrs
Afternoon 1500 – 2400 hrs

SATURDAY – SUNDAY

CLOSED

Hours will fluctuate on nights with scheduled events

Pool Tables Air Hockey Foosball

Cable TV Shuffleboard

WiFi Internet Wii Games TGIF's

Available for Weddings, Socials, Private or Unit Functions / Contact the Junior Ranks Admin Office Bldg 61 / 204-833-2500-5245

Sharing Greener Living Tips With 17 Wing

By Beth McKechnie

Whether it's composting food scraps or switching to green cleaning products, many people are looking to live a little greener and healthier. With the abundance of how-to information available, especially online, it can feel a bit overwhelming knowing what to do or even where to start.

Green Action Centre, a Winnipeg-based, non-profit organization, can help you find practical solutions that fit with your life. This is shared through an e-newsletter and website chock full of simple tips and local events along with workshops on topics like backyard composting or cycling to work. The Centre also delivers annual events such as the Commuter Challenge and year-round programming like Active and Safe Routes to School Manitoba.

With the back to school rush on now, it's a great opportunity to plan to start walking or cycling your kids to school or daycare, even a couple of days a week. This might mean taking turns with other parents to create your own 'walking school bus' as a group or trading off with your spouse. It's a great chance to talk and connect while you walk.

It's true that in this fast-paced world, children are mostly driven to school and other activities (as chauffeuring parents know all too well). Yet surveys show that, given the choice, most kids would rather walk or

bike than be driven by car.

"Walking and wheeling to school is a great way for kids to be physically active while also having fun with friends and exploring their neighbourhood," notes Jackie Avent, Coordinator of Active and Safe Routes to School Manitoba.

Within your home, perhaps you'd like to try using greener cleaning products or personal care items like shampoo or toothpaste. The great part of whipping up your own recipes is that they are so inexpensive and easy to make. One example is an all purpose cleaner for the kitchen and bathroom. Just mix together 1 tablespoon Borax, 1/2 cup liquid castile soap, 1/2 cup white vinegar, and 4 litres of hot water. (Note that you can find Borax at most grocery stores in the detergent aisle and castile soap at health food stores.)

If you already compost, you might be wondering about the best time and how to harvest your finished compost. Or perhaps you're wondering if you can con-



Master Composter participants turning bins. Photo: Supplied

tinue to compost through the winter. You can find advice on these topics and many others at www.greenactioncentre.ca.

Come talk to us in person at 17 Wing's Fall Fair on September 13th. Green Action Centre is one of several community organizations participating with a display at the fair. Also check out our human-powered blender-on-a-bike – active, fun and tasty!

17 Wing Members Coach U-17 Manitoba Bisons Ball Hockey Team

By Martin Zeilig

Voxair Photojournalist

They may have finished out of medal contention at the recent 2014 Junior National Ball Hockey Championships in Winnipeg, but the Under 17 Manitoba Bison Ball Hockey team are still winners in the eyes of their 17 Wing coaches.

Major Dave Treanor shared coaching duties with Major Stéphane Morency and Master Corporal Holly

Young, who also acted as team trainer.

The competition, which took place July 31 to August 3, was held under the auspices of the Canadian Ball Hockey Association (CBHA), a registered non-profit organization.

MCpl Young called coaching the Bisons team an excellent experience.

"I would gladly do so again," said the Aeromedical Technician at CFSSAT Instructor Flight. MCpl Young has been involved in the ball hockey community at many levels but this year was her first time as an assistant coach/team trainer.

Maj Morency echoed MCpl Young's sentiments.

"This is my second U17 Nationals as a coach, and I was very impressed with the kids. The experience on the team ranged from A1 to AAA ice hockey level and all came together and ready to give their 110 percent. In the end, penalties killed us. However, every game was fought well."

Maj Morency's son, Nathan, who played forward on the Bisons, just returned from the World U16 Ball Hockey Championship where Team Canada placed second overall coming back with a silver medal.

The Bisons ended up tied with Team Saskatchewan with identical 0-1-3 records.

