

RING, L125, Gille, Manitoba R3K 2A6
 204 793-2342

NOW AVAILABLE

ORIGINAL S.W.A.T.

TACTICAL FOOTWEAR

Shipping is available to our Winnipeg customers!



The annual WCWO Slo-Pitch Tournament was held on June 15th at the 17 Wing ball diamonds and the Ness Sports Fields. The weather was beautiful and 28 teams registered to play this year. The event was followed by a barbeque lunch at the fitness and recreation centre. Photo: Alison Dickey

IN THIS ISSUE:

LCOL STEVE
LEMARCHE
ASSUMES
COMMAND OF 435
SQUADRON

PAGE 2

WING WELCOMES
NEW HONOURARY
COLONEL

PAGE 3

17 WING
MEMBERS RECEIVE
HONOURS AND
AWARDS

PAGE 6

17 WING BIKES
TO WORK

PAGE 11

DOMENICA'S FLORAL DESIGN
 2255-G Ness Avenue (at Whytewold Rd.)
 Ph.: 885-3665 or 832-6978
Send flowers to your loved one Around the world or in the city
 City Wide Delivery

PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"
Steven Fletcher,
 Member of Parliament
 Charleswood-St.James-Assiniboia
 Phone: 204-984-6432
 Fax: 204-984-6451
 3111-A Portage Avenue
 Winnipeg, Manitoba R3K-0W4
 FOR REGULAR UPDATES ON STEVEN FLETCHER VISIT WWW.STEVENFLETCHER.COM

435 Squadron Change of Command



17 Wing/AFTC Commander Col Blaise Frawley signed the change of command certificates for 435 Squadron with departing C/O LCol Richard Pamplin(R) and incoming C/O LCol Steve Lamarche (L) on June 21, 2012. Photo: Sgt Bill McLeod.



Incoming C/O of 435 Squadron LCol Steve Lamarche leads the squadron in a flight line parade. Photo: Sgt Bill McLeod.

By Sgt Bill McLeod
17 Wing Photojournalist

Under beautiful sunny Manitoba skies Lieutenant Colonel (LCol) Steve Lamarche assumed command of 435 (Transport and Rescue) Squadron from outgoing Commanding Officer LCol Richard Pamplin at a flight line parade at 17 Wing on 21 June 2012.

17 Wing/Air Force Training Centre Commander Colonel Blaise Frawley presided over the signing ceremony and was the reviewing officer at the parade before the outgoing and incoming commanding officers addressed the friends, family, military colleagues and squadron members attending the Change of Command.

LCol Richard Pamplin addressed the audience first and talked about 435 Squadron's history and his personal history with the squadron.

"This is a bittersweet day for me," LCol Pamplin said. "I've spent a total of eight years serving as a chinthe on two separate tours and the 21st of June is also another important day in squadron history. It marks a sad day in 1945 when the crew of KN563 led by WO2 Rogers took off from the airfield near Imphal, India, dropped supplies to the 14th Army in Burma, and never made it back to base. So there is a bit of a historical connection to this day."

17 Wing/Air Force Training Centre Commander Colonel Blaise Frawley talked about the impressive track record of "one of the most operational squadrons in the RCAF."

"A lot of squadrons have two roles," Col Frawley said, "but normally they do a primary role and a secondary role. The reality is 435 Sqn has two primary roles and those two primary roles couldn't be any further apart on the military spectrum of operations than saving Canadians lives on the one hand and supporting kinetic energy by refuelling CF-18s on the other."

Col Frawley thanked LCol Pamplin for his steady leadership of the squadron and then welcomed the new Commanding Officer and mentioned that his 11 years as a chinthe would be helpful but that he would have his hands full during his tour.

LCol Lamarche has a wealth of experience in the Hercules world. He served one posting with 435 Sqn from 1992-1996 as an air to air refuelling air navigator before he transferred occupations and became a pilot. Upon completion of pilot training he was posted back to 435 Sqn.

Some of the highlights of LCol Lamarche's career include being part of the first aircrew deployed on OP APOLLO (Afghanistan) in 2002, being an exchange officer with the US Marine Corps and flying 176 combat support missions in Iraq with the American KC130J, and being the chief standards pilot and then the commanding officer of the Transport and Rescue Standards Evaluations Team for the CC-130J at 8 Wing Trenton.

LCol Lamarche thanked LCol Pamplin for his hard work and dedication to the squadron and his family for their support of his career.

"When I began my career here in 1992 as a young lieutenant I never fathomed that one day I would return to lead the best and most operational squadron in the RCAF, the only air mo-

bility squadron to boast two distinct operational roles, search and rescue and air to air refuelling," said LCol Lamarche.

435 (T&R) Sqn flies the CC-130 Hercules and is the only CC-130 squadron to conduct air to air refuelling operations in Canada and overseas. The squadron recently participated in OP MOBILE, refuelling the fighter jets supporting the UN mission in Libya.

435 Sqn also provides 24 hour a day, 7 day a week primary Search and Rescue coverage for the Trenton Search and Rescue Region which extends from Quebec City to the Alberta/BC border and from the U.S. border to the North Pole, the largest Search and Rescue area in Canada.

435 Squadron was stood up in 1944 and was the first Royal Canadian Air Force unit in India. From 1944-1945 the squadron flew in the Burma Campaign. The squadron was disbanded briefly after the war and was stood up again in 1946 in Edmonton, Alberta, to support the opening of the Canadian North. In 1952 the squadron got the C-119 Boxcar and in the 1960s the CC-130 Hercules. The squadron moved to Winnipeg in 1994 and has distinguished itself by serving on multiple NATO, UN, and Canadian Forces operations.

The chinthe is a lion-like creature that serves as temple and pagoda guardians in Burma and is the mascot of 435 Squadron. 435 Squadron members refer to themselves as chinthes.

For more information about 17 Wing please visit:
<http://www.rcf-arc.forces.gc.ca/17w-17e/index-eng.asp>
(en francais)
<http://www.rcf-arc.forces.gc.ca/17w-17e/index-fra.asp>

VOXAIR

OFFICE HOURS

Monday to Friday
0830 - 1500 hrs

CONTACT

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

Accounting
(204) 833-2500 ext 4121

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

VOXAIR STAFF

LCol JR Zuorro
Editor-In-Chief
(204) 833-2500 ext 5281

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

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

Alison Dickey
Production Coordinator/
Photojournalist

Maureen Walls
Sales Coordinator
(204) 895-8191

Misra Yakut
Accounting

Traci Wright
Proofreading

Capt Jordan Woodman
Wing Public Affairs
Officer

Sgt Bill McLeod
Wing Public Affairs
Photojournalist

Printed By
The Winkler Times
(204) 325-4771

Visit Us Online: www.voxair.ca

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

Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn forces
Winnipeg, MB R3J 3Y5
This newspaper is printed using
environmentally safe inks.
Publications Mail Agreement No. 1482823

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

*Do your part...
recycle
or pass along
this newspaper
when
you're
done.*





Kendall's Restaurant & Catering

Featuring:

- Homemade stock soups, burgers, gravy, etc...
- Check out our Clubhouses: "Fresh Roast Turkey"
- Ukrainian Buffet is our specialty
- Catering available
- Banquet rooms available (up to 230 people)

~Mention this ad and get 10% off menu prices~
(Excludes daily specials, buffets, and catering)

Open Tuesday - Saturday • Come in for Breakfast, Lunch, and Supper
Take out orders available
1755 Portage Avenue, in the Royal Canadian Legion St. James Branch #4
Call: 470-7010 or 888-3759

Mr. Ross Robinson Appointed as 17 Wing's New HCol



Incoming HCol Ross Robinson, 17 Wing/AFTC Commander Colonel Blaise Frawley, and outgoing HCol Barry Rempel sign the Change of Appointment Certificates at the 17 Wing Officer's Mess on 20 June 2012.

By Sgt Bill McLeod
17 Wing Photojournalist

17 Wing Winnipeg welcomed its new Honorary Colonel Ross Robinson and thanked their outgoing HCol Barry Rempel for his outstanding contribution to the Wing during a Change of Appointment ceremony at the 17 Wing Officer's Mess on 20 June 2012.

17 Wing/Air Force Training Centre Commander Colonel Blaise Frawley presided over the ceremony attended by family, friends, and 17 Wing members. After a brief signing ceremony HCol Rempel addressed the audience.

"Little did I realize the tremendous influence you would have on my life," said a visibly emotional HCol Rempel. "For me it was always about the people. I stand today in the presence of you who have chosen to serve your country deeply honoured and humbled. I also stand before you with pride."

Mr Rempel has over 30 years in the aviation industry in Canada and is presently the president and CEO of Winnipeg Airports Authority Inc., the operator and manager of Winnipeg's new airport, the James Armstrong Richardson International Airport. Mr. Rempel is committed to community service and volunteers for the United Way of Winnipeg, as well as serving on the boards of Destination Winnipeg, Travel Manitoba, the

University of Manitoba Associates, the Canadian Chamber of Commerce, Airports Council International, and the Canadian Airports Council.

Following HCol Rempel's address, Col Frawley addressed the incoming and outgoing Honorary Colonels and the audience. "17 Wing has had Honorary Colonels for 18 years now and this is only our second Change of Appointment. It doesn't happen every day. It is pretty significant," he said.

Col Frawley mentioned some of the projects that HCol Rempel and his wife Janice had been involved in and praised the HCol's service. "Thank you for your five and a half years of unwavering dedication to the Wing, an exceptional job I have to say, Barry. You were key at fostering relationships at all levels of government and business to help us move issues at 17 Wing forward."

During the address, Col Frawley read congratulatory messages from the 5 previous Wing Commanders that HCol Rempel had served with before welcoming the new HCol Ross Robinson.

"It's a pleasure beyond words as far as I'm concerned. It's a real honour for me because I have always had a tremendous respect for the members of the Royal Canadian Air Force," said 17 Wing's new HCol Ross Robinson.

HCol Robinson has been President and CEO of B.A. Robinson Co. Ltd. for 35 years. For the last 8 years the company has been recognized nationally as one of

Canada's Best Managed Companies. HCol Robinson has been active in many national industry associations and has volunteered on many community charitable organizations including the Health Sciences Foundation, the United Way Major Donor Committee, the Negeenan Foundation Capitol Committee, St. John's-Ravenscourt, and is presently the co-chair of the Western Canada Aviation Museum's capital campaign.

HCol Robinson is an avid supporter of aviation and aviation history. He is a pilot with multi-engine land, sea and IFR ratings who also owns and operates a 1944 B 26 Invader and a 1952 Harvard 4 which are both active in the Western Canadian Air Show scene.

The Honorary Colonel appointment is considered vital to the RCAF in building relationships between the unit and the community by providing a public profile for the unit. Some of their key roles include acting as advisors and serving as mentors to the commanding officer and members of the unit, building relationships through the Honorary Colonel network, and fostering esprit de corps.

