



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

APRIL 19, 2017 - VOLUME 66, ISSUE 8

## Winnipeg MFRC Battles Bullying with Pink Pancakes



Two volunteers from Emergent Biosolutions serve pink pancakes and bacon at the Winnipeg Military Family Resource Centre on Wednesday, April 12. Pink Shirt Day began in a Nova Scotia high school after a student was bullied for wearing a pink shirt in 2007. His classmates all wore pink shirts to show support for the student and the idea has spread world wide. For more information on the Pink Pancake Day, please see our story on page 5. Photo: Bill McLeod, Voxair Manager.

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# The Spirit of Ostra Brama, a 17 Wing Secret



While in service with the RAF, FL547 was flown by a Polish crew under the command of Lt. pilot Józefa Tyszko and the aircraft was named the Spirit of Ostra Brama (gate of dawn) from July-September 1944. It was probably based in RAF Northolt, Wiltshire. Photo: Supplied

by Captain Gord Crossley, Heritage Officer, 17 Wing

For many years a fuselage and wings of a DC-3 aircraft sat lonely in a field behind the Collard building (building 129). So few people knew why it was there, that it was nearly scrapped in 2006. Fortunately, the scrapping was stopped and the fuselage and wings were saved. The wing roots, engine nacelles, and one landing gear unit were lost unfortunately.

In October 2016 the fuselage was moved from the field to the Building 32 compound (another little-known Wing asset) with the help of the Heavy Equipment section of Wing TEME. This secured it from further damage, and allowed access to it without having to traverse a muddy field.

This aircraft, now in faded Transair livery, once wore dull green war paint, and served with the Royal Air Force during the Second World War. It also has a special

place in the history of Poland. After Poland fell to attacks by Nazi Germany and the Soviet Union in 1939, many pilots in the Polish Air Force were able to escape to France to continue the fight, and later escaped to Britain when France was defeated in 1940. In the Royal Air Force, they wore British uniforms with Polish insignia, and served in fighter, bomber, reconnaissance and transport Squadrons throughout the war. One Squadron, 511 Squadron RAF was tasked with general and VIP transport and had a number of Polish airmen in its ranks.

C-47 Dakota III (a military version of the Douglas DC-3 airliner) number 11906 was built in Oklahoma City, Oklahoma in 1943, originally for the United States Army Air Corps. It was transferred to the Royal Air Force in January 1944. From July to September 1944, the aircraft, now registered in the RAF as FL547, flew with an all-Polish crew under pilot Józefa Tyszko. The aircraft carried normal RAF markings, with the addition of the Polish Air Force red and white square insignia behind the cockpit, and was named "Spirit of Ostra Brama"

Ostra Brama, (Gate of Dawn) is a gate in the city of Vilnius, Lithuania. Vilnius (Wilno in Polish) had been part of Poland before the Second World War. Within the Gate is an icon of the Virgin Mary which is said to have miraculous powers. The Gate of Dawn is an important object of veneration for the Roman Catholic and Orthodox churches for Poles and Lithuanians. Pilgrims regularly travel to the Gate to attend mass and pray in front of the icon.

FL547 served until the end of the war at RAF Bramcote, and was placed into storage. As it had been equipped as a VIP transport, it was acquired by Trans Canada Airlines and brought to Canada for refurbishment by Canadair to civilian airline standard. It served with TCA until midnight on 12 April 1963, when it land-

ed in Winnipeg, completing the last flight of a DC-3 by TCA. The aircraft was subsequently sold to Transair Ltd, repainted, and served for four years with that carrier. It was subsequently sold to Lambair in 1967, but retained its Transair livery. In 1970 it was transferred to the Western Canada Aviation Museum, and once its wartime history was discovered, was transferred to 17 Wing.

Over the years sporadic contact had been maintained with the Polish military. As reported in Voxair, on 5 March, Col Andy Cook, Commander 17 Wing, met with Col Cezary Kiszowskiak, Polish Defence Attaché to Canada, to inspect the aircraft. There is considerable interest in having the aircraft returned to Poland for restoration to preserve this important piece of the country's military history.



What remains of the aircraft is the fuselage, both outer wings, one landing gear assembly, one tail wheel assembly, and the vertical fin. Photo: Supplied

## RCAF unveils the 2017 "Canada 150" CF-18 Demonstration Hornet

by RCAF Public Affairs

The Royal Canadian Air Force (RCAF) has unveiled the 2017 CF-18 Demonstration Jet celebrating Canada's 150th anniversary of Confederation.

The April 4, 2017, unveiling ceremony took place at 4 Wing Cold Lake, Alberta, where the jet has been hosted for the past few weeks. The 2017 Demonstration Pilot, Captain Matthew Kutryk, and the technicians and support staff of the 2017 Demonstration Team, attended the ceremony, as did local dignitaries and military members.

"Seeing this incredible jet in person has made me even more motivated to share it with Canadians," 2017 Demonstration Pilot Captain Matthew Kutryk said. "There will be no doubt during any of our stops this air show season that this jet represents Canada and the



Royal Canadian Air Force CF188734 Hornet, the 2017 season CF-188 Demonstration Jet which celebrates Canada's 150th Anniversary of Confederation, is flown over Northern Alberta by Captain Matthew "Glib" Kutryk, the 2017 Demonstration Jet pilot from 425 Tactical Fighter Squadron, Bagotville, Quebec on April 6, 2017 over 4 Wing, Cold Lake, Alberta. Photo: Cpl Manuela Berger, 4 Wing Imaging

amazing year we are celebrating. I hope that this jet will inspire all Canadians to chase their dreams as I did because that is what Canada is all about."

The unveiling gave everyone in attendance a chance to see, for the first time, the 2017 paint scheme, which has the aircraft fully painted with a red and white design incorporating the Canada 150 logo. Painting the 2017 Demonstration jet has been a team effort between 3 Wing Bagotville, Québec, which provided the jet and technicians to bring the design concept to life, and 4 Wing, which provided hangar space and support during the painting.

"3 Wing is honoured to provide our aircraft as the 2017 Canada 150 Demonstration Jet," said 3 Wing commander Colonel Darcy Molstad. "Our talented technicians have outdone themselves, taking what was once a graphic concept on paper and transforming it into an incredible final paint scheme for the CF-18. The teamwork required to get this jet painted is just one example of how Canadians can come together to produce a spectac-

ular product. We cannot thank 4 Wing enough for their support during this process."

Throughout the year, DND and the CAF will support the Government of Canada's celebration of Canada's 150th anniversary of Confederation, participating in many events throughout the nation. The upcoming air show season is a special opportunity for the RCAF and the Demonstration Team to join Canadians in celebrating shared values, achievements and Canada's place in the world.

"This incredible Canada 150 CF-18 Hornet is a shining example of the teamwork and professionalism that is embodied by the men and women of the RCAF," said Major-General Christian Drouin, Commander, 1 Canadian Air Division/Canadian NORAD Region, "and is just one of the many ways that the men and women of the RCAF are working to honour their rich heritage, and commemorating the 150th Anniversary of the Confederation of Canada."

### Quick Facts

- This year, the Royal Canadian Air Force is joining the Government of Canada in commemorating the 150th anniversary of the Confederation of Canada. Specifically, the RCAF will honour the history of the Canadian Armed Forces, including the RCAF, as a part of Canada's proud history.

- The specially-painted CF-18 Hornet features the official logo for "Canada 150" placed throughout the design. The logo is composed of a series of diamonds, or "celebratory gems", arranged in the shape of the iconic maple leaf. The four diamonds at the base represent the four original provinces that formed Confederation in 1867: Ontario, Quebec, New Brunswick and Nova Scotia. Additional diamonds extend out from the base to create nine more points. Together, they symbolize Canada's 13 provinces and territories. On the left wing, the timespan of Confederation is shown with the year of Confederation, 1867, and the 150th anniversary year – 2017. The right wing bears the official name of the celebration – "Canada 150". All aspects of the design come together to create a truly unique and fitting tribute to this important year in Canada's history.

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## Military Member Blows it During Big Performance



A group shot of the full trombone orchestra that includes the Manitoba Trombone Collective and the students from the University of Manitoba and Brandon University Trombone studios. Photo: Supplied

by Martin Zeilig, Voxair Photojournalist

There were significantly less than 76 trombones at the Manitoba Trombone Collective (MTC) concert at Grace Christian Church on Saturday, April 8.

Plus, the song, made famous in the musical *The Music Man*, wasn't on the evening's program.

But, that didn't diminish the high quality performance that evening, which included numbers by American pianist/composer/bandleader Herbie Hancock (*Watermelon Man*), Johnny Mandel (*The Shadow of Your Smile*), Mike Barone (*Red Zinger*), and Antônio Carlos Brasileiro de Almeida Jobim (*Wave*), and an original number, *Prairie Trombone Suite*, by conductor/composer/writer/teacher Kenley Kristofferson, who conducted the musical composition, among other pieces.

"Surrounding yourself with fantastic musicians can only mean good things for everyone," MTC member and trombonist Corporal Melissa Schwartz, who works at the 17 Wing Injured Personnel Support Unit, said during a reception following the concert.

The concert attracted just over 120 people including musicians. It was performed as fundraiser for the church's Hands of Hope-- a team of volunteers that pick up good quality used furniture and household items for donors and delivers it, free of charge, to individuals in Winnipeg who are living in poverty-stricken circumstances.

"The Manitoba Trombone Collective is just that - a collective of individuals who are dedicated to the promotion and performance of trombone music," said information in the program. "We are professionals, teachers, and advanced community players who meet whenever we can to make music."