Their final game of the round robin was against Saskatchewan.

"It was an amazing game to watch as it went end to end," said Maj Treanor. "Our boys played the man-on-man system to perfection, and both goalies made stellar saves."

The game ended as a draw with no goals scored. But Saskatchewan had a better goals for/against average for the tournament, so they went to the playoff round.

"But, I'm really proud of the way the boys played all tournament," said Maj Treanor, who also coached the 17 Wing Falcons at the recent CAF Prairie Regional Ball Hockey Championships.

"They showed lots of heart, worked hard, and never gave up. They played some amazing periods of hockey against some pretty powerful opponents. Unfortunately we did fall short in our penalty kill at times and then had to try and play catch-up hockey. This was one of the classiest teams that I have ever coached."

MCpl Young says that she was pleasantly surprised by the team's demeanour, professionalism, manners and overall team mentality.

"The respect and trust from both them and their parents in my ability to provide care as team trainer was extremely beneficial, making for a more advantageous experience all around," she says.

17 WING 17^E ESCADRE

GCWCC
CMTCG

Family Dog Walk

Promenez votre chien en famille

in support of the Government of Canada Workplace Charitable Campaign
à l'appui de la Campagne de charité en milieu de travail du gouvernement du Canada

Saturday 20 SEPT 2014
le samedi

your pet • votre chien
pet valu

RUILES • RANCH

Westwin Community Centre
(Bldg 33) Parking Lot – 642 Wihuri Rd.

Le parc de stationnement du
Centre Communautaire Westwin
(Bldg 33) – 642, chemin Wihuri

1000 hrs 🐾 10h
Registration Tent opens at 0930 hrs
La Tente des inscriptions sera ouvert à 9h30

IN ATTENDANCE / EN PRÉSENCE
The Winnipeg Humane Society
"Black Dog Club"

FREE On-Site Registration! 🐾 Inscription GRATUITE sur place!

Donations are encouraged and accepted on-site

On vous encourage de faire un don de bienfaisance, qu'on acceptera sur place

FOR MORE INFORMATION CONTACT / POUR OBTENIR DE PLUS AMPLES RENSEIGNEMENTS, VEUILLEZ CONTACTER LE
Sgt Darren Burgess ext/poste 6264 or/ou
Darren.Burgess@forces.gc.ca



The Bisons gather at the sidelines during a game. Photo: Supplied

Healthy Weight Loss

There is no tried and true formula for healthy weight loss, appropriate weight gain and successful weight management. In fact, “cleanses and diets” that have been promoted by diet gurus have a very high failure rate. Then how can we be successful? The correct way to manage your weight is to modify your eating and physical activity habits. This is where we come in. The Health Promotion staff offer a Weight Wellness program which provides a safe and effective approach to managing your weight, and is designed and tested specifically for the Canadian Forces.

Designed for small groups of 10-15 participants, Weight Wellness consists of 8 sessions and is for people who are ready to make changes in their physical activity and eating habits to achieve or maintain a healthy body weight. The programs emphasis is not on dieting, but rather on developing healthy eating and physical activity habits through its realistic and positive approach. In essence, the programs self-directed approach helps participants develop a personalized Blueprint for weight management and to learn skills to manage their eating habits and physical activity for a lifetime.

This program offers the most up-to-date methodology for developing healthy eating and activity habits and achieving or maintaining a healthy weight. Weight Wellness is a juggling act: with practice comes success in attaining and maintaining a healthy weight.

For more information on Weight Wellness or other Health Promotion programs and services, please contact your local Health Promotion at 4150, or HealthPromo@forces.gc.ca.

BOUFFE-SANTÉ
pour un rendement assuré

Ce que vous mangez fait toute la différence!

TOP FUEL
for Top Performance

Les ateliers du programme Bouffe-santé pour un rendement assuré accroîtront vos connaissances et vous donneront des conseils pratiques pour améliorer vos choix alimentaires.

What you eat makes a difference!