For more information about 17 Wing please visit:
<http://www.rcaf-arc.forces.gc.ca/17w-17e/index-eng.asp>

(en française)
<http://www.rcaf-arc.forces.gc.ca/17w-17e/index-fra.asp>

Professional & Business Directory

RUTLEDGE LAW OFFICE

R.F. RUTLEDGE, B.A., LL.B.

COUNTRY CLUB PLAZA

310-3025 Portage Ave.

Phone: 987-7575 Fax: 837-3638

BALDWINSON INSURANCE

Rec Centre (Wheatfield Rd.)

Drivers Licences &

autopac 889-2204

A Manitoba Public Insurance product



MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering



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

Armoured Operations at Exercise Bison Warrior



Members of TF Bison await Armoured Recce Soldiers (AAR) after the final attack during Ex Bison Warrior. Photo: Cpl Josh Murphy, Sask Dragoons

By: Cpl Josh Murphy and WO Al Pociuk, Saskatchewan Dragoons

Exercise Bison Warrior was not only a valuable training experience for the Armoured Recce Soldiers of 38 Brigade but it would also serve as the final confirmation of a DP 2 Armour Recce Observers course for 8 Saskatchewan Dragoon soldiers.

On arrival in Shilo on 27 April it was decided that the Dragoons and the Fort Garry Horse would combine to form one 8 car Recce Troop. Other than some easily workable minor differences in the way we use voice procedure and hand signals, our multi-unit cohesion went rather seamlessly during the entire exercise.

The first couple days we conducted maintenance and battle procedure for the stand training portion of the exercise. The Squadron formed a non tactical leaguer just west of the FOB where the majority of the Task Force was located. The first drill that the newly created troop performed was the establishment of a helicopter landing zone. This drill was also to exercise the helicopter that would be on call through out the exercise in case of a medical "no duff" (actual emergency). It was during these first few days that the weather pattern would be set as well. Rain, rain and more rain seemed to be what we were in store for during Bison Warrior.

On April 30th the Squadron moved out of the train-

ing area into the southern portion of Manitoba. The next 3 days training would emphasis route recce along highway 2. It was an excellent training environment to practice manoeuvres such laterals, bridge recce, action in built up areas along with several other drills. This was the first time the most of us had ever participated in a mounted recce exercise outside of the Dundurn or Shilo training areas. Many valuable lessons learned and we all experienced the huge challenges and differences when conducting exercises among the civilian population.

Two nights were spent in provincial parks in which we were the only occupants. We also quickly learned that the rain was not restricted to the Shilo training area. The most memorable night was spent on the sports field in the town of Somerset. Word of the military staying in town spread quite quickly. Before we knew it almost the entire town was at the sports field. Quick impromptu dog and pony shows on the G Wagon and our weapons systems were given by several soldiers to the very friendly people of Somerset.

With some regret the Squadron returned to the Shilo training area for the combined arms portion of the exercise. As the recce troop for Task Force (TF) Bison we were tasked with conducting a route recce that would run south to north through some very challenging terrain. It was expected that it would take a min of 2 days for the

TF to clear all enemy and capture the two enemy objectives known as Sugar and Monet. Many more lessons were learned while working with the dismounted TF infantry and engineer units. Actions on obstacles, link up drills, observation posts and establishing fire bases were some of some of the tasks the troop completed.

Credit has to be given to the soldiers of the enemy force who provided a realistic and challenging training environment for the TF. Also to the soldiers who prepared the obstacles and the objectives that were used during the exercise.

End Ex was called on the morning of May 5th. After an excellent AAR in which each component of the TF was able to contribute many valuable points we finally returned to our leaguer location outside the FOB. Post Ex drill included maintenance on the G Wagons, the cleaning of weapons and the turn in of the MILES gear. Later that night a TF smoker took place in the FOB. Many war stories along with burgers and socializing were the orders of the night. We had one more sleep in Shilo and of course woke up to rain on the morning of 6 May. After a seven hour road move which included stops in Virden, Indian Head and Regina, the Saskatchewan Dragoons finally reached home, Moose Jaw. Another successful Brigade Training Event was over for another year.



**17 WING
JUNIOR RANKS**

MONDAY – THURSDAY

Lunch 1130 – 1300 hrs
Afternoon 1500 – 1900 hrs

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

FRIDAY

Lunch 1130 – 1330 hrs
Afternoon 1500 – 2400 hrs

SATURDAY – SUNDAY

CLOSED

Hours will fluctuate on nights with scheduled events

Pool Tables Air Hockey Foosball

Cable TV Shuffleboard

WIFI Internet WII Games TGIF's

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

A Grizzly Challenge for 402 Squadron

Cyclists ride 158 km course for 158 CF members killed in Afghanistan



The Grizzly Challenge base camp waits for the final rider. Photo: Cpl Elizabeth Vipond



Cpl Payge Mattis, MCpl John Erwin, and Sgt Rene Edmond fight the rain at the 2012 UN-BEAR-ABLE 402 Sqn Grizzly Challenge. Photo credit: Cpl Elizabeth Vipond

WO Barry Wright 402 Squadron

17 Wing Winnipeg, Man. –Despite physical, mental and weather challenges on 8 June 2012, 17 members of 402 “City of Winnipeg” Squadron attempted to complete a 158 km bike ride at Bird’s Hill Provincial Park north of the city to honour the 158 CF members killed in Afghanistan in the last decade.

Starting at about 7 a.m. the team of cyclists battled downpours, high winds, and 10 flat tires to complete 138 laps of their chosen course for a total of 1545.8 km. The course was designed to allow novice and experienced cyclists the opportunity to participate as individuals or in teams to cover the required distance. Although the individual distances and times varied, Sgt Rene Edmond, the event organizer, noted that many participants surpassed personal goals or achieved personal bests. The last cyclist reached the 158 km mark at 3 p.m.

As well as honouring the CF members who lost their lives the 2nd Annual UN-BEAR-ABLE 402 Sqn Grizzly

Challenge had the added benefit of promoting fitness at all levels in the squadron. Sergeant Sven Fritsch and Master Corporal John Erwin organized the training rides leading up to the challenge.

“In order to prepare the participants a series of training rides with different goals was established. Those with less experience were to gain our knowledge of what to expect for a 100 mile ride while still assisting those that had not intended to do the whole 158 km”, said Sgt Fritsch.

“Each ride increased time in the saddle, gradually conditioning the cyclist. There were four training rides total, the first was 35 km the last one was 100 km”, added MCpl Erwin. “At the onset many had said they wouldn’t need ‘silly looking’ cycling shorts or any thing of that nature. On the last ride all had cycling shorts, lots of food and water, gloves, pain killers and well maintained bikes. The improvement in their performance was dramatic and inspiring; they just kept achieving the next level ride after ride!”

During the last training ride three members cycled the greatest distance of their lives, the last 3 hours during the pouring rain which ended up being good training for the day of the Challenge.

The event organizers and participants want to thank Lieutenant Colonel Marc Rittinger for his whole-hearted support of the training and event and the 3 member ground support team of Corporal Elizabeth Vipond, Tammi Smith, and Jeff Martin.

Organizers of the event say that while this year’s focus was to raise awareness and create more enthusiasm for the ride, they are hoping to increase participation and add a fundraising component for next year.

For more information about 402 “City of Winnipeg” Squadron please visit:

<http://www.rcmf-arc.forces.gc.ca/17w-17e/sqns-escs/page-eng.asp?id=411>

(en français)

<http://www.rcmf-arc.forces.gc.ca/17w-17e/sqns-escs/page-fra.asp?id=411>

HABING LAW

BARRISTERS, SOLICITORS & NOTARIES



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

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

2643 Portage Avenue
Phone: (204) 832.8322
Fax: 832.3906

A LONG STANDING TRADITION



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

Call: **949-2200**
(204)

Gimli Call: (204) 642-7124

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

neil bardal
Funeral Centre

THE ONLY FUNERAL HOME OWNED AND OPERATED BY THE BARDAL FAMILY

Help Wanted:

Are you looking to earn a few extra dollars? Then join the Voxair team as a paper carrier for the North Side RHUs. The Voxair is published bi-weekly, year round. If you're interested, please forward your information to: voxair@mts.net or call us at: 204-833-2500 ext. 4120.



Wing Commanders Honours and Awards

On 11 June 2012 in the Officers Mess Col Blaise Frawley, Commander 17 Wing/AFTC, hosted the Wing Commanders Honours and Awards ceremony commending members of 17 Wing for their work. All awards were presented by Col Frawley and all photos: Cpl Jean Archambault.



Maj Douglas Blakely received a Wing Commander's Commendation from Col Frawley.



Maj Daniel Zegarac received a Wing Commanders Commendation.



Capt Erin Macpherson received a Wing Commanders Commendation.



Capt Melissa Dawe received a Wing Commanders Commendation.



Maj Bryn Elliott received the Canadian Forces Decoration.



Capt Vincent Primeau received the Canadian Forces Decoration.



Cpl Wayne Driver received the Canadian Forces Decoration.



Cpl Frederic Heppell received the Canadian Forces Decoration.



Cpl Adam Letellier received the Canadian Forces Decoration.



2Lt Philip Galbraith received a Wing Commanders Coin.



MWO Brian Garrett received the General Campaign Star in South West Asia rotation bar.



Sgt Jeffrey Grossinger received the General Campaign Star in South West Asia rotation bar.



MCpl Brent MacInnis received the General Campaign Star in South West Asia rotation bar.



Cpl Scott MacDonald received the General Campaign Star in South West Asia rotation bar.



Capt Jason Milani received the General Campaign Star in South West Asia medal.



Cpl Paul Vielfaure received the General Campaign Star in South West Asia medal.



Cpl Daniel Guillemette received the General Service Medal in South-West Asia rotation bar.



Cpl Frederick Walton received the General Service Medal in South-West Asia rotation bar.



MCpl Michael Stokes received the General Service Medal in South-West Asia.



LCpl Mathew Halpin received the Special Service Medal (SSM).



MWO Lew Johnstone received the NATO Meritorious Service Medal.



Sgt Devin Beaudry received the Canadian Forces Decoration Second clasp.



Sgt Eric Dietz with the Canadian Forces Decoration Second clasp.



Sgt Mark Rootes with the Canadian Forces Decoration Second clasp.



Maj Daniel Zegarac with the Canadian Forces Decoration First clasp.



Capt Michel Gagnon with the Canadian Forces Decoration First clasp.



Sgt Leona Middelveen with the Canadian Forces Decoration First clasp.



Sgt Timothy Pawson with the Canadian Forces Decoration First clasp.

Honours and Awards Continued...



Capt Philip Dawes received a Wing Commanders Commendation.



Ms. Heather Harding received a Wing Commanders Commendation.



PO2 Keith Muffty received a Wing Commanders Coin.



Cpl Kevin Compton received a Wing Commanders Coin.



Mr. Charles Howard got a certificate to recognize 45 years of good service to the Government of Canada .



Ms. Joanne Spence got a certificate to recognize 25 years of good service to the Government of Canada.



