



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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17 Wing Women's Hockey Team Wins Prairie Regionals



The 17 Wing Winnipeg Rondelles Hockey Team defeated the 3rd Canadian Division Support Group Edmonton team by a score of 6-4 in the final to capture the Prairie Region Women's Hockey Championship played at 3 CDSG Edmonton on February 8, 2017. Teams from 4 Wing, 17 Wing, and 3 CDSG competed in the three day tournament. Photo by Rob Schwartz, Imagery Technician, 3 CDSG.

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Comd NORAD and USNORTHCOM Visits Winnipeg



The Commander of NORAD/USNORTHCOM, General Lori Robinson addresses 17 Wing personnel during the Town Hall meeting on February 14, 2017 in the Netherlands Theatre, 17 Wing, Winnipeg, Manitoba.

All photos: Cpl Justin Ancelin, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

General Lori J. Robinson, Commander North American Aerospace Defense Command (NORAD) and United States Northern Command (USNORTHCOM), paid a visit to 1 Canadian Air Division/Canadian NORAD Region Headquarters on February 14.

As well as meeting with senior RCAF personnel and office visits, Gen. Robinson, the highest ranking female General in US History, was also given a tour of 435 Search and Transport Squadron in 16 Hangar and later that afternoon gave an informal presentation which included a question and answer session to over 200 mostly military personnel in the Netherlands Theatre.

"17 Wing is very proud to host General Robinson on her visit to Winnipeg," 17 Wing Commander Colonel Andy Cook said during Gen Robinson's tour of 16 Hangar, which included a visit to the Search and Rescue Technician section in the hangar. "The Wing is very

proud of the role it plays in NORAD, and is anxious to highlight the talents of our 17 Wing men and women."

Lieutenant-Colonel Kevin Kozak, Commander of 435 Squadron, said Gen Robinson's visit was a great opportunity for his personnel to meet the Commander of NORAD.

"Our air to air refuelling mandate is directly related to NORAD's mandate," he said. "She's also a good inspiration for our female aviators to see what they can aspire to."

On March 18, 2016, then U.S. Secretary of Defense Ash Carter announced that Robinson would be named by President Barack Obama to replace Admiral William E. Gortney as Commander of USNORTHCOM and NORAD, subject to approval by the U.S. Senate, said Gen Robinson's biographical information.

Robinson was confirmed and took over from Admiral Gortney on 13 May 2016. She was named to Time magazine's list of 100 most influential people in 2016.

"Robinson's appointment to one of the most senior positions in the U.S. military may come as little surprise to those who have followed her meteoric career," said an article in the online publication, Task & Purpose ("Meet The Highest Ranking Female General In US History" by Adam Linehan May 16, 2016)

"According to Defense News, between June 2012 and October 2014, she rose from two-star serving as deputy commander, US Air Forces Central Command, to four-star serving as commander, Pacific Air Forces, an assignment that made her the first female four-star to command combat forces."

Defense Secretary Carter said she has a proven track record for managing complex military operations in an article in The Washington Post -- "Air Force Gen. Lori Robinson becomes first woman ever to lead U.S. combat-

ant command" (April 13, 2016).

"Lori's ability to lead, inspire and command respect across our joint force reflects her understanding that, no matter the complexity of our platforms or the power of our technology, it is our people always come first, Carter said.

Gen Robinson said that as Commander of NORAD the trip to Winnipeg was an opportunity "to get to know more about" her units and to see the people involved.

"It's the people who do all the work," she said. "I spend a lot of time in Washington, D.C. but my goal is to visit all the units at a minimum of once a year."

At the town hall meeting General Robinson talked about a range of subjects from diversity, cybersecurity, space, and the relationship between our two countries.



435 Transport and Rescue Squadron Commanding Officer, Lieutenant Colonel Kevin Kozak (Left) speaks with the Commander of NORAD/USNORTHCOM, General Lori Robinson (Middle), with 17 Wing Commander Andy Cook (Right) in 16 Hangar.

435 Sqn SAR Crew Locates Missing Aircraft

by Martin Zeilig, Voxair Photojournalist

At 2130 (9:30 pm) local time on February 9, 2017, Captain Nick Heiler, a pilot at 435 Search and Rescue Squadron, received a tasking from the Joint Rescue Coordination Centre at CFB Trenton of a reported missing aircraft.

"My crew assembled and we were starting engines within an hour," said Capt Heiler in a post flight report.

News agencies reported the next day that a private Cessna 185 had crashed near Brunkild, 50 kilometres southwest of Winnipeg.

"Two men from Winkler, Man., are dead after a small plane crashed in southern Manitoba, RCMP say," said the CBC online report on February 10.

The storm that most likely caused the crash was in full swing with heavy snow, strong winds, and very low visibility, said Capt Heiler.

"The weather was so bad that we almost did not get airborne to respond," said Capt Heiler. "Although, we did eventually home in on the ELT (Emergency Locator Beacon) associated with the downed aircraft. By doing several low passes we confirmed it was the actual crash site."

They, then, passed the GPS coordinates to the RCMP search party on the ground.

"We then provided illumination for the search party by dropping flares out the back of the C-130," continued Capt Heiler, 32, a native of Langley, B.C., who's been posted here for the past three years.

After approximately two hours of constant illumination the aircraft's anti and de-icing equipment couldn't keep up to the intense icing conditions, he said.

"We then returned to Winnipeg once the RCMP ground crew was satisfied that they had found no survivors and didn't require the light," commented Capt Heiler.

He added that this was the first time being launched on a search and rescue mission for the First Officer, Capt Hillory Gardiner, Navigator, Lieutenant Steve Huntley, and Flight Engineer Master Corporal Pat Gauthier. Other crew members onboard the CC-130 Hercules were Loadmaster Sergeant Colm Canavan, Master Corporal Reagan Reagan and Sergeant Scott McDougal, Search and Rescue Technicians.

"I'm very proud of how well the entire crew of Rescue 332 performed on this search," Capt Heiler said. "While the end result is certainly tragic, I take great pride that we found the wreckage site in a quick and timely manner so that the ground party could respond ASAP. My crew worked well together."

CF Member Receives USAF Medal



On Monday, February 13, 2017, MCpl Jesse Sorensen was awarded the Air Force Commendation Medal from the United States Air Force (USAF) for meritorious service from 1 April 2011 to 9 July 2016. The commendation was presented by Deputy Commander, Canadian North American Aerospace Defense Region, and Deputy Combined/Joint Force Air Component Commander of 1 Canadian Air Division, BGen Chad Manske.

Photo: Cpl Justin Ancelin

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Vigil for Quebec Mosque Attack Held at Wing Chapel



President of the Manitoba Islamic Association, Osaed Khan speaks during a vigil held to reflect on the shootings at a Quebec Mosque earlier in the week. The vigil was hosted at 17 Wing, Winnipeg on February 9, 2017. Photo: Cpl Paul Shapka

by Martin Zeilig, Voxair Photojournalist

"Although this is a first in Canada, it is the fifth attack on a mosque in North America in the past month," said Osaed Khan, a mathematics and physics teacher at the University of Winnipeg Collegiate, who is President Manitoba Islamic Association.

He was the special guest speaker at the Vigil for the Victims of the Quebec City Mosque Shooting held at the 17 Wing Chapel on the evening of February 9. The vigil, which was organized on short notice by Lieutenant (N) Padre Lesley Fox, attracted 55 military members and civilians.

The mass shooting occurred on the evening of January 29, 2017, at the Islamic Cultural Centre of Quebec City, a mosque in the Sainte-Foy neighbourhood of Quebec City, Canada.

Six people were killed and nineteen others injured when a lone gunman opened fire just before 8:00 pm, shortly after the end of evening prayers. Fifty-three people were reported present at the time of the shooting.

Other speakers at the vigil included Colonel Andy Cook, 17 Wing Commander, Ms. Belle Jarniewski, President of the Manitoba Multifaith Council, and, City of Winnipeg Mayor, Brian Bowman. Padre Fox made brief opening remarks, while the closing prayer was given by Corporal Mohammed Abdalle, who works at Wing Telecommunication and Information Services Squadron. After the presentations, which took place in the Chapel's Annex Room, a candle lighting ceremony took place in the chapel.

