



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

August 31, 2016

VOLUME 65, ISSUE 15

## Prairie Regional Soccer Championships Score at 17 Wing



17 Wing Winnipeg's OCdt Maduako Ezechukwu, #9 in blue, and CFB Edmonton's Cpl Ivan Yaruk, #4 in white, battle for the ball during the Prairie Regional Championship game at 17 Wing Winnipeg, Manitoba, on August 15th, 2016. Please see page 4 for the results of the Prairie Regionals. Photo: OS Erica Seymour 17 Wing Winnipeg, Imaging.

In this issue:

435 SQN LOCATES OVERDUE BOATERS DURING SAR SEASON

PAGE 2

17 WING LEADS RCAF RESTRUCTURING INITIATIVE

PAGE 4

NATIONAL HOUSE CONCERT SERIES FOR PTSD AWARENESS

PAGE 6

SUMMER BRINGS CHANGE TO WINNIPEG UNITS

PAGE 8

SISIP COOKING WITH KITCHEN

PAGE 11

COPING WITH GRIEF AT 17 WING

PAGE 15

**DOMENICA'S**  
UNISEX HAIRSTYLING

2255-G Ness Avenue

Ph: 885-3665 or 832-6978



**Mon & Tues**  
9:00 am - 6:00 pm  
**Wed to Fri**  
9:00 am - 8:00 pm  
**Saturdays**  
8:30 am - 5:30 pm



- Military Men Cuts.....\$13
- Perm & Cut.....\$50 and up
- Flat Tops.....\$13
- Highlights & Cut.....\$50
- Colour & Cut.....\$45
- Senior Mens Cut.....\$11.50
- Childrens Cuts.....\$11-17
- Ladies Cut.....\$20
- Ladies Blow Dry.....\$20
- Foil.....\$4 to \$6

### THE VOXAIR



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

833-2500 ext 4120

# CAF Member Represents Canada at Citizenship Ceremonies

## LCdr James Cantafio

Canadian Armed Forces (CAF) personnel routinely support Canadian immigration and citizenship by actively participating in locally held Canadian Citizenship ceremonies.

On August 3, 2016, Lieutenant-Commander James Cantafio, a training development officer with 2 Canadian Air Division, assisted with the swearing-in of 85 new Canadians at an hour-long citizenship ceremony held at Winnipeg's historic Union Station on Main Street.

The Canadian Citizenship ceremony, which includes the recital of a citizenship oath and the singing of "O'Canada" is considered as a formal rite of passage that acknowledges the moment when a person becomes a Canadian citizen and a member of the Canadian family. Specifically, the ceremony confers the rights and acknowledges the responsibilities of being a Canadian. As a Canadian citizen, we have the right to vote, live, work, study anywhere in Canada. A Canadian passport provides the means to enter or leave Canada freely. However, as a Canadian, we have obligations to vote, obey the law, take responsibility for oneself and our families, serve as a juror when called upon, help others, and



**Mr. Dwight MacAuley (far left) officiated a Citizenship ceremony on August 3, 2016, in which 85 new Canadians, including this family, were sworn in before witnesses including CAF Officer LCdr James Cantafio (2nd from the right) and RCMP Officer David Yatkowski (far right). Photo: LCdr James Cantafio.**

protect our country.

Mr. Dwight MacAuley, who officiated the ceremony stated, "I guess the one point I always try to make is how very fortunate all of us are to live in one of the most

beautiful, greatest, richest, freest nations on Earth. He further added, "The freedom we have (today) was paid for by the brave men and women who served and defended Canada in times of war and conflict ... we (Canadians) are a very warm, welcoming, kind and generous people."

Representatives of the Royal Canadian Mounted Police (RCMP) and the Canadian Armed Forces are traditionally invited to Citizenship ceremonies as special guests. Dressed in the distinctive red serge uniform of the RCMP, Mr. David Yatkowski contributed to the formality, dignity, and importance of this public ceremony. Although Mr Yatkowski has been retired 20 years, he has volunteered to open and close the citizenship ceremony and represent the RCMP for over the past 26 years.

Dressed in the navy high collared white uniform with military medals, LCdr Cantafio participated in the formal reception line to congratulate and hand-out Canada pins, following the distribution of citizenship certificates to new Canadians.

As LCdr Cantafio commented to the RCMP officer while posing with the newest group of Canadians, "Representing our local community, the greater 17 Wing community, and the CAF, is a great honour".

## Forget Pokemon - Chase The Ace is on the Base



**17 Wing CWO Mike Robertson purchases the first 'Chase the Ace' tickets at the Warrant Officers and Sergeants' Mess on August 26. The mess has obtained a lottery license from Manitoba Lotteries and chances to draw cards will be available at TGIFs and WO and Sergeants' Mess Coffee Breaks. Photo: Bill McLeod, Voxair Manager**

## 435 Sqn Locates Overdue Boaters



**A CC-130 Hercules located an overdue boat and dropped a supply bundle to it. A worried mother was happy for the assistance. Photo: Capt Mike Pape, 435 Sqn.**

**by Martin Zeilig, Voxair Photojournalist**

Major Tony Meikle was fast asleep in his bed at home when he was jarred awake by the buzzing of his BlackBerry at 1:38 a.m. on August 18.

It was a call from the Joint Rescue Coordination Centre at CFB Trenton.

JRCC Trenton is responsible for coordinating the Search and Rescue response to air and marine incidents within the Trenton Search and Rescue Region (SRR). This region covers the majority of the onshore, offshore and territorial waters in the Canadian Arctic including the entirety of the Northwest Territories and most of Nunavut except for the southern half of Baffin Island. It also includes the western half of Quebec and the entirety of the provinces of Ontario, Manitoba, Saskatchewan, and Alberta. This area measures 11 million km<sup>2</sup>.

Maj Meikle, a CC-130 Hercules pilot at 435 Squadron, had been tasked with going to search for four people in a 24 foot fibre glass boat near Chesterfield Inlet on the western shore of Hudson Bay, Kivalliq Region, in Nunavut, 1543 kilometres northeast of Winnipeg.

"They'd left Repulse Bay (now known as Nauyasat further north up the coast), and they didn't make it to Chesterfield," Maj Meikle said. "They contacted JRCC by satellite phone, and advised them of their position and also that there were nine foot seas. They were suffering from the weather. We had extra pumps and survival kits. We were delayed due to a thunderstorm here."

After the Herc's fuel tanks were filled with 54,000 pounds of fuel, they took off on their mission.

"We arrived on the scene in three hours," continued Maj Meikle, who's been a full time reservist since leaving the regular force in 2007. "We immediately located them. We established communication by dropping radios to them. We confirmed that they were the people and that there were no immediate health concerns. It was a grandfather, his daughter and her two teenage children. We dispatched a supply bundle with dry clothing and immersion suits. After that, we were in constant communication with JHCC Trenton."

The reason they were tasked on this mission was because two rescue boats had to turn back because of the weather, he observed, mentioning that he flew at an altitude of 19,000 feet because of the extra fuel and the strong winds that day.

"But a rescue boat returned and got their motor running and they headed off to Chesterfield," Maj Meikle said. "We returned to 17 Wing," referring to the eight man crew onboard the Herc.

Captain Mike Pape, First Officer on the Herc, called it a very positive experience.

"It's good to feel a sense of fulfillment, especially when you can use all of your training to successfully accomplish the mission," he emphasized during a telephone interview.

At one point during the mission, Maj Meikle got to speak with the woman onboard the boat.

"I could hear how happy she was, and knew that her dad and kids were to going to be safe," he said, adding that the boaters had two paddles, but it would have been difficult to paddle such a big boat in rough waters. "We're trained for these sorts of things."

"We're trained for these sorts of things."

## VOXAIR

### OFFICE HOURS

Monday to Friday  
0830-1500 hrs

### CONTACT

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

**Accounting**  
(204) 833-2500 ext 4121

**Submissions/Reporter**  
(204) 833-2500 ext 6976

voxair@mymts.net  
+VOXAIR@PersSvc@Winnipeg

### VOXAIR STAFF

**LCol Genevieve Lehouc**  
Dep Wing Commander  
(204) 833-2500 ext 5281

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

**Bill McLeod**  
Voxair Manager  
(204) 833-2500 ext 4120

**Martin Zeilig**  
Photojournalist  
(204) 833-2500 ext 6976

**Maureen Walls**  
Sales Coordinator  
(204) 895-8191

**Capt McCulloch-Drake**  
Wing Public  
Affairs Officer

**Broose Tulloch**  
Layout/Ad Design

**Misra Yakut**  
Accounting

**Traci Wright**  
Proofreading

Printed By  
**Derksen Printers**  
204-326-3421

**Visit Us Online:** [thevoxair.ca](http://thevoxair.ca)

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col Cook. 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.



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

# Major Jamie Vermette 1980-2016



Major Jamie Ryan Christopher Vermette passed away unexpectedly on Sunday August 14th in his home at Canadian Forces Base Moose Jaw, Saskatchewan, at the age of 35 years.

Jamie was born in Winnipeg on October 10th, 1980. He grew up and attended school in Charleswood, graduating from Shaftesbury High School in 1998. He attended the University of Winnipeg and graduated with an Honours BA in Philosophy. He married his high-school sweetheart, Lindsay Cleland, in 2003. Lindsay and Jamie immediately applied, and were accepted, into the Japan Exchange and Teaching Programme. They spent three years in Sapporo, Japan, and welcomed their first child, Isaac Kai, in 2006 just before returning to Canada. In August of 2007, Jamie accepted a commission into the Royal Canadian Air Force as a Logistics Officer. In 2008, Lindsay and Jamie welcomed their second child, Maya Jane, in Winnipeg.

Lieutenant Vermette's first tour of duty was with Wing Operations at 17 Wing, Winnipeg. In 2010, he was promoted to Captain and transferred to 1 Canadian Air Division Headquarters as an Administration Officer. In 2011, Jamie volunteered to serve six months with Operation Attention in Afghanistan as the G1 Policy Advisor for the Afghan Border Police. He was awarded the General Campaign Star (Southwest Asia) and the Canadian Joint Operations Command's highest commenda-

tion for his exceptional dedication to the multi-national mission in Kabul before returning to Winnipeg in 2012. In 2014, Jamie was posted to 440 Squadron in Yellowknife, Northwest Territories, as the Squadron Adjutant. After a highly successful tour and early promotion to Major, he was posted to 15 Wing, Moose Jaw, as the Wing Administration Officer. At the time of his passing, he was also working on a Masters of Business Administration degree.