Special guests at the concert were the trombones of the University Manitoba, and the Brandon University Trombone Studio conducted by Dr. Aaron Wilson. The mass trombone choir was conducted by guest Kenley Kristofferson.

The concert was held in conjunction with International Trombone Week, and sponsored by the International Trombone Association.

Sergeant Joel Green, a full time member of the RCAF Band, wasn't able to participate in the concert on April 8 due to prior commitments. Sgt Green is the Music Director of the Manitoba Trombone Collective.

"In his spare time Joel manages to play with the Big

Dig! band, Dirty Catfish Brass Band, Winnipeg Jazz Orchestra, and has played with the Winnipeg Symphony Orchestra," according to the program. "Joel's main teachers were Alastair Kay of The Boss Brass, and Gord Wolfe of the Toronto Symphony Orchestra. Before moving to Winnipeg Joel was a member of the Etobicoke Philharmonic, an instructor at Humber College, and freelanced frequently, performing with such artists as Andrea Bocelli, Gladys Knight and Colin James."

Trombonist Paul Creally, a retired RCAF Band member and former CAF School of Music teacher at CFB Borden, now plays for a number of local bands. He said the MTC is a great way to network and to get to know all the players in Winnipeg and from Brandon U and the U of M.

"It's really nice to give back at a fundraiser like this," he said during the intermission.

Kathy Lalonde, a music educator with 26 years' experience in both the public and private school systems and the Associate Director & Coordinator with the MTC, called Cpl Schwartz an outstanding player.

"As a person, she's kind and sees a need and fills that need," Kathy Lalonde said. "She's always available to offer her time. She's a wonderful collaborator."

Lalonde also noted that during the MTC's appearance at the University of North Dakota's Trombone Day on March 4, 2017, Cpl Schwartz played a solo piece for which she received praise from Scott Hartman, a professor of music at Yale University and the "leading trombonist in the world."

"Melissa has such strong, quiet and dependable leadership qualities," she stressed with a smile of approval.

Cpl Schwartz, who has a degree in music performance from the Desautels Faculty of Music, University of Manitoba, said she once tried stepping away from playing for a while.

"But, I missed it too much," she said. "So, I'm coming back to my first love. I love playing with these guys. It's lots of fun. We've been working on things all year."

Cpl Schwartz acknowledged that the trip to UND's Trombone Day was a thrill, especially because she got to do a solo piece and meet Professor Hartman.

"I was so excited when he came up to me," she said. "To get a chance to share a stage with Scott Hartman is the chance of a lifetime."

## Sports Trivia

All Around The World

by Tom Thomson and Stephen Stone

1. These two skaters became the first women in Canadian figure skating to share the podium at the World Championships.
2. The New Jersey Devil's all-time leading scorer retired on Friday, March 31, 2017. Who is he?
3. The world championships are held in July, and the winner get his wife's weight in beer. Name the sport.
4. What is Zorbing?
5. Held annually in the spring at Cooper's Hill near Gloucester, England, the person who crosses the finish line first, gets a nine pound of double Gloucester cheese.
6. The mud pit belly flop, hubcap-discus tossing, and bobbing for pig's feet are part of these games, held annually in East Dublin, Georgia.
7. Inspired by a book by A.A. Milne, this sport requires a stick and a bridge over running water. Each player drops a stick on the upstream side of the bridge; the winner is the first whose stick appears on the downstream side. The annual championships, held since 1984, take place at Day's Lock on the River Thames.
8. Which sport is played by two teams, each of which race around an oval course, where one member of each team is called the "jammer" and their job is to lap the members of the other team?
9. Compared to other sports on this list, it is very calm, but don't tell any serious participant they aren't a legitimate sportsman. (Hint: some would say 'Movember' is an example of this sport.)
10. Played all over South Central Asia, it is the national sport of Afghanistan. The goal of the sport: grab a carcass of a headless goat at full gallop, get it clear of other players, and pitch it across the goal line.
11. This is a sport involving a ball bounced off a walled space by accelerating it to high speeds with a hand-held device (cesta).
12. Originated in Persia, this sport features horses, riders, a mallet and a ball and is played in periods called chukkers.
13. This chess player beat Boris Spassky in Reykjavik, ending Soviet domination in chess.
14. This Canadian champion fought Muhammad Ali twice and went the distance both times. Ali called him the toughest fighter he had faced.
15. Who was the first and last heavyweight to win the undisputed boxing championship three times?
16. What international games include the one-foot kick, the ear pull, the knuckle hop and the knee hop?
17. Where were the Canada Games held in 1969?
18. Guillaume LeBlanc holds the Canadian record of 39:26:02 in this track event.
19. With a time of 10 seconds, this person holds the Canadian record in the 100 yard dash.
20. Who holds the World Record for the shortest time biking across Canada, at 27 days, five hours and 30 minutes for the 7,200 km trip?

Sports Trivia Answers on page 14

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# PSP Community Recreation selling subsidized Manitoba Provincial Park passes

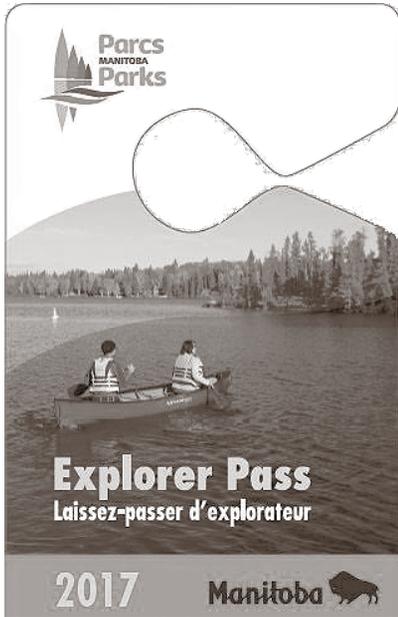
As part of Canada 150 PSP Community Recreation would like to encourage you to get outdoors and enjoy the wilderness! We are offering the DND Community the opportunity to purchase an Annual Manitoba Provincial Park pass for a reduced price of \$30.00 (retail at \$40.00). The passes are available to Military members, their families, and all who hold a Recreation Association Membership.

Don't forget, PSP Community Recreation also have canoes, kayaks, paddle board and geocaching equipment available throughout the Spring and Summer for you to borrow for yourself and your family for FREE. This pass will help you enjoy some independent activity with your family until March 2018!

And remember, the Health and Wellness Challenge starts in May; this pass can help you make some positive lifestyle choices while having fun, too.

Please visit the Fitness and Recreation Centre (building 90) to purchase your pass. If you enjoy the outdoors lookout for our new Outdoor Adventure offered to adults and families!

Contact the PSP Community Recreation Team for further information Loc 5139 / 5976 / 2057 / 7013. Find us on Facebook, Twitter or pspwinnipeg.ca



# #TBT 1955: Atomic Future

\* Reprinted from The Voxair - Issue 6, Volume 4, April 22, 1955



Edited by F/L R. W. GELLARD

## Canada-U.S. Atom Pact

WASHINGTON — An atomic agreement between Canada and United States is being rushed to completion here and is expected to be ready for signature early in the new year. "They're just about dotting the I's and crossing the T's in the agreement now, and it should be ready fairly soon," a Canadian official said. Canada also may soon be informed of more U.S. military atomic secrets because of a decision taken at the recent Paris conference of the North Atlantic Treaty nations. An agreement growing out of the meeting is being prepared in Washington under which United States will tell its allies in NATO more about the use and effect of atomic weapons. This agreement may be completed sometime this month.

\* \* \*

## "CF-100 Remains at Bay"

NORTH BAY—North Bay will continue as a base for all-weather fighter squadrons of the Air Force, in addition to technical training units related to servicing and maintenance of CF-100 jets. Movement of the OTU from North Bay will mean an initial reduction of several hundred service personnel at the station. For the most part, however, this reduction will be offset as long-range plans for the station develop.

## "Canadians at A Bomb Tests"

WASHINGTON — Canadian troops joining in the United States atomic tests in Nevada this month will take part in what is known as an open shot exercise. This means they will operate in an area made radioactive by an atomic bomb fired from a tower—usually 300 feet high—as opposed to a bomb dropped from a plane. The 53 Canadians will be the first active foreign military group to participate in an American nuclear training test. They will be drawn mainly from the Canadian army's No. 1 radiation detection unit at Barriefield, Ont., and supplemented by technicians from the RCN and the RCAF. They will be under the immediate command of Lt.-Col. R. A. Klaehn, of Kitchener, Ont., of the Canadian army's weapons development branch.

2016/17 SEASON

MANITOBA OPERA



## FREE TICKETS TO THE OPERA FOR MEMBERS OF WINNIPEG DEFENCE COMMUNITY

Manitoba Opera invites you to attend *Werther* for free

**Your Choice of Two Performances:**

- Tuesday, May 2, 7 pm
- Friday, May 5, 7:30 pm

**To Obtain Complimentary Tickets:**

By phone - 204-944-8824 between 9:30 am and 4:30 pm, Monday to Friday **BEFORE WEDNESDAY, APRIL 26**. Please mention this code: DEFENCE  
**In Person** - Visit the Manitoba Opera Box Office, lower level, Centennial Concert Hall, 555 Main Street, between 9:30 am and 4:30 pm, Monday to Friday **BEFORE WEDNESDAY, APRIL 26**. Please mention this code: DEFENCE

Tickets must be picked up at the Manitoba Opera Box Office, lower level, Centennial Concert Hall, 555 Main Street by 4:30 PM, Friday, April 28.