"We're very honoured to have Mr. Khan and Mayor Bowman and members of the military and civilian communities here to pay tribute to the tragic loss of life that occurred in Quebec City," said Col Cook. "Mr. Khan's words are inspirational and serve as an example to us all."

Padre Fox said she and her fellow chaplains wanted to hold the vigil as "a chaplains' team" as a collective response to the tragic events in Quebec City.

"It's an occasion to grieve, remember and to collectively state that fear and hate won't divide us as Ca-

nadians," she said. "It takes an entire nation to build a society of tolerance."

She also expressed her thanks to the "our Muslim CAF" members for their help.

"All the speakers were so hopeful," Padre Fox said after the vigil. "They gave the encouragement to move forward, and to continue to educate ourselves on issues of tolerance and diversity and inclusion."

Mayor Bowman thanked the CAF for all they do to keep Canadians safe and together. He also called the CAF an incredible family.

"I appreciated the multi-faith aspect of this evening, to hear Islamic, Jewish and Christian perspectives on compassion, inclusion and love," he said to The Voxair.

Ms. Jarniewski, the daughter of Holocaust survivors, who's head of the Freeman Family Foundation Holocaust Education Centre at the Asper Jewish Community Campus, commented that she's not naive or perhaps "uninformed enough" to believe that the kind of hatred spewed by neo-Nazis and white supremacists has ever really disappeared.

"As an educator, I'm aware that these groups simply lie low until the conditions are right for them to feel comfortable to spew their hatred again," she said. "I am aware these groups simply lie low until the conditions are right for them to feel comfortable to spew their hatred again. However, I think I did believe that Canada was immune from the horrific act that took place in Quebec City. Words are not benign even when they are not accompanied by violence."

"The 2013 Quebec so-called Charter of Values set off reactions across the province but with a spillover effect in the rest of the country as well. The number of police-reported hate crimes against Muslims more than doubled over a three-year period (2012-2014), according to figures released by Statistics Canada last year. In 2013, an Angus Reid poll revealed that 54 percent of Canadians held unfavourable views of Muslims-- up from 46 percent in 2009. In Quebec, a negative view of Islam was held by 69 percent of the population."

In 2015, Muslim women were already being physically attacked for their choice of dress and a pregnant Muslim woman was knocked down by a couple of teens, she said.

Mr. Kahn talked about Muslims and Canadian values in his remarks.

"There are significant number of Muslims that serve in the armed forces protecting and defending Canadians in the homeland and abroad," Kahn said. "Muslims support the armed forces and the sacrifices they make for our safety and security. We are a part of the community. On behalf of Muslims in the community, we thank you for your service to our great nation and for your stewardship for our bedrock principals each and every day."

"True Muslims share the bonds of courage, loyalty, and integrity each and every day. When acts of aggression occur against one religious entity, it's an act of aggression against all religions. This is counter to the Canadian principals and who we are as a nation," said Osaed Khan.

Sports Trivia

Figure Skating

by Tom Thomson and Stephen Stone

1. Who was the first nine-time Canadian men's figure skating champion?
2. Who is the only nine-time Canadian women's figure skating champion?
3. What other accomplishment did the Wilson's achieve?
4. Who is the second nine-time Canadian men's figure skating champion?
5. Who has the greatest number of podium finishes in Canadian men's competition?
6. Who has the second greatest number of podium finished in Canadian men's competition?
7. Who has the greatest number of podium finished in Canadian women's competition?
8. Who has the second greatest number of podium finished in Canadian women's competition?
9. Who are the only skaters to win gold medals in five different disciplines at the Canadian figure skating championships?
10. This skater was a five-time men's champion, then retired from competition to complete medical school and came back six years later to reclaim the title.
11. Three skaters have won gold medals at three consecutive Olympics. Who are they and what disciplines?
12. This Canadian pairs team were awarded an Olympic gold medal in 2002 after a French judge admitted to marking them lower in exchange for a first-place vote for a French ice dance team.
13. Who are the only ten-time Canadian champions in any skating discipline?
14. Who are the only Canadian three-time Olympic medalists in figure skating?
15. This skater is the only Canadian to win an Olympic gold medal in women's singles competition.
16. This Canadian pair were the last skaters to win Olympic gold before the Russians began their 40-year domination of pairs skating.
17. Who landed the first triple lutz jump in men's international competition?
18. Who landed the first quadruple jump in men's international competition?
19. This skater won silver medals in men's competition at the 1984 and 1988 Olympics.
20. This ice dancer finished the podium at 11 consecutive Canadian championships, winning eight.

Sports Trivia Answers on page 14

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17 Wing Women's Hockey Team wins 2017 Prairie Regionals



The 17 Wing Rondelles goalie blocks a shot on net during the final game at the Prairie Regionals.

by Martin Zeilig, Voxair Photojournalist

During the championship match at the 2017 Prairie Regional Women's Hockey Tournament (Feb. 5-8) at CFB Edmonton, the 17 Wing Rondelles were down 2-0 to CFB Edmonton after the first period.

Then, their coach, Chief Warrant Officer Steve Frechette, took over.

He came into the dressing room and gave the team a pep talk, said Captain Heather Smith, a forward and team captain, who works in A4 Maintenance MARTAC, 1 Canadian Air Division Headquarters.

"He told us that the game wasn't close to over yet," said Capt Smith.

The motivational speech worked.

17 Wing, which was undefeated in the three team tournament, went on to win the game 6-4 and claim the title.

"In the second period we came out and scored four goals and Edmonton scored one," said Capt Smith, the 2013 RCAF Female Athlete of the Year and the 2012 CAF Female Athlete of the Year. "We dominated them in

the third period."

17 Wing won its first game 5-2 against Edmonton and then crushed CFB Cold Lake 11-0 in the second game.

"Since, we were first in the round robin we got a bye into the finals," Capt Smith said.

The team started this season in September in a civilian women's league at Canlan Ice Sports on Ellice Ave., said CWO Frechette, Chief of Food Services at 17 Wing, whose assistance coach is Misty Burrows, a civilian worker at 17 Wing Supplies.

"We play a game per week, and also practice once a week at the MTS Iceplex," he added.

"Several of our players also play on their unit intersection team," said Capt Smith, who scored four goals during the Regionals. "We have a lot of experience on our team. A lot of the girls have been to the nationals with other regions."

CWO Frechette, Chief of Food Services at the Wing and a former junior hockey player in Quebec, agreed that that players' combined experience was a factor in their victory in Edmonton. CWO Frechette was the coach of the women's and veterans' hockey teams at CFB Bagotville from 2011-2015

"We have a good nucleus," he said. "We prepared by selecting our players. You try and make a team to fit the image of the players you have-- finding the right combination."

During the one hour practices, the team focuses on positioning, skill sets, and playing together as a team, Capt Smith said.

Now, the team is preparing for the CAF National Hockey Cham-

ionship at CFB Borden, March 4-9.

"It's very hard to keep the same team together two years in a row, due to postings, courses and maternity leave for women," CWO Frechette, who expressed his appreciation to the CAF for providing the time off work for him and his players to participate in hockey, emphasized. "This year is our year. You have to have confidence because talent alone won't do it. You need heart, dedication, commitment and the will to win."

The 17 Wing Roundelles include: Sgt Lindsay Williams, MCpl Veronique Boulanger, Maj Amanda Ives, 2Lt Kayla Hobday, Cpl Danielle LaViolette, Capt Stephanie Ramsay, Capt Melissa Couturier, Capt Heather Smith, Cpl Lyndsay Cross, Capt Tracy Dixon, Capt Dawn Macauley, MCpl Alix Ferwerda, Cpl Laura Kurys, Capt Claire Harland, Cpl Karlie Walsh, LCol Annie Perry, CWO Steve Frechette, Civ Misty Burrows, and Sgt Madeline Voyer.



The Prairie Regionals Women's Hockey Champions, the 17 Wing Winnipeg Rondelles pose for a group photo following their win in Edmonton on February 8. All photos by Rob Schwartz, Imagery Technician 3 CDSG.

WPSO Plays for Canada at CISM Soccer Tourney in Oman



Team Canada poses in uniform for pre-tournament photos. Photo: Supplied

by Martin Zeilig, Voxair Photojournalist

Although, his team lost all three of their games at the 2nd CISM World Football Cup (World Military Games) in Muscat, Sultanate of Oman, January 13-26, Captain Stuart Ireson maintains it was "probably the most positive experience" he's ever had at a CISM competition.