Jamie was first and foremost a loving husband, a devoted father, and a passionate and caring family man. Jamie loved the arts. He was a gifted actor, a visionary director and he loved every aspect of community theater. He was an exceptional writer, both creatively and professionally. Jamie brought his unique perspective and compassionate nature to both his professional and personal life, inspiring the lives of every person he met. He inspired his children from a very early age, reading them great works of literature every night before bed. He shared his joy of artistic expression, showing them how to paint, and create amazing Halloween costumes and projects using only cardboard, hot glue, plaster, and paint. In the Vermette household, Halloween was a month long extravaganza. Nothing made Jamie happier than spending summers at Falcon Lake, Manitoba, filling Bay 4 completely full of Vermettes. Waterskiing and evenings around the fire were important family traditions for him. Jamie cared deeply for his community and the world, volunteering with Scouts Canada and Canadian Crossroads International. He filled his garage full of popcorn and raised thousands of dollars for the Yellowknife cub scouts. He was a hopeless romantic and loved to surprise his wife with decorated cars, treasure hunts, and beautifully written poetry.

Jamie was pre-deceased by his maternal grandmother, Cleo Grande, with whom he shared a special relationship. He is survived by his wife, Lindsay, his son, Isaac, his daughter, Maya, his parents, George and Sally Vermette (Winnipeg), his brothers, Greg (Jen), Jeff (Ashley), and Mike (Becki), numerous nieces and nephews, his extended Family, and friends and colleagues who were very special to him. He was, simply put, a great man, gone too soon, and sorely missed by all those who had the privilege of knowing him.

A formal military funeral for Major Vermette was held at 17 Wing, Winnipeg, on Monday, August 22nd at 10:30 am. Donations can be made to the Canadian Hero Fund.

"We do not need magic to transform our world. We carry all the power we need inside ourselves already. We have the power to imagine better." J.K. Rowling

# Sports Trivia

## Canada and Summer Olympics Pt.2

by Tom Thomson and Stephen Stone

1. What distinction does Canada hold from the 1976 Olympics in Montreal?
2. Who was Canada's only multiple individual medal winner in Montreal?
3. How many medals did Canada win at the Summer Olympics in 1980?
4. What was Canada's best medal performance in the Summer Olympics?
5. Who was Canada's oldest female gold medallist?
6. Who was Canada's only multiple gold medal winner in Los Angeles?
7. Who won the most medals for Canada in 1984?
8. Who is Canada's chef de mission in Rio and what is his claim to fame?
9. Who won the men's 100 m, setting a world record in Seoul in 1988?
10. Who saved Canada's reputation after the Johnson scandal in 1988?
11. Who was nicknamed "Mighty Mouse"?
12. Who won the men's Super Heavyweight boxing gold medal in 1988?
13. This swimmer is arguably Canada's best male backstroke competitor.
14. How many medals did Canadian rowers win in Barcelona in 1992?
15. What was remarkable about the rowing bronze medal in 1992?
16. Who won Canada's only gold medal in diving?
17. What was Canada's second best performance in medals?
18. Who was Canada's only double gold medallist in 1996?
19. The first gold medal ever awarded in this event went to a Canadian in 2000 in Sydney. What was the event and who won the medal?
20. Canada's only gold medal in 2012 in London was won by the flag bearer in Rio. Who won that medal?

Sports Trivia Answers on page 18



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

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



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

St. James



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

## 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.

**CF Members Get A 10% Discount**

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



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

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

# Prairie Regional Soccer Championships 2016



**Team Edmonton, the men's 2016 Prairie Region Soccer Champions, on Aug 18, 2016, 17 Wing, Winnipeg. Photo By: Cpl Darryl Hepner, 17 Wing Imaging**

by Martin Zeilig, Voxair Photojournalist

CFB Edmonton defeated 17 Wing Winnipeg 3-0 to be crowned the 2016 Prairie Regional Soccer Champions at the Canadian Armed Forces National Soccer Championships, August 16-18, held at the soccer pitch behind Building 90.

Edmonton will now represent the Prairie Region at the CAF National Soccer Championship, September 17-22, at CFB Borden.

Teams from Shilo, Moose Jaw, Wainwright and Cold Lake also took part in the Regional Championship. Master Corporal Devin Tarrant, a centre forward with Edmonton, was named MVP of the tournament.

A women's prairie regional soccer development and selection camp, with players from Winnipeg, Wain-

wright, Edmonton and Yellow Knife, was also held during the championship.

Chris Merrithew, Sports Coordinator, CFMWS Personnel Support Programs, 17 Wing, was the main organizer of the tournament.

Seven players from Winnipeg were selected to play for the women's Prairie Regional team at the upcoming National Championships: Capt Melissa Courturier, Capt Colleen O'Grady, LCol Genevieve Lehoux, Capt Jennifer Tackaberry, Capt Chantal Brien, Pte Genevieve Biloiseau, and Capt Lyndsay Cross.

"It's the biggest turnout we've had (for a women's soccer camp) since I was posted here in 2013," said Capt Cross, noting their coach was Sgt Kris Gunner from Edmonton along with assistant coach Capt Joe Almeida from Moose Jaw. "We used the three days to gauge multiple things including fitness, technical skills, and commitment to the sport."

17 Wing team member and captain, striker Sergeant Ed Chipman, was picked up by Edmonton to play at the National Championships. The team was coached by Major Scott Frost, who injured his knee and ankle in a local game earlier and couldn't play in the tournament.

"The tournament was well organized," said Sgt Chipman, the base Postmaster, during an interview in his office at the post office in the CANEX building.

He said that the Wing deserves a lot of credit for al-

lowing members to take time off work to train and play in the tournament.

Sgt Chipman also noted that a lot of people from the Wing came out to watch the various games. He praised his 16 teammates for playing so well, especially since it was the first time they had all played together as a team.

"We made it to the final," Sgt Chipman said. "I have to give a lot of appreciation to the players for their hard work and dedication. The competition was very strong. It's the first time in a few years that there were six teams in the competition. We exceeded expectations because we didn't have a team in the regionals last year."

Meanwhile, Maj Frost credited the team's fitness level for its strong play in the competition.

"We won our first game, 3-1, against Moose Jaw and then lost to Shilo, 2-0," he noted, adding that after defeating Wainwright in the quarter final match they won the semi-final against Cold Lake.

He credited Edmonton with being a healthier team than 17 Wing. They were injury free, unlike the home team.

"The quality of play was good," said Maj Frost, admitting that Sgt Chipman, who led the regionals with seven goals in five games, actually ran the team. "The individual skill level is better than it was years ago. It was good that we made it that far, but unfortunately there was not enough left in the tank (for the championship game)."

Significantly, Sgt Chipman, who has been on eight CAF National Championship teams over the years and has a plaque on his wall for being the 2006 CAF Coach of the Year, said that as he's gotten older, his "soccer I.Q." has improved.

"I like the fitness aspect of soccer, and the camaraderie," he said. "We're all there for each other. It's like a family."

## 17 Wing leads RCAF Restructuring Initiative



**LCol Genevieve Lehoux, new Deputy Wing Commander, salutes on parade at 17 Wing, Winnipeg on July 8, 2016. Photo: Cpl Paul Shapka, 17 Wing Imaging**

by Martin Zeilig, Voxair Photojournalist

17 Wing is leading the charge in a new restructuring program for the Royal Canadian Air Force which will see RCAF Wings structured like deployed Air Task Forces. The change is being initiated by Lieutenant-General Michael J. Hood, the senior commander in the RCAF.

The person responsible for implementing that change here is Deputy Wing Commander Lieutenant-Colonel Genevieve Lehoux, who assumed her role in the newly created position in July this year. Her position replaces the former Wing Administration Officer.

17 Wing Commander Colonel Andy Cook noted that the changes being implemented were first discussed in February of this year at the Commander's Combined Training Session that took place in Winnipeg with the former Commander of 1 Canadian Air Division, Major-

General David Wheeler.

He observed that LGen Hood's directive had commanded them to look at options to "better align our domestic structures with our deployed model" because LGen Hood had perceived some inconsistencies.

"I happily accepted the task to lead this and be the first Wing to move on this structure," Col Cook continued. "The lessons we learn will be applied to other Wings as they apply the changes."

The goal of this whole restructuring process is to have the RCAF's domestic and deployed structures tightly aligned by 2018 to make a more consistent work environment for all members of the RCAF, he said.

"If we're fighting from home and from our deployed locations, our structure should be the same," Col Cook added.

LCol Lehoux used the phrase "To fight as we fight" when describing the changes that have been put in place here.

"When we deploy, we stand up a Mission Support Element and an Operational Support Element, and typically, this comes from the Wing Ops, Wing Logistics and Engineering, and Wing Administration," she said.

Those three units have now been combined into two elements, LCol Lehoux added. "Now, with the restructuring we have a Mission Support Squadron and an Operational Support Squadron. So, when we deploy overseas, it's the same structure as in Canada."

Formerly, a Resource Management Support clerk

here on the Wing was reporting to the Wing Admin Office.

"But, overseas, that person was supporting the Mission Support Element," LCol Lehoux explained. "Now, he reports to the CO (Commanding Officer) Mission Support Squadron. So, the chain of command remains the same."

There will be two benefits to this change, she said.

"We mirror our deployed structure and it will create a common look and feel across the Wing," said LCol Lehoux. "We'll create a common look and feel across all RCAF Wings. We're trying to learn all the lessons here that need to be learned before the rest of the Air Force goes through the same restructuring. The benefits are to have the common look and feel across all RCAF Wings."

While the primary goal is to make the work environment more efficient, if monetary savings are identified, then they'll be accepted, she added.

She also noted that the Wing Environmental Officer, the Wing General Safety Officer, the Wing Public Affairs Officer and the Wing Comptroller all report directly to her now.

LCol Lehoux joined the Canadian Armed Forces in 1992 right after graduating, under the Regular Officer Training Plan and graduated from Royal Military College in Kingston, Ontario, in 1997 with a Bachelor's degree in Civil Engineering.



*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

# 435 Sqn Participates in Ex Pitch Black in Australia

by Flight Lieutenant Nick O'Connor, RAAF

Befriending Australian wildlife was just one challenge thrown at the Royal Canadian Air Force (RCAF) during their debut at Exercise Pitch Black.