Mr. Brian Monteith received a certificate to recognize 25 years of good service to the Government of Canada.



Mr. Mike Saville received a certificate to recognize 25 years of good service to the Government of Canada.



Ms. Myrna Lynn Whitelaw received a certificate to recognize 25 years of good service to the Government of Canada.



Mr. Shaleem Hosein received a certificate to recognize 15 years of good service to the Government of Canada.



Ms. Barb Lillico received a certificate to recognize 35 years of good service to the Government of Canada.



Ms. Chiara Maffiola received a certificate to recognize 25 years of good service to the Government of Canada.



Mr. Jonathan Sim received a certificate to recognize 15 years of good service to the Government of Canada.



The Wing Readiness Training Flight was awarded a Wing Commander's Commendation. WO Robert McSorley received the certificate on behalf of his flight.



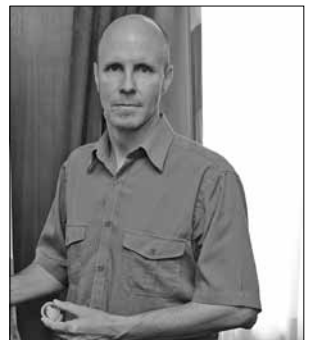
Col Blaise Frawley, 17 Wing/AFTC Commander, poses with the recipients of the Recognition of Superior Performance. From left to right: Cpl Burt Gagnon, OS Jamie Healy, Col Blaise Frawley, 17 WComd, MCpl Dave Taylor and Joseph St. Peter



2Lt Jeremy Simmonds was presented with his Commission Scroll.



CWO Ross Branch receives his Chief Warrant Officer Scroll.



Dwayne Sandal received a Wing Commanders Coin.



Chris Merrithew, PSP Sports Coordinator, received a Wing Commanders Coin.



Col Blaise Frawley, 17 Wing/AFTC Commander, presents Supersonic with a Wing Commanders Commendation. The group Supersonic is composed of members of the RCAF Band that participated in the 2012 Canada Sings television show. From left to right: Sgt Scott Foster, Sgt Mike Hall, Col Blaise Frawley, Capt John Fullerton, RCAF Band Commanding Officer, Sgt Fred Tucker, Sgt Jeff Cooper and Sgt David Grenon.

A Highway of Heroes for Manitoba



Major General Alain Parent, Commander 1 Canadian Air Division, with Honourable Greg Selinger, Premier of Manitoba. Photo: Cpl Piotr Figiel

By: Capt S. Magill

On June 8, 2012, the stretch of Highway 1 between Winnipeg and Brandon was renamed the Highway of Heroes.

Joined by members of the Canadian Forces (CF) and a contingent of Royal Canadian Legion members, members of the Manitoba government unveiled its Highway of Heroes to honour the contributions and sacrifices of Canada's military and veterans. Two simultaneous events were held along Highway 1, one in Winnipeg and the other near Shilo. During the event, designated bilingual signs were unveiled at the two locations featuring an iconic red poppy to symbolize remembrance.

In Winnipeg, a steady downpour of rain couldn't prevent proud veterans and military personnel from attending the event, and a cheer rose from the crowd as the signs were unveiled by CF members.

"For over 100 years, thousands of Manitobans have served this country with unwavering commitment, dedication and bravery," said The Honourable Greg Selinger, Premier of Manitoba. "The designation of this highway is one way we honour their legacy and sacrifice and recognize the pride and profound thanks of all Manitobans to the men and women of our Canadian Forces."

Major-General Alain Parent, Commander of 1 Canadian Air Division in Winnipeg, said, "On behalf of the Canadian Forces, I express our deep gratitude to the Province of Manitoba, and indeed all Manitobans, for honouring the men and women who serve this nation as well as the people and principles we seek to protect."

At the second unveiling site near Shilo, CFB Shilo Base Commander Lieutenant-Colonel Richard Goodyear, said, "When we send our soldiers on a mission such as Afghanistan, they go with the incredible support of all the communities across western Manitoba that we call home."

Provincial Trunk Highway 1 is the Manitoba section of the Trans-Canada Highway mainline route, and is the main transportation link to the neighbouring provinces of Saskatchewan and Ontario. The 490 km, four-lane divided highway is the only major east-west divided highway connecting southern Manitoba's largest cities.

In 2005 Manitoba's Highway 8 was officially designated Veterans Memorial Highway to honour Canada's military veterans, on the 61st anniversary of D-Day.

On August 24, 2007, the stretch of Highway 401 (Macdonald-Cartier Freeway) between Glen Miller Road in Trenton and the intersection of Highway 404 (Don Valley Parkway) in Toronto, was designated the Highway of Heroes, in honour of Fallen Canadian soldiers.

This length of highway is often travelled by a convoy of vehicles carrying a Fallen soldier's body, from CFB

Trenton to the coroner's office in Toronto. Since 2002, when the first Fallen Canadian soldiers were returned from Afghanistan, crowds have lined the overpasses to pay their respects as convoys pass.

On June 2011, British Columbia renamed a stretch of the Trans-Canada Highway to honour 13 soldiers from the province who died in Afghanistan. In November 2011, the Trans-Canada Highway from Regina to Moose Jaw was designated Saskatchewan's Highway of Heroes, to honour their fallen soldiers. Last week, a Highway of Heroes designation was proposed in New Brunswick along the Trans-Canada Highway Route 2 which runs through CFB Gagetown.

"Today is more than a designation of a highway sign; it is a dedication to the memory of sacrifices that so many have made – and continue to make for this country," said Maj-Gen Parent.



Government officials, veterans and Canadian Forces and RCMP members pose in front of the new sign. Photo: Cpl Piotr Figiel

HOOK & SMITH

Barristers, Solicitors & Notaries Public

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

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



Telephone - (204) 885-4520

Fax - (204) 837-9846

Email: general@hookandsmith.com

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

Heroes Day at Red River Ex Draws a Crowd



Angus Nicol crawls under a simulated wire entanglement on the Youth Challenge course. Photo: Sgt Bill McLeod.

By Sgt Bill McLeod
17 Wing Photojournalist

17 Wing Winnipeg, Man. —“It’s pretty cool,” said Corbin Anseuw, 8, as he worked the controls in the CF-18 cockpit at the Canadian Forces display at the Red River Exhibition on Hero’s Day, 19 June 2012. The Red River Ex offered free admission to any Canadian Forces member showing ID on Hero’s Day, along with police and firefighters.

The CF-18 cockpit is just one of the many items and activities the Canadian Forces has on display at the Ex. Some of the other displays included logistics wheeled vehicles, a Light Armoured Vehicle (LAV) III manned by 2 Princess Patricia’s Canadian Light Infantry members, a rigid hulled inflatable navy boat, and a small arms display.

Activities for the kids and adults includes operating the turret of the LAV III while viewing through the video periscope, a multi-screened cadet glider flight simulator that moves with the inputs of the pilots, CF-18 flight simulators, and the ever-popular Youth Challenge

course.

“I want to do this 3 more times and then get my face painted,” said Angus Nicol to his mother’s laughter after he completed the Youth Challenge, a.k.a. the Kiddie Commando course, soaking wet. CF members manning the Challenge get permission from both the parents and the kids to spray them on the course and parents are allowed to do the challenge with their kids.

17 Wing/Air Force Training Centre Commander Colonel Blaise Frawley walked through the displays and talked to the staff manning them shortly after the Ex gates opened on 19 June. Colonel Frawley, a fighter pilot, had no problem with successfully landing the glider in the simulator manned by Captain Christopher Robinson of the Cadet Instructor Corps.

“It’s nice to have this opportunity to connect with Canadians and show them how we professionally protect Canada, defend North America, and contribute to international peace and security,” said Colonel Frawley after his tour.

The Royal Canadian Air Force Band ensemble ‘Jetstream’ also wowed the crowd with their performance



Wing Chief Warrant Officer Mike Scarcella offers 17 Wing/AFTC Commander Col Blaise Frawley some assistance during his simulated glider landing. Photo: Sgt Bill McLeod.

which included new Top 40 hits and rock and country classics on the mainstage. Sergeant David Grenon was a hit when he walked out into the spectators and sat at a table to include them in the song on the 4 p.m. performance.

On 22-24 June the Lord Strathcona’s Horse (Royal Canadians) Mounted Troop will be performing at the North Show Ring at 4 p.m. each day. The Mounted Troop show resembles the RCMP musical ride but it usually includes some more martial aspects in the charges and skill displays. Visitors to the Ex are invited to drop by the stables and talk to the Canadian Forces members and see how they care for their horses and equipment.

For more information about 17 Wing and the military in Winnipeg please visit:

<http://www.rcf-arc.forces.gc.ca/17w-17e/index-eng.asp>

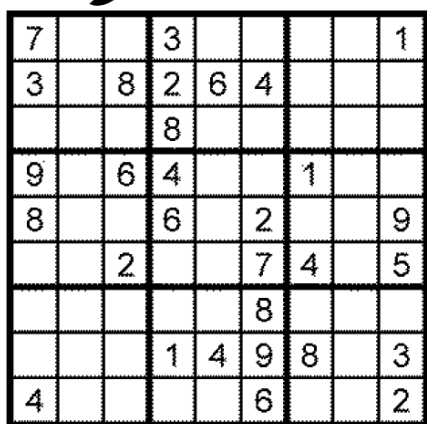
(<http://www.rcf-arc.forces.gc.ca/17w-17e/index-fra.asp>)

For more information about the Red River Exhibition please visit:

<http://www.redriverex.com/> (no French translation)

My Sudoku

Rated: Beginner



Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as :
Beginner * Advanced * Master

For Puzzle Results
Visit:
www.thevoxair.ca

Canadiana Crossword

Locale Couleur

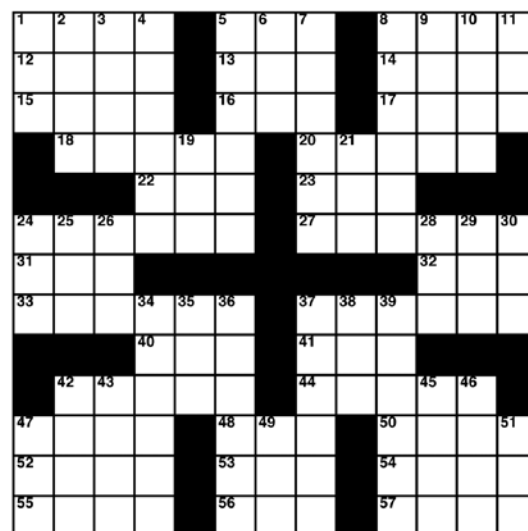
By Bernice Rosella and James Kilner

ACROSS

- 1 Taj Mahal locale
- 5 Bronffman or Spade
- 8 Challenge
- 12 Grey, to Gerard
- 13 Environmental org.
- 14 Breast plate
- 15 Toward the sun
- 16 In a
- 17 Haymow
- 18 Deserve
- 20 Red, to Reynard
- 22 Whiz
- 23 Strange
- 24 Violet, to Veronique
- 27 Instigate
- 31 Rocky hill
- 32 Suffix with silk or wool
- 33 Muss up
- 37 Orbit part
- 40 Pasture land
- 41 Household God (Roman)
- 42 Beige, to Bernard
- 44 White, to Celine
- 47 Scheme
- 48 Honolulu handout
- 50 Word class
- 52 Green, to Genevieve
- 53 Baker Finch, for one
- 54 Dig
- 55 Butt
- 56 Twosome
- 57 Ancient Irish tongue

