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# THE VOXAIR

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## Winnipeg Remembers Them



Flag parties parading during the Remembrance Day ceremony at the Convention Centre on November 11th 2015. For more Remembrance Day coverage, see pages 2 & 9. Photo: Cpl Gabrielle DesRochers

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# Lest We Forget: Remembrance Day 2015



Members of 38 Canadian Brigade Group stand in solemn formation during the Remembrance Day Service at Valour Road and Sergeant Avenue. Photo: Martin Zeilig

By Martin Zeilig  
Voxair Photojournalist

At one point during the two minutes of silence at 11:11 on Wednesday, November 11, a solitary crowd dipped low over the heads of the 350 people gathered at the Lamp Post Memorial on Sergeant Avenue and Valour Road.

It was a fitting symbol for the Remembrance Day Service being held by 38 CBG, just one of many services being held throughout Winnipeg on Remembrance Day.

"Valour Road is highly significant with respect to Canada's and Winnipeg's war history," said the ceremony's host, Captain Russ Donkersley.

"Three Canadian soldiers who fought in the First

World War were awarded the Victoria Cross for their bravery. All three men lived on Pine Street, in the 700 block, believed to be the only street in the world to have three Victoria Cross winners that lived there."

Those three V.C. recipients were Corporal Leo Clarke, Company Sergeant-Major Frederick William Hall, and Lieutenant Robert Shankland.

"Leo walked these streets," said Paul Clarke, of his great uncle during a speech at the ceremony.

"He played baseball and soccer in these community fields. He had friends in west-end homes. I'm guessing that he had sweethearts in this neighbourhood."

"In our family, Leo has been kept alive," Clarke said. "I believe the story of Leo Clarke, Frederick Hall, and Robert Shankland is not just a story of the past but also a touchstone to honour those now serving with the Canadian Armed Forces around the world. They come from our ordinary streets and our ordinary neighbourhoods."

When World War 1 started, Leo Clarke was working as a surveyor for the CNR in the Canadian north.

"He returned to Winnipeg and enlisted in the 27th Battalion, but after arriving in England in June 1915, arranged to transfer to the 2nd Battalion, Canadian Expeditionary Force to be with his brother, my grandfather Charlie," Clarke said.

Corporal Leo Clarke was awarded his VC for his actions at Pozieres, France, September 9, 1916, during the last stages of the Battle of the Somme.

"In October 1916, Leo Clarke's battalion was ordered forward to secure the newly captured trench which was still under heavy enemy fire," Clarke said.

"Leo was hunkered in a hole at the rear of a trench when a shell exploded, and the back of the trench caved in, burying him. His brother Charlie found him and dug him out, but Leo was paralyzed; the weight of the earth had crushed his back. He was taken to a field Dressing Station, and died on October 19."

Leo Clarke was posthumously awarded the Victoria Cross in the spring of 1917, by the Duke of Devonshire, the Governor General of Canada.

"It was presented to Leo's father before a crowd of 30,000 at the corner of Portage and Main," said Clarke. "It was the first time the Victoria Cross had been presented to a Com-

monwealth recipient in his own country."

Later during the ceremony, Lieutenant Colonel Gallagher, CO of 38 Canadian Brigade Group HQ, recited the Act of Remembrance.

"They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning"

Afterwards LCol Gallagher, accompanied by Headquarters Sergeant Major MWO Ladyko, laid a wreath of remembrance at the base of the memorial.

Wreaths were also laid by Winnipeg Legion Branch #1, and by members of the public.

Earlier in the ceremony, Andrew Swan, the MLA for Minto, said a few words on behalf of the Province of Manitoba.



Captain Russ Donkersley, 38 CBG, ceremony host at the Service, reads from his prepared remarks. Photo: Martin Zeilig



LCol Gallagher, CO of 38 Brigade, admiring a handwritten letter to an anonymous CAF airman. He is flanked by the two children, a brother and sister, who wrote the letter. Photo: Martin Zeilig

## Plaque Unveiled at Hall of Honour Ceremony



Special Envoy for Military Affairs, Deanne Crothers (left), Manitoba Premier Greg Selinger (middle) and 1 Canadian Air Division Commander, Major General David Wheeler (right) unveil the Hall of Honour Plaque during the Hall of Honour Plaque Ceremony on November 10th, 2015 at the Manitoba Legislative Building, Winnipeg, Manitoba. Photo: Cpl Justin Ancelin



1CAD Commander, Major General David Wheeler (left), Special Envoy for the Military Affairs, Deanne Crothers (middle) and Manitoba Premier Greg Selinger (right), pose in front of LCol W.G Baker's Tunic display. Photo: Cpl Justin Ancelin

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# Technology Takes Centre Stage in New Battle of Britain Exhibit

By Martin Zeilig  
Voxair Photojournalist

"Never was so much owed by so many to so few" - Sir Winston Churchill during the Battle of Britain (1940).

'Radar and Spitfires: Canadians Fighting in the Battle of Britain', a new exhibit at the Royal Aviation Museum of Western Canada, shines a spotlight on how spitfires and radar played a decisive role in the Battle of Britain during the summer and fall of 1940.

The Battle of Britain was the first major campaign in war fought entirely by air forces; by brave pilots who flew up to six sorties a day for days on end and who risked life and limb in an effort to stop German bombers from destroying air bases, factories, and cities.

After the defeat of France on June 17, 1940, Britain now stood alone against Nazi Germany's military forces. Their success in continuing the war would very much depend on the Royal Air Force (RAF) Fighter Command's ability to thwart the Luftwaffe's efforts to gain air superiority.

"We pretty well drew from our own archives and research library to put this exhibit together," said Shirley Render, executive director of the museum, at the official opening of the exhibition on November 4. The opening featured a live performance of "Blaze of Glory," a song inspired by a Battle of Britain painting "At Readiness - Summer of 40".

"We've talked about Spitfires before, but not in the way we've done this time," Render continued.

Paul Balcaen, exhibits co-ordinator/designer at the

RAMWC, said what he really wanted to do with Radar and Spitfires was to talk about the Canadians and allies from other Commonwealth countries who gave their lives during the Battle of Britain.

"I thought it would be a good project for Remembrance Day and to mark the 75th anniversary of the Battle of Britain," he said. It took Balcaen about five months to put the exhibition together, which included pouring over "about a dozen books" on the Battle of Britain.

The exhibit touches on a number of topics, including biographies of the lives of some of the many Canadian fighter pilots who fought in the Battle of Britain, the role Canada played in training a steady stream of young pilots from around the globe to fly at our British Commonwealth Air Training Plan bases, and how technology such as radar, fast fighter planes like the Spitfire and a new and sophisticated early warning system tipped the balance of power in favour of the British and its Allies during this crucial period of the Second World War.

All sorts of fascinating facts are provided.

For example, at the start of the battle, Britain only had half as many pilots and fighters as the Luftwaffe, but it did have the advantages of an effective air defence system, first-rate fighter pilots and a great military leader in Air Chief Marshal Sir Hugh Dowding.

Among the six courageous Canadians featured in the exhibit are Wing Commander Mark "Hilly" Brown (October 9, 1911-November 2, 1941), who was born in Portage la Prairie, and Wing Commander John Kent (June 23, 1914- October 7, 1985), a native of Winnipeg, and

winner of the AFC, DFC & Bar, and the Virtuti Militari. Radar & Spitfires runs until October, 2016.

For further information, see the website: [www.royalaviationmuseum.com](http://www.royalaviationmuseum.com); email: [info@royalaviationmuseum.com](mailto:info@royalaviationmuseum.com); tel: 204-786-5503



Paul Balcaen, exhibits co-ordinator/designer at the Royal Aviation Museum of Western Canada, standing against a colourful poster column at the Spitfires and Radar Exhibit. Photo: Martin Zeilig

# Take Your Kids to Work Day Once Again a Success



Grade nine students from various schools getting a hands-on opportunity at the computers used by Air Combat Systems Operator trainees inside one of 402 Squadron's C142 Dash 8 in Hangar 16. Photo: Martin Zeilig



A student about to receive a parachute pack from SAR Tech Sergeant J.P. Cossette. Photo: Martin Zeilig

By Martin Zeilig  
Voxair Photojournalist

Although she strained under the weight of two heavy packs, a black parachute bag on her back and an orange personal survival bag affixed to her chest, Grace Lovatt, 14, still managed to stand tall and even offered a slight smile to the other people standing just a few feet away in the SAR Tech shop in Hangar 16.