*This offer is valid while quantities last and cannot be applied to previously purchased tickets. Maximum of two tickets per household.*

Irresistible melody infused with vivid and lush orchestration, results in a masterpiece that is among the most exquisite and moving in all of French Opera.

**The Story:**

The young poet, Werther, falls instantly in love with the beautiful and unattainable Charlotte; however, Charlotte has promised to marry another. Werther tries to stay away, but his tormented heart aches to be with her. Seeking peace the only way he knows how, he takes his own life as Charlotte finally returns his love.

**Good to know:**

- The performance will take place at the Centennial Concert Hall
- *Werther* is approximately 3 hours long with two intermissions
- The performance begins at 7 pm on Tuesday and 7:30 pm on Friday
- *Werther* is sung in French with projected English translations
- For more information on *Werther* and attending the opera visit [manitobaopera.mb.ca](http://manitobaopera.mb.ca)



Werther  
John Tessier



Charlotte  
Lauren Segal



Albert  
Keith Phares



Sophie  
Lara Secord-Haid

2016/17 SEASON

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Werther  
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Sophie  
Lara Secord-Haid

# Never Underestimate the Importance of Base Clubs



**CWO (Ret.) Bob Bidder trims a board on the table saw at the 17 Wing Wood Hobby Club. Bidder is a retired military member suffering from PTSD who credits the club with saving his life. All Photos: Bill McLeod, Voxair Manager**

by Bill McLeod, Voxair Manager

"It was lifesaving," said Chief Warrant Officer (Ret.) Bob Bidder at the 17 Wing Wood Hobby Club about his membership there. "Seriously."

Bob retired from the Canadian Armed Forces 4 years ago after a 29 year career as a Medical Technician that saw him serve 8 deployments in locations that included Cyprus, Iraq, Bosnia (3 times), the Golan Heights, Afghanistan, and some ship board tours.

After retirement, Bob found himself dealing with problems arising from those deployments.

"I suffered from PTSD," Bob said. "I don't mind talking about it but I resorted to drinking to ease some of the pain. It finally got to the point where I couldn't sleep at night and I was sitting there drinking my face off and I had to do something."

"I really enjoyed woodworking in my garage so I decided to join the base club here," he added. "If I couldn't sleep I would just come over here at 2 in the morning, or 4 in the morning, or whatever. It really turned me around."

One of the unique features of the 17 Wing Wood Hobby Club is the ability for members to sign out the key from the Commissionaires and use the club whenever they have free time.

"To become a member you have to do an equipment checkout," said Warrant Officer Paul Marcotte, 2 Canadian Air Division, the President of the Wood Hobby Club. "We're checking for attitude and aptitude. Everyone has a chance to use the equipment under supervision."

"We get a feel of the new member, to see what they're bringing to the table, whether they are a novice or not. We have had master carpenters show up and they still have to do a checkout," adds Marcotte. "We are not making carpenters or cabinet makers with this checkout, we are making sure they know how to safely use our equipment and how we flow through the building."

The Winnipeg CAF Connection website for the Wood Hobby Club reinforces this requirement for anyone wishing to become a member.

The 17 Wing Wood Hobby Club is mainly designed for serving members of the Canadian Armed Forces and their families but they also accept a number of ordinary and associate members. Ordinary members include retired CAF members like Bob Bidder, Class A Reservists, and civilian employees of DND, including Personnel Support Programs employees and Military Family Resource Centre employees.

"Associate members are people with no affiliation to the military or the Wing," says Paul Marcotte. "They have to be sponsored by a regular serving member and their membership is only good for one year. They have to be voted in every annual general meeting in the fall."

The Club is located in the rear of Building 33, the Westwin Community Centre, home to a number of other Wing clubs, like the Toastmasters, and programming, like Summer Day Camps for children of military members.

One of the benefits of joining the Wood Hobby Club is the 24 hour access to industrial quality woodworking machinery that would be out of reach for most hobbyists. The equipment includes industrial band saws, table saws, radial arm saws, shapers, jointers, planers, and sanders. The club also houses a small finishing booth and a sanding booth.

The newest piece of equipment to the club is a \$25,000 dust collector. The purchase was approved by the 17 Wing Commander at the time, Colonel (Ret.) Joël Roy, and paid for from the Wing Fund.

"We charge \$60 a year for membership, and that's pretty much eaten up by our maintenance bill," said Paul Marcotte. "So what we do every year is a Christmas raffle. We build 3 to 4 prizes. The club pays for the raw material, the member puts in the labour, we raffle 2000 tickets at \$2 apiece, and then that money is used as our equipment replacement fund."

The \$25,000 price tag on the dust collector was a problem.

"It's really difficult for a club to come up with enough money to purchase something like this," said Joël Roy, now the Executive Director of the Military Family Resource Centre at 17 Wing.

"These clubs and services have a direct impact on the operational fitness of our members," he said "They allow members, veterans, and their families to get involved, be creative, and develop in their community. They bring to life the meaning of the 'RCAF is your home', where being a part of the military is a lifestyle choice, not just a job."

"The value goes well beyond just the pure economic figures," he continued. "It speaks to recruiting and retention by highlighting Quality of Life directly to our people. We should be careful not to underestimate how important these things are for our community."

One thing Bob Bidder also likes about the club beyond the personal therapy in his own situation is his ability to give back to the military community.

"As a club we try to give back," he said. "We will get quite a few younger families who will come over here and say they have a piece of broken furniture and we will fix the furniture for them free of charge, using shop resources to try and keep their costs down. We do a lot of little kitchen stuff, for example people with kitchen



**The 17 Wing Wood Hobby Club provides an outlet for members to increase their skill and knowledge of woodworking among retired and serving military members and DND employees.**

cupboards that don't fit, or they buy a new fridge and the top of the cupboard won't work anymore. We do lots of stuff like that for the troops on base here."

"We really do a lot of work for the young troops who can't afford stuff," Bob added.

"We get approximately 80 requests from the Wing per year to do shadow boxes, coin racks, and display cases," said Paul Marcotte. "402 Squadron contacted us to hang 3 large pieces of art so we built intricate display cases."

"We have been recently asked to build pace sticks, canes, and cane holders," said Marcotte. "We just can't do all that stuff. The thing is because it's a club we tell them, 'Come, join the club, build it, learn how to do it, and then you have that knowledge.'"

## MFRC Raises Awareness with Pink Pancakes

by Martin Zeilig, Voxair Photojournalist

Volunteers were kept busy transferring a continuous production of thick, moist, fluffy pancakes and crisp bacon from the sizzling griddle to a chafing dish at the Military Family Resource Centre during the annual Pink Pancake Breakfast on April 12.

The free event, which attracted just over 100 military and civilian personnel (including parents with children), was held in the MFRC's multipurpose room.

After piling pancakes and strips of bacon onto their plates, patrons could ladle whipped cream and strawberries and pour syrup onto their food. Coffee, tea, and juices were available too.

Pink Pancake Breakfast is an outgrowth of Pink Shirt Day-- an anti-bullying effort, said Lois Mallett, Chairperson of the Board of Directors of the MFRC.

"I'm pleased to see so many members of our military families out to enjoy an Easter breakfast to support our efforts to stop bullying," said Wing Commander Colonel Andy Cook, who was enjoying the breakfast. "It's the first time I've had pink pancakes but they're good."

"Bullying is a major problem in our schools, workplaces, homes, and over the Internet," says the website, PinkShirtDay.ca

"On February 22, 2017, we encourage all of you to

wear an official CKNW Orphans' Fund Pink Shirt Day t-shirt or pin to symbolize that we as a society will not tolerate bullying anywhere. We wish we could take credit for this idea but it comes from two incredible Nova Scotia high school students."

Pink Shirt Day has its roots in Central Kings Rural High School in the small community of Cambridge, Nova Scotia, and was started by two high school students. David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied for wearing a pink shirt. The show of solidarity caught on and has spread world-wide.

Meanwhile, the International Day of Pink website says the Day of Pink is more than just a symbol "of a shared belief" in celebrating diversity -- it's also a commitment to "being open minded, accepting differences and learning to respect each other."

"This morning was fun," said Jolene Tod, whose husband is Corporal Bradley Tod with Transportation.

She was at the breakfast with their three children, 10 month old Audrey, five year old Evelyn and three year old Jacqueline.

"The kids were excited," said Mrs. Tod. "It's a good opportunity to get together."

Jamie Doherty, Deployment Services Coordinator at the MFRC, expressed her gratitude to all the volunteers-- who were from Emergent Biosolutions-- for their efforts to a good cause.

"I'm very happy with the turnout," she said. "It took us two days to get ready for this. We may need to think about a bigger venue for next year."

She also mentioned that the MFRC is planning a special event on April 25 to celebrate the Month of the Military Child.



**Pink Pancake Breakfast chairperson Lois Mallett with a group of her volunteers. Photo: Supplied**

# Physician's Assistant Commissions to New Occupation



**Canadian Forces 23 Health Services Commanding Officer, Lieutenant Commander Wade Brockway (Left) commissions and promotes CF 23 Health Services Sergeant Major, Chief Warrant Officer John McDougall (Middle) to Captain with David Gilbert (Right) on April 3, 2017 at 23 Health Services, 17 Wing, Winnipeg, Manitoba.**  
Photo: Cpl Justin Ancelin, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

For Captain John McDougall, the highlight of his recent promotion from Chief Warrant Office to Captain was having his husband, David, in attendance at the ceremony-- which took place on April 3 before about 35 military and civilian personnel in a small third floor classroom at 23 Health Services (Building 64).