Top Fuel for Top Performance workshops will provide you with knowledge and practical tips to tune-up your food choices.

15 and 16 October 2014
0830-1600 hrs
2-day course/cours de 2

For more information or to Register contact Health Promotion local 4150

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

National Défense
Defence nationale

STRESS: Take Charge!
A Canadian Forces Program

Le stress : ça se combat!
Programme des Forces canadiennes

For more information or to register contact Health Promotion at local 4150

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

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

Stress: Take Charge!

22 and 23 September 2014
0800 - 1600 hrs

Voulez-vous augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

Le stress: Ça se combat!

22 et 23 septembre 2014
8 h à 16 h

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

WEIGHT wellness
Lifestyle Program

Programme Style de vie **POIDS-santé**

Mondays
29 Sept – 24 Nov
1300 – 1430 hrs
Bldg 62, Room 309

lundi
29 septembre – 24 novembre
bât 62, bureau 309

The tools you need for a better lifestyle
Healthy eating, physical activity and attitude!

Les outils dont vous avez besoin pour un meilleur style de vie
Saine alimentation, activité physique et attitude!

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

For more information or to register contact Health Promotion local 4150

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

Clowning Around at the All Stars Camp



Left: A magician amazes the audience with his acts of mental marvel.
Below: All the campers at the Community Recreation All-Stars Summer Camp had a fun-filled summer.
For more photos make sure to visit and like the Voxair facebook page at facebook.com/thevoxair.





Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

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

Upcoming MFRC Programs and Events

Got 'Squeaky' Cheese?

During the week of September 22, 2014 the MFRC is going to order and pick up fresh cheese curds from Bothwell Cheese. Orders must be placed and paid for by Friday, September 19 at the MFRC front desk. No orders will be accepted after this date.

1 lb = \$7.50

Cheese curds will be available for pick up on September 22 at the MFRC. An email will be sent to confirm the date and time.

ROCK N' READ

Tuesdays, September 30—November 4

From 1:30 to 3:00 p.m.

Westwin Children's Centre

\$30.00 per family

Parent participation required

Registration deadline: September 25, 2014

This parent and child program focuses on reading, rhyming and song. Parents will learn techniques for engaging their young children in literacy and have a chance to make a beautiful book for their child while the children play.

NEXT CHAPTER

Tuesday, September 23

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

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 through 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 six and up. Childcare will be provided if you have other younger children ages 18 months to five years old.

FRENCH COFFEE

Every Wednesday morning
10 to 11 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.

FRANCOPHONE LADIES GROUP

DINNER: 'SHARE YOUR FAVOURITE APPETIZERS'

Friday, September 19 at 6:00 p.m.

Registration deadline: September 17, 2014

It is now time for the French ladies Group to reconnect and welcome the newcomers! Bring your two favourite appetizers and don't forget the recipe. The French Ladies Group has been in existence for more than ten years and its women meet approximately once a month for entertainment, forging links and friendships. For those who have not yet had the chance to participate in the group's activities, this will be the opportunity to join us. Women of all backgrounds, civilian and military, are welcome. Fun and laughter guaranteed.

SECOND LANGUAGE TRAINING

Fall session 2014

Classes begin the week of September 22

English (advanced level): Tuesday & Thursday from 6 to 9 p.m.

French level 1 (beginner level)

Day: Tuesday & Thursday from 9 a.m. to 12 p.m. (child care available)

Evening: Monday & Wednesday from 6 to 9 p.m.

The Second Language Training Service is designed to facilitate the integration of civilian spouses/partners of CF members who are posted to locations where the surrounding community's primary language is unfamiliar.

The primary participants eligible to access Second Language Training are civilian spouses/partners and children of CF members sixteen years of age and over. Special consideration may be given to children fourteen to fifteen years of age. A minimum of five primary participants must be registered for a course to be offered. A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85% of classes.

Courses are also open to military members for a non-refundable cost of \$50 and to members of the community at a non-refundable cost of \$100 per session. The course duration is ten weeks and will consist of two three-hour classes per week. Classes are held at the MFRC (102 Comet Street).