The RCAF's 435 Transport and Rescue Squadron deployed a CC-130H Hercules aircraft to the exercise, providing air-to-air refueling and transport capabilities to international partners. Based at Royal Australian Air Force (RAAF) Base Tindal for the exercise, RCAF detachment commander Major Josh Leveque outlined his detachment's mission.

"Our main goal was to integrate with international partners and conduct air-to-air refueling for the F/A-18 Hornets and the Super Hornets," he said, adding that operating in the Northern Territory air space provided unique training experiences for his team. "We get a lot of force generation, a lot of training, by getting them outside their normal air space. My team will return to Canadian Forces Base Winnipeg in Canada with a whole new perspective."

Before conducting any mission at the exercise, Major Leveque said, he was forced to "negotiate" with some of the Northern Territory wildlife. "When we first got here, I was a little bit surprised when I went to the bathroom and there was a frog in my toilet," he said. "I guess that's just something you've got to get used to, and we've made friends with them."

Swapping the Great White North for the Land Down Under offered a unique operating environment in the Northern Territory, one that the Canadian Hercules crew rarely operate in. "We have enjoyed winter time here as opposed to winter in Canada," Major Leveque said. "It's a good experience and good training, and I'd definitely like to come back in two years."



Royal Canadian Air Force loadmaster Corporal Sean Hancock monitors the air-to-air refueling of a Royal Australian Air Force Super Hornet fighter from a CC-130H Hercules during Exercise Pitch Black 2016. PHOTO: Corporal Terry Hartin © Commonwealth of Australia



Corporal Les Erdelyi, Corporal Dave Lunam, Corporal Shaun Ennis, Sergeant Chris Esser and Corporal Dan van Helvert, CC-130H Hercules maintainers from 435 Transport and Rescue Squadron at 17 Wing Winnipeg, Manitoba, take a break during Exercise Pitch Black 2016, held from July 29 to August 19 at Royal Australian Air Force Base Tindal in the Northern Territory, Australia. PHOTO: Corporal Terry Hartin © Commonwealth of Australia

RIGHT: Royal Canadian Air Force members were an integral part of Exercise Pitch Black 2016, held at Royal Australian Air Force Base Tindal in the Northern Territory, Australia, from July 29 to August 19. This year's exercise featured about 2500 personnel and 115 aircraft from nations including Australia, Canada, French (New Caledonia), Germany, Indonesia, Netherlands, New Zealand, Singapore, Thailand and the United States. PHOTO: Corporal Terry Hartin © Commonwealth of Australia



## CFMWS Celebrates Its 20th Anniversary

This year, Canadian Forces Morale and Welfare Services (CFMWS) is celebrating 20 years of unrelenting dedication to helping Canadian Armed Forces members and their families with services that are tailored to handle many unique aspects of the military lifestyle.

It was on September 3rd, 1996 that the Canadian Forces and the Department of National Defence implemented a VCDS Instruction that launched the provision of Personnel Support Programs through a Non-Public Property (NPP) delivery model.

Prior to Unification of the Canadian Armed Forces (CAF), virtually all NPP activities were controlled and managed at the local level. However, the idea of a common system of NPP control and administration was recommended back in 1966 in a study conducted by Rear Admiral C.J. Dillon. Three years later, the concept of delivering Morale and Welfare (MW) programs through a combination of Public and NPP resources was introduced and approved. These defining actions opened the door to a concerted MW program delivery in the CAF and greatly impacted the direction that led to the birth of the present thriving model that is in place now.

By merging PSP services with those offered by CANEX, SISIP Financial and NPP administration, the Canadian Forces Personnel Support Agency (CFPSA), the precursor to today's CFMWS, was created. Later, ad-

ministration of Military Family Services and Casualty Support Management were added to CFMWS's mandate to become a unified organization and the service provider of choice for the military community.

In the 20 year span of CFMWS' existence, more than just the name has changed. However, its mandate has remained constant throughout. To echo the original 1996 mission statement: CFMWS continues to excel in supporting the operational effectiveness of the CAF and contribute to morale, esprit de corps and unit cohesion, by ensuring that CAF members and their families have access to programs at levels consistent with military tradition and to those services normally available in comparable progressive Canadian communities.

Today, CFMWS manages more than 4,300 Staff of the Non-Public Funds, Canadian Forces employees on bases, wings, units, and at headquarters in Ottawa. In partnership with bases, wings, and units, we ensure that our customers, the CAF Regular and Reserve Force members, retired and former CAF members, military families, Department of National Defence employees, NPF employees, and RCMP personnel, receive access to morale and welfare programs, services, and activities, no matter where they are located.

This anniversary provides our dedicated CFMWS staff and the military community with an opportunity to

celebrate the undeniable progress achieved over the last 20 years. Therefore, we invite you to visit our 20th anniversary virtual gallery ([www.cfmws20-sbmf20.com](http://www.cfmws20-sbmf20.com)) where you can learn more about significant milestones that marked our organization's existence. Don't forget to check your local CAF newspaper to find out more about upcoming anniversary-related events happening this month.



**Stephen's Tuning & Tech Service**

Certified Piano Technician

[www.stephenstuning.ca](http://www.stephenstuning.ca)  
204-396-7658  
[stephen.cocks@gmail.com](mailto:stephen.cocks@gmail.com)




# National House Concert Series PTSD Benefit Gala



Members of the Winnipeg Youth open the gala with "O Canada". Photo: Supplied

by Martin Zeilig, Voxair Photojournalist

"It was an amazing evening," said Lois Mallett, Chairperson of the Board of Directors of the Military Family Resource Centre. "What really struck me was the raw emotion that was palpable in the room."

She was speaking about the National House Concert (HCS) Series PTSD Benefit Gala at the Masonic Centre 420 Corydon Avenue on August 20.

The evening, which attracted about 160 guests, featured Alberta's Gypsy Singer/Songwriter, Jessie Tylre Williams.

This is one in a series of similar events she uses, as a recent article in The Voxair stated, to help raise awareness via her concerts about Post Traumatic Stress Disorder.

Williams is determined to create a national awareness of PTSD as an illness and to aid in the removal of the stigma associated with it. The objective of the HCS is to fund existing and recognized programs focusing on the recovery of PTSD, education on different mental health issues, suicide prevention and where we can help the individuals facing some of the struggles associated with PTSD.

Wounded Warriors Canada, Tri Service Military Veterans Association, and Anavets #1 and #2 were the other sponsors, while EMCEE/Hosts for the evening were Heather and Beau from 99.9 BOBFM.

"With continual hope and determination to make a difference in the world, Jessie decided to take Canada by storm by launching her national HCS PTSD Benefit Galas with the hope of changing the way society has chosen to deal with men & women in service that suffer from or are affected by PTSD," said the program that was provided to every guest. "Using music in the forefront as a healing medium, she will continue to perform across our great nation to help those who have served our Country. It's time we made a stand for these men & women who have served for us and have allowed us to live in freedom, to be safer, to have access to 911 when something happens knowing that someone will come to our aid. It's our chance to now give back to them. We are in this together."

The Prairie Community Youth Pipe & Drums piped in the evening, while members of the Winnipeg Youth Choir sang our national anthem, "O Canada."

JTW's high energy, crowd pleasing performance was backed by her band consisting of Matt Grier on drums, Kevin Cockle on guitar, Vaughan Poyser on bass guitar, Craig Wilson playing keyboard, and Jason Gordon on acoustic guitar. The performance included a selection of her own songs, plus those of other recording artists, including Van Morrison and Dolly Parton.

Tribute to the Fallen, a number of short speeches by various individuals with personal experience in one way or another with PTSD were given: Dave Mackenzie, a former member of the Royal Winnipeg Rifles Reserves and a founding member of the Tri Service Vets; Jeannine Barkman, who has been involved in helping raise awareness about PTSD; Robert Hemlow, a Crisis Worker with the Interlake-Eastern Regional Health Authority in Selkirk and a retired member of the CAF; Captain Sven Leppik, an Air Combat Systems Operator at 1 Canadian Air Division, who, along with his wife, Joan Leppik, started Veteran's Emergency Transition Services (VETS Canada) to help homeless veterans; Dr. Andrea Piotrowski, a clinical psychologist in the Department of Clinical Health Psychology and Assistant Professor in the Max Rady College of Medicine, University of Manitoba; Scott Wilkinson, a 22 year veteran of the Winnipeg Fire Paramedic Service, who is the Critical Incident Stress Management Team Coordinator for the WFPS; Staff Sergeant Ron Johansson, Community Relations with the Winnipeg Police Service; Jenny Migneault, a spouse and caregiver of a Veteran suffering from PTSD from Montreal as well as an advocate on behalf of all caregivers; Vicki Enns, the Clinical Director at the Crisis and Trauma Resource Institute in Winnipeg.

"The Tri-Service Military Veterans Association is committed to bringing Veterans together to enjoy life, renew the bonds of friendship and camaraderie, share stories of the old days and bring back the feeling of family and unity that we once shared," said Robert Hemlow. "Supporting our fellow brothers and sisters who suffer from PTSD is one of our top goals. We have personnel in our association who are affected with PTSD. At times it has affected our group as a whole and individually as we learn to understand and help in the healing process. Our country asks them to go to war, to lay their life on the line, and some of them didn't make it home. Others did make it home but with PTSD and some members losing that battle at home. However with Planetary Persuasion, Jesse Tylre Williams, and the awesome groups and individuals in this room tonight working towards these goals the future looks much brighter."

Another highlight of the evening was Migneault's passionate 10 minute speech, featured in an upcoming Voxair article.

# BBQ Marks End of Summer

by Martin Zeilig,  
Voxair Photojournalist

"August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time." - Sylvia Plath (poet, novelist, short story writer 1932-63)

It might be difficult to accept, especially considering the type of beautiful weather we've been having, but the 17 Wing End of Summer Barbeque is just around the corner.

The annual event will take place on Friday, September 2, 1100-1400 hrs, beside the Building 90 Recreation and Fitness Centre. A nominal fee of two dollars per person will be charged.

"The backup plan is to hold it in the gym and theatre in Building 90 in the event of inclement weather," said Chief Warrant Officer Malcolm Taylor, OPI of the barbeque. "A lot of work is involved to make this a success. We need a work party to set this up-- the tent, tables and chairs and a party tent. It's designed to show appreciation to all personnel,

both military and civilian, including their kids, for their hard work during the year." Supplied by Wing Food Services, this year's menu will include pulled pork, veggie, and regular hotdogs for the children, he added.