That just seems to prove the saying from Grantland Rice-- the early 20th century U.S. sportswriter: "It's not whether you win or lose it's how you play the game."

The teams in the competition were: Oman, Guinea, Bahrain, France, Algeria, Germany, Iran, North Korea, Ireland, Mali, Qatar, USA, Egypt, Poland, Syria, and Canada.

"I was proud to be a military professional first and dedicated athlete second on the same playing field as professional athletes on a temporary military contract," said Capt Ireson, Wing Personnel Selection Officer, 17 Wing Personnel Services, during a recent interview with The Voxair.

"I believe elite sports in the CAF are a great way to foster cohesion, esprit de corps, leadership and self-discipline."

The minimum fitness standard to make the CISM Soccer team is an 11.0 on the 20 MSR (beep test) and after a five minute rest, a 12.5 on the 20 MSR (The 20 Metre Shuttle Run used to be part of the CAF physical fitness test), he observed.

"This is because we cannot match our opponent's skill level, so we have to be able to put in the hard graft to compete with them," said the 31 year old 6'2", 195 pound native of England, who's been in Canada since age 13.

Apart from soccer, the entire CAF squad also visited the Oman Cancer Society to spend time with some of the children and their families that were suffering, he said.

"It was a nice way to try to give back to the community and play some soccer with some of the local kids that were unwell," offered Capt Ireson, the married father of a young family, who was on a six month deployment prior to the tournament.

A short time before departing for Oman, Team Canada CAF had a pre-tournament train-

ing camp with the US Men's CISM team, in San Antonio, Texas, he said.

"It was a great way to develop a sporting relationship with our allies to the south," Capt Ireson, who also plays for Lucania in the Winnipeg Men's Soccer League, said.

He said that it was very interesting to line up on the playing field against Syria and Egypt, two countries that Canada is involved with on the world stage -- "with a lot higher stakes than what I was facing."

"We were under no illusions about the quality of the opposition that we would be lining up against," Capt Ireson said. "Our goal for the tournament was to earn the respect of our opponents and to begin making significant developmental changes in the CISM Soccer Canada program. Based on the responses and feedback from opposition coaching staff and Chiefs of Mission from other countries, we achieved that goal. As a non-soccer country, we punched above our weight."



Canadian and Egyptian squads standing for national anthems at 2017 CISM World Football Cup in Muscat, Oman. Photo: Supplied

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Exercise ARCTIC BISON 2017 Begins on Lake Winnipeg

Canadian Army Public Affairs

Approximately 200 members of the Canadian Armed Forces began Exercise ARCTIC BISON 2017 in Gimli, Manitoba on February 17, 2017.

The exercise will see approximately 100 members of the Arctic Response Company Group (ARCG) travel by snowmobile from Gimli to Berens Island on Lake Winnipeg, with additional soldiers remaining in Gimli at the Land Component Command (LCC) headquarters or in supporting roles.

“EX ARCTIC BISON allows 38 Territorial Battalion Group and the ARCG to maintain the skills required to operate in Canada’s North,” said Lieutenant-Colonel Sean Moran, Commanding Officer of 38 Territorial Battalion Group. “The rugged and austere condition on Lake Winnipeg provides an excellent environment to practice movement, field craft and to test our communications. As a national task the ARCG needs to continually train in order to maintain these skills. We are fortunate that in 38 Canadian Brigade Group there is a keen interest in working in our country’s north and we have been able to maintain this capability for the past ten years”

Exercise ARCTIC BISON 2017 will take place February 17-26, 2017 on Lake Winnipeg with members of the Canadian Armed Forces practicing tasks such as long range patrols, ground search and rescue, and casualty evacuation in an austere environment.

The exercise will focus on the ability of the Arctic Re-



Soldiers from the Arctic Response Company Group load used equipment into a CC-138 Twin Otter on Lake Winnipeg during Exercise ARCTIC BISON 2015. The exercise focuses on challenging training for the Arctic Response Company Group in austere winter conditions.

Photo: MCpl Cameron Skrypnik

sponse Company Group (ARCG) to force project, communicate, and sustain itself over 200 km from its support base.

Each Canadian Army Division maintains a trained and responsive ARCG force generated primarily from the Army Reserve which is trained and equipped to operate in all Arctic conditions.

Exercise ARCTIC BISON 2017 will involve participation from 38 Canadian Brigade Group (CBG), as well

as military units from outside 38 CBG such as the 2nd Battalion, Princess Patricia’s Canadian Light Infantry, the 4th Canadian Ranger Patrol Group, and 440 Squadron of the Royal Canadian Air Force.

“EX ARCTIC BISON will mark a milestone in the preparation and training of not only the Arctic Response Company Group, but also for the headquarters of the Territorial Battalion Group, as they prepare themselves for any contingency of a domestic operation, such as what we are presently seeing in OPERATION LENTUS on the east coast,” said Colonel Geoff Abthorpe, Commander 38 Canadian Brigade Group. “Many soldiers take these 10 days off annually from their work and their family in order to hone their individual and collective skills, and because they like the challenge of working in these rigorous conditions.

38 CBG is an Army Reserve Formation consisting of a Headquarters located in Winnipeg and 13 Army Reserve units distributed throughout Northwestern Ontario, Manitoba, and Saskatchewan.

Four Arctic Response Company Groups (ARCGs) provide forces for sovereignty operations across the Canadian North. They are primarily composed of Army reservists and supported by the Regular Force. Two ARCGs are maintained at high-readiness for summer deployments and two for winter deployments. Given their location and ability to train in austere winter environments, members of 38 CBG’s ARCG are one of the winter-ready groups.

Learn to Respond Effectively with Mental Health First Aid

by **Martin Zeilig, Voxair Photojournalist**

“If I sprain my ankle, chances are you will know what to do. If I have a panic attack, chances are you won’t.” From a poster advertising Mental Health First Aid training for 17 Wing military and civilian personnel.

A free two day course will be held May 1-2 for members of the Veteran Community to become certified in Mental Health First Aid.

The course, a collaboration between Veterans Affairs Canada and the Winnipeg Military Family Resource Centre, will be held at the Holiday Inn Winnipeg Airport-- 2520 Portage Avenue. Doug Lockhart, Project Development and Training Coordinator for the Independent Living Resource Centre, will be the facilitator at the training program.

Mental health first aid has been around for a few years, and is offered by the Canadian Mental Health Association, said Laurie Jackson, Family Liaison Officer, MFRC.

“I’ve taken it myself, and I’ve organized the MHFA in the community for veterans,” said Jackson during an interview in her office. “For me, personally, part of it is to

better equip people to deal with and recognize the signs and symptoms of those developing mental issues and how to respond.”

According to material provided by the program Mental Health First Aid was developed to increase mental health literacy, decrease stigma, and increase helping behaviours in people. It doesn’t train people to become counsellors or therapists. Just like with physical first aid, the idea is to ensure that those most in contact with members of the Veteran Community can identify emerging mental health problems and respond effectively in the event of a crisis.

Doug Lockhart noted that he will cover topics that include: health and mental health, Substance Related Disorders, Anxiety, Mood and Trauma Related Disorders (Operational Stress Injuries, PTSD) as well as Psychosis.

“Students will also learn skills for substance overdose, suicide behaviour, panic attack, acute stress reaction, and psychotic episode,” he said in an email. “Mental Health First Aid for the Veteran Community is tailored to address the needs of the Veterans and the people who

care for and about them, such as current serving members, family, friends, relatives, or professionals with a direct connection to serving members or Veterans.”

This training is essential for the Veteran and current serving military community with training tailored to decrease stigma associated with mental health problems and increase skills, confidence and mental health literacy to recognise the benefit of early intervention and equip our military community with skills to support individuals experiencing a mental health crisis, Lockhart added.

“As a Veteran I share my personal stories in a way that brings signs and symptoms to life and reflects on the effective use of tools, strategies and resources that can be employed to support individuals experiencing a mental health crisis,” he said.

For further information and to register contact: Laurie Jackson at ext 4478

email: lori.jackson2@forces.gc.ca Seats are limited and registration will be on a first come first serve basis.