Come in and complete the registration form at the MFRC reception or call Mélanie Lyrette at 204-833-2500 ext. 4515 for further information.

SUNSET GOOSE FLIGHT

Wednesday, October 1 at 5:00 p.m.

\$5.00 per person. Children 3 and under are free.

Registration deadline: September 24, 2014

All newcomer military families are invited to join us at Fort Whyte to watch the arrival of the geese. During Fall migration, thousands of geese will be landing on the lakes. It is pretty exhilarating to hear and see this happen. Bring your camera and be prepared to be amazed. We'll have a presentation at 6:00 p.m. before watching the geese land for the night. A hot dog, drink and popcorn are included in the cost of admission.

CARD MAKING CLASS

Tuesday, September 30 from 7:00 to 9:00 p.m.

\$12.00

Registration deadline: September 25, 2014

Come and get a jump on your holiday card making! We will be making 10 cards total, 5 designs. No need to be an experienced card maker, our instructor makes it easy to learn. Participants are asked to bring their own adhesive.

CROCHET CLASS

Thursdays, September 25, October 23 and November 20
From 6:30 to 8:30 p.m.

\$25.00 for all three classes or \$10.00 for each class.

Registration deadline: September 22, October 17 and November 14

This series of crochet classes will take you from the very beginning to a finished product at the end of the last class. In September, we will cover the very basics of crochet. Stitches, terminology, knots...all the things you will need to know to be comfortable in your new hobby.

MEDITATION MONDAYS

Mondays, September 8, 15, 22, 29

from 12:00 to 1:00 p.m.

Are you looking for a chance to take a quick breather? Meditation Monday is a drop in group for those who wish to relax and find focus. Activities will vary, but may include meditation, mindfulness and guided imagery. Please join us to enjoy the peace and quiet.

In consideration for all participants comfort, conversations should be held outside the meditation room, prior to entering or upon leaving the group. The room will be open at 12:00 p.m. and meditation will begin at 12:15. Once the room door is closed, no other participants will be admitted.

YOUTH CENTRE

The MFRC Youth Centres, North Side, 102 Comet Street and the South Side, 347 Doncaster Street, will be opening on September 22, 2014. Please see below for

hours of operation.

Youth Drop-In Centre Hours of Operation:

North Side (6-12 year olds)

Monday/ Wednesday/ Friday: 5:00pm - 9:00pm

Tuesday/Thursday: CLOSED

South Side (6-12 year olds)

Monday-Friday: 4:00pm - 8:00pm

*Hours of Operation are subject to change based on usage and youth attendance.

*Youth Centres are closed on Holidays.

Both Youth Centres will open Monday, September 22, 2014 to regular hours! Hope to see you there!

For more detailed information of each Youth Centre and its activities, please see the attached Youth Centre calendars.

We do require all youth who are take part in the drop-in programs to hand in a completed membership pack-age. Please see a member of staff for details.

All this information regarding Youth Centre activities and more great opportunities for youth is now available online. **Our Facebook page – WinnipegMFRCYouth** is dedicated to providing the most up to date information on activities, events and updates related to the MFRC Youth Centres. Be sure to “like” us and check back regularly!

Please note there is a drop in fee of \$0.50/day or \$10.00/monthly for non military family members.

To be added to the email distribution list for upcoming events and activities, please contact Brynne Dalebozik, Youth Centre Assistant at 833-2500 Ext. 5391, brynne.dalebozik@forces.gc.ca or John Bailey, Employment, Education & Youth Coordinator at 833-2500 Ext. 4511, john.bailey@forces.gc.ca.

