



THE VOXAIR

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17 Wing Honours Search and Rescue Technician



Search and Rescue technicians high carry MCpl Alfred Barr during the ramp ceremony held at 17 Wing, Winnipeg on March 13, 2017. For more information about MCpl Barr please see page 2.

Photo: Corporal Paul Shapka, 17 Wing Imaging

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Royal Canadian Air Force Search and Rescue Technician dies in training accident

from National Defence / Canadian Armed Forces

A Royal Canadian Air Force (RCAF) Search and Rescue Technician (SAR Tech) based at 17 Wing Winnipeg died in an accident during training near Yorkton, Sask. on Wednesday, March 8, 2017.

Originally from Lethbridge, Alta., Master-Corporal Alfred Barr, age 31, was a member of 435 Transport and Rescue Squadron. He enrolled in the Canadian Armed Forces in 2009 as a signals operator, and transferred to the SAR Tech trade in 2015. Upon completion of his training at the Canadian Forces School of Search and Rescue at 19 Wing Comox, B.C. in 2016, he was posted to 435 Squadron.

The RCAF's Directorate of Flight Safety will be investigating the accident and no further information will be released about the incident while that is ongoing.

"Master Corporal Alfred Barr was part of an elite group of specialists whose primary function is to save lives. Our hearts and prayers goes out to his family and friends as the RCAF mourns this special individual who

was willing to lay down his life so that others may live."

- Lieutenant-General Michael Hood, Commander, Royal Canadian Air Force

"As a Search and Rescue Technician, Master-Corporal Alfred Barr was committed to saving the lives of Canadians and people in danger. Our thoughts and prayers are with his family and loved ones. His bravery and devotion will be truly missed by the Royal Canadian Air Force, Canadian Armed Forces and all of Canada."

- Major-General Christian Drouin, Commander, 1 Canadian Air Division/Canadian NORAD Region

"On behalf of all 17 Wing Winnipeg and the entire RCAF, I would like to express my condolences to Master-Corporal Alfred Barr's family, friends and fellow service members. Master-Corporal Barr was a valuable member of 435 Squadron's Search and Rescue team, and he will be deeply missed."

- Colonel Andy Cook, 17 Wing Winnipeg Commander

MCpl Alfred Barr Remembered as Kind and Thoughtful

by Stéphanie Hempel, Fiancée of Master-Corporal Alfred Barr

"Alfred Barr was the most amazing man I have ever known. He was incredibly kind and thoughtful, someone who always put others before himself. He was continually encouraging and positive, even in difficult circumstances, and motivated me and others to be hardworking and try different things. He valued his family immensely and also became an integral member of my family."

"Alfred was incredibly intelligent and talented, yet modest about his accomplishments. He was a life-long learner and had so many creative hobbies and interests, including cooking, woodworking, and leatherwork. When we first started dating long distance, we wrote letters to one another, and Alfred would use fine paper, calligraphy pens and seal the envelopes with wax. He simply went all out for us."

"He loved to create physical challenges for himself, like ultra-marathons, fat biking, and canoeing. He would try everything at least once. Many of his adventures involved nature and the Canadian wilderness. Beyond these things, he took it upon himself to learn about other cultures and was learning other languages like Danish, German, and French."

"Alfred was a true Canadian. He loved the Albertan mountains, especially Waterton National Park. Being originally from Fort Nelson, BC, and later calling Lethbridge, Alberta his hometown, he also shared a great love for the wild woods and cooler temperatures where he could practice bush craft skills and camping."

"I will cherish the love we had together forever. He was the kind of man who lived life to the fullest. He loved life."

"Alfred always showed me the kind of love that everyone should have. The kind of mushy gushy love that makes you feel warm and envelops you like a cocoon. Alfred was my cocoon. He showed me safety and adventure. And what happened to him is cruel and unfair but he understood the risks, and took them knowingly. He always did. He knew the dangers of his job, and fully embraced the Search and Rescue Technician motto: 'that others may live'. I am so proud of his courage, strength, and devotion to help others."

"Alfred always worried about the gifts he would give me. If they were enough. But he gave me the gift of true love. He gave me life. And I hope that I can honour him by following his example, to share his enthusiasm for life with others."

"This feels like such a surreal situation. I keep expecting Alfred to walk through the door. He and I were so happy together. We had plans to travel, to have children, and to grow old in each other's company. We were just setting out on our adventure together. He didn't deserve to die. I miss him terribly, and he will be in my heart forever."

Barr's fiancée and family are thankful for all of the messages of support, and now ask that the media and community respect their request for privacy as they continue to mourn.



Master Corporal Alfred Barr, a search and rescue technician from 435 Search and Rescue Squadron, prepares to treat a simulated casualty during the National Search and Rescue Exercise in Yellowknife, Northwest Territories, on September 23, 2016.

Master Corporal Barr died in a training accident on March 8, 2017.