DOWN

- 1 Mature
- 2 Metric weight
- 3 Ascend
- 4 Stellar



- 5 Musical composition
- 6 Imitate
- 7 Brown, to Babette
- 8 Deceive oneself
- 9 All eyes
- 10 Overabundant
- 11 Toronto time
- 19 Hockey surface
- 21 Poem of praise
- 24 DVD precursor
- 25 Debtor's doc.
- 26 Salamander
- 28 Excavate
- 29 Sheltered
- 30 Odist's before

- 34 Pedestal
- 35 Journey part
- 36 Vision protector?
- 37 Having abnormal pigmentation
- 38 Buddy
- 39 Orange, to Ophelie
- 42 Blue, to Bernadette
- 43 Receptors
- 45 Black, to Bertrand
- 46 Bear babies
- 47 Private (abbr.)
- 49 de Cologne
- 51 Born of

HOUSEWATCH

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

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

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



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



COMMISSIONAIRES
TRUSTED EVERYDAY EVERYWHERE
www.commissionaires.mb.ca
942-9553 ext 2300

RCAF Band Entertains at Assiniboine Park



Members of the RCAF Band group, Jet Stream had the audience up and dancing at Assiniboine Park on June 21st as part of the Summer Music Series at the Lyric Theatre. Photo: Alison Dickey.

Outgoing WAdmin Members Say Goodbye at BBQ



LCol Zuurro was truly touched by the Winnipeg Jets photo that was given to her as a departing gift from the Wing Admin. Branch. LCol Zuurro and her family have been posted to Ottawa for the year-long french course. Photo: Alison Dickey.

A Hole in One for Soldier On Golf Tournament



The Golf Tournament was a huge success in its third year. The tee times were fully booked with approximately 70 people signing up to participate. Organzier, Cpl Matthew Podolas was extremely happy with the support for the Soldier On program. Photo: Alison Dickey.



17 Wing/AFTC Commander, Col Blaise Frawley and CWO Mike Scarcella wait to tee-off at this years Soldier On Golf Tournament held on June 22nd at the 17 Wing Golf Course. Photo: Alison Dickey

Putting the Pedal Down for Heart Research



17 Wing showed how big of a heart it has as 22 riders from around the wing took part in the Heart and Stroke Foundation's Big Bike Challenge.

Team Wingin' it was entered into the contest for the third year in a row, and together they raised over \$2500 for heart disease and stroke research. 17 Wing Health Promotion Director Kathy Godfrey was participating in the challenge for the third year, and says it's always a good time.

"It's nice to get out in the community and have a good time, and raise money for a good cause. And we had great weather this year so that really helped."

Team Wingin' it participated in the ride on the Thursday June 21, and their route took them from the Legislative Building site, go down Assiniboine Avenue, up Edmonton Street to York Avenue, to Garry Street, down Broadway and back to the Legislative Building. Photo: Kathy Godfrey.

THE VOXAIR

Give us a call and find out the benefits of advertising with us

833-2500 ext 4120

The Mortgage Centre

 Yass Marandi
Mortgage Broker
Lic.#M10000449

- A military spouse specializing in DND mortgages
- 120 days rate hold on pre-approvals
- Competitive rates and unmatched services

Mobile: 204.451.5408
Fax: 204.478.5474
ymarandi@durhammortgage.com
www.durhammortgage.com/ymarandi

Sharon Blady MLA for Kirkfield Park 832-2318 SharonBlady.ca	Jim Rondeau MLA for Assiniboia 888-7722 JimRondeau.ca	Deanne Crothers MLA for St. James 415-0883 DeanneCrothers.ca
		

Skipping the Gridlock



Cyclists stopped on their morning commutes to grab a snack at the 17 Wing pit stop for Bike to Work Day on June 22nd. Photo: Alison Dickey

By: Mike Sherby
Voxair Manager

Winnipeggers from all across the City traded in four wheels for two as thousands of commuters took part in the third annual City of Winnipeg Bike to Work Day.

Starting at 6:30 a.m. on Friday, June 15th, thousands pedalled onto the street to help promote sustainable transportation, and the health benefits of riding your bike to work.

This was the second year that 17 Wing has participated in the City's Bike to Work initiative, and according to Health Promotion Director, Kathy Godfrey, the event was a huge success.

"We had over 120 people actually stop by our pit stop, while many others were in too much of a hurry to stop for a minute. We had more traffic this year than last," she says.

The pit stop was located at the Corner of Wihuri and Silver was manned by a team of staff from Health Promotion, Community Recreation, the Winnipeg MFRC and Military Police Officers. Those who stopped were split fifty/fifty between those affiliated with 17 Wing and those commuting elsewhere in the city, according to Godfrey.

"We were busy all morning long, and it was super well received amongst both the military and neighbourhood communities. We'll definitely do it again, many

participants commented that they'd like us to be set up every morning!"

Bikers who stopped at the pit stop were treated to coffee and donuts from Tim Horton's, muffins from Stella's, and music to keep them motivated courtesy of the RCAF Pipes and Drums. Registered riders had the opportunity to attend a BBQ at the Forks in the afternoon, where they were eligible to win prizes such as a new bicycle, bike trailer, cycling gear and even a trip to Falcon's Resort. MPI was donating 50 cents from every registered rider to The Winnipeg Repair, Education, and Cycling Hub (WRENCH).

"For that reason [the donations to WRENCH] they were encouraging registration," says Godfrey. "And also just to see what kind of usage there was of the pathways through the city."

There were over 30 pit stops located throughout the city, and the three busiest locations this year will each receive a free bike rack. While the final numbers were not available at press time, Godfrey is confident that the 17 Wing pit stop had a good chance of winning the prize.

"Before Bike to Work there were already 4,000 people registered online," says Godfrey. "Following the event I entered close to 80 people from our pit stop, and every pit stop was taking registrations, so I am curious to see what city wide participation was like, but I'm anticipating we were one of the busier stops."

17 Wing Celebrates its Volunteers



Some of this year's recipients with 17 Wing and SISIP Representatives. From L-R: Rick Harris, Barbara Thuen, LCol Zuorro, Caroline Lozie, Dwayne Sandall, Arlene Van Ruiten, Robert Komosky, Mike Hurtubise, Bernard Savoie and Tina Bailey. Photo: Alison Dickey

This year's volunteer family was Caroline and Wil Lozie. The Adult male volunteer recognition went to Robert Komosky and Mike Hurtubise. Adult female volunteer recognition went to Joanne Joyce, who was unable to attend the event. And finally, the builder award went to three individuals this year to recognize their efforts towards building community initiatives and strengthening ties within the

community. This year's recipients were: Dwayne Sandall, Trevor Bull and Arlene Van Ruiten.

Volunteers are active all over the wing, and beyond its boundaries. They all make a difference in our communities, and the event on June 14th at the Assiniboine Park Conservatory was just one small way of saying Thank You!

École francophone

Maternelle à 8^e année

Programme sports-arts-études

École la plus près de la 17^e Escadre

Transport scolaire

Garderie francophone

Centre de la petite enfance et de la famille



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

(204) 885-8000



Happy Canada Day

Greg Selinger
MLA for St. Boniface
Premier of Manitoba
(204) 237-9247
GregSelinger.ca

Theresa Oswald
MLA for Seine River
(204) 255-7840
TheresaOswald.ca

Deanne Crothers
MLA for St. James
(204) 415-0883
DeanneCrothers.ca

Melanie Wight
MLA for Burrows
(204) 421-9414
MelanieWight.ca

Winnipegger Joins the Ranks of the Search and Rescue Trade



Brigadier-General Martin Galvin (left), Commander of 2 Canadian Air Division, presents Master-Corporal Donovan Ball with his Search and Rescue (SAR) Jump Wings during the Search and Rescue Technician Course #45 graduation parade held on the flight line in front of 442 Transport and Rescue Squadron at 19 Wing Comox, 21 June 2012.

19 Wing Public Affairs

Following almost a year of some of the most intensive training in the Canadian Forces, Master Corporal Donovan Ball, a former infantry soldier from Winnipeg, Manitoba, received his Search and Rescue Technician (SAR Tech) Wings and distinctive orange beret on 21 June 2010 during a graduation ceremony in Comox, B.C..

MCpl Ball joined the Canadian Forces in 2002 as an infantry soldier with the 3rd Battalion, Princess Patricia's Canadian Light Infantry based in Edmonton. While there, he served as a reconnaissance soldier, also qualifying as a parachute jump master and instructor. After serving in Afghanistan in 2005 and again in 2008, he set out for a new challenge as a Search and Rescue Technician.

"I want to thank my family and friends for their amazing support through the past year," said MCpl Ball. "I also want to thank my instructor, Sergeant Bill Kelland for his support and guidance through the course."

The road to become a SAR Tech was not a short or easy one. It started with a pre-selection process conducted in Edmonton and Jarvis Lake, Alberta. From a group of 31 hopefuls trying to become the next generation of SAR Techs, only eight actually became candidates on course. From there, the real challenge started.

"The most rewarding portion of the course for me was the medical phase," said MCpl Ball. "We rode along with BC Ambulance crews to get experience, putting our training into practice. Helping people was great."

MCpl Ball will now be posted to 103 Transport and Rescue Squadron in Gander, Newfoundland. Perhaps in the future, MCpl Ball will find himself back in his hometown of Winnipeg working with 435 Transport and Rescue Squadron at 17 Wing, which provides Search and Rescue support to both the Prairies and the North.

SAR Tech training is run by the Canadian Forces School of Search and Rescue, located at 19 Wing, Canadian Forces Base Comox, B.C. The school prepares SAR Tech candidates to perform life-saving missions throughout Canada, in some of the harshest weather and environmental conditions. Whether they are jumping into surf from a helicopter, rappelling down a cliff, parachuting into arctic winds or scuba diving in murky waters, SAR Techs are known for their ability to reach those in need.

"At the end of the selection phase I knew that I had a very strong group to work with. They arrived on course from a variety of backgrounds and jelled as a team very early," said Sergeant Paul Moquin, senior instructor for SAR Tech Course 45. "Their dedication to the SAR Tech

profession and to each other has been proven time and again and I am proud to say that I was their course 'NCO'."

Working with other Canadian SAR partners, the Canadian Forces plays a vital role in a world-class SAR system that answers the call of those in need. The CF annually responds to approximately 8000 incidents, tasking military aircraft or ships in about 1100 cases. As primary care providers, SAR Techs travel on all military SAR aircraft.