The grade nine student from Garden City Collegiate demonstrated determination and toughness, qualities required to become a CAF Search and Rescue Technician.

Lovatt, whose step-father is Corporal Glen Campbell of 402 Squadron, was one of 42 students from 21 different high schools taking part in the annual Take Our Kids to Work day on November 4. The teens were broken up into three different groups during their tour of 17 Wing.

Take Our Kids to Work is a yearly program in which Grade 9 students visit the workplaces of their parents, friends, or relatives.

"It was heavy," Lovatt said just after SAR Tech Sergeant J.P. Cossette, who was conducting the demonstration, helped her remove the two packs.

"But it's easier to have both packs on because it balances the weight. Maybe I'd like to become a SAR Tech one day. It's really interesting with the different technologies that they require."

The students started off their day at 0800 hours in Building 33 before heading up the hill behind the fitness and rec centre to watch a demonstration of high

frequency radio transmissions by WTISS.

Besides the SAR Tech shop, the students were taken to the 17 Wing Fire Hall, and on board one of 402 Squadron's CT142 De Havilland Dash 8s which are used to train Air Combat Systems Operators.

"This is a very rewarding job," ACSO instructor Captain Neil Kinley said to several students seated at the bank of computers arrayed on one side of the plane's interior, as well as a group of other students looking on.

"It's very exciting work as well."

Among other things, he explained that during training, ACSOs learn to become radio communicators as well as computer technicians.

Capt Kinley said that the students were enthusiastic and asked good questions.

"It was pretty good," said Logan Schreyer, a student at Sanford Collegiate in Sanford, Manitoba, whose step-mother works at 17 Wing.

"I liked learning all about the plane's controls."

Sergeant Mike Walker, the event's OPI, said the day provided the teens with an excellent opportunity to see the diversity of professions offered by the RCAF.

"It allows all the other branches and units to come together, the M.P.'s, 402 and 435 Squadrons, the Firehall, SAR Techs, WTISS (Telecommunications and Information Services), and all of Wing LE (Logistics and Engineering)," he added.

"It pretty much brings the whole wing together as a group to showcase what we offer."

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# Annual Spin-a-thon Wheels Into 17 Wing

By Martin Zeilig  
Voxair Photojournalist

Decked out in a wide brimmed Tilley hat, multi-colored shorts, a lime green T-shirt and sunglasses, Chief Warrant Officer Colin Stewart pedalled steadily on his stationary bike, which had a hammock strung behind, in the gym at the 17 Wing Fitness and Recreation Centre on November 13.

He looked all ready for some sun and surf.

CWO Stewart was part of a team from 1 Canadian Air Division taking part in the 8th Annual Spin-a-thon.

"I think it's awesome," CWO Stewart said with a smile as he and the other participants pedalled to the music blaring from speakers.

Scenes from a cycling road race film were being shown on a big screen in one corner of the half-gym, while a table loaded with prizes from the various sponsors sat against another wall.

The prizes, which included gift certificates for a variety of food and clothing, Winnipeg Jets merchandise, and, a new pair of running shoes, among other things, were to be awarded for the best unit/squadron themed bike, said Stefan Dowhayko, a PSP Fitness and Sport instructor who was helping out his fellow Fitness and Sports instructor Marc Lavallée, who was the OPI for the event.

"We want people out here spinning and having fun," said Dowhayko.

Besides encouraging them when to increase the intensity of their pedalling, he also led the group through a series of exercises, including tossing bean bags into hoops on the floor, balloon balancing, and using a resistance band for chest, arm and shoulder stretches.

"I'm having a fun time while getting some exercise," said Brenda Wallace, an employee at 1 CAD, as she hunched over her bike's handlebars while pumping away on the pedals.

"You meet some new people too, those you haven't seen before."

She praised the PSP Sports and Fitness staff for their efforts in organizing the day.

"They're great," emphasized Wallace, whose team was one of 11 participating in the activities.

"They put a lot of work into different things, and they do a great job."

During a break from leading the spin-a-thoners, Lavallée said that it took him three weeks to organize the event, and that every one of his colleagues at Fitness and Sports was doing an hour on the lead bike.

"My role is to give the cyclists structured workouts," he said. "We're throwing in fun activities to keep everyone entertained and relaxed, and to also get participants who don't usually come to spin classes."

From the wide smile on his face, it was evident that Corporal Mohamed Abdalle, a member of the WTISS team, enjoyed taking part in the Spin-a-thon.

"For me, I like the bike because it's adjustable," he said while hold a paper plate containing pieces of melon and cantaloupe from a nearby refreshment table. "I love the setup."



Spinathon participants having fun balancing balloons and pedalling. Photo: Martin Zeilig

# New Hope Fundraiser: Rocking for Charity

By Martin Zeilig  
Voxair Photojournalist

As a member of the Canadian Armed Forces, Don Adamko recognizes the importance of giving back and assisting people in need.

That's why he decided to get involved with Project New Hope Canada Inc., a not-for-profit, non-political, educational and humanitarian organization.

The organization is sponsoring a concert on Saturday, November 28 at 7:00 pm in the 17 Wing Theatre, featuring Sisters of the Holy Rock.

Proceeds from the concert will go towards supporting Canadian Veterans in need as well as their families.

"I had a wonderful career in the military," said Adamko, the Director of Project New Hope, during an interview on November 10 as he was setting up a display for the concert in the lobby of the 17 Wing Fitness and Recreation Centre.

Adamko, who spent nearly 40 years in the CAF as an Aircraft Maintenance Officer, explained that the mission of Project New Hope is to provide veterans and their families the education, training and skills necessary to manage their lives after operational service through the provision of family retreats, seminars, and workshops.

"We also do outreach type functions for individuals," he said, "Most times, it provides a compassionate ear; providing advice as to how to deal with issues."

The Sisters of the Holy Rock, a not-for-profit inter-denominational entertainment group, was formed in Winnipeg in the fall of 1993. The group was inspired to start performing by the "Sister Act" movies.

The group, which was founded by and is directed by Reverend Mother Carole "Whoopi" Stone, has grown to

include approximately 80 people from all areas of Winnipeg and the surrounding rural communities.

"The 'Sisters', dressed in Traditional black and white habits, present their own 'Sister Act' with a repertoire of more than forty numbers loaded with harmony, choreography, rhythm, humour and boundless energy.

Carole Stone said the purpose of Sisters of the Holy Rock is to help those in need, whether it's a support group, a charity, or even a private family in crisis.

"We are made up of a wonderful collection of volunteers, both men and women, who enjoy entertaining and making people happy," she added during a telephone interview, mentioning that the group is always looking for male singers.

"We are looking forward to our concert at 17 Wing, and hope there's a large turnout for a fun-filled musical evening."

Project New Hope was founded six years ago by retired CAF members Doug Stone and Laurence E. Rutt.

"Laurence and Doug said we have to do something for military personnel who aren't getting the support they require, mostly those with Post Traumatic Stress Disorder (PTSD) and Operational Stress Injuries (OSI)," Adamko said.

"About three years ago when I came onboard, we started to do fundraising in the general public."

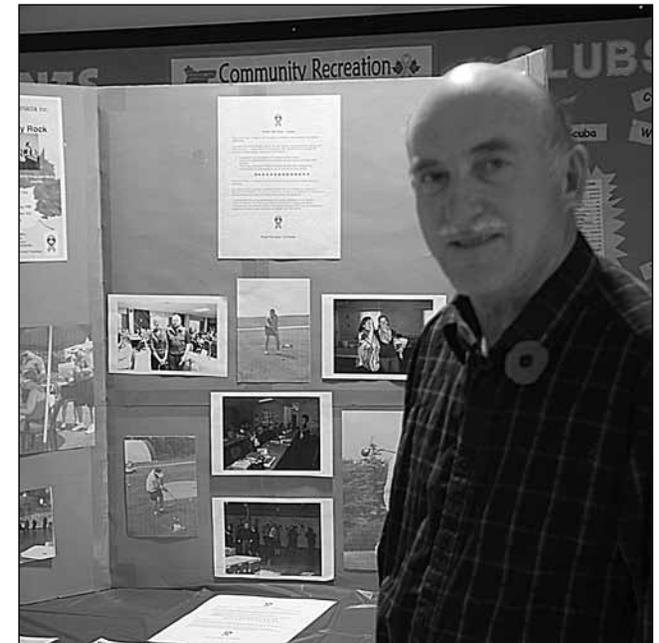
One of the first events they did was an RCAF Band Gala Dinner and Dance at the Legion in the town of Stonewall, Manitoba.