"David and I have been together for 22 years," said Captain McDougall, a Physician's Assistant, during his brief acceptance speech following his promotion, which included having David attach the officer's epaulets to his partner's military uniform.

The Department of National Defence and the Canadian Armed Forces announced the creation of a new officer occupation for Physician Assistants, said a Government of Canada news release from June 3, 2016, which also listed the first four PAs to be commissioned and promoted to the rank of captain.

"This is the first time in CAF history that an occu-

pation had gone from non-commissioned member occupation to an officer occupation," explained the provided information, which also noted that there are over 100 PAs in the CAF.

Wing Surgeon Lieutenant Commander Wade Brockway said the promotion of a PA to an officer had been implemented so the rank would match their level of responsibility and education.

"There's a discrepancy between their level of education and responsibility and rank," he said during an interview with The Voxair, following the concise ceremony. "As a consequence, the CAF Health Services Group in Ottawa recognized this and did a study."

The net result was the creation of a PA Officer occupation, LCdr Brockway added.

"As an officer now, they will be much more clinical than before," he observed. "They'll be seeing patients in our clinic all day. They'll be doing everything they were doing, just having more clinical time."

He called the PA an essential member of the Health Services organization.

"Without them we'd struggle to function because of the patient load they take on," said LCdr Brockway, noting that the other PA here is W.O. Marc Descoteaux, who also will soon be promoted to an officer.

Capt McDougall said Dave-- who lives in Edmonton, Alberta-- has followed him through multiple tours, postings and exercises.

"I've been away about half of our relationship," he noted. "Without his support, patience and tolerance, I wouldn't be where I am now."

Dave, who is a Federal Civil Servant, said they see each other every six to eight weeks, either in Winnipeg or Edmonton.

"I'm honoured and happy that John is commissioned," he commented. "It's a good career move."

Capt McDougall, who's been in the CAF for 28 years now, said he started off as medic before taking advanced training to become a PA.

"We'll still be on the medical team and go on deployments," he commented, noting that he earned a Masters

Degree in Physician Assistant Studies in 2012 from the University of Nebraska. "The fact that we're commissioned now is a reflection of our commitment to what we do. Today is the day that 84 PAs (across Canada) receive their commissions."

Quick Facts about PAs:

Serving in both domestic and international operations, the CAF has been training and employing Pas since the 1960s; Pas have the skills and experience to deal with the daily health-care needs of CAF patients and can also function effectively in various speciality-practice environments; A Pas activities may include the following: conducting patient interviews; documenting health histories; performing comprehensive physical examinations; performing selected diagnostic and therapeutic interventions; counselling patients on preventive healthcare; assisting the supervising physician in developing and implementing patient management plans; prescribing medicine in accordance with medical directives; and other tasks as directed by the supervising physician. (source: Government of Canada press release, referred to earlier in this story)

Interesting fact about Capt McDougall, when he was posted at CFB Edmonton:

"In what is being called a first in Canada, a rainbow-coloured gay-pride flag was raised at an Alberta military base today during a ceremony attended by senior officers and civilian members of the LGBT community," noted an item on the CBC website, CFB Edmonton 1st base to raise gay-pride flag (June 07, 2013)

"Master Warrant Officer John McDougall, 47, made the request for the flag-raising a few weeks ago through the military chain of command at Canadian Forces Base Edmonton."

The ceremony was attended by base commander Lt.-Col. John Reiffenstein, soldiers, civilians from the LGBT community and their supporters, said the the article.

"It's vital that we are an inclusive, tolerant, military community, defence community," Reiffenstein said Friday. "These are Canadian values."

## CFMWS Long Service Awards



**Ron Ashworth, Practice Manager-Financial Counseling SISIP, presents John Clarey a Long Service Award for 18 years service at the Wing Commander's Coffee Break, hosted by PSP at Building 90, on 11 April.**  
All Photos: Bill McLeod, Voxair Manager



**John Clarey, Winnipeg Branch Manager/Financial Counselor, a Customer Excellence Award for outstanding service to the CAF Community**



**17 Wing Commander Colonel Andy Cook presents a 20 Year Long Service Award to Rick Phillips, Resource Coordinator for 17 Wing PSP, with Rick Harris, Snr PSP Mgr, and Wing Chief Warrant Officer Mike Robertson.**



**Chris Merrithew, Sports Coordinator for 17 Wing PSP, received a 20 year Long Service Award.**



**Colleen Preston, Community Recreation Coordinator for 17 Wing PSP, received a 20 year Long Service Award.**



**Janice Bisko, Consolidated Insurance Program Manager, received a 20 year Long Service Award.**

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# U of M Launches New Exhibit about Manitobans at Vimy

*Daffodil springing from field so grim, /Daffodil, kiss me! Kiss me from him!*

*And give me his message. Answer me!/Say/How did he fall on that glorious day?/Was it on the crest of the highest hill?/Where is he lying, Daffodil?/What does it matter?/The parapet past, Is he not here—first, in the breach or last?/ O tender compassion of Sun and of rain!/ For this we have blossoms on Vimy again!*

--From the poem, A Daffodil from Vimy, by O.W. Holmes (published in the Managra, the newsletter from the Manitoba Agricultural College University of Manitoba 1917)

by Martin Zeilig, Voxair Photojournalist

Two former staff members of the University of Manitoba Archives & Special Collections, Tynne Petrowski and Andrea Martin, have co-curated a new exhibit in the archives on the occasion of the 100th anniversary of the Battle of Vimy Ridge (April 9-12, 1917).

The official opening, which included a fascinating PowerPoint presentation by Petrowski and Martin and which was attended by about 50 people (including a reporter from The Voxair), was held on April 11.

Voices from Vimy: Manitobans on the Ridge heavily features the letters of Fred Baragar from around the time he served in that battle in April 1917. Baragar was a former student at both the Manitoba Agricultural College and the University of Manitoba's Wesley College--now the University of Winnipeg. There are also photographs of Baragar-- who served with the 2nd Canadian Divisional Artillery, 5th Brigade, 17th Field Artillery--in uniform. (Petrowski and Martin are also co-authors of a blog about the war called From the Somewhere.)

Among other things, the exhibition also contains correspondence between Alice Millidge and Canadian soldiers serving overseas during the Great War; photographs and correspondence from Archie Polson and his family during the war; photographs/the Roll of Honour/orders/the minutes created by the Canadian Officers Training Corps of Camp Hughes, a former Canadian military training camp located in southwestern Manitoba; correspondence, a field notebook, maps, regimental orders, and more wartime records belonging to army chaplain Charles William Gordon; a diary and correspondence about the Paris Peace Conference, which John W. Dafoe attended as a Press Officer; records of Lieutenant Edward Pitblado's First World War service, including a company Roll Book for the 37th Battalion, a war diary, and correspondence; books related to the First World War including, a scrapbook titled Letters from the Front: M.A.C. Students, 1915-1918; the poems

and short stories of Dr. Simon Jauvoish, a private in the 196th Western Canadian Universities Battalion, whose writings reflect his experience during the First World War; newspaper clippings and photographs chronicling wartime events.

"This exhibit explores the personal nature of the bat-



**University of Manitoba Alumni Edward Pitblado and Dr. Bruce Chown in Belgium. Dr. Chown fought at Vimy Ridge as a Lieutenant in the 10th Brigade of the Canadian Field Artillery. Pitblado was stationed in France at the time of the Battle of Vimy Ridge. Though he was not at the battle, his correspondence provides reports of the advance which was occurring nearby (Pitblado Family fonds). Photo: Supplied**

tle," said Shelley Sweeney, PhD, University Archivist, Head of Archives & Special Collections, in an email message to the Voxair.

She added that the display is complemented by an exhibit by archivist Natalie Vielfaure, BA, MA (Archival Studies, Man.), on students, staff, faculty and alumni of the University who fought in the Battle of Vimy Ridge.

"Both exhibits emphasize the personal nature of war through diaries, letters, photos, and items of memorialization," Sweeney observed. "Artifacts from the Military History Society of Manitoba from the World War I period have been added to the exhibit. The two exhibits explore

how the war affected soldiers on the front through their own words as well as what their loved ones were doing towards the war effort at home."

She also noted that Alice Millidge wrote to four soldiers whom she knew, and discovered that one of them had been killed when her letter was returned to sender, stamped deceased, she added.

"Meanwhile members of the Manitoba Agricultural College sent letters to the front and carefully kept all of the letters, notes, photos etc. that were sent back to the college," Sweeney continued. "We see the effect of war where a substantial portion of the students never returned, having died in the war. It is a very different time from war today, both how it was fought and how communications took place. It is good to remind ourselves of the sacrifices people made in such a war, in such a battle."

Extracts from the exhibition:

From a letter on April 23, 1917 by Fred Baragar to his fiancée Edith Robertson: "Have you been reading the papers lately-- aren't they full of wonderful things. We've had simply the rottenest weather you could imagine, and yet we've sure been blessed with great success.

"And so now I'm in this region which so recently was across the lines. And what wonderful proof we see of the efficiency of British Artillery. The region is absolutely shattered and Fritz must have had a Hell of a time. And no doubt you've read of the great importance of our victory. If you could just stand tomorrow morning with me on the brow of this great ridge and see for miles of the (German's) land you too would know more fully why we are proud and glad of our success."