The Canadian Forces' responsibility for aeronautical and maritime SAR extends over 15 million square kilometres of land and sea – an area one-and-a-half times that of Canada's landmass. The aeronautical SAR area extends from the U.S. border to the North Pole, and from approximately 600 nautical miles (1111 km) west of Vancouver Island in the Pacific Ocean to 900 nautical miles (1667 km) east of Newfoundland in the Atlantic. The maritime SAR mandate includes the ocean waters within this area, as well as the St. Lawrence Seaway and the Great Lakes. SAR incidents under the federal SAR mandate are defined as "all aircraft incidents and all marine incidents in waters under federal jurisdiction."

For more information on the Canadian Forces School of Search and Rescue, please visit: <http://www.airforce.forces.gc.ca/19w-19e/schools-ecoles/page-eng.asp?id=654>



Find us on
Facebook

The Voxair is now on Facebook.
Check out www.facebook.com/thevoxair
for more photos



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

**Mental Fitness & Suicide Awareness,
Supervisor's Training**

This course is to promote mental fitness and to lessen the incidence of mental health injuries including deliberate self-harm and suicide within the military community.

**15 August 2012
0800 – 1600 hrs
Bldg. #135 – Room #132**

For additional information and to register contact:
Health Promotion at local 4150





www.mfrc.mb.ca
204.833.2500 ext. 4500



Upcoming MFRC Programs

MFRC Summer BBQ's

The MFRC Summer BBQ's are set to begin again!

Mark your calendars for every Wednesday from 1130 – 1300 from the months of July and August. The MFRC will be serving up Hamburgers, Hotdogs and Smokies. Come out for a tasty lunch break and visit with friends and coworkers.

Hamburger and drink	\$4.00
Hot Dog and drink	\$2.00
Smokie and drink	\$3.00
Drink	\$1.00

Please note BBQ's are weather dependant and will not be held in inclement weather.

USED BOOK EXCHANGE

Are you a book worm? Do you love to read? Are you running out of good books in your own library? The MFRC has set up a used book exchange library for people just like you! Bring in your gently read books, and exchange them for a couple of "new to you" books. When you have finished reading them, come back again and find some more books to read. If there are a lot of participants, there should be a steady supply of new reading material for everyone. Come and check out the two bookshelves of used books any day that the MFRC is open. Happy Reading!

FUNtastic

Summer Camp for preschoolers
9 -13 July 2012, 1 to 3:30 p.m.
102 Comet St.
\$50 per child

This program is for children 3-5 years old (or who have not yet entered grade 1). All 5 senses will be used to explore science, art and outdoor play. Registration deadline: 29 June 2012 Call 833-2500 ext. 2491 to register.

CREATIVE TOTS

MFRC, 102 COMET ST.

Thursdays, July 5, 12, 19, 26
9:30 to 11 a.m.

Parents/caregivers and children 0-5 come and join us for free play, art, songs and stories. This free drop in program is a great way to meet others and introduce your child to a group setting. Please bring a peanut free snack for your child. For more information, call 833-2500 ext. 2491.

BABYSITTER'S COURSE

Wednesday July 25
10 a.m. to 4 p.m.

102 Comet

The MFRC is offering the Canadian Safety Council's Babysitter's Course. It provides new sitters with the skills and tools needed to start working as babysitters. On completion of the course and with parental permission, participants may opt to be included on the MFRC Babysitters list. Children must be a minimum of 12 years old or have completed grade 6 to participate. Drop by the MFRC to register. Registration & payment deadline:

13 July

\$14 includes manual and pizza lunch

Green Team 2012

Join the Green Team staff and have a blast this summer!

Our days are filled with games, water activities, arts and crafts, cooking, and even a few trips! A great place to bring your friends and make new ones!

The Youth Drop-In Centre is available for kids age 6-12 and is free of charge!

Location: 347 Doncaster St

Open: July 3rd to August 24th

Drop-In Time: Monday to Friday, 10 am to 4 pm.

(closed on statutory holidays)

Check us out on Facebook! "Winnipeg MFRC Youth Centre" For more information, contact 833-2500 ext. 4500

SUMMER FUN UNIVERSITY (SFU)

Tuesdays, 10, 24 July & 7, 21 August 2012

10 a.m. to noon

\$ 5 per class or \$15 for all four classes

School's in for summer! Register now for Summer Fun University (SFU). Each session is going to focus on a different special interest topic.. A graduation luncheon will be provided on August 21. Watch your report card to check for more details on the luncheon.

July 10 – Silk Screening 101 – We'll be making SFU shirts.

July 24 – Nordic Walking

August 7 – Wrapped Leather Bracelet

August 21 – Rest, Relax, Rejuvenate – Stress Management and DIY Spa

BRAVE - A PIXAR MOVIE

Thursday July 12, Time: TBD.

Register by July 4

\$10 for 14 years +, \$7 for 13 and under

Silver City Polo Park

Determined to make her own path in life, Princess Merida defies a custom that brings chaos to her kingdom. Granted one wish, Merida must rely on her bravery and her archery skills to undo a beastly curse. Join us as we head to Silver City to watch BRAVE. Showtime is to be determined once they are announced. Program registrants will be contacted with details on Monday, July 9.

FRENCH COFFEE

Every Wednesday morning 10 to 11 a.m.

Join us every Wednesday morning for a coffee and a chat with members of the francophone community! Free child care is provided.

DROP-IN COFFEE AND CONVERSATION

Tuesday July 3, 10, 17, 24, 31 at 2 p.m..

This event enables volunteers, members of the community and MFRC staff to get to know one another and discuss programs and services offered by the MFRC.

WINNIPEG GOLDEYES GAMES

Sunday, July 15, starts at 1:30 p.m.

Register by July 13

\$7 per person

Shaw Park

Join us for an afternoon at the ball park. We'll be watching the Winnipeg Goldeye's take on the St Paul Saints. Tickets cost \$7 per person and include the game ticket and \$10 in Fish Fins. Fish Fins are Goldeyes cash that can be used to purchase food from any vendor in the baseball park, as well as merchandise, or parking. This is great value for your family! This is always a popular event so be sure to purchase your tickets early.

A PARENT COMMUNITY

Friday, July 20, 10 a.m. - noon

A community of parents will discuss topics related to

parenting children of all ages. Stop by the MFRC and have a coffee while your children socialize with others. Child care is provided for children 18 months to 5 years; the younger children stay with the parent.

A PARENT GROUP

Wednesday, July 11, 18, 25, 10 a.m. - 12 p.m.

Come join us for a morning of fun, food and activities. The public health nurse will do a brief presentation on 25 July and will be available to answer any questions you may have. Sit and talk with other parents and have some fun! Child care is provided for children 18 months to 5 years; the younger children stay with the parent.

Grant Park Students

Recently, 30 students and 4 teacher advisors from Grant Park High School visited the MFRC for a Morning of Service. This school project has been going on for several years, and allows the students to give volunteer service to many groups in the city. The MFRC has been fortunate to have students give us their time and hard work. The students were kept very busy with duties that included cleaning outdoor children's play equipment, sanitizing the toys in our Toy Lending Library, clearing outdoor play areas, replacing the Yellow Ribbons along Wihuri Rd. and taking inventory at the Child Care Centre. We appreciate all that they do for us, and look forward to next year's visit!

MFRC Face Painters at the RCAF Run

The weather may have been frightful, windy, wet and cold, but that didn't stop the MFRC Volunteers from creating some frightful sights of their own. It was lucky for everyone that we were moved inside Building 90, where the line ups for face painting grew steadily as more and more faces were seen in the crowd. The very patient MFRC volunteers painted designs on more than 50 children's faces during and after the RCAF Run. The children themselves were also very patient while waiting in line, as well as when having the face paints applied. Many could not believe their transformations when they looked in the mirror! If your child was one of those adorable faces whose picture was taken, and you want a copy of it, please get in touch with the MFRC Coordinator of Volunteers, Barbara Thuen, and we will try to get the picture to you. (barbara.thuen@forces.gc.ca or 833-2500 ext 4519)



First Twin Otter Receives Avionics Life Extension



Twin Otter 13805 taxis down the runway as it returns from Kelowna after completing the Twin Otter Avionics Life Extension Project. Aircraft 13805 is the first in a fleet of four which will be upgraded over the next 12-18 months.

**Lt Jennifer Wright
440(T) Squadron**

The midnight sun was setting on the horizon as Twin Otter 13805 was making its final approach into the Yellowknife Airport. Under the command of Captain Russ Ackland, with Captain Winston Ernst at the controls, and Corporal Benoit Jean in the flight engineer seat, the CC-138 Twin Otter aircraft landed. Returning from Kelowna where it was fitted with the extensive Twin Otter Avionics Life Extension Project (TALE), the June 4th flight marked a significant chapter in the history of this magnificent aircraft.

The TALE project was conceived to extend the service life of the CC-138 Twin Otter by implementing a modern avionics system. This will ensure that the CC-138 remains operationally effective to beyond 2015. Aircraft 13805 is the first in a fleet of four which will be

upgraded over the next 12-18 months.

The significant service life extension project includes the installation of modernized, Wide Area Augmentation System-capable GPS units, Flight Management Systems, Traffic Collision and Avoidance System hardware, electronic flight displays, and various other navigational and flight instrument upgrades, which are suitable for tactical operation in accordance with the aircraft Statement of Intent. The upgrades replace the 1970's vintage avionics instruments and equipment with modern key systems which provide increased reliability for northern operations.

The Twin Otter provides short take-off and landing capabilities—including off-strip operations—on skis and wheels and has the ability to transport up to 20 passengers or 2,000 kg of payload with a range of 1,300 km and is perfect for 440 (T) Sqn. Tasks include airlift, utility and liaison flights in support of 1 Canadian Air Division,

Joint Task Force North, the Canadian Rangers, other Canadian Forces activities and Cadets in the North.

"This represents one of the most modern cockpits in the RCAF and demonstrates the commitment to long-term RCAF presence in the Canadian Arctic," says Lieutenant-Colonel Brophy, Commanding Officer, 440 (T) Squadron. Given the vastness of the Arctic and its limited infrastructure it is clear that the Royal Canadian Air Force will continue to play a significant role in exercising sovereignty.

440(T) Squadron currently operates four Twin Otters and is based in Yellowknife, Northwest Territories. Flying the versatile Twin Otter since 1972 the squadron is known for operating in some of the harshest weather conditions on the planet. 440(T) Sqn is the only formed Royal Canadian Air Force unit based full-time in the North.

RAF Colours at 1 Canadian Air Division

By: MCpl. Mark Ejdrygiewicz

Flags or Colours have been used from the earliest times to identify individuals, states, and military groups. Historically, their main purpose was to provide a rallying point for the unit on the battlefield. The name "Colours" dates back to medieval times when each company had its own flag, on which was emblazoned the coat of arms of the company commander.