"We're also looking at having face painting and a bouncy castle for the kids," CWO Taylor said, noting that those two features will be supplied by the Military Family Resource Centre and PSP, respectively. "Also, one of the highlights will be Jet Stream (contemporary music ensemble of the RCAF Band). It will be nice to have them perform. Hopefully it will be a nice day. When it's outside, everybody seems happier."

He observed that there's still a lot of work to be done in advance of the barbeque, such as identifying a work party to set up and tear things down afterwards. CWO Taylor said about 15-20 personnel are required to help out.

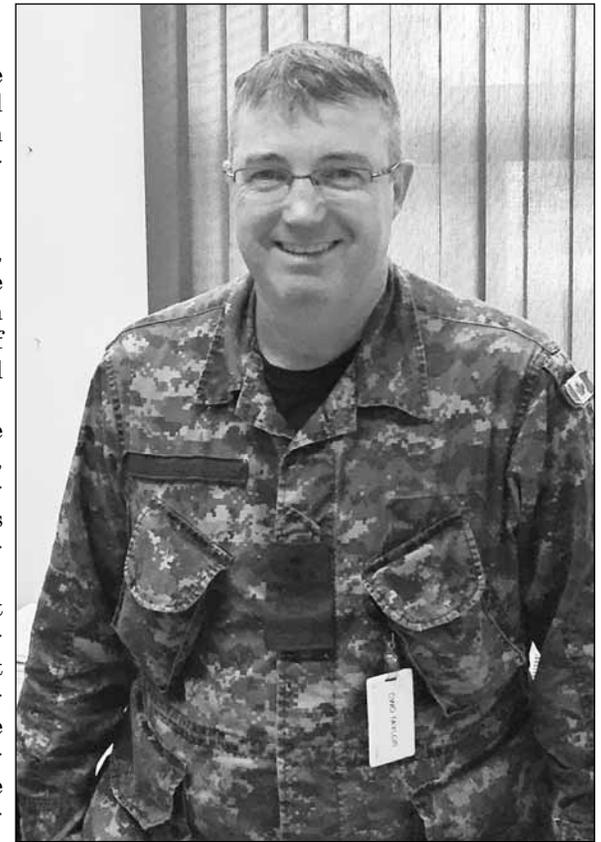
Interestingly, CWO Taylor noted that former CFS Met Commandant Major Lisa Baspaly, who's now based in Ottawa, was always asking him to take on additional responsibilities outside of CFS Met.

He accepted the challenge.

"As a lodger unit outside of the Wing, it's important to the overall objective of what we're trying to accomplish-- closer coordination between the Met School and the Wing," he explained.

In order to increase attendance at the barbeque, CWO Taylor emphasized that there won't be any TGIF at the local messes this year.

See you at the barbecue!



CWO Malcolm Taylor, BBQ OPI.  
Photo: Martin Zeilig, Voxair Photojournalist

## Team Positions available with Flying Tigers

17 Wing Flying Tigers Swim Team has available team positions for the 2016-17 Swim Year. New Swimmers must be at least 8 years of age and able to swim two lengths of the pool without stopping.

Open tryouts will be held at the Building 90 Pool on Fri 16 Sep from 1700-1800 and on Sat 17 Sep from 1600-1700. No pre-registration is required for tryouts.

For any questions, please email: [FlyingTigersSwimTeam@hotmail.com](mailto:FlyingTigersSwimTeam@hotmail.com)

## Executive Positions available with Flying Tigers

17 Wing Flying Tigers Swim Team is seeking personnel for the following executive positions: President, Vice-President and Treasurer. Position Term is for the 2016-17 Swim Year (September 2016 to July 2017) with potential for re-election. Preferred candidate will have a swimming background and/or positional experience from a Base Recreational Club, although all interested personnel are encouraged to apply.

Positions must be filled by Regular Members defined as "members of the Regular CAF and their dependents, foreign military personal on duty with the CAF and their dependents, and members of the Reserve Forces while on Class "B" or "C" Reserve service and their dependants.

For more information or to apply for a position, please send a detailed email to: [FlyingTigersSwimTeam@hotmail.com](mailto:FlyingTigersSwimTeam@hotmail.com)

**MILITARY SECOND LANGUAGE TRAINING PROGRAMME (MSLTP) FRENCH COURSES - 17 WING**

**PROGRAMME MILITAIRE D'ENSEIGNEMENT DES LANGUES SECONDES (PMELS) COURS DE FRANÇAIS OFFERTS À LA 17<sup>E</sup> ESCADRE**

**Progress Level 1 French / Cours de français - niveau de progrès 1**

**06 September – 15 November**  
 This 150 hrs Progress Level 1 (PL1) French class will be held afternoons only (Mon to Fri, 1230 to 1600 hrs). This course is targeted towards members who do not have any pre-existing or very limited French abilities.

**Du 06 septembre – 15 novembre**  
 Un cours de français de 150 heures permettant d'atteindre le niveau de progrès 1 (NP 1) sera donné en après-midi de 12 h 30 à 16 h 00, du lundi au vendredi. Ce cours s'adresse aux membres qui n'ont aucune connaissance ou très peu d'habiletés en français.

**Progress Level 2 French / Cours de français - niveau de progrès 2**

**11 October – 02 December**  
 This 150-hour Progress Level 2 (PL2) French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs).  
**Prerequisites:** Successful completion of a PL1 course or a PL2 oral placement test within the previous 12 months.

**Du 11 octobre au 02 décembre**  
 Un cours de français de 150 heures permettant d'atteindre le NP 2 sera donné en matinée de 7 h 30 à 11 h 55, du lundi au vendredi.  
**Préalables :** Avoir réussi le cours permettant d'atteindre le NP 1 ou avoir atteint le NP 2 à la suite d'un test de placement oral ayant eu lieu au cours des douze mois précédents.

**Progress Level 5 French / Cours de français - niveau de progrès 5**

**24 October – 15 December**  
 This 150-hour PL5 French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs).  
**Prerequisites:** Successful completion of a PL4 course or a PL5 oral placement test within the previous 12 months.

**Du 24 octobre au 15 décembre**  
 Un cours de français de 150 heures sera donné en matinée de 7 h 30 à 11 h 55, du lundi au vendredi.  
**Préalables :** Avoir réussi le cours permettant d'atteindre le NP 4 ou avoir atteint le NP 5 à la suite d'un test de placement oral ayant eu lieu au cours des douze mois précédents.

**Progress Level 7 French / Cours de français - niveau de progrès 7**

**12 September – 15 November**  
 This 150-hour PL7 French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs).  
**Prerequisites:** Successful completion of a PL6 course or a PL7 oral placement test within the previous 12 months.

**Du 12 septembre au 15 novembre**  
 Ce cours de français de 150 heures permettant d'atteindre le NP7 sera donné en matinée de 7 h 30 à 11 h 55, du lundi au vendredi.  
**Préalables :** Avoir réussi le cours permettant d'atteindre le NP6 ou avoir atteint le NP7 à la suite d'un test de placement oral ayant eu lieu au cours des douze mois précédents.

**Progress Level 4 English / Cours d'anglais- niveau de progrès 4**

**12 September – 17 October**  
 This 150-hour PL4 English class will be held mornings only (Mon to Fri, 0730 to 1155 hrs).  
**Prerequisites:** Successful completion of a PL3 course or a PL4 oral placement test within the previous 12 months.

**Du 12 septembre – 17 octobre**  
 Un cours de anglais de 150 heures permettant d'atteindre le niveau de progrès 4 (NP 4) sera donné de 07 h 30 à 11 h 55, du lundi au vendredi.  
**Préalables :** Avoir réussi le cours permettant d'atteindre le NP3 ou avoir atteint le NP4 à la suite d'un test de placement oral ayant eu lieu au cours des douze mois précédents.

**Eligible Personnel** – Second language courses taught at the LTC are open to: CF personnel (RegF and PRes), DND public service employees, adult dependents of CF personnel and PSP personnel. Note: as there are special conditions applicable to each course, please contact Michèle Divorne (ext 6567) or Johanne Frawley (ext 5988) for additional details or questions.

To the extent practicable, the LTC attempts to conduct the training required when it is convenient for our clientele. If you don't see what you need when you need it, contact us and we'll do our best to accommodate you.

<http://17wing.winnipeg.mil.ca/cms/en/home/winginfo/wingadmin/WCOL/oltrgn.aspx>

**Personnel admissible.** Les cours de langue seconde que donne le Centre de formation Linguistique (CFL) s'adressent aux militaires (F rég et P Rés), aux fonctionnaires du MDN, aux adultes à charge du personnel des FC et aux membres du personnel de PSP. N.B. : Étant donné que des conditions particulières s'appliquent à chaque cours, on vous demande de communiquer avec Michèle Divorne (poste 6567) ou Johanne Frawley (poste 5988) pour obtenir des renseignements supplémentaires. Dans la mesure du possible, le CFL essaie de donner la formation nécessaire au moment qui convient aux clients. Si le cours dont vous avez besoin ne se donne pas au moment opportun, communiquez avec nous et nous ferons de notre possible pour répondre à vos besoins.

<http://17wing.winnipeg.mil.ca/cms/fr/home/winginfo/wingadmin/WCOL/oltrgn.aspx>

**Change of Command at Det Dundurn**



**17 Wing Commander Colonel Andy Cook inspects the Det Dundurn members on parade at the Change of Command Ceremony held on July 21. Photo: Supplied.**

On Thursday, 21 July 2016 a Change of Command Ceremony was held at 17 Wing Detachment Dundurn. The Detachment is also home to a training area which serves many units in Western Canada. The Change of Command Ceremony was presided over by 17 Wing Commander Colonel Cook. The Detachment is approximately 40 kilometers south of Saskatoon, Saskatchewan and has a three-fold mission to provide support to lodger units such as Canadian Forces Ammunition Depot Dundurn (the largest ammunition storage depot in the Canadian Armed Forces), maintain and operate approximately 330 km<sup>2</sup> of ranges and training area, and provide close and general support to all Regular and Reserve Force units throughout the province of Saskatchewan.

The outgoing Commanding Officer of Detachment Dundurn was Major Mike Sharp. Major Sharp joined the Canadian Forces as a Weapons Tech Air on 24 August 1981 at the age of 18. After serving for 19 years in various roles, then-Sergeant Sharp commissioned from the ranks as an Aerospace Engineering Officer. Major Sharp assumed command of Detachment Dundurn in August 2014.