"It wasn't only men who served at Vimy. Women also made their way to the front lines, often as nurses," noted Petrowski and Martin in their PowerPoint presentation. "At least two female students were listed among those serving at the front in the 1918 University of Manitoba 'Roll of Honour': Nurse Margaret Angus and Miss M. Robb. Women and nurses serving alongside the Canadian men shared in the victory of Vimy Ridge, as did all Canadians at the front, including 'ambulance drivers', doctors, postal men, wheelwrights, machinists, (and) carpenters (April 12, 1917 Tribune).

"During the war women performed a significant amount of volunteer and unpaid work. This was done through involvement with larger volunteer organizations and independently. As part of this volunteerism women took up the tasks of knitting socks and other goods. Another activity that was done as part of the work of volunteer organizations and individuals was the creation of care packages to send to friends and family."

## Financial Assistance Coming for Residents under Renovation

by Bill McLeod, Voxair Manager

17 Wing held an informational briefing with a question and answer session at the Base Chapel on the morning of Wednesday, April 12, for the residents of 22 residential housing units (RHU) which have been undergoing major renovations.

Wing Commander Colonel Andy Cook, Canadian Forces Housing Agency Manager Colleen Ridley, and a team from Defence Construction Canada led by the site manager Denes Vujevic were on hand to try and answer questions from the residents and provide updates to their information.

Col Cook compared himself to the President of the Hair Club for Men.

"I'm not just the Wing Commander, I'm also a customer," he said to the residents.

Col Cook's RHU is one of the units undergoing renovations. He mentioned that his Manitoba Hydro payment plan is running about \$900 over budget this year due to the construction.

The good news is that the residents are going to be compensated for the extra expense and inconvenience of living under construction. All of the affected residents will be receiving a 30% rent reduction per month back-dated to last year. Due to the construction period covering March 31, the end of the 2016-2017 fiscal year, residents will receive two cheques, one for last fiscal year and one for the present fiscal year.

"You will get a cheque in about 6-8 weeks and that will be an average of \$1100," said Colleen Ridley, Manager of the Winnipeg Canadian Forces Housing Agency.

"Some will get less if you pay less rent and some will get more. And then, for April, May, and June, you will receive another cheque at the end of June."

Colleen Ridley reiterated that all the residents must provide correct mailing addresses, especially those families who may be posted during the summer. Some of the questions from the residents to CFHA were about the rent reduction and Colleen explained that because it is a rent reduction it is not taxable.



**RHUs under renovation on Ubique Crescent. Photo: Broose Tulloch, Voxair Layout.**

Colleen Ridley thanked all the residences for being proactive in communicating with CFHA and told them to hang in there because they were on the home stretch now.

Denes Vujevic, Defence Construction Canada, then spoke about the problems with contractor meeting the deadlines on the project.

"We acknowledge there has been performance issues and we are continually managing those as they

come up," Vujevic said. "We're monitoring the schedule as close as we can, we're liaising with all the occupants and CFHA as much as possible, and we're starting to see some strides being taken. Now we're actually starting to see some physical changes and siding is actually starting to go up. We believe the contractor is now at a point where we can see some rhythm to the work they're doing. They have staffed accordingly there's a number of different trades and multiple groups of trades on site."

"We appreciate your cooperation and we're pushing as hard as we can. We hope that we are turning a corner and getting closer to being able to complete the work," added Vujevic.

Colleen Ridley mentioned that the exterior of 249 Ubique was complete and that residents who wanted to see the end result could go check out that RHU.

Col Cook then expressed some concerns about the safety of RHU residents with the snow melting and nails and screws and other residents agreed and said that they had been picking up after the contractors.

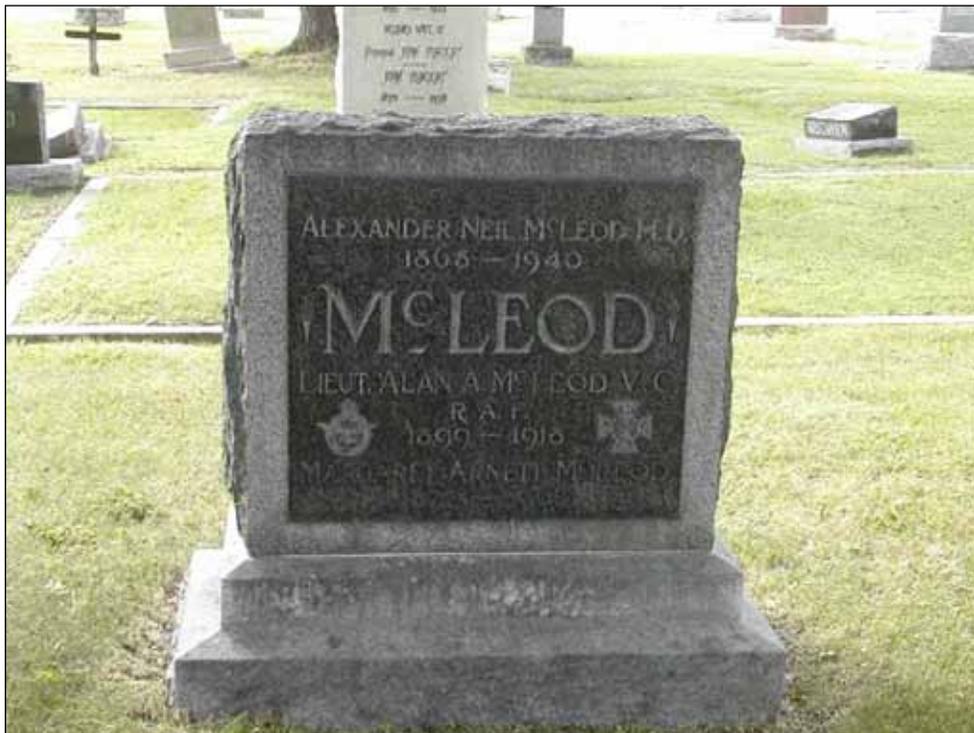
A number of residents then complained about contractors leaving messes at their muster point on the south side, parking their vehicles and dumpsters so they blocked access in and out of RHUs, and nails and screws in tires.

The Wing Commander mentioned that even though it was a frustrating experience he wanted the residents to remember that there was a certain amount of give and take required and that the residents were all going to be fairly compensated for their inconvenience.

# Around The Wing



Hair Force received a new artifact last week for their collection. A old hydrant, painted in the nose art style of the Second World War was given to one of the owners, Walter Choma. Photo: Bill McLeod, Voxair Manager



The Commonwealth War Graves Commission (CWGC) has informed the Directorate of History and Heritage (DHH) of their intent to change the headstone for Lt Alan McLeod at the Old Kildonan Presbyterian Cemetery in Winnipeg. Lt McLeod is a Canadian who flew with the RAF during the First World War and is a Victoria Cross recipient. A private family headstone currently commemorates Lt McLeod (attached). Since this headstone is not marked with the VC the CWGC engraved a new headstone and plaque that will be added to the grave site. This re-dedication ceremony will be held on 09 May 2017 at 1030. If you require further information please contact either LCol C. Morrison or MWO N. Thorne at 1 CAD as they will be the RCAF representatives. Photo: Bill McLeod, Voxair Manager



PSP Staff were preparing for the opening of the Building 90 Gym floor which opened on Tuesday this week. From Left to Right: Joanna Jarrett – Facility Coordinator, Colleen Preston – Community Recreation Coordinator, Jackie Kurceba – Golf Club Manager, Antoni Kieloch – Fitness Instructor, Deanne Bennett - Community Recreation Coordinator, Front row middle, David Chung - Fitness Instructor, Colin Harvey - Front Desk Monitor, Leeona Bond – Fitness Coordinator. Back row middle, Marc Lavallee – Fitness Instructor, Stefan Dowhayko – Fitness Leader, Rick Phillips – Resource Coordinator, Chris Merrithew – Sports Coordinator, Don Mills – PES Specialist, Rick Harris – Snr Mgr PSP, Tina Bailey – Mgr F, S & R, Lee-Anne Brookes – Fitness Instructor, Shalynn Froelich – Health Promotion Administrator. Those not able to be present for the Photo – Kathy Dymitrisin – Mgr Health Promotion, Diane Brine – Health Promotion Specialist, Dawn Redahl – Fitness Leader. Photo: Bill McLeod, Voxair Manager

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# Around The Wing



It was pink all over at the Pink Pancake Day at the Winnipeg Military Family Resource Centre on Wednesday, April 12. For more information about the day please see our article on page 5. Photo: Bill McLeod, Voxair Manager



17 Wing Commander Colonel Andy Cook, Colleen Ridley, Manager of the Winnipeg Canadian Forces Housing Agency, and Defence Construction Canada members were on hand at an informational briefing for RHU renovations at the Wing Chapel on Wednesday, April 12. Photo: Bill McLeod, Voxair Manager



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# CMHA'S 66TH ANNUAL MENTAL HEALTH WEEK - MAY 1-7, 2017

#GETLOUD to promote mental health. The louder we get, the bigger the change we will make.

To GET LOUD means speaking out against the discrimination and stigma directed at people with mental illnesses. It means using your voice to raise awareness and build support. It means speaking up for those around you – and for yourself.

We all want to be healthy. No one can be truly healthy without mental health. It involves how we feel, think, act and interact with the world around us. Mental health is about coping with the stresses of life and contributing to our community. Ask for help or seek advice from someone with expertise—give your mental health the attention it needs and deserves.

## YOUR PATH TO MENTAL WELL-BEING

Being mentally healthy isn't about avoiding problems or trying to achieve a "perfect" or "normal" life. It's about living well and having the tools to cope with difficult situations and life's many challenges.

Each person's path to mental well-being is unique. We all have our own goals, our own challenges, our own talents and our own supports. But good mental health is within everyone's reach.