, the Chaplains General either in a church or in such ceremonies as the "piling of drums" consecrates Colours. Those entrusted with the care of a Colour must revere and take pride in the ideals and traditions symbolised in the Colours. Once consecrated, Colours are closely guarded and, when uncased, are honoured by appropriate compliment.

The Royal Canadian Air Force, as well as each of our operational flying squadrons both past and present (from 400 to 450 Squadron) have their very own Colours. As is customary, when these squadrons are active, their respective Colours are kept within safe keeping at their respective locations.

In looking further than just our own Royal Canadian, each Squadron and respective Air Force of the Commonwealth has its own sets of Colours. As is our customary with our Colours, these Commonwealth countries also retain their own colours. Unless for a very special reason.

Among the many changes underway to the exhibits in the atrium of the Bishop Building is the newly mounted Royal Air Force Colours now exhibited next to the Battle of Britain Tapestry. Some may have already noticed the Colours and asked 'why are we in possession of Royal Air Force Colours?'

The Queen's Regulations specify that retired Colours must be laid up in a sacred or public building and that they remain the property of the Crown. Co-



Cpl. Susan Springer, who was instrumental in the laying up of the Royal Air Force Colours explains the significance of them.

lours have traditionally been laid up in churches since the mid-eighteenth century, not as a symbol of war, but rather as marks of respect. The British custom, which Canada has inherited, is to leave the Colours where they are first laid up "until they turn to dust."

In rare occasions, the retired Colours may be presented as a gift, a show of good faith and trust, that the Colours of one unit may be held in the safe keeping of another. This is one such case.

Presented to the Royal Canadian Air Force, the Royal Air Force Colours were to be preserved and laid up (on display) within the Billy Bishop Building. Entrusted

with the office of Air Force Heritage and History, and with the hard and dedicated work of PO2 Bradley Froggatt (of H&H) and Cpl. Susan Springer (volunteering from 402 Squadron), this set of RAF Colours has been painstakingly mounted in a manner to both show the Colours, as well as to continue to preserve them. They work that was put forth was no easy task!

First and foremost, a custom display case was designed and built that met appropriate conservation standards necessary to preserve and display the Colours. Although they may be laid up "until they turn to dust," there was no expense spared to prevent this from happening in any near future.

In order to properly support the Colours while on display – and to negate any unnecessary damage due to the Colours hanging under their own considerable weight – the Colours were mounted on an inert backing material and then painstakingly stitched into place by hand using synthetic thread. As well as attaching the body of the Colours to the backing, each individual strand of the gimping on the outer edges (the frill along the borders), had to be stitched in place. This in itself was no small feat, as there were nearly one thousand individual frills to be stitched! The sash chord on the left of the Colours was also attached in the same manner. This entire process, though time consuming, allows the Colours to be exhibited, with the intrinsic physical characteristics of the piece being completely unaltered.

Now mounted above the Battle of Britain pit, next to the Battle of Britain Tapestry – an incredible artifact in its own right – the retired Royal Air Force Colours hang over the Atrium for all to see. These Colours now join the others, proudly hanging from the balcony in the atrium center.

Smart Energy Savings Tips from the Sustainability Office

Just this month, the 17 Wing Sustainability Office hosted two Natural Resources Canada workshops on the Wing that discussed energy awareness and savings in the workplace and at home. In spirit of the recent courses, the Wing Sustainability Office would like to share with you a few energy facts that were identified within these courses. Following these energy savings tips will not only reduce our energy consumption and impact on the environment but they will also minimize our utility bills too!

Leaving the lights on uses less energy than constantly turning them on and off

FALSE!

In the case of most lights, the initial power surge when turning on the light lasts for less than one second. The exception to this is the fluorescent bulb, which still only takes approximately 25 seconds to power up. In addition, there is no proof that turning the lights on and off will reduce the life of the bulb. In fact, turning off the lights when not in use will extend their life. Due to these

reasons, it is more efficient to turn the lights off rather than leaving them on.

Electronics do not consume energy when turned off
FALSE!

If your electronics are off but are plugged in, they still may be consuming electricity. Often referred to as stand-by power, phantom loads or vampire draws, electrical items such as coffee makers, computers, PVRs and battery chargers may all be drawing power when not in use. In fact, it is thought that unused, unplugged electronics contribute to approximately 10% of an annual household energy bill. Therefore, if possible, try to unplug your electronics when not in use at both the workplace and home.

Running a fridge or freezer that is more than 15 years old can cost between \$100-\$300 in electricity annually
TRUE!

That old freezer in the office canteen or extra fridge storing soda in your basement can be costing a lot more than it is worth! Think about unplugging the unit when

it is not needed or maybe replacing it with a new, energy efficient one. Or maybe decide if it is even necessary to have one at all! For personal household items, Manitoba Hydro is offering the Refrigerator Retirement Program where they will pay you \$40 to pick up a fridge that is over 15 years old. Check out their website for more details!

Turning down the thermostat at night can save on energy bills

DEPENDS!

Does it actually save to setback your thermostat at night or periods when no one is home, or does this actually cost you more as it consumes more power to get the temperature back to your desired setting? This depends on your temperature settings/preferences as well as your furnace and the building you are heating. According to Manitoba Hydro, by reducing your home temperature by 3°C for at least eight hours a day, your heating cost can be reduced by 3-4%. Therefore, while the benefits may vary, there is certainly an opportunity for savings!

For more information on energy or sustainability at the Wing, please contact the 17 Wing Sustainability Office at: +17WingSustainabilityOffice@forces.gc.ca



Public Service Week at 17 Wing



John Bessas makes a donation to Mona Simcoe, president of the UNDE local while Christine Goodings and Leigh Capar look on. Photo: Sgt Bill McLeod

By: Gloria Kelly
NDPAO

Public Service Week 2012, June 10-16, provided an outreach opportunity for unionized members and their military partners at 17 Wing Winnipeg and 1 Canadian Air Division to dig deep in support of inner city school children.

During the annual public service week barbeque sponsored by the Union of National Defence Employees local those in attendance were invited to donate their change and pennies. The money raised will be donated to the annual "Pennies for Pencils" school supply drive organized by the regional women's committee of the Public Service Alliance of Canada.

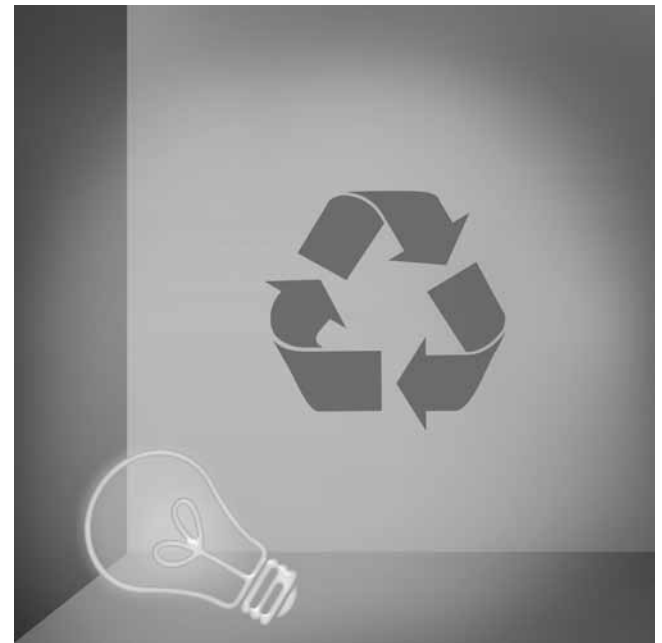
"For our members this is a great way to enjoy a public service week event and support a very important community initiative," said Mona Simcoe, president of UNDE Local 50705. "We have members who belong to the regional women's committee and they take on a variety of projects when a community need is identified."

The team has been active in supporting the school supply drive since 2007. Over the past five years 40 plus schools have received donations of everything from pencils to dictionaries while a number of other schools have received donations in support of lunch programs.

"For us this is a means to support one of the most vulnerable groups in our society- children and families in need," said Ms. Simcoe. "We will donate a minimum of \$150 to the school supply fund. We also want to thank military members who came out to the barbeque and donated to the cause."

Teachers in numerous schools have found that while most children arrive at school in September with basic supplies once those are used there are no replacements. The donated supplies provide teachers with the means to make sure children do not go without the basics required to help them learn.

Anyone who did not make the barbeque and still wishes to donate to the drive can do so by contacting Ms. Simcoe at 17 Wing Foods.



Faces of The Legion

LEGION



SERVICE IS OUR MISSION

or call Toll Free:
www.LEGION.ca / 1-888-556-6222

various photos: Combat Camera 2012

Exercise Golden Coyote 2012



Cpl James Wilson and his MSVS are providing vital water supply to 15 MP Company and 1 MP Regiment at FOB Custer over the course of South Dakota's Exercise Golden Coyote 2012. Photo: 2Lt Trump, 38 CBG Public Affairs

2Lt Trump, 38 CBG Public Affairs

CUSTER, SOUTH DAKOTA – It takes effort to move 30 soldiers, over a thousand miles to establish a Canadian Forces presence at Exercise GOLDEN COYOTE 2012. The preparation began weeks ago, as Master Warrant Officer (MWO) Mario Auger and his 2ic Corporal (Cpl) Francois Bedard filled a 53' trailer with all the supplies that a Platoon of military police need to work and operate in a field environment for three weeks of training.

MWO Auger took an innovative approach to organizing and deploying the stores required for platoon operations; he customised the interior of a 53' trailer with everything the platoon needs.

"The trailer has everything from modular tent (Mod) to mine tape, in bins, pallets and built-in shelves."

The 53' trailer also proved to be the perfect mount for the 1 MP Regiment Flag and Canadian Flag.

Cpl James Wilson remarked that "Our flags are flying the highest in the Forward Operating Base (FOB) Custer."

The trailer has become both the envy of the United States National Guard and Reserve Army Units, and a go-to spot for supplies that may have run short for our allies. From garbage bags to rope, true to the Canadian spirit of helping out, we are providing.

The focus on supplies is never far from the mind of Sergeant Phillip Spicer, MP Platoon Warrant, "So far it has gone reasonably smoothly. The soldiers were at full operational capacity twelve hours before they needed to be. We were training before others had even put up their tents. A few standard concerns - fuel and communications, but nothing which will stop us from being effective."

Cpl James Wilson has care and control of another item, which has sparked a great deal of interest from the American, New Zealand and British Army Units at FOB Custer.

"It's rare that Canada has the biggest anything, but we are showing off our Medium Support Vehicle System (MSVS) to all the nations here at FOB Custer. It is the largest truck located in the FOB." With room for up to 24 soldiers and all their kit, the vehicle is essential to sustained operations. "The replenishment of the Water Buffalo is a no-fail task, and the MSVS does a great job of hauling it back to Rapid City for a refill." Cpl Wilson said. "On the way to National Guard Headquarters, I get a lot of people waving and a few civilians thanking me for my service as I wait to turn at intersections," he said.