"Since then we've put on an old time dinner and dance once or twice a year in rural Manitoba," Adamko said. "This past summer we also had a golf tournament at the Netley Creek Golf Course. It was a small event,

but we made money on it. Now we've got this concert coming up at 17 Wing, and we plan to repeat this fundraiser in 2016 in Winnipeg and elsewhere."

Advance tickets for the concert are \$20.00 each. Tickets are \$22 at the door. Children's tickets are \$10.00

For further information call Carolyn at (204) 461-1616 or (204) 383-5223.



Don Adamko of Project New Hope Canada Inc. promoting the upcoming Sisters of the Holy Rock concert in Building 90. Photo: Martin Zeilig


  
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# New CFS Met Course Trains Much Needed MET Inspectors

By Martin Zeilig  
Voxair Photojournalist

Up until very recently, there were only four Meteorological (MET) Inspectors in all of the Canadian Armed Forces. It was hardly enough to do all the work required across the country.

But all that changed on November 6, 2015 as eight new MET Inspectors graduated from a pilot program at the Canadian Forces School of Meteorology. The students, all of whom were already Meteorological Technicians from bases across Canada, were here for 11 days.

The aim of the Meteorological Inspector Course is to qualify senior members as inspectors, enabling personnel to perform quality control functions for various meteorological programs in the Canadian Armed Forces, said Chad Thompson, Meteorological Standards Officer, at CFS Met.

"This will ensure the integrity of the weather observing, briefing, and forecasting programs supporting a variety of operations, including those at Wings, Tactical Helicopter squadrons, aboard Her Majesty's Canadian Ships, and within field artillery units."

Meteorological Inspectors are responsible for conducting regular inspections of Units, coordinating sighting, service and repair of specialized equipment, and reporting on program deficiencies to the various chains of command.

"Congratulations to all of you graduating today from

the Met Inspector course. You are now fully qualified to perform quality control functions on Met observing programs and facilities," Colonel Doyon, Commander of CFB Borden, said during his speech at the graduation ceremony.

"As you all know, this was a pilot course, since Environment Canada no longer provides this training for us. For the good of the trade, this course had to be developed very quickly, and given an already significant workload at the school, the end result is remarkable. I sincerely congratulate all those that were involved in making this happen," Col Doyon said.

He went on to say that "CFS Met is certainly not the largest unit in Winnipeg, but I can tell you, and you know it, that it is a formidable unit that consistently punches above its weight class," Col Doyon continued.

Major Lisa Baspaly, Commandant of CFS Met, praised the "outstanding" efforts of Chad Thompson, Master Warrant Officer Brent McDonald, Warrant Officer Pat Fortin, and Master Warrant Officer Brad Dennis in putting the course together.

She said that the many hours they put in to developing high quality coursework and course products did not go unnoticed, "and it truly is appreciated."

"The school is focused on responding to and addressing the needs of the trade, but the school is only as strong as the Met Techs that work here," Maj Baspaly said. "To all of you, many thanks for what you do, for your drive

and determination in achieving such success."

She also emphasized that CFS Met prides itself on being responsive to the needs of the trades, and to the operational requirements of the units it supports.

MET Inspector Course graduate WO Marc Boucher said that having Met Inspectors are so important because of the high standard required by the International Civil Aviation Organization, a specialized agency of the United Nations that codifies the principles and techniques of international air navigation and fosters the planning and development of international air transport to ensure safe and orderly growth.

"So for safety reasons our equipment has to be accurate," he said. "We have to maintain our equipment for aviation safety, and also equipment onboard ships and on army bases."

The course combined both classroom work at CFS Met and practical training at Meteorological Service Canada, a division of Environment Canada, located on the second floor of the VIA Rail Station, said WO Boucher.

"Now, I'm an inspector as well as MET tech," he said proudly.

The course graduates were: WO Boucher, MWO Brent McDonald, WO Reginald Hanna, Sgt Cory Engerdahl, WO Wayne Donner, Sgt Michel Pelletier, WO Brian Fisher, and Sgt Kenneth Riles.

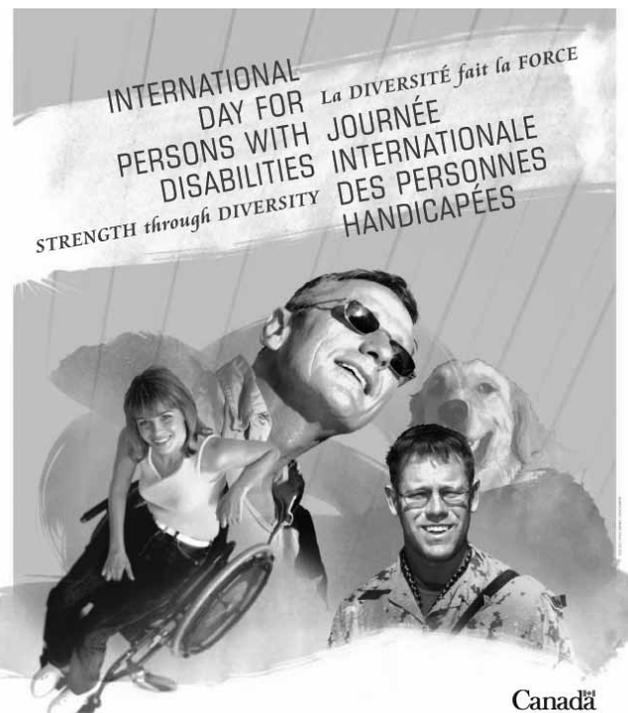


Maj Baspaly; CFS MET Commandant, Col Doyon; CFB Borden Commander, CWO Taylor; CFS MET CWO and CWO Godbout; CFB Borden CWO present the Certificate of Academic Distinction (Meteorology Inspection course 1501) to Sgt Fisher at the Combined Mess, CFB Winnipeg MB, on November 6th 2015. Photo: Cpl Gabrielle DesRochers



Warrant Officer Boucher, MWO Brad Dennis, W.O. Rene Gage from the CFS Met Inspectors pilot program at CFS Met. Photo: Martin Zeilig

## International Day of Persons with Disabilities: 3 December 2015



By LoriAnn McNabb  
Business Manager, 17 Wing

The Defence Team is celebrating this year's International Day of Persons with Disabilities (IDPWD) under the theme "Inclusion matters: access and empowerment of people of all abilities". Everyone has different abilities regardless of whether they have physical or mental limitations. DND and the CAF are committed to creating a welcoming and fair work environment that focuses on the abilities people bring with them. Individuals with disabilities bring with them a range of experiences and approaches that can inspire improvements in the workplace and positively add to the culture.

The 17 Wing Employment Equity (EE) Committee in conjunction with the Defence Diversity Advisory Group (DDAG) are planning to host a guest speaker from the Society of Manitobans with Disabilities (SMD) to talk about abilities. Once the details for this Commemorative Event are finalized it will be advertised and everyone is welcome.

If you would like to learn more about the EE Committee contact LoriAnn McNabb (Loriann.McNabb@forces.gc.ca) or Capt J. Fullerton (John.Fullerton@forces.gc.ca), Co-Chairs of the committee. Interest in the DDAG can contact Barb Dixon (Barbara.Dixon@forces.gc.ca) or MWO M. Bailey (Marie.Bailey@forces.gc.ca), Co-Chairs of the DDAG.