PERSONAL CLASSIFIEDS

HOUSE FOR SALE

On a quiet street minutes from 17 Wing
\$239,00 OBO
Newly Renovated, Lots of Light
Just move in and relax
Call 204.885.6403 or 204.795.1503

Home for Rent – No Smoking, No Pets

Silver Heights: 3 bedroom, 2 bath, bungalow. Close to base and all amenities; minutes to Assiniboine Park. Large fenced yard with storage shed. \$1500/month plus utilities. Contact (204)333-9186

1st Crestview Scout Group

Coed program
Ages 5-18
Beaver scouts - 5 to 7
Cub scouts - 8 to 9
Scouts - 10 to 12
Venturers - 13 to 17
We meet weekly Wednesday evenings at 6:30 pm at Sansome school and the KW Community Center. Both are on Sansome Avenue.
For questions or information check out www.Scouts.CA or email Dean Parsons at Kirkfieldgc@gmail.ca

The Asante Children's Choir is coming on Wednesday **September 10th at 7 p.m.** to the Church of St. Stephen and St. Bede, 99 Turner Ave. The Choir, made up of children from East Africa, is dedicated to spreading love, hope and joy while raising awareness for the desperate plight of orphans and other vulnerable children. Their colourful clothing, pounding drums and sweet voices demonstrate their hopes and dreams for a brighter future. "Asante" is a Swahili word translated "thank you" in English. Their inspirational stories of resilience have instilled hope in the hearts of all those who have seen them perform. Admission to the concert is a FREE WILL OFFERING to help finance the children's tour. For more information, please check out the website www.asantecanada.ca.

FOR RENT

2 BDRM sublet. Avail. JULY 1st. 3563 Portage Ave. Unit #102. Spacious LR & DR. Large BDRMS & large storage closet. North facing balcony. Close to shopping center and YMCA. On major bus route. Last main floor apartment left in the Building! 204-890-7858

FOR SALE

- Complete Mens Air Force Mess Kit. Jacket, Pants, Shirt, Vest, bow tie, Suspenders. Size 50. Asking \$400
- Ladies Air Force Mess Kit Skirt, size 12-14. Asking \$20
- Call (204) 221-0225

Send us an e-mail today to place your FREE Classified ad (of 50 words or less) at: voxair@mymts.net. Classified ads will run for one month (two issues) unless space permits or specified otherwise.

ASSINIBOIA UNIT NO. 283

Army, Navy & Air Force Veterans in Canada
3584 Portage Avenue Winnipeg, MB
Club rooms: 837-6708



BINGO: Monday, Wednesday & Friday at 7:30 pm
Early Bird starts at 7:00 pm
SENIOR'S BINGO: Thursdays at 1:30 pm
CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday & Saturday evening 8:00-12:00 pm
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Take time to consider if your life is a true reflection of who you are and what you value. What are your strengths? Are you using them when faced with a challenge? Commit to letting go of the things you can't change and working on those you can. Enjoy small pleasures.

Taurus (April 20 – May 20): Reconnect with someone who can give you the information you need to complete a project. Avoid miscommunication and the resulting problems by asking for confirmation of receipt; by speaking in specifics; and by paraphrasing when necessary. Double-check assumptions.

Gemini (May 21 – June 21): It may feel like you will never be understood but keep using effective communication skills. Remain logical, focused and speak straight to the point. Keep engaging until you succeed. The extra effort will be worth it. Change, though uncomfortable at first, is freeing.

Cancer (June 22 – July 22): You can now relax and take a break as some things will only happen in their own good time. Pushing for closure is pointless. Trust that you can handle things as they unfold. You can be proud of all you've accomplished. Celebrating with friends and family makes for special memories.

Leo (July 23 – August 22): Work a little harder when faced with adversity. Success will feel even better than expected. Enthusiasm is catchy so don't hold back. Others are motivated to help with your latest project. Another person's failures and accomplishments are theirs - don't assume they reflect on you.

Virgo (August 23 – September 22): Try and keep things in perspective. Practice moderation. As past efforts pay off you gain confidence in your choices and ability to implement changes. Stretch even further outside of your comfort zone. Enjoy something new and different - especially outdoor activities.

Libra (September 23 – October 23): Creating an illusion of external success cannot be sustained and it won't sustain you either. Instead strive to establish solid relationships that will see you through tough times. Make the effort to find and/or maintain a circle of true friends. Live in keeping with your values.