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17 Wing Commander's Honours and Awards



17 Wing Commander, Colonel Andy Cook presents Captain Bouchard, S.P. the GCS-Expedition with CWO Mike Robertson at 17 Wing, Winnipeg on February 14, 2017.
All photos: Cpl Paul Shapka



Captain Simmonds J.B. received the GCS-Expedition.



MCpl Gunner A. received the OSM-Expedition.



Sgt Borkofsky M.S. received the SSM (Alert).



MCpl Terry B.C. received the SSM (Alert).



Sgt Popovits C.W. received the Canadian Forces Decoration 3rd Clasp.



Sgt Cossette A. received the Canadian Forces Decoration 2nd Clasp.



Sgt Johnston I.E. received the Canadian Forces Decoration 2nd Clasp.



Sgt Joyce R.S.E. received the Canadian Forces Decoration 2nd Clasp.



Sgt McGory E.H. received the Canadian Forces Decoration 2nd Clasp.



Capt Luszeck B. received the Canadian Forces Decoration 1st Clasp.



Capt Miller C.B. received the Canadian Forces Decoration.



Sgt McDougall S.R. received the Canadian Forces Decoration and Canadian Forces Decoration 1st Clasp.



MCpl Sawchuk T.M. received the Canadian Forces Decoration.



MCpl Weldebriel T. received the Canadian Forces Decoration.



Cpl L Coutre L.V. received the Canadian Forces Decoration.



MCpl Welsh A.J. received the Canadian Forces Decoration.



Cpl Guthridge M.J. received the Canadian Forces Decoration.



LS MacIsaac B.L. received the Canadian Forces Decoration.



Cpl Smith J.W.B. received the Canadian Forces Decoration.



MS Rondeau (Ret) received a Canadian Joint Operations Command Commanders Commendation.



MWO Reynolds received a 17 Wing Commander's Commendation.



Sgt Delage-Touchette received a 17 Wing Commander's Commendation.



Sgt Kuruliak received a 17 Wing Commander's Commendation.



Jamie Doherty received a 17 Wing Commander's Commendation.



Members of 17 Wing Fire Fit team received a 17 Wing Commander's Commendation.



LCol Claveau presented MCpl Welton with a RCSU Commander's Coin with CWO Leamy at 17 Wing, Winnipeg on February 14, 2017.

17 Wing Commander's Honours and Awards



17 Wing Nijmegen team received a 17 Wing Commander's Commendation.



CWO Taylor M.P. received a Warrant Scroll.

New and improved CF Appreciation website / ReconnaissanceFC.ca : un site revu et amélioré

Since 2011, the CF Appreciation Program has offered a variety of discounts to currently serving members of the CAF, Veterans, and their respective families in recognition of their sacrifices and dedication. To help the entire CF Community to save on a daily basis, no matter where they are, CFAppreciation.ca has been updated with a modern "look and feel" that will allow users to find customized offers around them. Users will be able to access the website wherever they are and on any hand held device from Smartphone to tablet to computer. The site will also feature a new, more intuitive design making searching easier, by keyword, location, and company name, offering users customized search results. In addition, users will be able to access their CFOne Card on their Smartphone, ensuring users always have their ID on hand.

Special features include:

- Mobile-friendly browser support
- Geolocation functionality
- Easier to find what you're looking for

"I am excited to see first-hand the launch of the CF Appreciation mobile-friendly website. Whether in Canada or abroad, you can now easily see all the discounts and savings around you, on your tablet or phone in the area where you will be traveling," says Commodore Sean N. Cantelon, Director General Morale and Welfare Services. "On behalf of the CF Community, I am grateful for all Industry Partners that are part of the CF Appreciation Program. I look forward to continued growth in this regard."

With the aim of expanding its audience of users, new Industry Partners, including those local, regional, and national, have been approached to offer discounts, while some existing Industry Partners have chosen to enhance their offers, further increasing benefits to the CF Community.

At home, on the road, or abroad, CF Appreciation.ca wants to ensure you will have easy access to all discounts at your fingertips. Saving together will never be so easy!

Visit www.CFAppreciation.ca to see for yourself, or connect with the CF Appreciation team at 1-855-235-3099 for more information.

Depuis 2011, le Programme de reconnaissance des Forces canadiennes (ReconnaissanceFC) offre toute une gamme de rabais aux militaires, aux vétérans et à leur famille en reconnaissance de leurs sacrifices et de leur dévouement. En vue d'aider tous les membres de la communauté des FC à réaliser des économies en tout temps, le site reconnaissanceFC.ca a été revu et modernisé afin que les utilisateurs puissent y trouver des offres personnalisées dans leurs environs. D'ailleurs, ils pourront accéder au site Web même lors de leurs déplacements, que ce soit à partir d'un téléphone intelligent, d'une tablette ou d'un ordinateur. Le site est doté d'une nouvelle interface intuitive qui facilite la recherche par mot-clé, par lieu et par entreprise pour proposer des résultats sur mesure. De plus, la carte UneFC peut désormais être affichée sur un téléphone intelligent... plus besoin d'avoir la carte plastique sur soi!

Nouvelles fonctionnalités :

- Interface adaptée aux mobiles
- Géolocalisation
- Fonction de recherche améliorée

« Je me réjouis d'assister au lancement du site Web adapté aux mobiles de ReconnaissanceFC. Que vous soyez au Canada ou à l'étranger, vous pouvez désormais accéder facilement aux rabais offerts près de vous et partout où vous voyagez, et ce, sur votre tablette ou votre téléphone, explique le commodore Sean N. Cantelon, directeur général – Services de bien-être et moral. Au nom de la communauté des FC, je remercie toutes les entreprises qui participent au programme ReconnaissanceFC et je suis impatient de voir notre collaboration grandir encore davantage. »

Afin d'accroître le bassin d'utilisateurs du programme, l'équipe de ReconnaissanceFC a approché de nouvelles entreprises partenaires, notamment à l'échelle locale, régionale et nationale, et invité des alliés de plus longue date à améliorer leurs offres, rehaussant ainsi les avantages offerts à la communauté militaire.

À la maison, sur la route ou à l'étranger, ReconnaissanceFC vous donne accès à toute une gamme de rabais au bout de vos doigts. Il n'aura jamais été aussi facile d'économiser ensemble!

Visitez le www.reconnaissanceFC.ca pour redécouvrir le programme ou communiquez avec notre équipe au 1 855 235 3099 pour en savoir plus.

MILITARY SECOND LANGUAGE TRAINING PROGRAMME (MSLTP) FRENCH AND ENGLISH CLASSES AT 17 WING / FEBRUARY – MAY 2017

PROGRAMME MILITAIRE D'ENSEIGNEMENT DES LANGUES SECONDES (PMELS) COURS DE FRANÇAIS ET ANGLAIS OFFERTS À LA 17^E ESCADRE / FÉVRIER – MAI 2017