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# A Message of Purpose and Hope: Retired Army Corporal Honoured for Veteran Outreach Work

By Steven Fouchard  
Army Public Affairs

Corporal (Retired) Frederick Michael Smith brought an important message to Ottawa where he was recently honoured by the National Defence and Canadian Forces Ombudsman: troubled soldiers can find the help they need, but they have to ask for it.

Cpl (Retd) Smith was awarded the 2015 Liz Hoffman Memorial Commendation, named for a highly-regarded investigator with the Ombudsman's office and given to individuals "bringing about positive and lasting change to the Department of National Defence and the Canadian Armed Forces."

After overcoming his own struggles with post-traumatic stress disorder

(PTSD) and addiction, Cpl (Retd) Smith founded Veterans Helping Veterans, through which he engages directly with homeless veterans on the streets of the Hamilton, Ontario area.

Ombudsman Gary Walbourne described the commendation's namesake as a "passionate" and "dedicated" advocate for veterans. Paraphrasing Cpl (Retd) Smith, Mr. Walbourne added that change "doesn't take a lot, it takes one person to do something."

Liz Hoffman's daughter, Dr. Andrea Hoffman, also attended the ceremony. She called Cpl (Retd) Smith "a champion" for veterans, "able to identify their most urgent needs through a tough and honest dialogue about his own experiences."

Cpl (Retd) Smith recalled leaving the

Army in 1981, following a traumatic posting to the Golan Heights, where Canadian troops monitored a ceasefire between Israel and Syria under the UN banner from 1974 until 2006. The experience left him with PTSD that would go untreated for two decades.

"A lot of people were falling through the cracks. I was one of those people," said the former Royal Canadian Regiment member and native Nova Scotian. "Now I am clean, sober. I have purpose in my life. We can get well. I carry a message. It's a message of purpose and hope: if a soldier reaches out he will get it – but he has to reach out."

Speaking after the ceremony, Cpl (Retd) Smith said he avoids describing his Golan Heights experience in detail to avoid triggering difficult memories.

"I was there '79, '80. In Damascus it was ugly. There were events I saw that really messed me up completely and I don't go there. I get in there, I start smelling it and feeling it and I have to remind myself that I'm not there anymore. That's one of the tools that we use to stay out of it."

Describing himself as a proud soldier, Cpl (Retd) Smith said it was just a year after being re-posted to Canada in 1980 that he decided he needed to leave the military.

"I was put in a camp in Gagetown, New Brunswick where all I did was put out fires and do heavy labour. And I used alcohol to kill the pain because there was a lot of pain, a lot of shame because I couldn't do my job. I was no longer a soldier and I was never going to do that again because I had a mental health problem that they hadn't figured out. So finally I got to a point where it wasn't working and I wanted to get away from this discipline. And I said, 'Get me the hell out of here' and they did, immediately."

Just a few months later, Cpl (Retd) Smith was only intermittently employed and frequently homeless.

"One minute I would be on the street, the next minute I'd be couch-surfing, the next minute I'd be in a new place, in a treatment centre for alcoholism; many of those. And the food lines and shelters. And then I would get back into work. I could sell, I was a salesman. So not only was I sick mentally, I was drinking seriously heavy duty. And the drinking wasn't working. So I ended up picking up drugs. And the drugs weren't working either in the end. I tried to kill myself in 1994 from a heroin overdose and lived."

It was the death of his 21-year-old son a decade later that would set Cpl (Retd) Smith on a path out of the darkness.

"He put a rope around his neck and hanged himself. That day I was in Burlington on the way to the Skyway Bridge to kill myself. There was a hospital on the way. I went into that hospital, talked to a psychiatrist. He said, 'There's help for you.' I never knew. All that time."

Cpl (Retd) Smith added that his family takes great pride in having a long history of military service.

"There are 13 people on my dad's side that served. Two were killed in the Second World War; one in Italy, one in France. The cenotaph in Parrsboro, Nova Scotia has their names on it. And we were always told that that's where our uncles were remembered. My mother's side, there's a considerable amount of people who served from the First World War on.



Corporal (Ret) Fred Smith was recently honoured by the National Defence and Canadian Forces Ombudsman with a commendation for his work with veterans. Cpl (Ret) Smith founded a non-profit organization called Veterans Helping Veterans, through which he offers help to veterans struggling with mental health and addictions issues. Photo: Corporal Melanie Girard

I have three brothers that joined and are retired today, and me."

He began working under the Veterans Helping Veterans name in 2005 and continues to assist active military members as well as veterans in accessing assistance programs available through the Royal Canadian Legion and Veterans Affairs Canada.

"Once I finally started getting help, I just turned around and said, 'How about all the other guys out there? Soldiers still serving and veterans. How many other guys fell through the cracks?' And I found all kinds. So I went out with one little poster, a uniform and I set up shop."

The work has brought Cpl (Retd) Smith into contact with thousands of veterans and active duty soldiers. While privacy considerations prevent him from going into detail, there are more than 100 that he can say with certainty have sought help for themselves following his intervention.

Veterans Helping Veterans is still a one-man operation but its profile is growing. Cpl (Retd) Smith hosted the organization's first annual fundraising golf tournament in September 2015 at Milton, Ontario's Granite Ridge Golf Club. The event was hosted by CBC sportscaster Ron MacLean and also featured Walter Gretzky, father of Canadian hockey great Wayne Gretzky.

Cpl (Retd) Smith said he'd like to see Veterans Helping Veterans go nationwide and is seeking other veterans and active military personnel to reach out to their comrades in need.

"Take the time out. And guess what? You'll help somebody. Everybody can do that job. Come work with me. Let's make it big, let's get our guys and girls off the street. Really, what I'm doing is pretty easy: have some compassion and be honest with somebody. When I'm talking to a drug-addicted veteran I can say, 'Yeah, I've been there.'"

## MILITARY SPORTS DAY FRIDAY 20 NOVEMBER 2015



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EVENT	OPI	LOCAL
Volleyball Tournament	Rick Phillips	5871
Try Squash	Maj Doug Chess / Don Mills	2181 / 4626
Swim/Bike Challenge	Joanna Jarrett	2055
Soccer Challenge	WO Duane May / Dawn Redahl	4066 / 4626
Zumba	Chris Merrithew	5511
Power Yoga	Chris Merrithew	5511
Try Curling	Capt Loyd Olson	4349
Dragon Boating	Colleen Preston	2057
Try Ball Hockey	David Chung	2455
Try Pickleball	Marc Lavallée	4833

Please contact the OPI of the sport that you are interested in to register or if you require further information. For more information contact Chris Merrithew at local 5511.

### Military Sports Day in Canada- Friday, November 20, 2015

Military Sports Day in Canada is a celebration of sport at all levels.

The CAF has a long standing and rich sports history, where sports are considered an integral part of the continuing training and development of its members (leadership, esprit de corps).

A well balanced program helps to improve physical and mental health and promote team work.

Military Sports Day at 17 Wing CFB Winnipeg is a great opportunity for individuals to come out and get active by participating in a fun activity of their choice.

For more information please see the above poster with the contacts.

# Un message de motivation et d'espoir: Un caporal de l'Armée à la retraite est honoré pour son travail d'intervention auprès de vétérans

Par Steven Fouchard  
Affaires publiques de l'Armée

Le caporal (à la retraite) Frederick Michael Smith, récemment honoré par l'Ombudsman de la Défense nationale et des Forces canadiennes, a transmis un message important à Ottawa : Les soldats en difficulté peuvent se procurer l'aide dont ils ont besoin, mais ils doivent en faire la demande.

Le Cpl (ret) Smith s'est vu remettre la Mention d'honneur Liz Hoffman de 2015, baptisée ainsi en hommage à une enquêtrice très réputée du Bureau de l'Ombudsman. Cette récompense est décernée à des personnes qui « apportent des changements favorables et durables au sein du ministère de la Défense nationale et des Forces armées canadiennes ».

Après avoir surmonté ses problèmes d'état de stress post traumatique (ESPT) et de dépendance, le Cpl (ret) Smith a fondé l'organisme Veterans Helping Veterans, et travaille directement avec des vétérans sans abri dans les rues de la région de Hamilton, Ontario.