Staying mentally healthy is like staying physically fit—it requires effort.

But the rewards are worth it! Everyone faces stresses and demands in their lives, but we all need and deserve breaks from them. Daily physical exercise, for instance, not only makes you stronger and more fit, but it can also improve your mood and your sense of well-being.

Taking charge of your mental well-being

## SEEK THE HELP OF AN EXPERT

- If you have a mental health concern, speak with your doctor and ask for a referral to a specialist if needed
- If you need support in your work life, speak to a career counsellor or human resources expert
- To repair relationships with loved ones and friends, enlist help from someone with a specific expertise in relationship issues
- For financial challenges, contact a financial planner or debt advisor
- If you are looking for help navigating the mental health system, you might want to speak to someone who has had their own experience, or to a qualified system navigator or case manager
- Additionally, other people with lived experience of mental health problems may be able to provide invaluable support and advice. Just remember that everyone's path to recovery is unique, and what was right for one person may or may not be right for you

## POSITIVE MENTAL HEALTH TIPS

- Talk to your doctor if you are experiencing problems with your mental health
- Contact your local CMHA branch at [cmha.ca](http://cmha.ca)
- Check with your employer, or your benefit provider: your Employee Assistance Plans (EAP) or benefits may provide counselling services
- Reach out to people you trust: personal connections are some of the most powerful healing tools
- Live well: a healthy lifestyle can boost your mood

Websites of reputable mental health organizations: CMHA ([cmha.ca](http://cmha.ca)), the Mental Health Commission of Canada ([mentalhealthcommission.ca](http://mentalhealthcommission.ca)) and the Canadian Alliance on Mental Illness and Mental Health ([camimh.ca](http://camimh.ca))

## HOW CMHA CAN HELP

Every year, CMHA's remarkable cross-Canada team of more than 10,000 staff and volunteers provides more than half a million Canadians with vital services and support. Contact your local CMHA, or other community mental health organization, to learn more about support and resources in your area. For more information on mental health programs and services in your community or to donate to CMHA, visit our websites: [cmha.ca](http://cmha.ca) and [mentalhealthweek.ca](http://mentalhealthweek.ca).

Founded in 1918, the Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada. Through a presence in hundreds of neighbourhoods across every province, CMHA provides advocacy and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive.

## DON'T MISS OUT:

In support of Mental Health Week 2017, Health Promotion will have a Mental Fitness & Suicide Awareness: Supervisor's Training session running on 16 May! This program is free for Military members, DND/NPF employees and their adult family members.

For more information or to register contact Health Promotion at (204) 833-2500 ext. 4150 or [HealthPromo@forces.gc.ca](mailto:HealthPromo@forces.gc.ca).

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21 avril • **French Toast (Toastmasters en français)** • World trade centre Winnipeg • 204-289-4089

21 avril • **The HUB: Un Baiser Français (A French Kiss)** • Théâtre Cercle Molière • 204-233-8053

22 avril • **Grand banquet de prélèvement de fonds** • Salle communautaire du Précieux-Sang • 204-233-2874

23 avril • **Petit aventuriers** • Bois des esprits • 204-805-1195

23 avril • **Poésie cachée** • Bibliothèque de Saint-Boniface • 204-986-4332

23 avril • **Théâtre – Gretel et Hansel** • Manitoba Theatre for young people • 204-942-8898

23 avril • **Concert - La portée des voix** • CCFM • 204-233-ALLÔ

26 avril • **Fosse aux LIONS** • Université de Saint-Boniface • 204-925-2320

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# PSP Staff Go Where the Job Takes Them



**Rick Phillips poses in front of the Camp Canada sign in Kuwait, during his deployment overseas. Photo: Cpl Justin Ancelin, 17 Wing Imaging.**

by **Martin Zeilig, Voxair Photojournalist**

When Rick Phillips, 17 Wing Winnipeg Personnel Support Programs Fitness Coordinator, first stepped off the plane in Kuwait at 9 p.m. on August 10, 2016, it was 42 degrees Celsius.

"I was there during the hot season," he recalled during a recent interview in the lobby of the Recreation and Sports Centre in Winnipeg.

Phillips, who worked as the Morale and Welfare Manager at a Canadian Armed Forces camp in Kuwait, was on a six and half month deployment. He returned to Winnipeg on February 20.

Meanwhile, Krystin Therens, a PSP employee at Detachment Dundurn (near Saskatoon, SK), was deployed to Operation Nunavut earlier this year.

"I was posted to the operation for about one month," she wrote in an email, noting that she left home on February 16 and returned on March 13. "This was my first operation with a deployment."

"My role for this operation was to provide morale and welfare for the troops through a canteen," she said. "I also assisted in a few of the community events between the operation and the town of Hall Beach and Igloolik. I was at training in November for an FSR (fitness, sport, and recreation coordinator). I also assisted in a few of the community events between the operation and the town of Hall Beach and Igloolik."

Phillips said he has been on previous deployments – the Golan Heights, Bosnia, Afghanistan, Dubai – both as

a member of the CAF, 1979-1999, and later for PSP.

"We kind of do the same thing as the military does, the six month tour, the same hours of operation seven days a week," he said. "We're subject to the same rules and regulations as the military. The only difference is we don't wear the uniform; and, we didn't get the tax free pay. We get to take allowances, but not the pay."

All the PSP positions are volunteers, Phillips added.

"I actually did some training for the upcoming tour in 2015 in Ottawa in preparation for a potential deployment," he said. Those in the program learned about rules and regulations for deployment which included job training, plus cultural and ethical preparation.

Before leaving for the posting, all personnel had to have medical and dental clearance, Phillips said. Although civilian personnel are entitled to take a service flight, he flew on a commercial flight from Ottawa to Frankfurt, Germany to Kuwait – and returned on a commercial flight too.

"It was a good tour but we were confined to the camp," Phillips said. "We needed the commander's approval to leave the camp. Sometimes, we'd go to escort someone to pick up people at the airport. I very seldom left the camp, and only with the CO's permission to pick people up; performance related duties."

Therens said that she was the only civilian for the duration of the operation.

"Something that made this posting memorable was just the location of it," she said. "You can see all the pictures of the arctic that you want but nothing will prepare you for the absolute nothing for miles around than actually seeing it in front of you."

"Experiencing -60 to -72°C, the coldest we got up there, with high winds-max speed one night during a blizzard was approximately 90km/h-is amazing," Therens said.

"You know the feeling of walking through water that is moving quickly in the opposite direction you are traveling," she said. "That was what it was like just walking through the wind."

"The other memorable thing was when we ventured to Igloolik for a hockey game with the locals," said Therens, who has worked in Dundurn since the summer of 2012.

"The first group that got to town went to the rink early and there was a school group in there skating," she said. "Every kid on the ice came up to us and was so interested in who we were, where we were from. They

wanted to know what our names were, what we liked to do, anything and everything about us. Kids would come up to all of us and say something in Inuktitut, then they would look at you expecting you to repeat the word. Between the kids in Igloolik and the Rangers that were with us for the entire operation everyone wanted to share their culture. You could ask anything you wanted to the Rangers and you would get your answer, then a few stories, followed by more questions."

Being in Kuwait for six months was a good experience, Phillips said.

"It was a new adventure, something different from your everyday job here; meeting and working with new people," he said, observing that personnel lived eight to a tent, with port-a-potties posted throughout the camp, and special trailers for showering, while the dining facility – which was operated by the U.S. Military and used by all the coalition forces – was 4.5 kilometres from the main camp.

There were also other residents at the camp.

A family of wild foxes and some feral camp cats were allowed to hang around in order to do their business of catching spiders and scorpions and keeping the rodent population down, Phillips said.

Like everyone else they were just doing their job.



**Deployed members from 2nd Canadian Division, Arctic Response Company Group play sports with Hall Beach Junior Rangers during Operation NUNALIVUT 2017 in Hall Beach, Nunavut, March 9, 2017. Photo: Sgt Jean-François Lauzé, Task Force Imagery Technician**

# National Association Protects Retiree Benefits

by **Martin Zeilig, Voxair Photojournalist**

As President of the Winnipeg and District Branch of the National Association of Federal Retirees, Pat Jarrett is quick to point out the benefits her organization provides to its members – retired members of the Canadian Armed Forces, the Royal Canadian Mounted Police, federal public servants and Federal Court Judges.

There are over 6000 members in the local branches of the NAFR, with a total of about 180,000 members na-



**Mary Jane Fisher (left) receiving the Certificate of Appreciation from the National Association of Federal Retirees Winnipeg Branch President Patricia Jarrett (right). Photo: Supplied.**

tionally, says Jarrett. The NAFR main office is located in Ottawa.

It's the largest national not for profit organization that has been successfully protecting and enhancing retirement and health benefits for its members since it was founded in 1963, says information provided by Jarrett, a retired Federal civil servant, whose husband, Jim Jarrett, is a retired CAF Chief Warrant Officer.

"We serve more than 60,000 veterans and their families, 66 percent of members are retired federal public servants, 30 percent Canadian Forces and four percent RCMP and Federal Judges less than one percent," notes the supplied material – which was taken from the NAFR website. "Our main role is advocacy, protecting our members' and future members' pensions and ensuring the Government of Canada honours its pensions and benefits promises. That includes advocating for our members' defined benefit pension plans, protecting indexation, and ensuring the Public Service Health Care Plan and Pensioners' Dental Services Plan meet our member's needs."