The incoming Commanding Officer is Major Stephane Morency. Major Morency joined the Canadian Forces as a Reserve Combat Engineer Officer in 1987. He then transferred to the Regular Force in 1989, and served as an Air Navigator. Prior to assuming command of Detachment Dundurn, he played an integral role in the development of the Air Force Officer Development program at the Canadian Forces School of Aerospace Studies.

*award winning*  
**Assiniboia Animal Hospital**

*Gentle with  
 Pets & Prices*

**889-5570**  
 3050 Portage Avenue

# New Commanding Officers Take Control in Winnipeg



LCol Brian Quick, Col Andy Cook and LCol Genevieve Lehoux sign the certificates during the WLE Change of Command Parade held at 17 Wing, Winnipeg on July 8, 2016. Photo: Cpl Paul Shapka



Canadian Forces School of Survival and Aeromedical Training Change of Command at the Officers Mess 17 Wing Winnipeg, on 15 July 2016. Left to Right: Incoming Commander CFSSAT, Major Don Jamont, Presiding Officer, 16 Wing Commander, Colonel Andrew Fleming and Outgoing Commander CFSSAT, Major Marco Dallaire. Photo: MCpl Rick Ayer



LCol Marcy Spiers, MGen Christian Drouin and LCol Annie Perry sign the certificates at the 1 CAD HQ CoC ceremony held at 1 CAD, Winnipeg on July 15, 2016. Photo: Cpl Paul Shapka



LCol Jonathan Nelles, Col Andy Cook and LCol Trevor Juby sign the Change of Command certificates during the OSS Sqn Change of Command Ceremony held at 17 Wing, Winnipeg. Photo: Cpl Paul Shapka



Colonel Andrew Fleming, BGen Eric Kenny and Col Luc Saborin sign the certificates during the 1 CAD A4 Change of Appointment Ceremony held at 1 CAD, Winnipeg on August 3, 2016. Photo by Cpl Paul Shapka



Maj Guy Langevin, Col Marc Bilodeau and LCdr Wade Brockway sign the certificates during the 23 Health Services Change of Command ceremony held at 17 Wing, Winnipeg on August 8, 2016. Photo: Cpl Paul Shapka



**CARSTAR thanks the men and women that serve our country.**

---

**CARSTAR proudly offers:**

- Collision repair
- Auto glass repair & replacement
- Rust Check
- Out of Province insurance accredited
- AIR MILES® reward miles\*

---

**Military Personnel and Family**

# 2 for 1

**Rust Check Special**




\*AIR MILES® reward miles not applicable on MPI claims.

**CARSTAR on Saskatchewan**  
 2750 Saskatchewan Avenue  
 Winnipeg, Manitoba  
 204-837-2399  
 saskatchewan@carstar.ca

CARSTAR on Fife..... 204-632-7712  
 CARSTAR on Henderson..... 204-338-1551  
 CARSTAR on Chevrier..... 204-475-7193  
 CARSTAR Stonewall..... 204-467-4329



## W Adm Branch Stands Down



17 Wing Admin Branch stood down on July 11th, 2016 at Bldg 37, 17 Wing Winnipeg, MB. (L-R) Maj Robert Nesbitt, Lorna Brown, CWO Douglas Clark, LCol Danielle Clouter, Maj Stu Gullen, and Maj Bradley Schur pose for a photo. Photo By: Cpl Darryl Hepner, 17 Wing Imaging, Winnipeg

## 17 Wing Member Swings with Trio at 2016 Jazz Fest



The Mike Manny Trio (Mike Manny, piano; Mike Pelletier, bass; Eric Platz, drums) put a jazz twist on The Muppets and other modern pop tunes, performing at the Rachel Browne Theatre as part of the 2016 TD Winnipeg International Jazz Festival, June 25, 2016. Photo: Amanda Fandych.

École francophone

Maternelle à 8<sup>e</sup> année

École la plus près de la 17<sup>e</sup> Escadre

Transport scolaire

Garderie francophone

Centre de la petite enfance et de la famille



DIVISION SCOLAIRE FRANCO-MANITOBAINE

81, chemin Quail Ridge, Winnipeg (Manitoba)  
http://rdallaire.dsfm.mb.ca

(204) 885-8000  
romeo.dallaire@dsfm.mb.ca

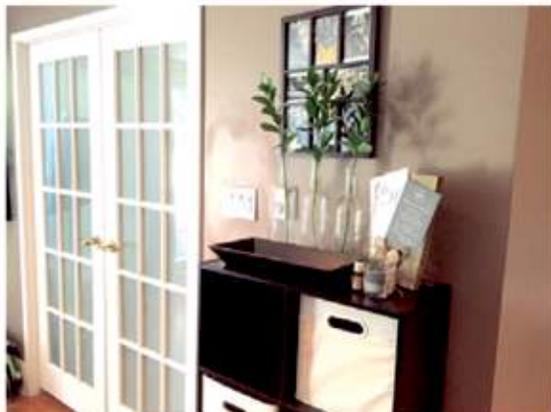
### THE VOXAIR

Give us a call and find out the benefits of advertising with us  
833-2500 ext 4120

### Condo Living Close to Base

528-124 Quail Ridge Road  
\$162,900

Walking path directly outside the condo leads straight to 17 Wing. Less than a 10 minute walk or 5 minute bike!  
2 bedrooms, laminate floors, french doors.



Contact Dana Graham, REALTOR® for more information  
(c) 204-396-4610  
danagrahamhomes@gmail.com

by Martin Zeilig, Voxair Photojournalist

"I couldn't believe the speed he played," said audience member Lexie Smart in reference to Warrant Officer Mike Manny's magic on the keys of the gleaming black Yamaha Grand piano following the performance of the Mike Manny Trio at the Rachel Browne Theatre earlier this summer.

The 75 minute concert, which was part of the 2016 TD Winnipeg International Jazz Festival, attracted some 60 people, who responded with a standing ovation at the concert's conclusion in the unpretentious second floor venue in the former Crocus Building in Winnipeg's Exchange District.

"The concert was excellent," added Ms. Smart, a school teacher by profession, who was attending with friends.

"Mike Manny really knows how to bop," offered master of ceremonies Broose Tulloch, UFMF radio host, after the show. "He has a real knack for making modern pop tunes swing."

WO Manny, who is Training Support Warrant Officer (Air), Regional Cadet Support Unit (Northwest) Senior Cadet Liaison Officer (SCLO), was originally posted to Winnipeg as part of the Royal Canadian Air Force Band.

"He brings with him a terrific pedigree," says the dig! Magazine website.

WO Manny studied jazz piano at Humber College and did a Master's on scholarship at the Manhattan School of Music. His shift to the RCSU gave WO Manny "the flexibility to perform more freelance gigs and do some workshops," including having done a rhythm section clinic for Glenlawn Collegiate this past January.

Drummer Eric Platz, a professor at the Brandon University School of Music, and bassist Mike Pelletier, a native of Toronto and longtime friend of WO Manny, were the other two members of the trio.



Mike Manny eschews the spotlight for a humble corner of the stage. Normally, a trio's leader is front and centre. Photo: Amanda Fandych

The talented trio's tunes, which included a couple solos by WO Manny, consisted of *Harlem Blues*, *We've Only Just Begun*, and *Close to You*. The trio also played *Huh!*, an original piece composed by WO Manny when he was studying jazz at Humber College in Toronto, *Rainbow Connection* and *Sing* from the Muppets television show, *Danny Boy*, *Loch Lomond*, and *Kelly's Blues*.

WO Manny's occasional light hearted banter with the audience helped set and maintain the evening's tone too.

"All of the music we played has meant something to me," WO Manny said after his trio's performance. "I'm here to make people happy, and if they're happy, then I'm happy."



**MOVADO**  
**SPORTS BAR**

OPEN for LUNCH  
Reservations Welcome  
204-783-7800  
305 Madison St.  
Movado.polo@gmail.com

All military service personnel and veterans receive **20% off** regular priced items with valid Military ID or CF One Card

Must be 18 years old, no minors

## 170 Air Cadet Squadron Commencing 2016-17 Training Year

170 St James Royal Canadian Air Cadet Squadron is looking for new recruits for the upcoming 2016-2017 training year. If your child is between the ages of 12 and 18 and is looking for an exciting and challenging program to be a part of, this may be the place!

The aim of our program is to develop in youth the attributes of good citizenship and leadership; promote physical fitness; and to stimulate the interest in the Royal Canadian Air Force. While there is a strong focus on aviation in our program, there is a little something for everyone. We have a band program, biathlon and marksmanship, and teach survival skills on our field training exercises. We parade on Friday nights from 1830 to 2130 hrs at Building 21 on 17 Wing.

If your child is interested in being a part our great organization, you both are invited to our first parade night on Friday, 9 September at Building 21 at 1815hrs. Be sure to bring their government issued ID and provincial health card.

For more information, please visit our website at [www.170rcacs.ca](http://www.170rcacs.ca).

## CAF Photo Contest 2016

Ladies and gentlemen, get your cameras ready! The 2016 Canadian Armed Forces (CAF) Photography Contest opens 2 July – 15 September, and we want you to send us your best shots.

Whether you're a seasoned professional or an amateur photography lover, this is the contest for you. The Photography Contest accepts images in eight diverse categories, and is open to all members of the Defence Team and their families. Photographers will be eligible to win \$10,000 in prizes from our sponsors.

The CAF Photography Contest also welcomes nominations for the Military Photographer Achievement Award, a prize introduced in 2015 to recognize the contributions that a CAF Imagery Technician has made to the CAF community.

For 48 years, the Photography Contest has been celebrating the talented photographers that capture life in CAF communities coast to coast. As you take photos this summer, keep the Photography Contest in mind. Family gatherings, sports tournaments, scenic vacations, work events...the possibilities are endless!

Visit [www.cafphotocontest.ca](http://www.cafphotocontest.ca) to enter.

### 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](mailto: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.

### Healthy Pets for Happy Families

Charleswood  
Veterinary  
Hospital

889-3110

3717 Roblin Blvd.

(Just East of the Charleswood Bridge)

Crestview  
Veterinary  
Hospital

888-7463

3025 Ness Ave.

(Corner of Ness and Sturgeon Rd.)