L'ombudsman, Gary Walbourne, explique que Liz Hoffman, dont la mention d'honneur porte le nom, défendait avec passion et dévouement les intérêts des anciens combattants. Paraphrasant les propos du Cpl (ret) Smith, M. Walbourne ajoute que pour opérer un changement, « il suffit de peu, juste que quelqu'un fasse quelque chose ».

La fille de Liz Hoffman, le Dr Andrea Hoffman, assistait également à la cérémonie. Selon elle, le Cpl (ret) Smith est un « champion » pour les vétérans; il « est capable de cerner les besoins les plus pressants en parlant de ses propres expériences honnêtement et sans détour ».

Le Cpl (ret) Smith se souvient d'avoir quitté l'Armée en 1981 après une période d'affectation traumatisante au plateau du Golan, lorsque les troupes canadiennes assuraient la surveillance du cessez le feu entre Israël et la Syrie pour le compte de l'Organisation des Nations Unies, de 1974 à 2006. L'expérience a entraîné pour lui un ESPT qui n'a pas été traité pendant vingt ans.

« Bien des gens étaient laissés pour compte, et j'étais l'un d'eux », déclare l'ancien membre du Royal Canadian Regiment, natif de la Nouvelle Écosse. « Maintenant, je suis sobre, j'ai trouvé ma raison d'être. Nous pouvons nous en remettre. C'est un message de motivation et d'espoir. Si un soldat cherche de l'aide, il l'obtiendra, mais il doit en faire la demande ».

Après la cérémonie, le Cpl (ret) Smith a déclaré qu'il

évitait de décrire en détail son expérience au plateau du Golan pour éviter d'évoquer des souvenirs difficiles.

« J'étais là en 1979, 1980. À Damas, la situation était horrible. J'ai été témoin d'événements qui m'ont complètement bouleversé et j'évite d'y penser. Si je me concentre là dessus, il me revient des odeurs et des sensations, et je dois que rappeler que je ne suis plus là bas. C'est l'un des outils dont nous nous servons pour ne pas embarquer ».

Se décrivant lui même comme un fier soldat, le Cpl (ret) Smith dit qu'à peine un an après son retour au Canada, en 1980, il décide de quitter les forces.

« J'ai été envoyé dans un camp à Gagetown, au Nouveau Brunswick, où je ne faisais qu'éteindre des feux et exécuter des travaux pénibles. L'alcool me servait à oublier la douleur, parce que j'en ressentais beaucoup, en plus d'avoir honte de ne pas pouvoir faire mon travail. Je n'étais plus un soldat et jamais plus je ne serais militaire parce que j'avais un problème de santé mentale qu'on n'avait pas reconnu. J'en suis arrivé à un point où ça ne fonctionnait pas et j'ai voulu m'éloigner de cette discipline. Alors j'ai dit : "Sortez moi d'ici", et c'est ce qu'on a fait immédiatement. »

Quelques mois plus tard, le Cpl (ret) Smith n'avait pas d'emploi stable et était souvent sans abri.

« Je vivais dans la rue, puis j'étais hébergé temporairement, après quoi je faisais un séjour ailleurs, dans un centre de traitement de l'alcoolisme; j'ai fait beaucoup de ces séjours. Sans compter les soupes populaires et les refuges. Ensuite, je retournais travailler. Je pouvais vendre, j'étais vendeur. Non seulement je souffrais de maladie mentale, je buvais comme un trou. Et la boisson n'aidait pas. Alors j'ai fini par prendre de la drogue. Et en fin de compte, les drogues ne donnaient rien non plus. J'ai fait une tentative de suicide en 1994. J'ai pris une surdose d'héroïne mais j'ai survécu. »

C'est la mort de son fils de 21 ans, dix ans plus tard, qui commence à sortir le Cpl (ret) Smith de sa période noire.

« Il s'est passé une corde au cou et s'est pendu. Ce jour là, j'étais à Burlington, en route vers le pont Skyway pour mettre fin à mes jours. Il y avait un hôpital sur mon chemin. Je suis entré et j'ai parlé avec un psychiatre. Il m'a dit : « Tu peux avoir de l'aide ». Et tout ce temps là, je ne le savais pas. »

Le Cpl (ret) Smith ajoute que sa famille est très fière de compter une longue histoire de service militaire.

« Du côté de mon père, 13 personnes ont servi. Deux

sont mortes pendant la Seconde Guerre mondiale, l'une en Italie, l'autre en France. Le cénotaphe de Parrsboro, en Nouvelle Écosse, porte leurs noms. On nous a toujours dit que c'était là que la mémoire de nos oncles était honorée. Du côté de ma mère, il y a eu un nombre considérable de personnes qui ont servi à partir de la Première Guerre mondiale. J'ai trois frères qui se sont enrôlés comme moi et qui sont aujourd'hui à la retraite. »

Il commence à œuvrer sous le nom de Veterans Helping Veterans en 2005. Aujourd'hui, il continue d'aider des militaires en service et des vétérans à avoir accès aux programmes d'aide offerts par la Légion royale canadienne et Anciens Combattants Canada.

« Lorsque j'ai commencé à aller chercher de l'aide, je me suis demandé "Et les autres gars, les soldats encore en service et les vétérans? Combien passent entre les mailles du filet?" Et j'en ai trouvé beaucoup. Alors j'ai enfilé un uniforme, je suis sorti avec une petite pancarte, et je me suis attelé à la tâche. »

Dans le cadre de son travail, le Cpl (ret) Smith est en contact avec des milliers de vétérans et de soldats encore en service. Bien que par souci de confidentialité il ne puisse pas divulguer de détails, il affirme que plus de 100 d'entre eux sont allés chercher de l'aide à la suite de son intervention.

Veterans Helping Veterans ne compte encore qu'une personne, mais l'organisme fait de plus en plus parler de lui. En septembre 2015, le Cpl (ret) Smith tenait le premier tournoi annuel de golf de l'organisme en vue de recueillir des fonds, au Club de golf Granite Ridge de Milton, Ontario. L'hôte du tournoi était le commentateur sportif de CBC, Ron MacLean, accompagné de Walter Gretzky, le père du grand joueur de hockey canadien, Wayne Gretzky.

Le Cpl (ret) Smith dit qu'il aimerait que Veterans Helping Veterans devienne un organisme national. Il est à la recherche d'autres vétérans et de militaires en service pour intervenir auprès de leurs camarades dans le besoin.

« Prenez le temps et devinez quoi? Vous aiderez quelqu'un. Tout le monde peut faire ce travail. Venez travailler avec moi. Prenons de l'ampleur, aidons nos gars et nos filles à échapper à la rue. En réalité, ce que je fais est assez facile : il suffit d'avoir un peu de compassion et d'être honnête avec autrui. Quand je parle avec un ancien combattant toxicomane, je peux lui dire "Oui, j'ai vécu cela". »

## A Chance to Attend the Grey Cup



Deanne Bennett, Recreation Coordinator, holds Grey Cup tickets available from Community Recreation. A pair will be up for grabs at Sports Day in Canada events on Saturday, November 21, 2015. Photo: Martin Zeilig

## Charities Cash in from 2015 RCAF Run



On behalf of the RCAF Run, CWO Douglas Clark and LCol Danielle Clouter present a cheque to Soldier On, represented by MWO Michael Fuentespina and Maj Desjardins, and the Military Family Fund, represented by Col Andy Cook and CWO Mike Robertson, at 17 Wing HQ on November 10, 2015. Photo: Cpl Paul Shapka

# GCWCC Beard Growing Contest a Hair-Raising Journey

By Martin Zeilig  
Voxair Photojournalist

Standing in line during judging for the "Best Attempt" at the 17 Wing GCWCC Beard Growing Contest, Corporal Devon Maxwell stroked his chin as the four judges inspected each contestant's facial growth.

"I've been growing my beard since October 1," said Cpl Maxwell, who was one of six competitors in the category.

During the month of October, Canadian Armed Forces men belonging to integral and lodger units of 17 Wing Winnipeg are invited to participate in the 17 Wing GCWCC Beard Growing Competition.

The contest, which ran from October 1- October 31, was judged on November 2 in the Junior Ranks' Mess.

During this same period Canadian Armed Forces women belonging to the integral and lodger units of 17 Wing were allowed to wear nail polish while in uniform.