38 CBG Change of Command



Brigadier General Paul Wynnyk, Commander of Land Force Western Area, inspects the guard escorted by Colonel Nic Stanton. 38 Canadian Brigade Group marked a change of command ceremony at Minto Armouries on June 9, 2012, as Colonel Nic Stanton relinquished command of the Brigade after two years to Colonel Dan Whittaker. Change of Command Ceremonies are normally marked by a formal ceremony and parade. 38 Canadian Brigade Group is the Reserve Brigade for Manitoba, Saskatchewan and North Western Ontario (Thunder Bay and Kenora). Photo: Corporal Bill Gomm

RCAF Run at Dundurn Detachment



Jason J. Johnston (Centre), Deputy PSP Manager finishes last while being jogged in by CO Major D. Arndt (L) and MWO G. Nichol (R). Photo: Submitted.

Submitted

The RCAF Run was held at 17 Wing Detachment (Det) Dundurn on Friday 1 June, 2012. The small group participated in a 5 km and 10 km run or walk. The opportunity to get out of the office or in from the field and trek up our main access route is always a rewarding experience here at Det Dundurn. With moose and deer in abundance at the Det, you just never know what might cross the road. Our small unit enjoys these events and the participants enjoyed the partial cloudy day and the slight westerly breeze that kept them cool. After a short marshalling, the Military Police started the group off with their sirens and took up the lead and tail positions. The 5 km joggers took the lead with the 10 km joggers setting a personal pace. Lots of good visiting along the roadway and a small water fight at the half-way turn around kept everyone on their toes. The 10 km group featured five participants and they all deserve special recognition. Det Dundurn has a few dedicated members that complete this task weekly as part of their personal training, which is no small feat for anyone. The participants who completed the 10 km were: Cpl Jody Doud, Cpl Celeste Tremblay, Civilian Bev Davis, CO Major Dale Arndt, RMO Claude Pelletier, and Deputy PSP Manager, Jason J. Johnston. All participants enjoyed the Air Force Run and concluded the day with a TGIF event at the Flightline Mess. The Military Police from 13 MP Flight deserve a big thanks for monitoring the roadways and providing us with a safe environment for our run. Thanks to everyone for their participation.

Preparing for the Worst: MP's take IARP Training



23 MPF members (left to right), Cpl Chan, Cpl Foster, MCpl Haggith and Cpl Hennin, practice breaching procedures at a RHU as part of their IARD training. Photo:

By: Mike Sherby
Voxair Manager

The street was eerily quiet on a recent Wednesday afternoon as four heavily armed members of the 23 Military Police Flight (23 MP Flt) surrounded a 17 Wing Residential Housing Unit. They broke down the door and ran into the house, shouting commands and sweeping the rooms, looking for the threat.

It's a tense situation, but luckily the threat isn't real, and the 23 MP Flt members were just being put through their paces as part of training in Immediate Action Rapid Deployment (IARD).

The focus of the training, which took place 13-14 June, is to help prepare police officers in case there's an active threat scenario. These are situations that, as 23 MP Flt's Sgt David Larocque explains, require an immediate police response.

"These are instances where we'd be responding to a call where there'd be a shooter, or someone actively involved in causing serious harm or loss of life to somebody."

While most scenarios with armed suspects would be handled by specialized tactical units, Sgt Larocque says the purpose IARD training is to prepare regular

officers to be ready in matters where time is of the essence, such as school or hostile work place shootings.

"A lot of this training has come out post-Columbine, and there was an international police initiative that was done then," says Larocque. "Instances like the shooting at the military base at Fort Hood have also increased the need to have this kind of training."

IARD training is required for all Military Police, and members are required to complete at minimum on a yearly basis. It trains them how to be able to respond and isolate an active threat. They also learn how to do emergency evacuations of injured people, and how to gain entry to areas that may have been barricaded, among other things.

Sgt Larocque says that due to their training in the Canadian Forces, the 23 MP Flt officers have a leg up on their civilian counterparts.

"Some of us have previous combat arms experience, while others have experience they gained on deployment or other weapons and tactics training. So it's actually a little bit easier for us to do this kind of training."

So while the threat may not have been real this time, rest assured that the 23 MP Flt will be ready if the need arises.

Commanding the Warrior Spirit



MCpl Andrew Wychnenka's team moves a casualty to the medical evacuation point. Photo Credit: 2Lt Trump, 38 CBG Public Affairs.

By: 2Lt Trump, 38 CBG Public Affairs.

CUSTER, SOUTH DAKOTA – Lieutenant Mark Hanly, 15 MP Company Platoon Commander and Lieutenant Dave Hitchcock, 15 MP Company Platoon Operations Officer have spent the last few days leading 15 MP Company/1 MP Regiment through a Combat Life Saver Course. "It's a very proud moment for us; the top three candidates for the course were Canadians, and we posted some of the fastest evacuation times the instructors had ever seen."

Administering first aid in a combat environment, with all the gear and equipment each soldier is wearing and moving them to an evacuation point is a leadership and physical challenge.

"Everyone should be paying attention to what they are doing, watching for the enemy and moving the casualty to a safe location for medical evacuation." Says Master Corporal Andrew (Dubs) Wychnenka, as he encourages his team to move quickly. They call it the "Golden Hour" after a wound has been sustained; the sooner you can get a casualty to the medics for surgery the more likely the surgeons can save the soldier's life.

Tactical evacuation requires team leadership and coordination, when you involve an ambulance or helicopter to pick up a casualty, there are a lot of things to consider.

"Providing security, moving fast and knowing where the casualty needs to go for help are top-of-mind," says Lt Hitchcock.

Having successfully passed the Combat Life Savers course, the Platoon is ready for the challenges that this Exercise has in-store for them. Warrant Officer Andrew Lowry, the 15 MP Company Operations and Training Warrant is providing a sobering experience for various units visiting the Mountain Operations range. American Captain Mitch Nachtigall enjoys the Canadian Warrant's dressed-down, and at times, colourful remarks. Warrant Officer Lowry pulls no punches when units fail to dislodge his Opposing Force, or do their drills properly.

"We had a transport company roll into our little mountain village, and they were decimated by a section. We re-set and let them try a couple of times. Anyone walking, or driving down the main entrance, who fails to take cover and use the ground properly is going to pay for it."

With the lessons learned from the Combat Life Saver course fresh in the minds of the Platoon, the Canadian MPs will soon be engaging the enemy in various exercise scenarios.

"So far, the Canadian MPs and members of the 856th MP Battalion have posted the best results at the Urban Operations Range," says WO Lowry.

Philatelist's Corner With Alf Brooks



Baseball All-Stars

Every July Major League Baseball stages its annual All-Star Game; coinciding with the event this year is US Post's issue of four stamps featuring leading batters of the past:

Ted Williams played his entire career for the Boston Red Sox, 1939-1960, interrupted by service in World War II and Korea. He is the last player to bat over .400 for a season, .406 in 1941.

Larry Doby played first in the Negro Leagues and was the second black to play in the Major League's modern era.

Most of his career was with the Cleveland Indians, who retired his number 14 in 1994.

Willie Stargell played outfield and first base for the Pittsburgh Pirates, 1962-82. Only two home runs have been hit out of Dodger Stadium, two by Stargell.

Joe DiMaggio played center field for thirteen years with the New York Yankees, 1936-1951 (three seasons lost to World War II service). He is probably best-known for his 56 game hitting streak of 1941. He is the only player selected as an All Star for every season he played.

You could look it up.

Chaplain's Corner

Where are you Heading?

By: Padre Mark Mawson
17 Wing Winnipeg

A few weeks ago, chaplains from across Canada gathered in Cornwall for their annual conference. During that time, I had the opportunity to chat with my fellow chaplains, many of whom were getting ready for a posting. Their reactions were typical ... some said they were looking forward to a new challenge. Others said they were surprised with the move and did not want to move. And a few just changed the topic. As I listened to them, I was wondering to myself, "Are they heading away or heading towards?" In other words, were they anxious to get to their new place, or were they anxious to get away from their current place?

I have done both, as have most military folks. There have been places we have been anxious to get to and places we have been anxious to leave or escape. There is a big difference between the two. While it is true that in both cases you end up in the same place, it is also true that you tend to see and experience things quite differently if you are heading "towards" a place than when you are heading "away" from a place.

There have been times when my family was heading "towards" a place. While we had fond memories of the place we were leaving, we were anxious to get set up in our new place and to explore whatever

it was that made this new place so exciting. There was a general sense of appreciation and happiness as my family dealt with the chaos of settling into our new reality.

There were also our Alcatraz postings ... the times we were escaping or heading "away" from a place. I remember not really caring very much about our new place as long as it wasn't the old place. There was a general feeling of fatigue and grief as we dealt with the chaos of settling into that new reality.

Our outlook depended a lot on whether it was a "towards" posting or an "away" posting. Each tale of postings that I heard in Cornwall reminded me of my many postings. By the end of the conference, I was quite happy to return home. Winnipeg may not be perfect, but it is home. We have settled in and are enjoying the blessings here (but not the mosquitoes).

In a few days time, we will be celebrating Canada Day. While it is always nice to listen to the talking heads as they go on about how wonderful Canada is, I find it much more meaningful reflecting on why I enjoy Canada ... making it personal. And something that helps me make Canada personal is my experiences in other countries. When I see how other countries have shaped their culture and their people, I find myself grateful for being Canadian. Many a soldier returning from overseas tours also feel this ... a hard-

to-explain gratitude for being Canadian. It also explains why many find it hard being in the company of complainers and cynics who seem only capable of dwelling on the faults of our country rather than the blessings.

Yet you do not need an overseas experience to gain this appreciation ... just think about your postings. It is quite similar. When I think of one of my nightmare postings, Winnipeg seems like heaven. When I think of some of my great postings, I feel drawn to import some of these great aspects to my current posting, thereby making my Winnipeg experience even better. Either way, my past experiences tend to draw my attention to the better aspects of my current posting. So it is with being a Canadian. Experiences in other places help me to appreciate being Canadian even more.

You could also do what I did ... listen to the experiences of others who have spent time in other places. Our country is filled with "towards" people, who chose to come to Canada, as well as "away" people, who chose to leave their old country. Both have a lot of wisdom to offer us, if we choose to take the time and listen.

Yes, it will be nice to have an extra day off to celebrate Canada Day, so why not celebrate Canada and celebrate being Canadian? Make it personal.

The Sky is the Limit!

Padre Gordon Mintz
Hangar Line Chaplain

It's time to gly the friendly skies! You know ~ off to the wild blue yonder!! Are you ready for a VBS adventure of a lifetime? Welcome to SKY! The 17 Wing Chaple communities and Chaplains are delighted to announce that this year's Vacation Bible School (VBS) is themed "SKY!" AT Sky VBS, taking off from Tue 3 July – Fri 6 July, kids discover that by trusting God, everything is possible. The Thrill! The Joy! The Freedom! They sky is the limit. Let your imagination take off, and picture kids of 17 Wing families having a blast in a safe, supervised environment! Kids taking flight in the reality of God's love and gaining meaning and relevance to their everyday lives! Your kids having an amazing time making new friends, playing wild games, trying unbelievable experiments and lip-smacking snacks, learning incredible music, and letting their imaginations soar!