Associated Veterinary Hospitals

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

## baldwinson

INSURANCE BROKERS

**HOME INSURANCE!**

**TENANTS INSURANCE!**

**CAR INSURANCE!**

**DRIVERS LICENSES!**

**204-889-2204**

**17 WING WINNIPEG**

**in the CANEX BUILDING**

## autopac

A Manitoba Public Insurance product

# 10 years at SISIP and Cliff Kitchen is still cooking

by Martin Zeilig,  
Voxair Photojournalist

John Clarey, Branch Manager/Financial Counsellor for SISIP Financial, calls Cliff Kitchen a tower of strength in the workplace.

He spoke minutes after having presented Kitchen, Certified Financial Planner, with the Canadian Forces Morale and Welfare Services (CFMWS) award for 10 years of service with SISIP Financial.

"I really rely on him," Clarey emphasized.

CFMWS is responsible for administering Non-Public Property (NPP) on behalf of the Chief of the Defence Staff and for delivering selected public morale and welfare programs, services, and activities to eligible members and their families on behalf of the Chief of Military Personnel.

SISIP Financial is intent on securing financial health and security for every CAF member and their family. Members can make use of the expertise of qualified financial advisors who understand the military environment, the complicated pay, pension, and benefits (i.e. Severance, Pension Transfer Values, Payment in lieu, Lump Sum payments) and who can provide them with sound financial guidance.

After graduating from high school, Kitchen, 55, a native of Winnipeg, went to work as a Federal Government meat inspector in Manitoba but after a few years he decided it was time for a change of careers.

"I didn't like working in the meat packing plants,"



John Clarey, SISIP Financial Branch Manager/Financial Counsellor presents Cliff Kitchen with the CFMWS award for 10 years of service with SISIP.

said Kitchen, a former star quarterback with the St. Vital Mustangs junior football team, who mentioned that he got married to his current wife, Denise, the day after being hired by SISIP on June 5, 2006. "It's either too cold or hot or wet and noisy."

Kitchen is also a former Canadian university (CIS) football referee, who keeps fit by playing in the seven man per team Winnipeg Touch Football League.

He joked that his brother, Howard Kitchen, who's

also a CFP, dragged him into the profession.

"He said, 'You're good dealing with people. And, it's a people business,'" said Kitchen. "For this job, I got hired out of Ottawa. I was studying to be a CFP before being hired here. Once you finish six courses, then you have to write the national exam."

His first job as a CFP, though, was with Rice Financial for five years.

"Then, I saw this job posted in the newspaper and decided to apply for it," said Kitchen, who deals exclusively with CAF personnel and retired members. "It's still the people you meet and deal with and assist (that make the job worthwhile). You have to have a little knowledge about the investments. But, it's still about the people."

The most rewarding part of his job is seeing clients reach their goals and observing that personnel posted elsewhere can be in touch with SISIP branches on their new bases.

Kitchen also expressed pleasure at being located in the airy, modern CANEX Building 139, located just outside the main gate at 700 Wihuri Road, after so many years being situated in Building 63.

"It's nice to be in the new building," he said. "We've got better visibility and it's just a better looking place."

It's an inviting environment with helpful and knowledgeable staff.

For further information, contact SISIP at tel: 204-984-3222; or, www.sisip.com

ADULT FITNESS							
FREE WEEK! MONDAY SEPTEMBER 12 TO SUNDAY SEPTEMBER 18, 2016							
REGULAR CLASSES RUN MONDAY SEPTEMBER 19 TO SUNDAY DECEMBER 18, 2016							
FITNESS PASS <sup>190</sup> for Military Personnel and with a Recreation Membership (includes unlimited class access)							
<sup>1130</sup> without a membership/ non-memberships (includes unlimited class access)							
DAILY DROP-IN <sup>19</sup> for Military Personnel and with a Recreation Membership <sup>111</sup> without a membership/non-military							
CLASS	MONDAY Sept 12 - Dec 12	TUESDAY Sept 13 - Dec 13	WEDNESDAY Sept 14 - Dec 14	THURSDAY Sept 15 - Dec 15	FRIDAY Sept 16 - Dec 16	SATURDAY Sept 17 - Dec 17	SUNDAY Sept 18 - Dec 18
Shallow-Deep Aqua-Fitness							1500 - 1600 hrs (Pool)
Drums Alive	1700 - 1800 hrs (833 Activity Rm)						
Functional Movement Flow	1715 - 1815 hrs (890 MPR)			0915 - 1015 hrs (833 Activity Rm)			
Fusion Fitness	0930 - 1030 hrs (890 MPR)	1700 - 1800 hrs (890 MPR)		1700 - 1800 hrs (833 MPR)			
Indoor Cycle Class	1700 - 1800 hrs (890 Spin Rm)		1700 - 1800 hrs (890 Spin Rm)				
Muscle Boot Camp						0930 - 1030 hrs (890 MPR)	
Pilates		0930 - 1030 hrs (890 MPR)					
Pilates (Beginner)				1730 - 1830 hrs (890 Theatre)			
Pilates (Advanced)				1830 - 1930 hrs (890 MPR)			
Power Yoga			1900 - 2000 hrs (833 MPR)				
Total Body Conditioning	1815 - 1915 hrs (890 MPR)						
Weight Room Circuit	0930 - 1030 hrs (890 MPR)						
Yoga Beginner Vinyasa	1815 - 1915 hrs (890 MPR)						
Yoga-lates							1330 - 1430 hrs (833 Activity Rm)
Zumba			1745 - 1845 hrs (833 Activity Rm)	0930 - 1030 hrs (833 Activity Rm)			

NO CLASSES ON SUNDAY OCTOBER 9 • MONDAY OCTOBER 10 • WEDNESDAY NOVEMBER 11.  
NO ACTIVE KIDS ON SATURDAY OCTOBER 8

### TOP FUEL for Top Performance

### BOUFFE-SANTÉ pour un rendement assuré

**October 4 & 5**

0830-1600 hrs

**4 et 5**

**octobre**

08h30 - 16h00

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

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

Gratuit pour les membres militaires, de leurs familles et les employés du DND !

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

## 2016 CLOSING Scramble

**24TH**

SEPTEMBER

**11:00 am**

**Shot Gun Start**

18 holes Fun Format

Dinner and Music

**SPECIAL EVENT**

Trick Shot Show by SANDY KURCEBA

Prizes & Draws!

*Sign up Today!*

**\$30.00 / member**

**\$45.00 / guest**

Not a golfer? Come for dinner + show \$20.00

**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



## Accepting Change is Vital to your Health and Happiness

Excerpt from Shepell – www.workhealthlife.com

Have you ever heard the old adage “the only constant in life is change”? It is one of the truest statements there is: change is inevitable, it happens to everyone, and it will happen again and again and again. Though change may be constant, for many people, managing change remains one of the most difficult challenges of day-to-day life; we prefer the known over the uncertain. Accepting change and building resilience are fundamental to good mental health.

Change comes in all forms and in all areas of life: personal and professional relationships begin and end, you start a new job, your family moves, loved ones die, you have children, you report to a new boss, new workplace protocols are introduced, and so on. Even positive change, can be difficult to adapt to. Some changes in our personal or work life can ask us so much from us that the impact can lead to depression or anxiety. However, proactive resilience building can make change less frightening and a more fulfilling prospect.

Health Promotion at 17 Wing can help adult members of the Defence Community build resilience through the variety of programming available. Courses are free of charge and open to all adult members/dependents affiliated with the 17 Wing community. From finding better ways to view stress in Stress: Take Charge, to making better food choices in either Weight Wellness Lifestyle Program or Top Fuel for Top Performance, to choosing more productive and positive thoughts in Mental Fitness or Managing Angry Moments. These programs, and more, are educational in nature and provide skill building to help tackle the stressors of day to day living.

Contact us at 204-833-2500 ext 4150 or Healthpromo@forces.gc.ca or visit us on the 2nd floor of the CANEX to find out about programs or to register.

### STRESS: TAKE CHARGE!

September is a time for new starts: a new grade at school, new activities, new friends, new jobs, and perhaps even a new posting. With so much change around us, it is no wonder we sometimes find ourselves overwhelmed.

*Back to School*

**Thursday September 1**  
7:00pm – 9:00pm

Learn how to be better at stress. We will look at why people get overwhelmed and some things you can do to tackle September stressors and make things run more smoothly.

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

Registration for Fall Swimming Lessons '16  
Begins Tuesday August 16 for Memberships  
Begins Tuesday August 30 for Non-memberships  
Classes begin the week of Tuesday September 27th

**Cours de Natation Session d'automne '16**  
L'inscription commence mardi le 16 août pour les adhérent  
L'inscription commence mardi le 30 août pour les non-adhérent  
Les classes débutent la mardi le 27 septembre

www.pspwinnipeg.ca  
204-833-2500 poste 5139

**Mental Fitness and Suicide Awareness**  
It's one thing to look after your body. Just don't forget about your mind.

**Mental Fitness & Suicide Awareness: Supervisor Training**  
This course is course coded!  
**21 September 2016**  
0800 – 1600 hrs

For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150

**Force Mentale et Sensibilisation au Suicide – Formation du Superviseur**  
Il s'agit d'un cours auquel on a attribué un code!  
**21 septembre 2016**  
0800 – 1600 hrs

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

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

Sensibilisation à la santé mentale et au suicide

**Managing Angry Moments (MAM)**  
23 & 30 September 2016  
0830 - 1600 hrs

Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

**Gérer les moments de colère**  
23 et 30 septembre 2016  
08 h 30 à 16 h 00

Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptati qui vous conviennent.

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

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

**CFB Winnipeg Golf Club presents...**

**80 NIGHT GOLF 2016**  
OCTOBER 1st

\$10.00 ENTRY FEE  
\$15.00 GUEST  
\$10.00 GLOW BALL DEPOSIT

80's music Best Dressed  
Midnight Treats prize  
Drink Specials

17 WING • COMMUNITY RECREATION

**ACTIVE KIDS**  
DROP OFF YOUR CHILDREN WHILE YOU WORK OUT!

Children will be kept busy with fun games, activities, crafts & free play. A great way to have fun & make new friends.

FREE with Membership \* Without Membership \$2 per child

FREE WEEK! 20 - 24 SEPT.