Participants each paid \$20 for to participate in the event. A total of almost \$500 was raised.

Captain Xiadong Tan and Captain Bettina McCulloch-Drake, GCWCC Co-Chairs, were the OPIs for the

Beard Growing and Nail Polish Month.

Besides the "Best Attempt," which was won by Master Corporal Aaron Auyeung, the other beard growing categories were Fullest Beard, won by Corporal Redhead, Greyest Beard, won by Master Warrant Officer Power, Best Groomed Beard, won by Captain Smith, Scruffiest Beard, won by Sergeant Popovits, and Corporal Kevin Porter won for Most Colourful Beard.

The judges were Jackie Kurceba, 17 Wing Golf Club Manager, Warrant Officer Krista Semenchuk, Kathy Dmytrisin, Manager, Health Promotion, and Tina Bailey, Manager, Fitness, Sports & Recreation.

"I'm a rare person," MCpl Auyeung joked.

"You don't see a lot of Asian people with beards. It's genetics. But, it was all for a good cause."

Capt McCulloch-Drake approved of what she saw.

"We had a good mix of contestants," she said.

"We were represented by all messes. All of the gentlemen were good humoured. They kept the mood light and were very good sports. Next year, we hope to up the game by, perhaps, having additional incentives for the winners. We might look at small prizes next year."



Jackie Kurceba, 17 Wing Golf Club Manager, Warrant Officer Krista Semenchuk, judging contestants in the 17 Wing GCWCC Beard Growing Contest in the Junior Ranks Mess. Photo: Martin Zeilig

## CANEX Opens Its Doors



David Yanick, CANEX Manager, and Mireille Garneau, CANEX staff, smiling with first ever customer in the new CANEX store, Diane Brine, PSP Health Promotion. Photo: Mike Sherby



Wing Commander Colonel Andy Cook and Mireille Garneau at the customer checkout in the new CANEX. Photo: Mike Sherby



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# Remembrance Day Services Held Throughout Winnipeg



Veterans and Legion members march on the colours during the Remembrance Day Ceremony held at Bruce Park, Winnipeg on November 11, 2015. Photo: Cpl Paul Shapka



137 personnel from 402 Sqn march to the cenotaph during the Remembrance Day Ceremony held at Bruce Park, Winnipeg on November 11, 2015. Photo: Cpl Paul Shapka



The Colour Party salutes during the Remembrance Day Ceremony on November 11th, 2015, HMCS Chippawa, Winnipeg, Manitoba. Photo: Cpl Justin Ancelin



Remembrance Day ceremony at the Convention Centre on November 11th 2015, Winnipeg, Manitoba. Photo: Cpl Gabrielle DesRochers

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



The Grand Entry of the Eagle Staff is led by dancer Lauren Stevenson and George Anderson in the eagle feather headdress with Sergeant Matthew Keddy of 17 Wing behind them. The 17 Wing Defence Aboriginal Advisory Group and the 17 Wing Command Team of Colonel Andy Cook and Wing Chief Warrant Officer Mike Robertson participated in the Aboriginal Veteran's Day Ceremony at the Centre for Aboriginal Human Resource Development in Winnipeg, Manitoba, on November 6, 2015. Photo: Sgt Bill McLeod

# RCAF Band Performs at MTYP

By Martin Zeilig  
Voxair Photojournalist

17 Wing Commander Colonel Andy Cook said he was “blown away” by the performance of the RCAF Band’s brass ensemble after a performance at the Manitoba Theatre for Young People (MTYP) on Sunday, November 15.

Judging by the cheers and applause afterwards, there were other audience members just as appreciative of the afternoon’s music as Col Cook.

“It was fabulous,” Col Cook, who was accompanied by his wife and Chief Warrant Officer Mike Robertson and his wife, added just moments after the hour long free concert, which attracted about 150 people.

This was the RCAF Band’s second season bringing music to the City of Winnipeg at MTYP, commented Captain John Fullerton, Commanding Officer and Director of Music for the RCAF Band, in his opening remarks.

It was the first of the band’s three part concert series for 2015/16, he added.

“We are always excited to showcase the talents of our musicians in a variety of ensembles,” Capt Fullerton continued.

“The ensemble you see before you now of course allows our brass musicians to shine, with our wonderful percussionists to back us up.”

The band was joined at one point by the Military Family Resource Centre Choir, whose director is RCAF Band member, Sgt David Grenon. They performed two songs – a medley of two hymns with the Brass Ensemble: I Vow To Thee My Country and Eternal Father, Strong to Save. The band also sang an a cappella version of the popular hymn, “The Irish Blessing.”

Capt Fullerton also acknowledged the presence of two guest performers in the horn section, Corporal Karl Sawatzky from the Royal Winnipeg Rifles and French horn player, Mr. Todd Martin.

“It’s always a pleasure to work with other ensembles, especially one that comes from 17 Wing,” Capt Fullerton said afterwards in reference to the MFRC Choir.

“I’m very proud that we have been able to bring this level of entertainment to the MTYP,” Col Cook emphasized.

The RCAF Band’s Christmas Concert, featuring the 20 piece ensemble Jet Stream and special guest artist Loreena McKennitt, will held on December 9 at the Cen-

tenial Concert Hall.

The MFRC Choir will be presenting their Christmas Concert on Monday, Dec. 7 at the 17 Wing Chapel.



RCAF Band Brass Ensemble are all smiles as they receive a standing ovation at the conclusion of their concert at MTYP on Nov. 15th. Photo: Martin Zeilig

# Training Together to Protect the North

By Lieutenant Olivier Gallant

About 700 military members from the Canadian Armed Forces and the United States Air Force, Navy, and Air National Guard braved the Arctic autumn during the Vigilant Shield 16 NORAD Field Training Exercise that was held in Iqaluit, Nunavut, and 5 Wing Goose Bay, Newfoundland and Labrador, from October 15 to 26, 2015.

The exercise was a portion of an annual exercise series sponsored by NORAD and led by a regional command undertaking field training exercises; the exercise aimed at improving NORAD’s operational capability in a bi-national environment. The participants were challenged to detect, deter and defend against a variety of threats to North America’s sovereign airspace.

“This year’s exercise scenarios provided participants the opportunity to train realistically and practice their mission in a simulated training environment,” explained Lieutenant-Colonel Kyle Paul, the air task force commander for the exercise. “The teamwork between Canadians and Americans has been outstanding, straight from beginning of the exercise. Both nations were able to improve their inter-operability and, ultimately, to demonstrate NORAD’s ability to defend North America.”

This year’s exercise saw NORAD building on previous years’ training successes when deploying air assets and personnel to the North to exercise sovereignty op-

erations in North America’s airspace and in the High Arctic. Approximately 150 personnel deployed to the the NORAD forward operating location in Iqaluit, accompanied by CF-188 Hornets, a CC-130 Hercules, a CH-149 Cormorant helicopter and all the necessary maintenance and support personnel.

“Operating from Iqaluit presented a number of challenges for logistics, communications and flying operations. Nevertheless, through careful planning, cooperation with local agencies, and hard work, the Iqaluit detachment was able to bring the forward operating location facilities to an operational state very rapidly,” said Lieutenant-Colonel Dave Turenne, the detachment commander in Iqaluit. The forward operating location at Iqaluit is the responsibility of 3 Wing Bagotville, Quebec.

Likewise, at the NORAD forward operating location in 5 Wing Goose Bay, about 580 participants from the Canadian and American armed forces deployed along with a variety of aircraft and assets. Canadian assets included a CC-150 Polaris, a CH-146 Griffon helicopter, and a deployable military air space control system. United States assets included F-15 Eagles, an E-2 Hawkeye, E-3 Sentry airborne early warning and control aircraft, and a KC-135 Stratotanker.

“In order to be effective, we need to work together. We come up [to Canada] to operate in a different environment and also operate with different organizations,”

said Lieutenant Colonel Robert Swertfager of the United States Air Force, air expeditionary wing commander.

The 5th Canadian Division, the Canadian Army presence in Atlantic Canada, also deployed 34 soldiers to 5 Wing to support the exercise. More specifically, members of 37 Canadian Brigade Group provided force protection for certain areas and aircraft with their American counterparts.