Scorpio (October 24 – November 21): Fake it till you make it but don't overextend yourself too far. If you're asked to take a lead role in a project, check on the time commitment before agreeing to do the work. Cutting corners will create problems down the road. Do it well or don't do it at all.

Sagittarius (November 22 – December 21): Life is full of peaks, valleys and plateaus. If you're at a rest stop in your journey, look for ways to help others. If you're still working to establish yourself, keep pushing until you're comfortable and content. Use your time wisely. Reward yourself.

Capricorn (December 22 – January 19): Renewed faith that you are on the right path sweeps over you. You've come a long way and learned a lot. Keep redefining yourself as you evolve. Let go of what no longer serves you. Embrace life's joys. With your kind of confidence you can perform miracles.

Aquarius (January 20 – February 18): A spiritual practice can sustain and inspire you. You don't have a lot of control on the chaos in the world but when you do - do something. Still, when you can't be of assistance, don't internalize or blame yourself. Do your best. Find constructive outlets for excess energy.

Pisces (February 19 – March 20): Focus on creating the life you were meant to lead. Look for new ways to use your talents. Explore venues and network. Build on what you're already doing. Patiently persevere. Things could take a while to pan out but the results will be well worth the investment and the wait.

FOR APPOINTMENTS CALL 775-8368

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



Barala Kennels

YOUR PET'S HOME AWAY FROM HOME

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

OWNERS: GARTH AND SARA GRANT
barala@mts.net www.baralakennels.com 633-2629

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...
ST. JAMES LEGION
Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

Texas Hold'em

Tues 7 p.m.

Line Dancing

Every Tues & Wed
8 to 10 p.m.

Dancing To Live Bands

Fri & Sat
9 p.m. - 1 a.m.

Meat Draws

Every Fri 5 - 7 p.m.
Every Sat 2 - 4 pm

GASTHAUS GUTENBERGER GERMAN RESTAURANT

- Authentic German & Continental Cuisine
 - Schnitzel • Beef Rouladen • Homemade Spatzle
 - Fine German Desserts • Fine Wines and German Beer
- Open Daily Monday - Friday 11 am - 11 pm
Saturday 4:30 pm - Midnight
Sunday 11 am - 10 pm

2583 Portage Avenue (1 block west of the Moray bridge)

Phone: 888-3133 for reservations

Catering Service Available



mmmm...
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering

1245 Inkster Blvd
2591 Portage Ave
1380 Ellice Ave
718 Osborne St



Chaplain's Corner

Work is a Blessing

By Capt Won, Padre

"Labour Day is an annual holiday to celebrate the achievements of workers. Labour Day has its origins in the labour union movement, specifically the eight-hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest. In Canada, it is celebrated on the first Monday of September and considered the official end of the summer holiday for most of the respective countries, as public school and university students return to school that week or the following week."

(http://en.wikipedia.org/wiki/Labour_Day)

Labour is beautiful and holy. We can find the origin of work in the book of Genesis. Genesis 1:1 says, "In the beginning, God created heaven and the earth." The Bible states that God worked for six days and rested on the seventh day. After he created something he looked at it and he said, "It was good". God was happy at his work. God really enjoyed working.

However, there are some misunderstandings among people saying that work is the curse from God due to the Fall of Man. God did not curse human being but God cursed the ground.(Gen 3:17) It is true that Labour became challenging after the Fall of Man because woman have to have painful labor and man have to eat his food by the sweat of his brow until he return to the ground. (Genesis 3:16, 3:19) However, this does not mean that work is a curse from God, work was still good and holy as the beginning. As already mentioned above, God is the one who enjoyed working and took pleasure from work.

Since work is challenging, people often buy lottery tickets. Because for them their dream is to live in a palace and to drive nice and expensive cars and to spend time in resort or to do a Caribbean cruise trip without working at all. It's thrilling to believe that one lottery ticket has the power to change life so radically.