**4 - 12 YR OLDS**  
TUESDAYS & THURSDAYS 1630 - 1930 hrs  
SATURDAYS 0915 - 1130 hrs  
BLDG 33 - REC ROOM

**DE 4 À 12 ANS**  
MARDI ET JEUDI DE 16H30 À 19H30  
SAMEDI DE 9H15 À 11H30  
BÂT. 33 - SALLE DES LOISIRS

**JEUNES EN MOUVEMENT**  
CONFIEZ-NOUS VOS ENFANTS PENDANT VOTRE ENTRAÎNEMENT!

Adhérent GRATUIT \* Non-Adhérent 2\$ par enfant  
UNE SEMAINE D'ACTIVITÉS EST OFFRTE GRATUITEMENT DU 20 AU 24 SEPT.

INFO : Colleen Preston • colleen.preston@forces.gc.ca • 204-833-2500 ext./poste 2057

**INTER-COMM**  
A Course to Improve Communications in Relationships

Inter-comm: A skills building course designed to improve individual communication skills, help deal with conflict and support communication in personal relationships. This program can help to maintain healthy relationships and build new ones.

Un cours visant à améliorer les communications dans les relations Personnelles

**25 & 27 Oct and 1 & 3 Nov**  
1300-1600 hrs

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

**25 & 27 octobre et 1 & 3 novembre**  
13 h 00 à 16 h 00

Pour vous inscrire, appelez le Bureau de promotion de la santé, au (204) 833-2500 poste 4150.

**Mental Fitness and Suicide Awareness**  
It's one thing to look after your body. Just don't forget about your mind.

**Mental Fitness & Suicide Awareness: Supervisor Training**  
This course is course coded!  
**21 September 2016**  
0800 – 1600 hrs

For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150

**Force Mentale et Sensibilisation au Suicide – Formation du Superviseur**  
Il s'agit d'un cours auquel on a attribué un code!  
**21 septembre 2016**  
0800 – 1600 hrs

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

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

Sensibilisation à la santé mentale et au suicide



## Connect with us:

102 Comet Street / 102, rue Comet  
204-833-2500 extension / poste 4500

[www.familyforce.ca](http://www.familyforce.ca) / [www.forcedelafamille.ca](http://www.forcedelafamille.ca)

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

Winnipeg Military Family Resource Centre is seeking a

### French as a second language teacher

(Contract of 10 weeks, 60 hours)

The mission of Winnipeg MFRC is to develop resiliency by supporting a mission-ready community of strong military families by providing specialized programs and services to promote health, education and social well-being.

#### Job description:

- ◆ Teaching French as a second language, using appropriate teaching methods to interest students and enable them to develop skills and competencies related to this discipline.
- ◆ Prepare teaching material.
- ◆ Maintain a close working relationship with the Second Language Services Coordinator.

#### Qualifications:

- ◆ University degree in adult education with a specialty in teaching French as a second language.
- ◆ Experience in adult second language training may be taken into consideration.

Location teaching: Winnipeg MFRC (102 Comet Street)  
Work hours: Mondays and Wednesdays from 9 a.m. to 12 p.m.,  
September 19 to November 28, 2012

Interested people are requested to submit their resume and cover letter no later than **August 12, 2016** to:

**Colombe Pelletier**  
**Second Language Services Coordinator**  
Winnipeg Military Family Resource Centre  
102 Comet Street - PO Box 17000 Station Forces  
Winnipeg MB R3J 3Y5

Phone: 204-833-2500 ext. 4515  
Fax: 204-489-8587  
Email: [colombe.pelletier@forces.gc.ca](mailto:colombe.pelletier@forces.gc.ca)

\*Only those selected for an interview will be contacted.

### **Professeur(e) de français langue seconde**

(Contrat de 10 semaines, 60 heures - niveau débutant)

La mission du CRFM de Winnipeg est de développer la résilience des familles militaires en soutenant une communauté prête à l'action, en fournissant des programmes et des services spécialisés qui font la promotion de la santé, de l'éducation et du bien-être.

#### Descriptions de tâches :

- ◆ Enseigner le français, langue seconde, à l'aide de méthodes d'enseignement appropriées en vue de susciter l'intérêt des élèves et de leur permettre de développer les habiletés et les compétences liées à cette discipline.
- ◆ Préparer la matière à enseigner.
- ◆ Entretenir un lien étroit avec la coordonnatrice du service de langues secondes relativement aux différents besoins des élèves.

#### Qualifications requises :

- ◆ Reconnaissance professionnelle d'une Université quant à l'enseignement du français langue seconde.
- ◆ Une expérience reconnue en enseignement des langues secondes aux adultes et du français peut être prise en considération.

Lieu d'enseignement : CRFM de Winnipeg (102, rue Comet)  
Horaire de travail : Les lundis et mercredis de 9 h à 12 h,  
du 19 septembre au 28 novembre 2016

Les personnes intéressées sont priées de soumettre leur curriculum vitae et une lettre d'accompagnement au plus tard le **12 août 2016**, à :

**Colombe Pelletier**  
**Coordonnatrice du service de langues secondes**  
Centre des ressources pour les familles de militaires de Winnipeg  
102, rue Comet - C.P. 17000 Succursale Forces  
Winnipeg, MB R3J 3Y5

Téléphone : 204-833-2500 poste 4515  
Télécopieur : 204-489-8587  
Courriel : [colombe.pelletier@forces.gc.ca](mailto:colombe.pelletier@forces.gc.ca)

\*Veuillez noter que seul(e)s les candidat(e)s retenu(e)s pour une entrevue seront contacté(e)s.

Employment Opportunity  
Executive Director - Winnipeg Military Family Resource Centre.

#### Qualifications, Education and Experience Requirements

A degree from a recognized university in Management, Business administration, Community Development or an acceptable combination of training and experience.

Experience working with Not For Profit Organizations and Board of Directors.

A minimum of five years Senior Management experience.

Exemplary leadership and team development skills.

Experience in capacity building [partnerships, fund development, community development, etc.].

Experience in Policy management and Program development.

Background in financial and budget management and an understanding of Not For Profit Financial Concepts.

Excellent interpersonal, analytical, organizational, problem solving and judgement skills.

Working knowledge and/or experience with the Canadian Armed Forces and an understanding of military family issues would be a valuable asset.

Proficiency in various computer applications.

Fluency in both official languages would be a major asset.

Deadline for applications 09 Sept 2016

Please forward all letters of application and resumes in confidence to:

Lois Mallet  
Suite 207, PO Box 17000 Stn Forces  
Winnipeg, MB R3J 3Y5

or to [loisjoe@mymts.net](mailto:loisjoe@mymts.net)

Position available 01 Nov 2016

We thank all those who apply however only those selected for an interview will be contacted.

**FREE GRATUIT**  
SAT. SAMEDI  
**10 SEPT**  
9/10

**Fall fair**  
17 WING

**Foire automnale**  
17<sup>e</sup> ESCADRE

**1000 to / à 1400**

BLDG./ BÂT. 90  
•  
BLDG./BÂT. 33  
•  
CANEX  
•  
MFRC/CRFM

HOSTED BY / PRÉSENTÉ PAR  
WINNIPEG MFRC & PSP  
CRFM DE WINNIPEG ET  
LES LOISIRS PSP

**Activities for all!  
Activités pour tous !**

FOR MORE INFO / POUR PLUS DE D'INFORMATIONS **204-833-2500 EXT/POSTE 4500**

## Today's Trivia Answers

1. Canada is the only country to host a Summer Olympic Games and not win a medal.
2. Nancy Garapick (Halifax, N.S.) — bronze in women's 100 m and 200 m backstroke swimming. Garapick lost both races to Ulrike Richter and Birgit Treiber of East Germany, who were both implicated in the East German state-sponsored doping program.
3. None. Canada along with 64 other countries boycotted the games in Moscow to protest the Soviet invasion of Afghanistan.
4. 1984 – Los Angeles: 10 gold, 18 silver, 16 bronze (44 total).
5. Linda Thom, 40-years-old (Ottawa, Ont.) — gold in 25 m pistol shooting (1984, Los Angeles).
6. Alex Baumann (Sudbury, Ont.) — gold in 200 m and 400 m Individual Medley swimming. Bauman set world records in both events. His gold in the 400 was Canada's first swimming gold since 1912.
7. Victor Davis (Guelph, Ont.) — one gold and two silver all in swimming. Anne Ottenbrite (Bowmanville, Ont.) — one gold, one silver, and one bronze all in swimming.
8. Curt Harnett (Toronto, Ont.) — participate in four Olympiads (1984-1996) winning silver in 1984 and bronze in both 1992 and 1996 all in track cycling. He also did a Pert Plus shampoo television commercial.
9. Ben Johnson (Scarborough, Ont.). Johnson won the race in 9.79 seconds and was stripped of his medal three days later for steroid use.
10. Carolyn Waldo (Montreal, Que.) — she won two gold medals on synchronized swimming (one solo and one in pairs with partner Michelle Cameron). She also won silver in solo in 1984.
11. Elaine Tanner (Vancouver, B.C.) — she was given the nickname because of her small stature. She won two silver medals in 100 m and 200 m backstroke and a relay in bronze in 1968 in Mexico City, which amounted to 60% of all Canadian medals.
12. Lennox Lewis (Kitchener, Ont.) — he defeated future professional heavyweight champion, Riddick Bowe, for the gold when the referee stopped the contest in the second round.
13. Mark Tewksbury (Calgary, Alta.) — Tewksbury won gold and bronze medals in Barcelona in 1992 and silver in Seoul in 1988. He was chef de mission of the Canadian Olympic team in London in 2012.
14. Five — four gold, one bronze. Kathleen Heddle, Marnie McBean, Kay Worthington, Kirsten Barnes, Jessica Monroe, and Brenda Taylor each won two gold medals in rowing in different boats.
15. Silken Laumann (Victoria, B.C.) — she won the medal in single sculls ten weeks after having her leg broken in a collision with a German boar at a regatta in Lausanne, Switzerland.
16. Sylvie Bernier (Saint Foy, Que.) — 3 m springboard (1984, Los Angeles). Bernier was Canada's chef de mission in 2008 in Beijing.
17. Atlanta (1996) — three gold, 11 silver, eight bronze (22 total).
18. Donovan Bailey (Oakville, Ont.) — gold in 100 m sprint (WR 9.8 seconds), 4 x 100 m relay.
19. Triathlon, Simon Whitfield (Victoria, B.C.). Whitfield also won a silver medal in Beijing in 2008.
20. Rosie MacLennan (King City, Ont.) — trampoline.

# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** When things are going well, appreciate the lack of stress. Don't get distracted by minor troubles or petty arguments. Stay aware of the big picture so that you don't miss something while your attention is focused elsewhere. Use meditation to reach a state of inner calm.