“The exercise certainly allowed 5 Wing Goose Bay and Iqaluit to demonstrate their ability to serve as valuable operating sites in support of NORAD’s mission and showcase their role in the defence of North America as forward operating locations,” said Lieutenant-Colonel Paul. “The professionalism and dedication of all participants in both locations made it possible to circumvent all the challenges associated to the deployment of such a task force.”

NORAD ensures American and Canadian air sovereignty through a network of alert fighters, tankers, airborne early warning aircraft, and ground-based air defense assets cued by inter-agency and defence surveillance radars. It is a bi-national command formed by a partnership between Canada and the United States and provides maritime warning, aerospace warning and aerospace control for North America. For more than 50 years, NORAD has worked to detect, deter and defend against all threats to our sovereign airspace.



A United States Air Force C-5 Galaxy sits on the flight line, covered with snow, during Exercise Vigilant Shield 16 at 5 Wing Goose Bay on October 17, 2015. Photo: Senior Airman Jasmonet Jackson

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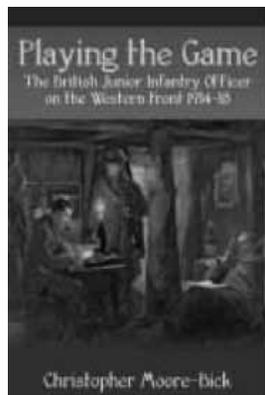


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- o Our chimneys and vents have been cleaned and inspected by a qualified professional. I have checked for creosote build-up (Not cleaning your chimney is the leading cause of chimney fires from build-up creosote. This service needs to be done at least once a year.)
- o Our wood for our fireplace or wood stove is dry, seasoned wood.
- o Our fireplace screen is metal or heat-tempered glass, in good condition and secure in its position in front of the fireplace.
- o We have a covered metal container ready to use to dispose cooled ashes. (The ash container should be kept at least 10 feet from the home and any nearby buildings.)
- o Our children know to stay at least three feet away from the fireplace, wood/ pellet stove, oil stove or other space heaters.
- o Our portable space heaters have an automatic shut-off.
- o Our portable space heaters will be plugged directly into an outlet (not an extension cord) and placed at least three feet from anything that can burn; like bedding, paper, walls and even people. (Place notes throughout your home to remind you to turn off portable heaters when you leave a room or go to bed.)
- o We have tested our smoke alarms and made sure they are working.
- o We have tested our carbon monoxide alarms and made sure they are working (Carbon monoxide alarms should be located outside each sleeping area and on every level of the home.)

# VOXAIR READS

Title: **Playing the Game: The British Junior Infantry Officer on the Western Front 1914-1918**  
 Author: Christopher Moore-Bick  
 ISBN: 978 1 906033 84 2  
 Publisher: Helion & Company Ltd, 2011  
 Pages: 328  
 Illustrations: b/w photographs



**By Maj Chris Buckham**

The period 1914-1918 was witness to an unprecedented expansion in the army of Great Britain. This epic transformation may be viewed not only in terms of numbers but also speed, breadth of employment and, one may effectively argue, represented the first revolution in military affairs from a technological perspective. During this time, in order to meet the demands of modern warfare, Britain was forced to expand its relatively tiny standing Army through augmentation of Territorial's, "Kitchener's New Army", volunteers and conscription. Each presented unique challenges that impacted and influenced the face of the British military as never before. Consistent through all of these upheavals were the challenges of fighting a war on a scale never before seen or imagined with technology that served not only to augment the ability of opposing armies to fight but also necessitated specific skill sets previously not required (ie machine guns, aircraft, tanks, communications etc) and the development of doctrine to support these capabilities.

Christopher Moore-Bick's book 'Playing the Game' addresses these issues from the perspective of the junior officer (2Lt, Lt and Capt). When one considers the vast array of literature surrounding the First World War a common theme tends to be that of the 'lost generation' or the 'inability of the senior officers to deal with the challenges of the new realities of war'. What has not been addressed in any detail is the fact that despite all of the horrors of the trenches, Britain's Army did not suffer any general collapse in morale or fighting spirit despite being made up largely of non-professionals. That this was so may be largely attributed to the skill and motivation of its junior officer corps; the leaders who were most closely associated with the soldiers on the front lines. What these factors were that defined and influenced the

development of the generation of young men who made up this group is the focus of Moore-Bick's book and why it is relevant to the military of today.

Moore-Bick is not interested in the experiences of the officers in the actual front line (except in so far as they add dimension to the traits of the officers themselves). Instead he focuses on the environments that shaped their personalities (school, society, religion etc) and their sense of duty/obligation. Additionally, he draws distinctions between the different phases of the army's expansion (standing professionals, volunteers of Kitchener, conscription). Specifically, he highlights how each group accepted, adapted and ultimately supported (in the sense of undertaking one's responsibilities) the war effort and how these processes changed over the course of the war.

Drawing upon a vast array of primary source material including diaries, letters, journals and memoirs as well as a host of secondary and presently unpublished papers, Moore-Bick is able to paint for the reader a surprisingly complete picture of the views and thoughts of the junior officers who made up Britain's army. Of particular interest is his analysis of the transition from civilian to soldier of these officers and how that influenced outlook and expectation. This 'professionalization' process had to take place under the most trying of circumstances within a very short period of time. That these men were able to adapt as quickly as they did is a testament to their psychological strength and the environments within which they developed. Another area that is addressed in depth is the impact of the public school system on the development of the psyche of these men. He reveals the role that the structure of the schools with their emphasis on loyalty to one's peers and school, manliness in sports and the responsibilities of a system that resulted in early personal growth and development are revealed. The role of the 'heroic' figure in British literature is also incorporated into his analysis. What must be emphasized though, is the balance with which Moore-Bick approaches his subject. It was clear that as the war progressed, officers enlisted with a far different perspective of the war than those of 1914 and that they were being drawn from a much more varied and non-traditional pool (commissioning from the ranks, non-public schools, civilian professionals and older generations) yet still undertook their duties in a responsible and forthright manner. The author's analysis and insight into his subject explains why this was the case and what influenced their decisions and development.

Moore-Bick's work has drawn attention to an aspect of the First World War that has seen little evaluation but whose importance and significance cannot be understated. Armies succeed or fail on the strength of their leadership, particularly at the junior officer and senior non-commissioned rank levels. The lessons to be gleaned from the experiences of the WW1 British junior officers in rapidly transitioning from a peace to a wartime footing in a very short period of time are many. While one may make the argument that the challenges were the same for WW2, I would contend that they were far more profound in WW1 due to the technological changes occurring during the period, the speed with which the standing army was required to expand and the lack of wartime experience amongst the general population (as was the case during expansion for WW2). This is Moore-Bick's first publication and is an excellent addition to the professional's library. I strongly recommend it and suggest that it should be read by those looking to expand their insight into the motivators and development of the junior leader.

Major Chris Buckham CD1, RMC, BA, MA, PMP is a Logistics Officer in the Royal Canadian Air Force. He has experience working with all elements including SOF. A graduate of the Royal Military College of Canada, he holds a BA in Poli Sci and an MA in International Relations. He is presently employed as a ILOC Officer with the multinational branch of US EUCOM J4 in Stuttgart, Germany.



# www.pspwinnipeg.ca



## Addictions Awareness Campaign November 12-26, 2015 Go for the Green!

This year's Addiction Awareness Campaign focuses on being aware of the lifestyle choices that keep you safe and healthy in the Green zone of the Mental Health Continuum. Take the time to reflect on your alcohol, tobacco, gambling and gaming (which includes internet) use.

Do you know the signs of possible addiction and the effect it may have on your health? What are the things that you, your workplace, and your community do to stay in the Green?

Visit the website, [www.forces.gc.ca/wastedtime](http://www.forces.gc.ca/wastedtime). You can learn more about the connection between mental health and addictions, evaluate your drinking behaviour, look at a guide to successful entertaining, calculate how much you spend on tobacco products, learn to pour a standard drink, and much more!