However, unfortunately, according to a 2010 study by researchers at Vanderbilt University, the University of Kentucky and the University of Pittsburgh, the more money you win in the lottery, the more likely you are to end up bankrupt. It would seem that this may be an illusion. (http://www.goldengirlfinance.com/inspiration/?post_id=1385)

We often hear people saying that it is hard to come back to work after vacation and it is understandable. Most people enjoy their vacation spending time with their family and friends getting out of their ordinary routine of their work. They love to enjoy the time of relaxation and peaceful moments forgetting about their work for couple days or weeks. Therefore, it can be a challenge going back to a busy and a scheduled workplace after their vacation.

However, we need to remember that for some people, even though they want to work they cannot because they are not healthy enough or because there are unable to find meaningful employment. If we are working this means we are healthy enough. What a blessing this is!

Especially as CAF members, our work is in service to Canada and Candians. For example, when Manitoba declared a provincial state of emergency during the recent floods, the CAF members helped to fill sandbags needed to protect vulnerable properties west of Winnipeg. Even though oeperations and tranings are sometimes challenging, it is our priviledge to serve our land and our people and the interests of Canada.

We are selected to serve Canada. Not everyone can do this work.

And without help and support of our civilian staff we cannot accomplish our task and mission.

We can recognise that being able to work; especially in service to Canada can be viewed as a blessing from God.

Be proud of who you are and of what you do.

Care and Share Golf Tournament

By Padre Jack Barrett, WChap

Please note: The Care and Share Benevolent Fund now has its own email address which will remain in effect year round. careandshare@forces.gc.ca

Every year, the 17 Wing Chaplain team sponsors and hosts a Golf Tournament to fund the Care and Share Benevolent Fund. While revenue for this Fund comes from various sources throughout the year, this is the only event coordinated by the Chaplain Team.

This year the Golf Tournament is being held on Friday, **05 Sep** at the CFB Winnipeg Golf Course. Start time is 0830hrs and will be 'Best Ball' format. Fees are \$25 per player or \$100 per team of four which includes the green fees and Lunch. This is an opportunity to support a fund that directly supports the DND family of 17 Wing Winnipeg while enjoying a little exercise and a morning on the greens. Registration is open to all whether working for DND or not. While the registration deadline is advertised as 28 Aug, we will take late registrations up to 04 Sep (same price) or up until our maximum number has been reached. Don't Delay ~ Register Today

As this event is taking place during working hours, please ensure you have the blessing of your chain of command to be away from the work site before registering.

To register, please send your name to: careandshare@forces.gc.ca and you can pay in advance by seeing the Chaplains or at the door on 5 Sep. This is a good opportunity to enjoy some good natured unit rivalry for a great cause.

FORRRRRRRRE...

Prizes this year will include a Gas BBQ (tickets to be sold at the Wpg Golf Club the day of the Tournament), Jets and Bomber items along with Hotel Accommodations and gift certificates from a wide assortment of restaurants and other services.

For those who have the Care and Share recycle bins around the Wing, please send a message to the careandshare@forces.gc.ca address to let us know when they are full and ready for delivery.

Vision Statement: To uphold the dignity and well-being of Military and DND Families through the provision of emergency financial and/or commodity assistance, and to provide support to families.

Mission Statement: To utilize charitable donations so as to assist our Military and DND Families who may find themselves in difficulty, for one reason or another, in maintaining the necessities of life, and to bring cheer and support.

Together in Church

CATHOLIC

CHAPLAINS

Padre Ray Laudenorio
Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre
Roman Catholic Office 833-2500 ext. 5956

Masses (English only)

Tues, Weds, Thurs 1210 hrs
Sunday 1100 hrs



Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information.

Confessions The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

Baptisms We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Marriages Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required.

Catholic Women's League meets in the Chapel Annex the third Monday of each month at 1830hrs.