PHOTO: Master Corporal Pat Blanchard

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 Lehoux
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
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204-326-3421

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Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn Forces
Winnipeg, MB R3J 3Y5
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MND Touches Base at 17 Wing Sports Trivia



The Minister of National Defence, Harjit Sajjan speaks with members of 435 Sqn during his visit to 17 Wing, Winnipeg on March 17, 2017. Photo: Cpl Paul Shapka

by Martin Zeilig, Voxair Photojournalist

Joel Roy called the visit by the Minister of National Defence, the Honourable Hajit Singh Sajjan, MP, to the Military Family Resource Centre “a morale booster” for staff members.

The Minister dropped into the MRFC for a half hour informal discussion with about 19 staff members and volunteers on an icy and blustery overcast afternoon on March 17.

“I was thrilled to see the Minister,” said Roy, a retired Colonel and the immediate past base commander at 17 Wing. “It was good to see him deliver the ‘meat’, not just the words.”

Earlier in the day, Minister Sajjan, who represents the riding of Vancouver South, paid a visit to 435 Transport and Rescue Squadron where he met with military members in Hangar 16, as well as with several Search and Rescue Technicians in the SAR Tech shop. Lieutenant-Colonel Kevin Kozak Commanding Officer, 435 Transport & Rescue Squadron, led the Minister on the tour of 16 Hangar.

Afterwards, Minister Sajjan also had a meeting at 1 Canadian Air Division and the Canadian Forces School of Aerospace Studies.

The meeting with the SAR Techs was particularly poignant as it came just over a week after the accidental death of SAR Tech Master Corporal Alfred Barr during “a routine training jump” near Yorkton, Saskatchewan. The memorial service for MCpl Barr was held on base last week.

Minister Sajjan, a retired Lieutenant-Colonel in the CAF and a combat veteran, presented MCpl Barr’s fiancée, Steffi Hempel, with a special service medal during his brief meeting with the SAR Techs.

“You are all heroes to all Canadians,” the soft spoken Minister Sajjan said to the SAR Techs. “Thank you, again, for all you do. Take the time to look after yourself too. Every resources will be made available (to help you in your job). From the bottom of my heart, thank you.”

Wing Commander Colonel Cook said that it was an honour to have the Minister visit 17 Wing.

“The importance he placed on visiting the SAR Techs and 435 Squadron highlight the importance of military service and sacrifice to the members,” he commented to The Voxair, while waiting for the Minister to arrive at the MFRC. “17 Wing is proud to host him, and looks forward to his next visit.”

During the MFRC meeting, Minister Sajjan praised the efforts of staff and volunteers.

“Thanks to all of you for the work you’re doing, and also improving support for the troops and their families,” he said.

“If your family situation isn’t going well how can you focus on your work?” said Minister Sajjan. The Minister has received numerous recognitions for his service, including the Meritorious Service Medal for reducing the Taliban’s influence in Kandahar Province and was also a police officer with the Vancouver Police Department for 11 years.

“When I was deployed, my wife used the MFRC a lot,” he recalled, noting that he has two young children.

Much of the conversation between Minister Sajjan and MFRC staff centred on the critical importance of childcare.

“He was certainly talking at the base level,” said Lois Mallett, chairperson of the board of directors of the

MFRC. “He has a hands on grip of the childcare issue. It’s the number one issue and seems to come up more often (for CAF personnel with families) than any other (issue). He seemed very approachable.”

Jamie Doherty, Coordinator Deployment Services at the MFRC, said she could identify with the fact that the Minister shared his own family’s experiences during the meeting.

“Our families are just as important as his family,” she offered. “It was a good meeting, very comfortable. I wish it could have been longer.”

Roy emphasized that there was substance to the Minister’s words.

“He heard a few examples from families, and how the programs here are life saving for families without close family members near them,” he said. “The MFRC is spoken of as a home away from home. We’re like a second family. I’m not surprised our discussion had a huge focus on childcare. We’re well situated to know that it’s the number one issue for military families. We try to help everybody find daycare spots wherever they live (during their tour here). The reality is we don’t have sufficient space for everyone. There is a wait list which we wish we didn’t have.”

But, the MFRC does offer other options, Roy continued, mentioning the nursery day options, two youth centres that work in the evenings and an occasional day option and a drop in option for people to participate in the various programs.

“We’re pleased that the minister took time to sit down and listen to us,” he added. “The services we put in place have to be operational enablers. We need to be flexible.”