| | |
|--|--|
| Progress Level 11 French 13 February – 23 March This 150-hour Progress Level 11 (PL11) French class leads to the Second Language Evaluation (SLE) tests of the Public Service Commission (PSC). This course will be held Mon to Fri, 0730 to 1530 hrs. Prerequisites: Successful completion of a PL10 course or a PL11 oral placement test within the previous 12 months. Application - Interested personnel are requested to apply NLT 01 February, 2017 | Cours de français - niveau de progrès 11 Du 13 février au 23 mars Ce cours de français de 150 heures mène aux examens d'évaluation de langage seconde (ELS) de la Commission de la fonction publique (CFP). Ce cours sera donné de 07h30 à 15h30, du lundi au vendredi. Préalables : Avoir réussi le cours NP10 ou avoir atteint le NP11 à la suite d'un test de placement oral ayant eu lieu au cours des douze mois précédents. Inscription - Les membres du personnel qui aimeraient suivre le cours doivent présenter une demande d'inscription avant le 01 février, 2017 |
| Progress Level 6 English 23 February – 29 March This 150-hour Progress Level 6 (PL6) English class will be held from Mon to Fri, 0730 to 1530 hrs. Prerequisites: Successful completion of a PL5 course or a PL6 oral placement test within the previous 12 months. Application - Interested personnel are requested to NLT 16 February, 2017 | Cours d'anglais - niveau de progrès 6 Du 23 février au 29 mars Ce cours d'anglais de 150 heures permettant d'atteindre le NP6 sera donné de 7h30 à 15h30, du lundi au vendredi. Préalables : Avoir réussi le cours le NP5 ou avoir atteint le NP6 à la suite d'un test de placement oral ayant eu lieu au cours des douze mois précédents. Inscription - Les membres du personnel qui aimeraient suivre le cours doivent présenter une demande d'inscription avant le 16 février, 2017 |
| Second Language Evaluation - Preparation for Anglophones 06 March – 12 April This 90 hours Second Language Evaluation Preparation French class will be held Mon- Fri, 0730 to 1155hrs. The objective is to refresh the French Second Language skills of CF members whose language profiles are about to expire and to prepare them for the Public Service Commission (PSC) Second Language Evaluation (SLE) tests. Prerequisites: Candidates should have a minimum of a valid «B» profile in Oral Proficiency that is within one year of expiration and have placed at a least at an NP6 on the oral placement test within the previous 12 months. Application - Interested personnel are requested to apply NLT 24 February, 2017 | Préparation à l'évaluation de la langue seconde pour anglophones Du 06 mars au 12 avril Ce cours de 90 heures se donne du lundi au vendredi, de 07h30 à 11h55. Il a pour but de permettre aux militaires dont le profil linguistique arrive à échéance de remettre à niveau leurs connaissances en français, langue seconde et de les préparer à l'évaluation de la langue seconde (ELS) de la Commission de la fonction publique (CFP). Préalables : Posséder un profil linguistique valide qui comprend au moins le niveau « B » pour l'expression orale et qui arrive à échéance au cours des douze mois à suivre ou avoir atteint le NP6 à la suite d'un test de placement oral ayant eu lieu au cours des douze mois précédents. Inscription - Les membres du personnel qui aimeraient suivre le cours doivent présenter une demande d'inscription avant le 24 février, 2017. |
| Progress Level 1 English 07 April – 29 May This 150-hour Progress Level 1 (PL1) English class will be held Mon to Fri, 0730 to 1530 hrs. This course applies to members who do not have any or have very little linguistic abilities in English. Application - Interested personnel are requested to apply before 24 March, 2017 | Cours d'anglais - niveau de progrès 1 Du 07 avril au 29 mai Ce cours d'anglais de 150 heures permettant d'atteindre le NP1 sera donné de 7h30 à 15h30, du lundi au vendredi. Ce cours s'adresse aux membres qui n'ont aucune connaissance ou très peu d'habiletés en anglais. Inscription - Les membres du personnel qui aimeraient suivre le cours doivent présenter une demande d'inscription avant le 24 mars, 2017 |
| Progress Level 7 English 03 April – 09 May This 150-hour Progress Level 7 (PL7) English class will be held Mon to Fri, 0730 to 1530 hrs. Prerequisites: Successful completion of a PL6 course or a PL7 oral placement test within the previous 12 months. Application - Interested personnel are requested to apply before 24 March, 2017 | Cours d'anglais - niveau de progrès 7 Du 03 avril au 9 mai Ce cours de français de 150 heures permettant d'atteindre le NP7 sera donné de 7h30 à 15h30, du lundi au vendredi. Préalables : Avoir réussi le cours NP6 ou avoir atteint le NP7 à la suite d'un test de placement oral ayant eu lieu au cours des douze mois précédents. Inscription - Les membres du personnel qui aimeraient suivre le cours doivent présenter une demande d'inscription avant le 24 mars, 2017 |
| 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) 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 | |

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Around The Wing



Sean Ramcharita holds the targets for MWO Ken Reynolds at the Love and War boxing station at the Valentine's Day Circuit put on by PSP at Building 21 on Feb 13. Photo: Bill McLeod, Voxair Manager.



The Wing Chief Warrant Officer's office was decorated during his winter leave, apparently by someone who really loves cats! Photo: Sgt Daren Kraus, 17 Wing Photojournalist.

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The Lieutenant Governor of Manitoba, Her Honour Janice Filmon is piped in during the 2017 11th Annual Yellow Ribbon Gala on February 18, 2017 at the Victoria Inn Convention Center, Winnipeg, Manitoba. Photo: Cpl Justin Ancelin, 17 Wing Imaging



The Military Family Resource Center Board and Staff during the 2017 11th Annual Yellow Ribbon Gala on February 18, 2017 at the Victoria Inn Convention Center, Winnipeg, Manitoba. Photo: Cpl Justin Ancelin, 17 Wing Imaging

Around The Wing



Left: The 2017 11th Annual Yellow Ribbon Gala on February 18, 2017 at the Victoria Inn Convention Center, Winnipeg, Manitoba. Photo: Cpl Justin Ancelin, 17 Wing Imaging

www.facebook.com/thevoxair



The Military Family Resource Center Board and Staff during the 2017 11th Annual Yellow Ribbon Gala on February 18, 2017 at the Victoria Inn Convention Center, Winnipeg, Manitoba. Photo: Cpl Justin Ancelin, 17 Wing Imaging

#TBT 1961: Not Netflix - Real Flicks

* Reprinted from The Voxair - Issue 1, Volume 10, January 13, 1961

Movies for January

| | | | | | | | |
|---|----------------------------------|---|---|--|------------------------------|---|----------------------------|
| COMING "SUDDENLY, LAST SUMMER" THE ADVENTURES OF HUCKLEBERRY FIN WITH "BELLS ARE RINGING" Bert Lancaster as "ELMER GANTRY" | | Cinema THEATRE SHOWTIME WEEKDAYS: 1900 - 2100 HRS. SUNDAY: 1830 - 2100 HRS. SUNDAY MATINEE: 14:00 HRS. | | R.C.A.F. STATION WPG. Regular Admission WEEKDAYS: ADULTS 35¢ CHILDREN 15¢ SUN. & MON. ADULTS 50¢ CHILDREN 25¢ | | WHOEVER YOU ARE... YOU'LL ENJOY THE MOVIES. | |
| SUN. JAN 1 | MON. 2 | TUES. 3 | WED. 4 | THURS. 5 | FRI. 6 | SATURDAY MATINEE 7 | SATURDAY EVENING 7 |
| Happy New Year! | QUARTER OF 8 | ROYAL AFRICAN RIFLES | TANK COMMANDOS | THE BLOODY BROOD | BRIDES OF DRACULA | MYSTERY OF THE BLACK JUNGLE | GOLIATH AND THE BARBARIANS |
| The Free, Wild Adventure Hit of a FLAMING, ROUGH Era! | LANCASTER HEPBURN THE UNFORGIVEN | NATALIE WOOD ROBERT WAGNER ALL THE YOUNG CANNIBALS | GUNSLINGER | Geordie | ELVIS PRESLEY LOVE ME TENDER | A BOY, A GIRL AND A DOG | KING OF THE WILD STALLIONS |
| THE TRUE MARINE EPIC OF THE SOUTH PACIFIC! | Hell to Eternity | I PASSED FOR WHITE | BATTLE FLAME | NAKED VIOLENCE! | APACHE WOMAN | WILKESMITH and the ESPUR | Moby Dick |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 28 |
| PSYCHO | SEX KITTENS GO TO COLLEGE | LAST TIME I SAW PARIS | WHY MUST I DIE? | THE TIME MACHINE | THE GREAT DAN PATCH | COUNTY FAIR | |
| 29 | 30 | 31 | THE BABY AND THE BATTLESHIP Get More Out Of Life ... Go Out To A Movie | | | | |

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CALENDRIER COMMUNAUTAIRE

- 17 au 26 février • Festival du Voyageur • Winnipeg • 204-233-ALLÔ
- 22 février • Séminaire - Planification stratégique : vision, mission, objectifs • World Trade Centre Winnipeg • 204-253-4888 p.100
- 22 février • Veillée dans l'Ouest • Université de Saint-Boniface • 204-233-ALLÔ
- 23 février • Petit Canada • Parc Voyageur • 204-237-8947
- 23 février • Chicane Électrique • Parc Voyageur • 204-231-7036
- 24 février • French Toast (Toastmasters) • World Trade Centre Winnipeg • 204-253-4888 p.100
- 24 au 26 février • Parlement jeunesse franco-manitobain • Palais Législatif du Manitoba • 204-237-8947
- 25 février • Heure du conte en famille • Bibliothèque de Saint-Boniface • 204-986-4332
- 25 février • Peinture en direct • Maison des Artistes • 204-237-5964
- 2 au 18 mars • Théâtre - Les Flats • Théâtre Cercle Molière • 204-233-8053

Expositions d'art :
 Visages • CCFM
 Rappel : Roland Mahé • Maison des artistes visuels
 Lueur Éphémère • Maison des artistes visuels

Pour plus d'informations et pour voir le calendrier au complet, visitez le <http://www.sfm.mb.ca/calendrier>

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17 Wing Members Squash the Competition at Nationals



Colonel Joshi, Left, presents the first place award in the women's open single category to Captain Jordan, Right, representing the Prairie region at the Badminton and Squash Nationals 2017 on February 2nd 2017. All Photos: Ordinary Seaman Elizabeth Ross, CFB Borden Imagery

by Martin Zeilig, Voxair Photojournalist

17 Wing members Captain Audrey Jordan and Chief Warrant Officer Graham James were both winners at the 2017 Canadian Armed Forces Squash National Championships at CFB Borden, January 29-February 2.