People need to know that there's a group that advocates for them, emphasized Mary Jane Fisher, Learning Advisor, Learning and Career Centre 17 Wing, during an interview with Jarrett in The Voxair office.

During a NAFR luncheon on April 4 at the Army and Navy Veterans Branch 283 (3584 Portage Avenue), Jarrett presented Fisher with a framed certificate for her efforts in organizing pre-retirement planning sessions at

the L&C Centre.

"If it wasn't for Mary Jane, so many other public servants in other federal departments wouldn't be aware of our association and other issues relevant to retirees," Jarrett said.

"This organization is important because it links you to the employer where you can obtain information that is of concern to retirees," Fisher added.

The NAFR is highly respected by Parliamentarians and all levels of government because it has operated as an advocacy organization, and not in an adversarial manner, Jarrett said.

"While people are working, whether in the CAF, Public Service, and RCMP or as Federal Judges, they have representation to address grievances," she observed. "But, when they retire, they're on their own. That's when our association comes in to support them with their benefits and pensions."

The NAFR works to ensure pension promises are honoured, says its website.

"We advocate to protect and improve the lives of Canadian Forces veterans, and the RCMP," says the online information. "Retirement security is not about a race to the bottom - it's about making retirement better across the board, so that all Canadians have the opportunity to retire with dignity and security."

For more information, see the NAFR website: [www.nationalretirees.ca](http://www.nationalretirees.ca) Telephone; 204-989-2061; email: [nafwrpg@mymts.net](mailto:nafwrpg@mymts.net)

# www.pspwinnipeg.ca

During Mental Health Week, we want Canada to **GET LOUD.**

Approximately seven million Canadians—20 per cent of us—live with poor mental health, mental illness or addiction. Too often it's kept hidden because of the associated discrimination and stigma. This has to stop.

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KEEP THE CONVERSATION GOING

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CMHA'S 66TH ANNUAL MENTAL HEALTH WEEK MAY 1-7, 2017

To find out more ways to #GETLOUD visit [mentalhealthweek.ca](http://mentalhealthweek.ca) or connect with your local CMHA branch.

Canadian Mental Health Association Mental health for all

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0830-1600 hrs

24 et 28 avril

08h30 - 16h00

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- Learn to read food labels to make better choices - Apprenez à lire les étiquettes des produits
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Free to Military members, their families & DND Employees! For more information or to register call Health Promotion at (204) 833-2500 ext.4150 Or email [healthpromo@forces.gc.ca](mailto:healthpromo@forces.gc.ca)

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

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Chaque boîte contient divers fruits et légumes frais, nutritifs et de qualité. Le choix dépend de la saison et des occasions d'achat au meilleur prix.

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Online order payment by credit card only. Orders are also accepted at the Rec Centre (Bldg. 90) front desk with payment by cash, cheque, credit & debit.

La carte de crédit est l'unique modalité de paiement accepté par internet. On peut aussi passer sa commande au poste de surveillance du centre de loisirs (bât.90) avec paiement par comptant, chèque, crédit ou débit.

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NO ORDERS ACCEPTED AFTER THE DEADLINE. PLEASE BRING YOUR OWN BAGS/BOXES TO CARRY YOUR PRODUCE HOME.

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

**Mental Fitness and Suicide Awareness**

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

**Mental Fitness & Suicide Awareness: Supervisor Training**

This course is course coded!

16 May 2017

0800 - 1600 hrs

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

**Force Mentale et Sensibilisation au Suicide - Formation du Superviseur**

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

16 mai 2017

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

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

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**Gardening Workshops**

Presented by Mick Manfield, Master Gardener

Bldg 90 Theatre

1830 hrs

**FREE**

PRE-REGISTER AT [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca)

**Seed Starting**

Feb 15, 2017

Have you always wanted to start your own seeds so that you are ready for spring planting? Join Master Gardener Mick Manfield as he explains how to start your own plants from seed, what equipment to buy that will help with successful seed starting and some useful tips and tricks on seed storing and seed viability.

**Square Foot Gardening**

March 29, 2017

This workshop will cover the 10 basic principles of Square Foot Gardening and also show some different square foot garden layouts. It will also feature vertical square foot gardening techniques and cover succession planting as well. Square Foot Gardening will show how you can grow a large amount of food in a small space.

Square Foot Gardening is a simple, unique and versatile system that adapts to all levels of experience, physical ability and geographical location. Grow all that you want and need in 20% of the space of a conventional row garden. Save time, water, work and money!

**Backyard Composting**

April 26, 2017

Regardless of whether you are a garden enthusiast with a large yard or an apartment dweller, there is composting system that will work for you. All you need to get started is a compost bin and a little bit of knowledge. Join Master Composter Mick Manfield as he explains the basics of backyard composting.

For more information please contact [Deanne.bennett@forces.gc.ca](mailto:Deanne.bennett@forces.gc.ca) 204-833-2500 ext 7013

**Summer Camps 2017**

Registration Dates

On-line

Membership registration begins Wednesday April 5<sup>th</sup> at 12:01am and is on-going

Non-membership registration begins Wednesday April 19<sup>th</sup> at 12:01am and is on-going.

Visa, Mastercard, Amex accepted - please note that we do not accept post-dated cheques

If you do not have a membership and register early, you will be withdrawn and requested to register on the non-membership registration date.

In-person or over the phone (bld 90 -680 Wihuri Road)

Membership registration begins Wednesday April 5<sup>th</sup> - Monday - Friday - 9:00 am to 5:15 pm

Non-membership registration begins Wednesday April 19<sup>th</sup> - Monday - Friday - 9:00 am to 5:15 pm

Visa, Mastercard, Amex, debit, cheques and cash all accepted

**Camps d'Été 2017**

Dates d'inscription

En ligne

Les adhérents peuvent s'inscrire à compter du mercredi, le 5 avril, dès 00:01.

Les non-adhérents peuvent s'inscrire à compter du mercredi, le 26 avril dès 00:01.

Nous acceptons les cartes de crédit Visa, MasterCard et Amex.

N.B - Nous n'acceptons pas les chèques postdatés.

Si vous n'êtes pas adhérent et vous vous-êtes inscrit d'avance, votre inscription sera annulée, et il faudra vous réinscrire à la date d'inscription pour les non-adhérents.

En personne ou par Téléphone (au bâtiment 90 - 680 Chemin Wihuri)

Les adhérents peuvent s'inscrire à compter du mercredi, 5 avril - du lundi au vendredi 21 mars, du lundi, de 9h à 17h15.

Les non-adhérents peuvent s'inscrire à compter du mercredi 26 avril, du lundi au vendredi, de 9h à 17h15.

Nous acceptons les cartes de crédit Visa, MasterCard et Amex, les chèques, les cartes de débit, et l'argent comptant.

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

**Alcohol, Other Drugs and Gambling: Supervisor's Training**

4 & 5 May 2017

0800-1600 hrs & 0800-1200 hrs

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

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

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

4 et 5 mai 2017

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

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

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

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[www.facebook.com/WinnipegMFRCYouth](http://www.facebook.com/WinnipegMFRCYouth)

# Upcoming MFRC Programs and Events

The Winnipeg MFRC Childcare Center follows a priority sequence for enrollment of Children at the Center. Please call 204-837-3626 or email [loisjohnson@mymts.net](mailto:loisjohnson@mymts.net) If you have any questions regarding this sequence. Pre-registration forms may be mailed out to any interested applicants.

Priority is given to full time care over part time. Priority is given to siblings of children already enrolled in the full time program. Priority is given to newly posted Regular Force families for the first six months of their posting in Winnipeg; after that period, priority is given to Regular Force members, DND employees and Reservists.

We are aware that the demand surpasses the number of spaces available at our Center. The Childcare Center staff will do its best to propose alternative solutions for your consideration. We ask for your understanding and wish you and your family all the best.

Le Garderie du CRFM de Winnipeg suit une séquence prioritaire pour l'inscription des enfants à la garderie. Contactez le 204-837-3626 ou envoyez un courriel à [loisjohnson@mymts.net](mailto:loisjohnson@mymts.net) si vous avez des questions concernant cette séquence. Les formulaires de pré-inscription peuvent être envoyés par la poste à tous les candidats intéressés.

La priorité est accordée aux familles nécessitant des soins à temps plein avant celles qui recherchent des soins à temps partiel. La priorité est accordée aux frères et aux sœurs d'enfants déjà inscrits à plein temps au programme. La priorité est donnée aux nouvelles familles de la Force régulière pour les six premiers mois de leur affectation à Winnipeg ; après cette période, la priorité est accordée aux membres de la Force régulière, aux employés du MDN et aux réservistes.

Nous sommes conscients que la demande excède le nombre de places disponibles dans notre garderie. Le personnel de la Garderie vous proposera des solutions

alternatives pour vos besoins. Nous demandons votre compréhension et souhaitons à vous et à votre famille tout le mieux.

### French Conversation Workshops

French Conversation Workshops will start soon! The goal of these workshops is to help English speaking people to improve their French language speaking skills. The participants will have the opportunity to speak, listen and interact in French via some presentations, Q & A, newspaper articles, discussions and debates.

An intermediate level in French comprehension is recommended.

The workshops will be held at the Winnipeg MFRC, 102 Comet St from 6:30 pm to 8:30 pm and will run for 8 consecutive weeks on Tuesdays May 2, 9, 16, 23 & 30 and June 6, 13 & 20.

Registration is \$25. If you are interested, please communicate with Colombe Pelletier, Second Language Services Coordinator, at 4515 or at [colombe.pelletier@forces.gc.ca](mailto:colombe.pelletier@forces.gc.ca).