**Taurus (April 20 – May 20):** Sudden changes in a heavily booked calendar will keep you on your toes. The antics of others will require quick action. Try to be pro-active, not reactive. Deal with your own stuff. Let other people manage their own challenges. You don't have the full picture so keep your own counsel.

**Gemini (May 21 – June 21):** Listen to advice from someone who has experience in something you're thinking about doing. You don't have to learn the hard way. Flexibility is key. Find new challenges that allow you to stretch past the familiar. You'll discover hidden talents. Be prepared for detours and delays.

**Cancer (June 22 – July 22):** You may be so focused on your own agenda that you overlook the fact that others see things differently. Another's words may hurt you but you shouldn't be surprised when they call a spade a spade. If you dwell on regrets, past disappointments, and limitations you tarnish today's joy.

**Leo (July 23 – August 22):** You will hear something that startles you. Things have been changing though you weren't aware of it. The simple joys in life now hold more meaning for you. Reach out to loved ones and organize time together. Focus on your health and wellness instead of deadlines and expectations.

**Virgo (August 23 – September 22):** When you get together with friends and family make it a potluck so you're not doing all the work. Think of ways to bring more balance into your life. Go out dancing. Make a two year plan so that you're not frantic about the fact that things aren't happening right this minutes.

**Libra (September 23 – October 23):** Keeping it together takes effort, but you can do it. Facilitating an event takes a lot of work if you want it to run smoothly. Take a moment to relax at the start of each day. Clear your mind before you start work. Others really appreciate your mediating on their behalf.

**Scorpio (October 24 – November 21):** Spend time with people who share your vision for the future. A lifestyle outside the norm suits you. If you are willing to be the student again you can learn so much. Lessons are everywhere not just in the classroom. Trust that when the time is right the teacher will appear.

**Sagittarius (November 22 – December 21):** If you remain detached and don't get caught up in your emotions, you can see clearly what is happening. Things outside of your control can upset your plans. This frustrate you – if you let it. Stay true to your nature but recognize that not everyone is like you.

**Capricorn (December 22 – January 19):** Obligations are not a burden because you love the people who depend on you. Your sense of self is strongly tied to your ability to think logically and practically. Still things aren't always as simple as they seem so withhold judgement until you have all the facts.

**Aquarius (January 20 – February 18):** Someone who cares about you offers a special gift. Appreciate the opportunities that come your way. Remain positive when things change suddenly. Though it might not feel good at the time, in the end you'll see that you are where you need to be and you're better off for it.

**Pisces (February 19 – March 20):** Following the well-worn path won't get you to where you really want to be. Think outside the box and assess options you'd never considered before. Slow and steady progress is best. Work towards your goals but be open to adventure as well. Trust that you'll find your niche.

**FOR APPOINTMENTS CALL 775-8368**

**THE VOXAIR**  
**Your 17 Wing Community Newspaper**  
[WWW.THEVOXAIR.CA](http://WWW.THEVOXAIR.CA)

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...

**ST. JAMES LEGION**

Branch No. 4  
Royal Canadian Legion  
1755 Portage Avenue  
Winnipeg, Manitoba

**CHASE THE ACE**

Monday 6 pm

**TEXAS HOLD 'EM**

Tuesday 7 pm

**ZUMBA**

Tuesday / Thursday 10-11 am

**LINE DANCING**

Tuesday / Wednesday 7-9 pm

**DANCE TO LIVE BANDS**

Friday 8pm-1am June-August  
Every Saturday 7-11 pm

**MEAT DRAWS**

Friday 5-7 pm  
Saturday 2-5 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 8:00pm-12:00am**  
**MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm**

WELCOME ALL MILITARY PERSONNEL

**HABING LAVIOLETTE**

BARRISTERS, SOLICITORS & NOTARIES



**RONALD HABING**  
BA. LL.B.

and

**SIDNEY LAVIOLETTE**  
BA. LL.B.

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

**2643 Portage Avenue**

Phone: (204) 832.8322 • Fax: 832.3906

[ron@habinglaviolette.com](mailto:ron@habinglaviolette.com)



**mmmm. . .**  
**MARIGOLD**  
chinese restaurant & lounge

Great Lunches, Great Dinners

**Cantonese & Szechuan Cuisine**

Dine In • Take Out • Catering

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



# PERSONAL CLASSIFIEDS

**FOR SALE: \$169,900 CONDO IN HERITAGE PARK/ CRESTVIEW AREA OF ST JAMES CALL 204 804 3287 TO VIEW**

Third floor, 864 sq ft, 2 bedroom. Lt oak coloured engineered hardwood floors throughout req min. maintenance. Appliances include fridge, stove, dryer, and washer. Microwave is optional. Large storage cupboard within suite.

A cozy balcony overlooks a beautiful park. Immaculately clean laundry room adjacent to suite. K-12 French immersion school immediately across the street from complex. This condo is move in ready!

Owner is leaving the province and is flexible on the date of occupancy and price. Come view the condo and make an offer.

Condo fees \$385 /mo and include on site management staff, year round gym, racquetball court, sauna, pool table, meeting/party room, library. Seasonal outdoor pool, barbecues (at poolside) and tennis (pickle ball) courts. Guest suites can be rented for out of town visitors. Pets are allowed. This complex is friendly and quiet.

**FOR RENT: CONDO, BRAND NEW BUILDING, NEVER LIVED IN.**

203-293 Edison Ave near Chief Peguis Trail, close to all amenities and major routes.

Brand new appliances, washer/dryer in suite. Hardwood floors throughout, granite counter top, two bedrooms, one 3 pce bath and one 2 pce ensuite bath, large balcony, underground two parking spots and double storage locker included. Water and heating paid by owner, 6 mos free cable. Renter only responsible for \$1,350 monthly rent and electrical bill. Phone or text Lawrence (204)771-1822.

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

# Chaplain's Corner

## Coping with Grief



by Padre Lesley Fox

17 Wing has seen its fair share of grief this past summer. We have all been affected by the losses of three of our RCAF members, and others of us have had to contend with more private family grief as well. Grief is one reality that every human being will struggle with in their lifetime. The German philosopher Heidegger called it "the iron ring around existence", because at some point death will remind us that our mortality has within itself its limitations.

As a civilian minister, I worked with a family whose toddler had died of cancer. It was an excruciating loss for the parents, and one rather well-meaning older person came to visit and declared, "well, God just needed another angel." I seriously wanted to punch that person in the face. There is a lot of bad theology floating around in the face of grief and mourning, and there are, no doubt, a lot of significant questions. What is the meaning of our life and death? Where is God in this mess? And, what, pray tell, does it mean now for us to believe? People respond differently to grief; nevertheless, grief will leave most of us numbed, confused, angry, cynical, lonely, depressed, guilty, and fatigued. It is not something that anyone can avoid, regardless of virtue or faith, for as Jesus

once said, "the rain falls on the good and the bad alike."

Given that each one of us will contend with grief in this lifetime, I wanted to offer you some hopeful tips to work your way through this monster when it arrives in your life, and trust me, it will.

1. Be authentic. Putting up a strong front does you more damage in the long run. Cry, rage, and never hide from yourself.

2. Find your community. Grief is the loss of a relationship. Sorrow cuts us off. Sometimes, friends believe that we need to be left alone. However, loneliness is one of the biggest curses in grief. Because grief cuts off a relationship, make certain that you find people to stabilize the experience. It is not something that we can deal with alone. We need the grace of others to help us transcend our despair.

3. Allow time to do its work as you make changes and adjustments in your life. There is a natural healing process to grief, but it does not happen overnight.

Finally, know that you can lean on the confidential ear of your Padre. We are here to support you in the eye of the storm. And know that faith, hope, and love abide, and no monster can take these gifts from you. I have found in my many years in ministry that it is not so much death that frightens us, but a life that may be lived without meaning. I leave you with the words of Helen Keller as a reminder that you are greater than your grief. "All that we love deeply becomes a part of us." Amen.



## Faith and Life

### PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

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

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

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

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

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

### CHAPLAINS

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

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

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

17 Wing  
204 833 2500



17 Wing Community Chapel  
2235 Silver Avenue  
(Near Whyteford)



Administrative Assistant  
ext 5087

### CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

### CHAPLAINS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Proudly assisting military members and their families for over 22 years.



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

- Military Relocation Specialist
- Honorable, Trustworthy and Referable
- Assisted over 2000 buyers and sellers
- Comprehensive Relocation Package

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



**Trudy M Johnson, B.A.**

Hall of Fame  
Relocation Specialist  
Lifetime Achievement Award

Cell: 204.981.1529  
Email: trudyj@mts.net  
www.trudyj.com

40<sup>th</sup> year of Professional Success  
in the Winnipeg Real Estate Market

**Chapman Goddard Kagan**  
Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2  
PH: 888-7973 FAX: 832-3461  
E-Mail: info@cgklaw.ca Website: www.cgklaw.ca

George E. Chapman Q.C. Kelly P. Land, B.A., LL.B. Mindy R. Lofchick, LL.B.  
Alan R. Goddard, B.A., LL.B. Michael J. Law, B.A., LL.B. Serge B. Couture, B.A., LL.B.  
Allan L. Dyker, B.A., LL.B. Bruce D. Haddad, B.A., J.D. Katherine C. Misko, B.A., J.D.

Our fees conform to the ERS guideline  
A long established law firm conducting a general practice for all types of legal work.

**RELOCATING IN 2016 ?**

**Terie Langen**  
REALTOR  
MILITARY RELOCATION SPECIALIST

204-987-9808  
terie@homeisnwinnipeg.com  
www.homesinwinnipeg.com

**JUDY LINDSAY**  
Team Realty

**We've Been There and Done That!**

Let us help you buy or sell your home in Winnipeg and across Canada

**Joanne Robertson, CD**  
Military Relocation Specialist

**Eldren Thuen, BA, CD**  
Military Relocation Specialist

www.judylyndsay.com  
204-925-2900 1-877-262-7072

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

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

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

**Brendan McGurru**  
(204) 799-3022  
mcgurru@mts.net

**Joanne Gebauer**  
RE/MAX executives realty  
(204) 889-9500  
Award Winning Service

Proud to Assist Military Families  
Relocation Specialist

30 Years Experience in the Winnipeg Real Estate Market  
www.joannegebauer.com  
joanne@joannegebauer.com  
Toll Free: 1-877-778-3388