Capt Jordan, Expeditionary Planner, CAOC/A3 Strategy Division, took home the gold medal in the Women's Final. CWO James finished second in the 45+ category, but was awarded the CAF National Squash Sportsmanship Award for 2017. CWO James is the 17 Mission Support Squadron CWO.

CWO James was also recognized for all his great work leading the Prairie Region Squash team at the CAF National Squash Championship in a press release from the Regionals.

Capt Jordan and CWO James along with Captain Jillian Sicard, Wing Operations Sr. Duty Watch Officer, represented the Prairie Region at the Nationals.

The Prairie team represented the region extremely well this year and the results from the both the Team event and individual events proves that, said CWO James in an email.

"As the team captain, I was thoroughly impressed with the camaraderie and support that was shown by all players who supported each other throughout the tournament," he added while also praising Chris Merrithew, Sports Coordinator Personnel Support Programs and his staff/PSP for supporting the sports program and "setting up the athletes for success."

During the round robin, Capt Jordan played four matches, one against each of the top woman for each other region Pacific, Quebec, Ontario, Maritimes, she wrote in an email to The Voxair.

She won each game: 3-0, 3-0, 3-1, and 3-0.

"Then, during the elimination round, I played another three matches, 3-0, 3-0, 3-0," Capt Jordan said.

In the championship match, she also won 3-0.

"I think that both my opponent and I played better in the finals," Capt Jordan said. "Our shots were tighter and we had longer rallies."

Capt Sicard observed that she placed in the lower middle portion of the consolation side in the Women's Open category.

"I've played in the women's division for a few years in the past," she said. "It was a lot of fun, but I just wanted to have a different challenge this year."

She also called squash a big mental as well as a physical challenge.

"I try to play four times a week," Capt Sicard said, adding that she enters into numerous civilian squash tournaments. "I like the challenge of the game and the diversity of the players."

"The first time I attended the CAF Squash Nationals, I won the under the 30 championship in Toronto back in 1991," CWO James said.

He added the competition in Borden starts out with the team championship.

"The first three days were used to determine which region has the best overall team," he said. He noted that Prairie Region placed fourth overall in the team category.

"The final two days are devoted to the individual (age) categories. I was the number one rated player for the Prairie Region," CWO James said. "I started out as

the number one Open, and in the last two days I went into the over 45 category. I defeated the over 45 guy from the Atlantic Region (Warrant Officer Alain Chalifoux from CFB Greenwood)."

In the championship game he lost 3-0 to CWO Stacy Merriam, from CFB Kingston.

"The games were closer than what the score indicated," CWO James said. "But, that day he was the better squash player. We were very close in skill. He just had a better match than me."

"I love going to nationals to have a chance to meet the other squash enthusiasts from the CF," said Capt Jordan, a multi-sport athlete, who mentioned that she used to play badminton too, but has not played since the 2016 nationals. "There's great competition and awesome team spirit."



LCol Taylor, Left, presents the Squash sportsmanship award to Chief Warrant Officer Graham James, Right, representing the Prairie region at the Badminton.

"I love the people in the squash community because, although it's an individual sport, we still cheer each other outside the glass, and help each other out," CWO James said.

A First for Manitoba Early Learning and Care-More than just "Play"



Children at the MFRC Childcare Centre learn while they try new activities. Photo by MFRC Staff.

The MFRC Childcare Centre has embraced the practice of pedagogical and reflective teaching for a number of years. We believe that educators and children must be engaged with each other as co-learners. Our staff use a "Thinking Lens" to reflect on children's activities and expand on them in order to support their development. We use documentation in the form of learning stories to make pedagogical learning visible to parents and other staff. Through our ongoing efforts to embrace reflective pedagogical teaching, The MFRC Childcare Centre was one of only 10 centres in Canada to be involved in a Reflective Teaching Cohort Project with Deb Curtis. We

recently had a visit from Deb Curtis on February 3, 2017 and have another visit scheduled for September 2017.

Deb Curtis is a college educator, who holds an MA in human development. Together with Margie Carter, she has authored numerous books and videos and has been published in various journals and publications. They also co-founded Harvest Resources, a company that supplies professional development to early childhood educators. Based in California, Deb is one of the premier advocates of the pedagogical/reflective teaching movement within early childhood education.

In December 2015, the Manitoba Child Care Association was approached to create a cohort with Deb Curtis, wherein 10 centres would be able to host Deb on a rotating basis for one year. This cohort was first discussed at the MCCA's Pedagogical Leaders Community of Practice, of which Diana Riedle, Assistant Director of Preschool/School Age, is a member. The MFRC Childcare Centre was fortunate enough to be offered a space within the cohort. As Pedagogical Leader of the centre, Diana chose three staff to participate in the cohort. Catherine Vechina, Alma Doucette and Corrine Bretecher were chosen to represent the centre.

Deb has made two trips to Winnipeg so far and our staff have attended several workshops hosted by Deb regarding Reflective Teaching, Documentation, Schema Theory and Active Play. On her last visit, she spent time in the school age

program at the MFRC, guiding staff in using Piaget's Schema Theory to create learning stories based on observations of children during free play with loose parts. This was Deb's first opportunity to work with school aged children in the cohort, which led to interesting observations on the developmental differences between preschool and school aged children. Deb will be returning to Winnipeg in April and September 2017 to continue her work with the cohort. Through participation in this cohort, the MFRC Childcare Centre will continue to move forward in the field of reflective teaching in early childhood education.



Reflective teaching makes children engage as col-learners at the MFRC Childcare Centre. Photo by MFRC Staff.



How do I know which information to trust?

Eating should be joyful, not a source of everyday frustration and confusion. Have you tried following nutrition advice from friends or information online or on social media? Finding reliable online information about food and nutrition can be challenging. Try the three-step approach to determine what you can trust.

Spot the problem.

“There is so much nutrition information online! How can I tell if something is a fad? I don’t know what to believe.”

Get the facts.

Separate food facts from fiction.

Find a resource on the Dietitians of Canada website to help determine if the information read online is accurate.

Read websites carefully and ask these questions:

- Is the website promising a quick fix or a miracle cure?
- Do I have reasons to mistrust the person, organization or company that runs the website?
- Are they trying to sell me something instead of educate me on how to make better food choices?
- Are the website writers unqualified to be giving me nutrition information?
- Do they have facts that sound too good to be true?
- Does the information come from personal opinions rather than scientific evidence?
- Is the content missing reviews or verification by medical experts?
- Are the website claims based on a single study that may draw the wrong conclusion?

If you answered “yes” to most of these questions, some of the facts you’ve read are not reliable.

Seek support.

Consult with a regulated health care professional, such as a physician or dietitian.

Reliable websites:

- www.dietitians.ca
- www.eatrightontario.ca
- www.healthlinkbc.ca
- www.healthycanadians.gc.ca
- www.dietitians.ca/memberblogs

Nutrition can feel complicated but it doesn’t have to, if you have any questions contact the 17 Wing Health Promotion office at (204) 833-2500 ext. 4150/4160/4995.

Adapted from Dietitians of Canada’s Nutrition Month campaign materials. Find out more about Nutrition Month at www.NutritionMonth2017.ca

Take the fight out of food!
Spot the problem. Get the facts. Seek support.

March is Nutrition Month!