### Ateliers de conversation française

Les ateliers de conversation française commenceront bientôt! L'objectif de ces ateliers est d'aider les anglophones à améliorer leurs compétences en français oral. Les participants pourront profiter de l'occasion pour communiquer en français par le biais de présentations, questions et réponses, d'articles de journal, de discussions et de débats.

Il est préférable que les participants soient déjà en mesure de communiquer en français (niveau intermédiaire).

Les ateliers auront lieu au CRFM de Winnipeg, 102 rue Comet, de 18 h 30 à 20 h 30 pendant 8 semaines, les mardis 2, 9, 16, 23 et 30 mai et 6, 13 & 20 juin.

Les frais d'inscription sont de 25 \$. Si vous êtes intéressés, veuillez communiquer avec Colombe Pelletier, coordonnatrice aux services de langues secondes au poste 4515 ou par courriel à [colombe.pelletier@forces.gc.ca](mailto:colombe.pelletier@forces.gc.ca).

### A Parent Group

Join us for some parenting discussions and networking. Learn about different stages and topics with other

parents. Children under 18 months will stay in the room with the parents and play!

Wednesday, April 26  
9:30 to 11:30 a.m.

Free

Drop-in program

Child care is provided for children 18 months to 5 years old.

### « A parent group »

Joignez-vous à ce groupe pour des discussions sur l'art d'être parent et pour faire du réseautage. Vous pourrez échanger avec d'autres parents sur divers sujets dont les différentes étapes d'apprentissage. Les enfants de moins de 18 mois s'amuse dans la salle où se rencontrent les parents.

Le mercredi 26 avril  
9 h 30 - 11 h 30

Gratuit

Programme d'halte accueil

Présenté en anglais

### Mature Women's Group

Join us for an evening of coffee and conversation as we discuss topics geared to midlife. If you're a 45+ woman this is a great way to meet others and share your wisdom and expertise about navigating life's journey.

Monday, April 24

7:00 to 9:00 p.m.

Free

Registration deadline: April 21

### Groupe de dames - 45+

Joignez-vous à nous pour une soirée de café et de conversation touchant la force de l'âge. Si vous êtes une femme âgée de 45+ ans, vous aurez l'opportunité de rencontrer d'autres femmes et de partager avec elles votre sagesse et vos expériences de vie.

Lundi 24 avril

19h - 21h

Gratuit

Date limite d'inscription : 21 avril

Présenté en anglais

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

2017

## VOLUNTEER Celebration

## Célébrons LES BÉNÉVOLES

THURSDAY MAY 18 MAI JEUDI

1745 to 2200 hrs 17 h 45 à 22 h

at/au

**FREE For Volunteers**  
\*First guest will be subsidized & will have to pay \$19 (12 yrs & under \$16). Each additional guest will have to pay \$59 (12 yrs or under \$36)  
Payment to be made at Bldg 90 Front Desk.

**L'activité est GRATUITE pour les bénévoles.**  
\*Le billet du premier invité sera subventionné et ne sera que de 19 \$ (ou 16 \$ s'il s'agit d'une personne de 12 ans ou moins). Le prix d'entrée de tous les autres invités sera de 59 \$ (ou 36 \$ s'il s'agit d'une personne de 12 ans ou moins). Le paiement peut être effectué à la réception du bld. 90.

THIS EVENT PROMISES A GREAT DINNER & AN ENTERTAINING SHOW!

ON Y PROMET UN EXCELLENT DÎNER ET UN SPECTACLE DIVERTISSANT!

**Are you a volunteer at 17 Wing? Do you know someone who volunteers at 17 Wing?**

**Êtes-vous un bénévole à la 17<sup>e</sup> Escadre? Connaissez-vous quelqu'un qui fait du bénévolat à la 17<sup>e</sup> Escadre ?**

WE WILL NEED  
NAME  
PHONE NUMBER  
E-MAIL  
NUMBER OF PEOPLE ATTENDING

NOUS AVONS BESOIN DU  
NOM  
NUMÉRO DE TÉL.  
COURRIEL  
NOMBRE DE PERSONNES QUI ASSISTERONT

RSVP BEFORE 30 APRIL 2017

RSVP AVANT LE 30 AVRIL 2017

CONTACT: [Barbara.Thuen@forces.gc.ca](mailto:Barbara.Thuen@forces.gc.ca) • ext/poste 4519 or/ou  
CONTACTEZ : [Deanne.Bennett@forces.gc.ca](mailto:Deanne.Bennett@forces.gc.ca) • ext/poste 7013

## Month of the Military Child CELEBRATION!

April is month of the Military Child

Join us for bouncy castles, music, crafts, food & fun!

Military children are resilient, unique and deserve to be celebrated.

642 Wihuri Road  
Bldg 33 - parking lot

Tuesday 25 April  
4pm-7pm

Presented by MFRC & WINNIPEG

**FREE!**

## STAND-UP FOR FAMILIES COMEDY Night

2017

## Soirée D'HUMOUR

2017

SATURDAY • MAY 13 MAI • SAMEDI

7 pm • à 19 h

FIRST COME, FIRST SERVED • PREMIER ARRIVÉ, PREMIER SERVI

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MILITARY FAMILY RESOURCE CENTRE  
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

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**Tickets \$15 ea. Billets à 15\$ chacun**

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BILLETS DISPONIBLES AU CRFM, À ANAVETS 283 ET À LA PORTE

FOR MORE INFO, CALL/POUR DE PLUS AMPLES INFORMATIONS, COMPOSEZ LE : 833-2500 EXT/POSTE 4500



# Chaplain's Corner

## Did/Does Jesus Ever Have Fun?

by Padre Paul Gemmiti

This is quite the question. In the past I have chatted with folk about Jesus' emotional moments (anger, sadness, frustration) about which we can find hints within the gospels/scripture. So now what about joy or fun?

Tradition says that he did his first miracle while attending a wedding in a village known as Cana; John 2:1-10. Most weddings, I would hope both now and in the past, are occasions of joy and fun. In that particular situation, Jesus ended-up providing a better vintage of wine for the occasion, therefore he must be one to enjoy situations from time to time. (Side thought: Notice that his mother forced him to help the situation. It is not just Jewish mothers that do that to their sons, let me tell ya.)

On many occasions he was known to dine with people...and at their expense. I would guess that he must have been somewhat enjoyable to be around, since they footed the bill. When he invited himself to dine with the vertically challenged Jewish tax collector - Zaccheus - Jesus probably wanted to share himself and dine with someone who could afford more expensive tastes than the usual poor and modest folk; Luke 19:2-5. Hey, notice that Zac didn't turn him down. (Side thought: Zac was most likely a social outcaste from the standard "good" Jews since he was apparently physically shorter than an average Jew as well as being a money collector most likely for the Roman overlords. Jesus must have been challenging the social status quo then, which can at times be fun, eh?!)

Although Jesus was not known to have been married nor to have had children of his own, he did encourage his closest friends (aka the apostles) to let children approach him if they so wanted and then Jesus would bless them; Mark 10:13-16. We all know that children can at times be fun and say the darndest things. (Side thought: I am sure Jesus knew that just like baby-sitters and grandparents, the nice thing is that you can always look forward to returning the children to their parents or guardians.)

So, without typing more on this topic, I would support the idea that Jesus must have enjoyed some events in his life and ministry, and must have had some fun. It wasn't all full-time teaching, preaching, encouraging and rebuking as some people would like us to think. Yes, I realize that we have recently commemorated his suffering passion and mortal death (not a particularly fun occasion), but we do hope/believe that even now he remains alive in a greater transformed state and still of the same compassion and personality now as what he was then. Remember he did make references about preparing an eternal place for folk to go be with him, John 14:1-3, and at the eventual eternal banquet, Matthew 26:29. (No, not gluttony in that context but hopefully a long-lasting enjoyable and fun state of being.)

I would also conclude and believe that chaplains (aka clergy, priests, religious ministers, faith leaders) can have fun too, both in this mortal life and in the eternal life to come. Therefore, "Happy Easter, everyone!"...aka

the season of celebrating the Resurrection of Jesus and of his related promises in eternal life.



(Side thought: the friendly sport of Curling may possibly be available in heaven for those who are interested, but I am not interested so much. The above photo has three chaplains who participated in the recent Wing Commander Curling Bonspiel, doing the "Speak no evil, Hear no evil, See no evil" monkey routine. Nope, that is Not of bible origin, and Nope, I am NOT the one with the Wise Owl toque. That is Craig Isenor, from 2CAD who was willing to be a Curling Skip and honorary chaplain for that event. A big thanks goes to him, and to the Wing Imaging Tech who snapped the photo. And thank God for fun.)

## Faith and Life

### PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

**SUNDAY SERVICE** (English Only) 0900 hrs

**COMMUNITY SERVICES**

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

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

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

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

**CHAPLAINS**

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

**Padre Kevin Olive**  
(Pentecostal)  
ext 5272

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

17 Wing  
204 833 2500



**Administrative Assistant**  
ext 5087

17 Wing Community Chapel  
2235 Silver Avenue  
(Near Whytewold)

### CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

**CHAPLAINS**

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

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

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

**Padre Frederic Lamarre**  
(Roman Catholic Pastoral Associate)  
ext 6914

**SUNDAY MASS** (Bilingual) 1100 hrs

**COMMUNITY SERVICES**

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

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

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

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

**MAIN OFFICES**  
Building 64,  
Lower Level, North End.

**EMERGENCY DUTY CHAPLAIN**  
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.

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

## Your 17 Wing Chaplain Team

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



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