Children ages 5-12 are invited to join us. We'll take-off each morning at 9 am and come in for a landing at 11:45 am. You and your kids won't want to miss a minute of the excitement! Each day will feature Up & Away Sing and Play pre-flight briefing where the theme of the day is introduced in songs and skits, Wild Blue Adventures where the stories of the Bible really take flight, Skydive Diner where healthy snacks are served to keep the flight crew in peak performance, All Star Games which will feature outdoor team building games, Imagination Station where safe science experiments show off the wonder of our amazing earth and sky, Chadder's Sky High Movies featuring our Bible Buddy cartoons and movies. Since everything is hands-on, kids might get a little messy, be sure to send them in play clothes and safe shoes. Plus, we'll help kids discover how to see evidence of God in everyday life – something we call God Sightings. Parents, grandparents, and friends are invited to joining us in the VIP Flight Deck section each day at 1130 am, because that's when we'll be having our daily Fly Away Finale – a daily post-flight briefing and celebration of God's love you won't want to miss.

VBS activities will be held in the 17 Wing Winnipeg Chapel. (2235 Silver Ave, off Whytewold/ Wihuri). If you wish to get more information on the program being offered check out the website at <http://group.com/childrens-ministry/vbs/sky>. For more information, or to volunteer (subject to screening and police check), please contact Padre Gord Mintz (Gordon.Mintz@forces.gc.ca) or Ken McLeod (kmcleod1@mts.net). For registration information contact Catherine Landry at the Chaplain's office (204-833-2500 x5087 or Catherine.Landry@forces.gc.ca). The cost is only \$10/child to a max of \$25/family as it is subsidized by the chapel communities.

Come and join us! Tell your friends and family! The Sky's the Limit!!

Together in Church

CATHOLIC

CHAPLAINS

Padre Mark Mawson (Wing Chaplain)
Roman Catholic Office 833-2500 ext 5417
Padre Ray Laudenorio
Roman Catholic Office 833-2500 ext. 5272/6914
Padre Frederic Lamarre
Roman Catholic Office 833-2500 ext. 5956
Ms Catherine Landry
W Chap Admin Assistant
Office: 833-2500 ext 5087

Masses (English only)
Tues, Weds, Thurs 1210 hrs
Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Will Hubbard
(Anglican) Office 833-2500 ext 5349
Padre Gord Mintz
(Anglican) Office 833-2500 ext 5785
Padre Frank Staples (UCC)
Det. Dundurn. Office 833-2500 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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

Baptisms The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

Protestant Chapel Guild meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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



PERSONAL CLASSIFIEDS

ROOM FOR RENT

- July 1 or August 1 rental
- furnished or unfurnished
- modern, downtown residence
- free parking
- \$430 per month includes utilities

INQUIRE @ 898.1754

House For Rent!

Professional renovated 3-bedroom 1400 sq ft home for rent available 1 Aug. Great location, minutes away from all amenities. Rent \$1350/month; incl. 8 appliances and parking. Contact Penny or Roy (613) 260-7556 or vanderberg.roy@gmail.com for more info and pictures.

Wanted: Volunteers!

1 Canadian Air Division is looking for volunteers to work in the kit shop.
Flexible hours. 1 day a week between 10:00 hrs and 14:00 hrs
Please contact PO2 Jennifer Ross at 833-2500 ext 6512

House For Rent!

1400 sq ft rental house available immediately in West St. Paul. 20 minute drive to base. Discount provided to military tenants. Email brad1945@live.com for pictures and more info.

Send us an e-mail today to place your FREE Classified ad at Voxair@mts.net

Taroscopes

BY NANCY

Aries (March 21 - April 19): You're seeing your generosity and other people's kindness in a new light. Work to maintain connections with people who truly give unconditionally. Let go of people who don't appreciate you. This frees you to joyfully embrace things you love. Do what excites you most.

Taurus (April 20 - May 20): Slow down. Look at the communication dynamics that occur between yourself and others. You will understand others better when you see them from a new perspective. Read documents and agreements fully before you sign them to ensure things flow smoothly later on.

Gemini (May 21 - June 21): Things come to a head. What was hidden is revealed. Since you have the energy and drive now, push things past the standstill that's developed. Speak with authority and confidence about what is important to you. Hold to your principles and insist on fair treatment.

Cancer (June 22 - July 22): Even though things are flowing smoothly there is always work to be done in maintaining a balance. You must continually start new endeavors because as one project or investment draws to a close others must already be taking shape. Stay motivated by thinking of past successes.

Leo (July 23 - August 22): Something you've worked on is starting to take shape. You have the ability to sell almost any idea at this time because you know what people crave. A presentation geared to connect on a deeper level with your audience works well. Let go of what you can't have and enjoy what you do.

Virgo (August 23 - September 22): Speak from the heart in a way that allows communication to continue. Something you've said in the past took root and you'll now see the results of efforts made in response to your words of wisdom. You've worked hard. You'll be rewarded by significant results soon.

Libra (September 23 - October 23): What you say can be twisted and used out of context so only share openly with those you trust. Also, remember this when you hear things about someone else. If you think someone's words don't match what you sense, just wait. In time their true nature will be revealed.

Scorpio (October 24 - November 21): Emotions run high and things are said in the heat of the moment when you and another person have opposing views. Letting bygones be bygones isn't as easy as you'd hoped. But don't let this limit you. Find a way to express pent up emotions. Help those less fortunate.

Sagittarius (November 22 - December 21): You may feel like everything is a big deal right now whether it is or not. What has seemed elusive continues to call to you. Working smarter, not harder, is the key. Sometimes it's about timing more than anything. And ultimately it's about finding balance.

Capricorn (December 22 - January 19): Adjustments are required. You've been so busy dealing with responsibilities you may have missed the signs that change is coming. With some free time on your hands now, do an honest assessment to determine how to proceed on your life course so you feel more fulfilled.

Aquarius (January 20 - February 18): Something isn't working as well as you'd hoped. You're working very hard at keeping things under control, but often things get out of hand. Change what you do to change the outcome. Don't rely on others. Putting it off won't help. Act now. Take charge of your life.

Pisces (February 19 - March 20): Don't question why opportunities are coming your way. Just enjoy it while it lasts. Where and how things pan out is still a mystery. Relax. Things will fall into place as they are meant to. Reconnect with people you've lost touch with if they meant a lot to you in the past.

NEW ARRIVALS

Puzzled about Manitoba Driver Licences and Plates?



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

autopac
A Manitoba Public Insurance product

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

Call us or drop in to:

BALDWINSON INSURANCE

BLDG 90 (REC CENTRE) • WHYTEWOLD RD

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

Phone: 889-2204

Fax: 885-1964

FOR APPOINTMENTS CALL 775-8368

THE VOXAIR

Your 17 Wing Community Newspaper



Barala Kennels

YOUR PET'S HOME AWAY FROM HOME

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

OWNERS: GARTH AND SARA GRANT

barala@mts.net www.baralakennels.com 633-2629

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...

ST. JAMES LEGION

Branch No. 4

Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

Texas Hold'em

Tues 7 p.m.

Line Dancing

Every Tues & Wed

8 to 10 p.m.

Dancing To Live Bands

Fri & Sat

9 p.m. - 1 a.m.

Meat Draws

Every Fri 5 - 7 p.m.

Every Sat 2 - 4 pm

ASSINIBOIA UNIT NO. 283

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



BINGO: Monday, Wednesday & Friday at 7:30 pm

Early Bird starts at 7:00 pm

SENIOR'S BINGO: Thursdays at 1:30 pm

CRIBBAGE: Thursdays at 7:30 pm

DANCING: Friday & Saturday evening 8:00-12:00 pm

MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

**GASTHAUS GUTENBERGER
GERMAN RESTAURANT**

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

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

Phone: 888-3133 for reservations

Catering Service Available

Dr. Philip S. Pass B.S.C., D.M.D.

Complete Family Dentistry

Preventative/Cosmetics/Orthodontics



Crowns/Dentures/Root Canals

Extractions/Emergency Care



Evening and Saturday Appointments Available

420-3025 Portage Ave. ph: 987-8490

ALL DENTAL PLANS ACCEPTED

BUYING OR SELLING... MAKE IT A STRESS FREE MOVE WITH THE CLEMENTS



Grant Clements & Kelly Clements
CD, FRI, SRES SRES, CERC

- Registered Relocation Specialists
- Senior's Real Estate Specialists
- Canadian Employee Relocation Council

Proudly serving our Military Families with:

- 26 years of military service
- Complimentary relocation package couriered to you within 24 hours

Toll free: 1-877-778-3388
Business: (204) 987-9808



ReMax Executives Realty

Contact us Online:

clements@buywinnipeg.com

www.buywinnipeg.com

Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 888-7973 FAX: 832-3461

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

George E. Chapman Q.C.
Alan R. Goddard
Krista P. Piché

Kelly P. Land
Michael J. Law
Almer N. Jacksteit

Lorraine M. Scollin
Mindy R. Lofchick
Serge B. Couture

Our fees conform to the ERS guideline

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

Leigh Nanton & Kristen Bilodeau

Family Helping Families



Winnipeg's Mother Daughter Team
info@leighnanton.com

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

989-5000

www.leighnanton.com



www.HomesInWinnipeg.com

Relocating in 2012 ?



**I look forward to assisting you with your real estate needs
to obtain the best value for the sale or purchase of your home**



terie langen

- Experienced Military Relocation specialist with 20+ years
- Accredited Buyer Representative

877.778.3388
204.779.7000

terie@homesinwinnipeg.com

Bringing Homes & Families Together

- Moved extensively throughout North America & Europe as a military family and have special empathy for family concerns.
- Resident of Winnipeg 30+ years, working in the city & surrounding areas.
- Member of a network of professional Realtors at every base/wing. Call for a referral to a professional contact at your destination.



3505 roblin blvd
winnipeg, manitoba



Serving Winnipeg & Surrounding Areas
Residential - New Homes - Condos - Relocation - Referrals



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



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



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

For
Successful
Home
Buying and
Selling
phone: (204)
987-9800



Linda van den Broek

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



Trudy M. Johnson, B.A.

Relocation Specialist

30 Years of Professional Success in the
Winnipeg Real Estate Market

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

"spirited energy"



The Strength of Teamwork . . .
The Reputation of Results

Dan Vermette

Service en
Français

THE
DAN VERMETTE
Home Selling
TEAM

255-4204

danvermette.com

RE/MAX PERFORMANCE REALTY



Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service



Proud to Assist Military Families
Relocation Specialist

29 Years Experience
in the Winnipeg
Real Estate Market

www.joannegebauer.com

joanne@joannegebauer.com

Toll Free: 1-877-778-3388