- Eating should be joyful, not a source of frustration and confusion
- Join Canadians this Nutrition Month and Take the Fight out of Food
- Find a dietitian in your area: www.dietitians.ca/find

[Visit www.NutritionMonth2017.ca](http://www.NutritionMonth2017.ca)

Mettez fin au combat avec les aliments!
Ciblez le problème, renseignez-vous et demandez de l'aide.

Mars est le Mois de la nutrition!

- Manger devrait être une activité agréable et non pas une source de frustration et de confusion
- Cette année, à l'occasion du Mois de la nutrition, mettez fin au combat avec les aliments
- Trouvez une diététiste dans votre région : www.dietetistes.ca/trouvez

www.MoisdeLaNutrition2017.ca

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!
7 March 2017
0800 – 1600 hrs

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

Force Mentale et Sensibilisation au Suicide – Formation du Superviseur
Il s'agit d'un cours auquel on a attribué un code!
7 mars 2017

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

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

Sensibilisation à la santé mentale et au suicide

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— DOUZE MODULES DISPONIBLES

Alcohol, Other Drugs and Gambling: Supervisor's Training

13 & 14 March 2017
0800-1600 hrs & 0800-1200 hrs

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

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

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

13 et 14 mars 2017

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

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

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

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9 & 10 March 2017
0830 - 1600 hrs

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Le stress: Ça se combat!
9 et 10 mars 2017
0830 h à 1600 h

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



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204-833-2500 extension / poste 4500

www.cafconnection.ca

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Upcoming MFRC Programs and Events

Hot Lunch

On the second Thursday of every month, the MFRC will host a hot lunch, from 1200 to 1300 hrs, in the multi-purpose room of the MFRC. The menu will usually include soup and a bun, but you may find chili, or maybe a stew or a casserole. It hasn't been set yet, but we will try to have it advertised on our Facebook page the day before. Food will be available on a first come, first served basis and when it's gone, it's gone! Donations will be gladly accepted, and put towards MFRC programs and services. We hope to see you out on March 9, 2017.

Coffee Break

Join us on the first Thursday of every month for our Community Coffee Break. From 10:00 to 11:00 a.m., you are invited to share a cup of coffee, visit with other community members, pick up resources, register for programs and meet the staff. The food and fellowship are always outstanding and you will even have the chance to win a door prize. Coffee Breaks will take place on March 2, 2017.

Nursery School

We offer a play-based, emergent curriculum in both English and French Immersion. Children must be toilet trained and turning 3 by December 31st to enroll. Registration for the 2017/2018 school year opens February 6th for returning students and March 6th for new students.
September 2017 to June 2018
Mondays, Wednesdays & Fridays
9:00 to 11:30 a.m. - English
1:00 to 3:30 p.m. - French Immersion
Tuesdays and Thursdays

9:00 to 11:30 a.m. - English
Westwin Children's Centre, 642 Wihuri Rd
\$72 / month (Mon., Wed., Fri.)
\$48 / month (Tues., Thurs.)
\$20 annual registration fee
This program is for children ages 3-5 years.

Dr. Seuss' Birthday Party

Today you are you, that is truer than true. Celebrate your you-ness with Dr. Seuss! We will be celebrating Dr. Seuss' birthday with party hats, Seuss themed games, crafts and of course, cake!
Tuesday, March 7 from 1:00 to 3:00 p.m.
MFRC Occasional Child Care Centre, 630 Wihuri Rd.
\$5 per family
Registration deadline: March 2

Adult Activity (in French) - The Real Escape

Your team will be locked in a mysterious room filled with puzzles and clues. You have ONE HOUR to escape. Use logic, skill, speed and teamwork to master the game and complete the tasks required to walk out the final door before the hour ends.
Monday, April 3
Specify which time you prefer:
5:00 or 6:30 or 8:00 p.m.
The Real Escape, 3137 Portage Ave.
\$15 per person
Registration deadline: March 24
Presented in French
8 people per session
International Women's Day
Bring your girlfriends, neighbors, sisters, cousins out to an evening of fun, food, friends and fabulous activities! We will be connecting with our crafty side, doing

a wellness activity and of course having some delicious snacks!

Friday, March 10
7:00 to 10:00 p.m.
Junior Ranks Mess
\$20 per person
Registration deadline: March 3



At the MFRC Coffee Break on Jan 5, 2017, Joanne Robertson and Eldren Thuen from Judy Lindsay Team Realty presented a cheque for \$2200.00 to the MFRC. "This amount represents \$100 from every deal we made on behalf of military clients this past year" said Joanne. "We wanted to give back to our military community, and felt that donating to the MFRC was a great way to do that" Eldren added. Joel Roy, the Executive Director of the MFRC, and Board Chair Lois Mallet, assured them that their generous gift would be used in the programs and services offered to our military families. Photo: Supplied

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ans et moins OR ans et plus

5:30 - 7:30 pm
de 17 h 30 à 19 h 30

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Register at the MFRC by Fri 24 Feb
Inscrivez-vous au CRFM d'ici vend 24 fév

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12:00 pm 12 h

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DE L'HIVER Fête

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de 11 h à 14 h

SATURDAY MARCH 4 MARS SAMEDI

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Defence Team: \$3 per person / \$9 per family
Équipe de la Défense: 3\$ par personne / 9\$ par famille
Public: \$4 per person / \$12 per family
Public: 4\$ par personne / 12\$ par famille

Tickets available at the MFRC, Bldg 90 or at the door • Les billets sont en vente au CRFM, au bâtiment 90 ou à l'entrée

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INFO: 204-833-2500 ext/poste 7013 or/ou 4511

Today's Trivia Answers

1. Montgomery "Bud" Wilson (1929-35, 1938-39). Wilson was also six-time North American champion (1929-39)..
2. Constance Wilson-Samuel (1924, 1927, 1929-35). Constance was Bud's sister; she was also four-time North American champion (1929-35).
3. They were five-time Canadian pairs champions (1929-30, 1932-34) and three-time North American champions (1929-33).
4. Patrick Chan (2008-14, 2015-17). Chan has also won three world championships (2011-13) and two Olympic silver medals in singles and team trophy (2014).
5. Montgomery Wilson — 13 (nine gold, three silver, one bronze).
6. Elvis Stojko — 11 (seven gold, four silver). Stojko was three-time world champion (1994-95, 1997) and won two Olympic silver medals (1994, 1998).
7. Constance Wilson Samuel — 12 (nine gold, two silver, one bronze).
8. Jennifer Robinson — 10 (six gold, one silver, three bronze).
9. Suzanne Morrow and Wallace "Wally" Diestelmeyer. Morrow won women's singles three times (1949-51), Diestelmeyer won men's singles in 1948. Together the pair won gold medals in 1948 in pairs, ice dance, waltz and tenstep. They won bronze medals in pairs at the 1948 Olympics and world championships and are credited with developing the one-handed death spiral in pairs competition.
10. Charles Snelling (1954-58, 1964). Snelling is the youngest Canadian champion to date, being only 16 when he won in 1954.
11. Gillis Grafstrom - Sweden (men's singles, 1920, 1924 and 1928), Sonja Henie - Norway (women's singles, 1928, 1932, and 1936), and Irina Rodnina - Soviet Union (pairs, 1972 with Alexei Ulanov, 1976 and 1980 with Alexander Zaitsev).
12. Jamie Sale and David Pelletier.
13. Shae-Lynn Bourne and Victor Kraatz — ice dancing (1993-99, 2001-03). The pair were world champions in 2003.
14. Tessa Virtue and Scott Moir — gold (2010), silver (2014) in ice dance, silver in team trophy (2014).
15. Barbara Ann Scott. Scott was also a world champion in 1947 and 1948 and the only Canadian to win the European title, also in 1947 and 1948.
16. Barbara Wagner and Robert Paul. Wagner and Paul were five-time Canadian champions (1956-60) and four-time world champions (1957-60).
17. Donald Jackson. Jackson was four-time Canadian champion (1959-62), bronze medalist at the 1960 Olympics and world champion in 1962.
18. Kurt Browning (1988). Browning was four-time Canadian champion (1989-91, 1993) and world champion in the same four years.
19. Brian Orser. Orser was eight-time Canadian champion (1981-88) and world champion in 1987.
20. Rob McCall. McCall wither partner Marie McNeil won bronze in 1978-79, silver in 1980 and gold in 1981. He and partner Tracy Wilson were gold medalists from 1982 to 1988. MCall and Wilson were world championship bronze medalists three times (1968-88) and bronze medalists at the 1988 Calgary Olympics.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): List what is working in your life and why. Strategize how you can apply what you find out to other areas of your life. The aim is to be happy. Ask your friends and family to help you. Make it an adventure. Be creative. Having a plan and a sense of direction is exhilarating.