PROTESTANT

CHAPLAINS

Padre Jack Barrett (Wing Chaplain)
(Anglican) 833-2500 ext 5417

Padre Christopher Donnelly
(United Church) Office 833-2500 ext 4885

Padre Darryl Levy
(Baptist) Office 833-2500 ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. DUNDURN. Office 306-492-2153 ext. 4299

Sunday Services (English Only) 0900 hrs

Sunday School is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

Marriages Contact the chaplain at least six months in advance. A marriage preparation course is a requirement.

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

FOOD BANK

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

EMERGENCY CHAPLAIN

After normal working hours, the Emergency Chaplain can be reached through WOPs Duty Centre, 833-2700.

OTHER PHONE NUMBERS:

For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.

Professional & Business Directory

BALDWINSON INSURANCE

Rec Centre (Whytefold Rd.)

Drivers Licences & **autopac**

204-889-2204

BUTLER'S COMPOUND

Your Storage is our Business

2850 Saskatchewan Ave. Winnipeg, MB R3J 3Z2
nbstor@gmail.com 204-832-2941

• Rv's, Trailers, Boats, Trucks
Cars and Much More

• 20' & 40' Storage Containers
Our Place or Yours

Norm Butler
Linda Butler-Craig
David Craig

• Commercial Yard Space

SECURITY GATE ENTRY

Helping military families find their home for over 30 years.



Grant Clements CD, FRI, S.R.E.S.
grant@theclementsgroup.ca

Kelly Clements S.R.E.S., C.E.R.C.
kelly@theclementsgroup.ca

- Relocation specialists
- Over 26 years of military service
- Assisted over 4000 buyers and sellers

www.theclementsgroup.ca
204-987-9808
RE/MAX executives realty

Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 888-7973 FAX: 832-3461

E-Mail: info@cgklaw.ca Website: www.cgklaw.ca

George E. Chapman Q.C. Kelly P. Land, B.A., LL.B. Mindy R. Lofchick, LL.B.
Alan R. Goddard, B.A., LL.B. Michael J. Law, B.A., LL.B. Serge B. Couture, B.A., LL.B.
Allan L. Dyker, B.A., LL.B. Kael P. McKenzie, B.A., LL.B.

Almer N. Jacksteit, B. Comm., LL.B, Counsel

Our fees conform to the ERS guideline

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

Leigh Nanton & Kristen Bilodeau

Family Helping Families



Winnipeg's Mother Daughter Team
info@leighnanton.com

- Your business is our TOP priority
- Long term Military relocation specialists
- Past Military client references available
- Superior service & satisfaction guaranteed

989-5000
www.leighnanton.com



Relocating in 2014 ?



www.HomesInWinnipeg.com

terie langen

204.779.7000
877.778.3388

Military Relocation Specialist
Assisting Military Families with their real estate needs for over 21 years.

terie@homesinwinnipeg.com



MAXIMUM Realty Ltd. Serving Winnipeg & Surrounding Areas
Residential - New Homes - Condos - Relocation - Referrals



Lee Wren
(204) 781-4487
leewren@mts.net



Eva Bessas
(204) 470-3332
ebessas@mts.net



Brendan McGurry
(204) 799-3022
mcgurry@mts.net

Professional "know how"
...doesn't cost you more!



7 YEAR
AWARD
WINNER

CONTACT A PROFESSIONAL REALTOR

987-9800

Email: linda@lindavandenbroek.com
Website: www.lindavandenbroek.com

Linda van den Broek



Trudy M. Johnson, B.A.
Relocation Specialist

30 Years of Professional Success in the
Winnipeg Real Estate Market

Toll Free 1-877-778-3388
Cell 1-204-981-1529
trudyj@mts.net
Re/max Hall of Fame

"spirited energy"



The Strength of Teamwork . . .
The Reputation of Results

Dan Vermette

Service en
Français

THE
DAN VERMETTE
Home Selling
TEAM

255-4204

danvermette.com



Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service

#1 RE/MAX Female Individual
Agent Manitoba



Proud to Assist Military Families
Relocation Specialist

30 Years Experience
in the Winnipeg
Real Estate Market

www.joannegebauer.com
joanne@joannegebauer.com
Toll Free: 1-877-778-3388