There is also a contest on this site. Simply answer the question, "What does an Addiction Free Lifestyle mean to you?" and you could win one of 15 Fit Bit Zip daily prizes and/or 4 Vivo Active Watches grand prizes. Prizes are courtesy of SISIP Financial. You can submit an entry each day throughout the campaign, but you can't win if you don't answer.

In addition, CAF Members, their families and members of the entire defence team can be entered to win an Addiction Awareness Kit consisting of a backpack filled with great material, simply by participating in local events and completing a ballot. Contact your Health Promotion Team for more details.

Join us in promoting an addiction free lifestyle for the entire CAF community by participating in the Addictions Awareness Campaign November 12-26th, 2015!

**Don't forget to answer the question to get the chance to win amazing prizes!**

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THE FORCES**  
ÉNERGISER LES FORCES  
Promotion de la santé dans les Forces canadiennes



### Alcohol, Other Drugs, Gambling and Gaming: Supervisor's Training

**18 November (0800 - 1600 hrs) and  
19 November (0800 - 1200 hrs)**

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

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

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

**18 novembre (8 h à 16 h) et  
19 novembre (8 h à 12 h)**

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

Ces compétences seront bientôt obligatoires pour tous les Militaires qui ont des fonctions de supervision.

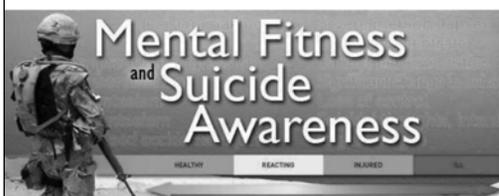
To register, contact Health Promotion at local 4150



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**Pour vous inscrire, appelez le  
Bureau de Promotion de la  
santé, au 4150**



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

### Mental Fitness and Suicide Awareness: Supervisor Training

*This course is course coded!*

**10 December 2015  
0800 - 1600 hrs**

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

### Sensibilisation à la santé mentale et au suicide :

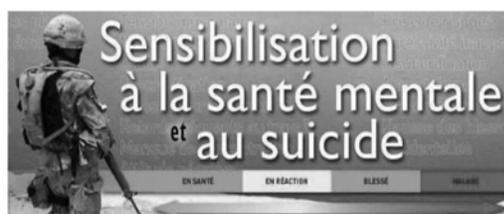
#### Formation du superviseur

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

**10 décembre 2015  
8 h à 16 h**

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

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mais n'oubliez pas votre  
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# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Getting organized is the best way to ensure that you reach your goals. Don't assume you must take the obvious or direct route. It is possible to plan for the future and live in the moment if you are practical. Once you make the necessary adjustments nothing can stop you.

**Taurus (April 20 – May 20):** You're well ahead of the things you wanted to accomplish. Now it's time to focus on the people in your life. As your interests shift you'll make new friends but make sure you keep the connection with those you value from the past. Maintaining your network will benefit you in future.

**Gemini (May 21 – June 21):** You're finally making progress so don't let a few road blocks throw you off course. If you've taken a detour, get back on track. Or, look for a better route. Give yourself rewards to stay motivated. And, numbing out is a luxury you can't afford right now. Stay present. Stay strong.

**Cancer (June 22 – July 22):** Why are some people so self-sufficient and why do they seem to have all the answers? You strive to understand because you hope it will help you with your own inner battles. The success of others can inspire you but you can't copy their methods exactly because everyone is unique.

**Leo (July 23 – August 22):** No matter how hard you try you can't convince people to see things your way all the time. Diverse thinkers can help you solve problems. Striving to give the illusion of perfection and control is exhausting. Instead, give your generous, creative, open-minded and optimistic nature free rein.

**Virgo (August 23 – September 22):** You don't need to do it all yourself. Stop trying to figure out how to manage alone. Delegate. There are circumstances beyond your control in play. Unknown variables are about to surface. Though overwhelming, change that frees you from what is limiting you, is a gift.

**Libra (September 23 – October 23):** You're entering a period when external commitments ease up. When you feel at peace and happy, note your emotional landscape and mindset. Look at the small details not what you own and earn. Value all that you have and all that you are and you will never take it for granted.

**Scorpio (October 24 – November 21):** Life isn't always fair. Trying to set the record straight leaves you focused on the past. Yes, you may have been misunderstood but being open to the future is more realistic and pro-active. Spend time with those you care about most and those who reciprocate your feelings.

**Sagittarius (November 22 – December 21):** You can see difficulties as a chance to learn or as a disaster. The path you let your thoughts to go down ultimately leads to what you'll experience. Speaking your mind may create unwelcome changes but holding back won't help. You can't control everything.

**Capricorn (December 22 – January 19):** Be creative, honest and responsible when planning for the future. Do an overhaul on your expectations and assumptions. Write things down and analyze them with detachment. Look for the message and the meaning in events. You'll see your situation in a new light.

**Aquarius (January 20 – February 18):** Trying to turn back time is impossible. Save yourself the emotional wear and tear of trying to fix the past and striving for perfection. There's more than one way to reach a goal. Do it your way. Be objective, not emotional and you'll figure out what works best for you.

**Pisces (February 19 – March 20):** You'll see gradual progress and long term benefits from what you're doing now. Find a balance that is right for you in terms of work and leisure. Meet challenges and discover opportunities by doing things differently. Focus on being happy, healthy and comfortable. Avoid excess.

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# Chaplain's Corner

## Our New CAF Chaplain General & Changes at the Roman Catholic Military Ordinariate of the CAF

By Padre Paul Gemmiti

On 26 August 2015 the installation of our Canadian Armed Forces new Chaplain General, Brigadier-General Guy Chapdelaine, occurred at Beechwood National Memorial Centre, Ottawa, which is co-located with the National Military Cemetery.

During his remarks, the new Chaplain General emphasized the significant contribution of the Royal Canadian Chaplain Service (RCChS) in the field of spiritual resilience not only for military members, but for the institution as well.

Padre Chapdelaine – a Roman Catholic priest who during his past had been posted to 17 Wing Winnipeg - reiterated the importance of a holistic approach which takes into account the spiritual, religious and community dimensions of the person: "In an increasingly secular world, we must be careful not to relegate religion solely to the private sphere. There is a community dimension to religious expression. We must remember that religions are able to contribute to the common good of communities while maintaining respect for those who do not believe. This spirit of inclusion and respect for all is a strength of the Chaplain Service."

The new Chaplain General reminded the chaplains (padres) about the importance to preserve and maintain their own roots in their particular religious traditions. "Maintain your roots in your religious tradition. It is only when you are faithful to who you are that you can forge genuine relationships with others."

For further information on the event and remarks from Padre Chapdelaine, search CAF Office of the Chaplain General, or rcmilord.com.

Bishop Donald Thériault, as Roman Catholic Bishop for all Roman and Eastern Rite Catholics within the CAF, announced that as of 01 July 2015, Col (Rev) Alain Guèvremont has assumed the office of Vicar General of the RC Military Ordinariate of Canada. The Bishop would like to formally thank BGen (Rev) Guy Chapdelaine for having faithfully served as his Vicar General for the past two years.

At the same time, the Bishop would also like to congratulate LCol Guy Bélisle on his nomination to the position of Principal Chaplain Roman Catholic. Padre Bélisle succeeds Col Sylvain Maurais in this position. Bishop Thériault would also like to formally thank Padre Maurais for his faithful and devoted service in this capacity.



New Chaplain General, Brigadier-General Guy Chapdelaine. Photo: Submitted



Bishop Donald Thériault. Photo: Submitted

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

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

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

### CHAPLAINS

**Padre Jack Barrett**  
(Anglican) - Wing Chaplain ext 5417

**Padre Lesley Fox**  
(United Church) - Chapel Life Coordinator ext 6914

**Padre Christopher Donnelly**  
(United Church) ext 5785

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

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### CHAPLAINS

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

**Padre Emanuelle Dompierre**  
(Roman Catholic Pastoral Associate)  
- Mental Health Chaplain  
ext 5956

**SUNDAY MASS** (Bilingual) 1100 hrs  
**COMMUNITY SERVICES**

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

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

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

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

**FOOD BANK DONATIONS**  
In assistance to Winnipeg Harvest, the donation box is located at the entrance of the chapel.

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

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

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

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