Taurus (April 20 – May 20): Initiate a heart-to-heart talk to clear the air with someone. Clarification is essential. Ultimately you're in charge of what you think and feel. If you are reacting to assumptions and opting out of learning the facts, you may be creating your own angst. Get expert advice when necessary.

Gemini (May 21 – June 21): You'd love a bit of predictability in life but unfortunately other people tend to upset your plans as they push their own agendas. Demands frustrate and annoy you. In the past you may have allowed for this because it served your purpose but if it no longer suits you, just say, "No."

Cancer (June 22 – July 22): So much of what you worry about doesn't happen. And the unexpected can't be controlled. To help you become comfortable with uncertainty, learn how to control your thoughts. Create a sense of security by having a mental landscape to escape into or an actual place to retreat to.

Leo (July 23 – August 22): You can learn a lot when you listen closely to what others say. And it's not as big a surprise when their plans don't match your own. People change. Children grow up. Times change. Reality is not what you decide it will be. Sometimes you don't get to call all the shots. Empower others. .

Virgo (August 23 – September 22): People may encroach on your private time or space. Learn to set limits. You can't always be accommodating other people since you have your own plans to consider and implement. Love yourself enough to take care of yourself. Don't accept the company of negative people.

Libra (September 23 – October 23): You're seeing things from a new perspective and feeling differently about others. Review your part in partnerships and group dynamic. Alter your input to change how people see you. Focus on your own priorities. If they are shifting, adjust accordingly. Dance to your own tune.

Scorpio (October 24 – November 21): Get comfortable in going with the flow. Plans change. Play with new ideas and possibilities that pop into your head. Put out the word, network and see what others say. Tend to your dreams and they will take hold. Find ways to make the work you do part of a joyful life.

Sagittarius (November 22 – December 21): Things are mostly falling into place the way you want them to. But keep a firm grip on your emotions when everything isn't perfect. You can't fix what is beyond repair. And though you have a lot of influence, you can't always get the response you want from others.

Capricorn (December 22 – January 19): You'll be questioning your assumptions. Explore options you had not considered in the past. Think of each day as an adventure or a gift. Mix work and play into every day. Meeting current obligations and other's expectations is okay but you need to look further ahead.

Aquarius (January 20 – February 18): Fairness prevails. Be ready to move quickly when you find you have the money to invest in property or to take a well-deserved vacation. Act now. Go after what you want. Do the things you want to do. Speak up. Be bold. Set an example for others by being pro-active.

Pisces (February 19 – March 20): As projects get underway they take less time and effort. Momentum carries things along and they unfold naturally. This leaves you free to focus on new opportunities and to explore other interests. Stay connected to friends, family and colleagues so you don't miss any of the fun.

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SENIOR'S BINGO: Thursdays at 1:30 pm

CRIBBAGE: Thursdays at 7:30 pm

DANCING: Friday 8:00pm-12:00am

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Chaplain's Corner

“The chief element of happiness is this: to want to be what you are.” Erasmus of Rotterdam

But in order to know what we are, we must first get to know ourselves. That means becoming acquainted with our own strengths and weaknesses. It means being in touch with what works for us and avoiding what doesn't. It also means discovering what we are good at so that we know what we are capable of achieving; being aware of what we are less skilled at is also a part of that. Getting to know ourselves means being aware of what we should change in ourselves to become better human beings. It also means discovering where our special talents lie and cultivating them so that they bear fruit in the world. It means listening to our deepest aspirations, our inner calling and our dreams and doing our utmost to make them a reality in our lives.

Becoming what we are called to be is an arduous task, as we often fall into the trap of wanting to transform into somebody else or succeed in the same way that somebody else has. Another trap that we can fall into is being or doing what other people want us to be or do. Accepting what we truly are means fully accepting all parts of ourselves, both good and bad. Gradually, we come to understand that it is this blend of negative and positive qualities in our personality that makes us unique, with our own special limitations and potential. That magnificent creation deserves to be loved. Accepting what we are means learning to love ourselves unconditionally.

Anselm Grün, in his book *L'art de vivre en harmonie*, aptly illustrates what I am talking about:

[trans] “If I am able to live in harmony with myself and gratefully accept the abilities that God has given me as well as my limitations, then I can experience what it is to be truly happy. (...) I am who I am, shaped by God, protected in the warmth of His love, and accepted unconditionally. So I feel at peace and all is well.”



It is a forty day span of time - not including all Sundays which are meant to be feast days - to consider one's life in Christ and how one can become a person of better, simpler values in life style and related outreach for the sake of others. The traditional means to accomplish this is to consider new or more giving of alms (ie. charitable giving of money or other resources), prayer (ie. daily and weekly), and fasting (in modern terms can include reducing consumption of food or from forms of entertainments). The intent is not simply to do so only during this designated time frame, but hopefully to use this time as an intentional practice time which then will be integrated a little bit better within your future living; even after the celebratory season of Easter (ie. Commemoration of Jesus Christ's Resurrection) has come and gone.

ASH WEDNESDAY 1 MARCH 2017

You are welcome and invited to the 17 Wing Chapel which is located on Silver Avenue off Whytewold Road for

1215hrs
Ecumenical Prayer Service
with distribution of blessed ashes

OR
1900hrs
Roman Catholic Mass
with distribution of blessed ashes

« Le secret du bonheur : sois qui tu es. » É r a s m e de Rotterdam

Pour savoir qui nous sommes, il faut tout d'abord apprendre à se connaître. Se connaître consiste à apprendre à découvrir ses forces et ses faiblesses. C'est savoir ce qui est bon pour nous et, de ce fait, éviter ce qui ne nous convient pas comme individu. Aussi, découvrir ses capacités afin de connaître ce que nous pouvons accomplir et ce que nous réussissons moins bien en font partie. Apprendre à se connaître, c'est savoir ce qu'il faut changer en nous afin de devenir une meilleure personne. C'est aussi découvrir quels sont nos talents uniques et savoir les cultiver afin qu'ils portent fruits autour de nous. C'est être à l'écoute de nos aspirations profondes, de nos appels intérieurs et de nos rêves, et tâcher de les réaliser du mieux que nous le pouvons dans nos vies.

Devenir ce que nous sommes appelés à être est une tâche ardue, car souvent nous tombons dans le piège de vouloir se muter en quelqu'un d'autre ou de vouloir réussir comme un autre. Un deuxième piège consisterait à être et à faire ce que les autres veulent que nous soyons ou que nous fassions. Accepter ce que nous sommes vraiment, c'est accueillir notre part d'ombres et de lumières en nous. De fil en aiguille, nous comprenons mieux que c'est ce mélange d'aspects négatifs et positifs de notre personnalité qui fait de nous un être unique avec ses limitations et ses potentialités propres; cette œuvre magnifique mérite d'être aimée. En effet, accepter qui nous sommes, c'est apprendre à s'aimer inconditionnellement.

Les propos d'Anselm Grün dans son livre *L'art de vivre en harmonie* illustrent bien mes propos :

« Si je réussis à être en harmonie avec moi-même et à accepter avec reconnaissance les capacités que Dieu m'a données, en même temps que mes limites, alors je peux éprouver ce qu'est le bonheur véritable. (...) Je suis celui que je suis, façonné par Dieu, protégé dans la chaleur de son amour, accepté sans condition. Alors je ressens la paix en moi et tout est bien. »

Faith and Life

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COMMUNITY SERVICES

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

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

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

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

CHAPLAINS

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

Padre Kevin Olive
(Pentecostal)
ext 5272

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

17 Wing
204 833 2500



Administrative
Assistant
ext 5087

17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

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

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

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

Padre Frederic Lamarre
(Roman Catholic Pastoral Associate)
ext 6914

SUNDAY MASS (Bilingual) 1100 hrs

COMMUNITY SERVICES

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

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

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

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

MAIN OFFICES
Building 64,
Lower Level, North End.

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

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

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

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

Your 17 Wing Chaplain Team

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