The Minister of National Defence, Harjit Sajjan speaks with members of the MFRC during his visit to 17 Wing, Winnipeg on March 17, 2017. Photo: Cpl Paul Shapka

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Basketball

by Tom Thomson and Stephen Stone

1. What was the first National Basketball Association (NBA) team established in Canada?
2. When, where and who played in the first NBA game?
3. How long did the Huskies last?
4. Who was the first of the dominant “big men” in the NBA?
5. Who was the first Canadian to play in the NBA?
6. Who were the first African-American players in the NBA?
7. Which player has won the most NBA championships?
8. Who was the first African-American coach in the NBA?
9. Which player scored the greatest number of points in a single NBA game?
10. Who holds the record for the second-most points scored in a single game?
11. Who holds the NBA record for the greatest number of points scored in a career?
12. This graduate of St. Michaels University School in Victoria, BC is a two-time MVP in the NBA.
13. Who are the only two NBA players to win the scoring title seven consecutive times?
14. Which teams have won the greatest number of NBA championships?
15. What is the highest scoring NBA game in history?
16. Which two teams played in the lowest scoring game in NBA history?
17. What is the lowest scoring game in the NBA since the introduction of the shot clock?
18. Which professional basketball team has played the greatest number of games?
19. Which teams are the perpetual patsies in Globetrotters’ games?
20. Which famous (or infamous) comedian played for the Globetrotters in 1972?

Sports Trivia Answers on page 14



The 17 Wing Rondelles pose for a photo following the National Championships in Borden, On. Photo: Supplied

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17 Wing Recognizes Women at Women's Day 2017

International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. International Women's Day (IWD) has been observed since in the early 1900's - a time of great expansion and turbulence in the industrialized world that saw booming population growth and the rise of radical ideologies. International Women's Day is a collective day of global celebration and a call for gender parity. --The International Women's Day website.



The Honourable Janice Filmon, Lieutenant Governor of Manitoba, addresses guests at the 17 Wing celebrations for International Women's Day, on 8 March 2017. All Photos: MCpl Rick Ayer

by Martin Zeilig, Voxair Photojournalist

A standing room crowd of at least 180 people, both military and civilian personnel, turned out for the 17 Wing International Women's Day event at the Officers' Mess on March 8.

"I was very pleased with the attendance," said Major Genevieve Dussault, IWD 2017 OPI. "My aim was to fill as much of the Officers' Mess as possible."

The theme for this year's IWD was Be Bold for Change.

The two hour event featured an appearance and opening remarks by the Honourable Janice Filmon, C.M., O.M., L.L.D., Lieutenant Governor of Manitoba. Guest speakers were Dr. Ainsley Espenell, a practicing Adult and Pediatric Anesthesiologist at the Health Sciences Centre and Winnipeg's Children's Hospital; Major Colleen O'Grady, who works at 1 Canadian Air Division HQ; and Andi Sharma, who works for the Government of Manitoba's Northern Healthy Foods Initiative and is a published social researcher specializing in food security and social enterprise-- most recently delivering a TED Talk on Collective Impact Systems to address food insecurity in the north.

Lieutenant Justin Hanlon, who works at 1 CAD, was the Master of Ceremonies.

"Canada is a world leader in terms of proportion of women in its military, and areas they can serve," said Wing Commander Colonel Andy Cook in his brief opening remarks, which were also included in the program notes. "Among our allies, the Canadian Armed Forces is highly regarded as being at the forefront of military integration."

He also asked the gathering to give a thought to the thousands of women that have been proudly involved in our country's military for over 100 hundred years.

"The challenges and obstacles they faced willingly ensured better opportunities for the women who would follow," he continued. "So, the question I ask you, our future leaders, what are you doing to make it better for the women who follow you?"

Maj Dussault said Lt Gov. Filmon's remarks were amazing.

"I was very pleased she attended, because of the many other similar IWD's events she could have gone too," she explained. "I was very honoured that she attended. The three speakers were able to relate that they were able to Be Bold for Change."

The military members in attendance could relate to what could be done to attract more women into the military, Maj Dussault said in reference to Maj O'Grady's PowerPoint presentation.

"The people with families could relate to Dr. Espenell," she observed, adding that Lt Hanlon mentioned, at one point, that gender parity is an issue for both women and men. "Ms. Sharma was a dynamic young speaker."

Maj Dussault also thanked the IWD's sponsors: High Tea Bakery, Oxford Laser Skin Solutions, McNally Robinson Book Sellers, and the Military Family Resource Centre.

In her presentation, Maj O'Grady, who graduated from the Aerospace Studies Program at the Canadian Forces School of Aerospace Studies (CFSAS) and completed a Masters of Arts in Political Studies at the University of Manitoba, noted that despite Canada's representation as a global leader at integrating women across the spectrum of occupations, the proportion of women at the most senior ranks is much lower than their overall representation in the CAF.

Her talk was based on her capstone paper entitled Leading Through the Labyrinth, Contributing Factors Leading to Low Female Representation in CAF Leadership -- winner of the Prairie Political Science Association's Graduate Student Paper Award.

Women represent approximately 15 percent of the CAF but only about five percent of CWO and General Officers, said Maj O'Grady.

"My research found that there are many contributing factors that can explain why this may be the case," she observed. "One factor is that women remain concentrated in a few occupations."

Due to the way the military develops and selects leaders, this results in women competing for fewer opportunities, Maj O'Grady observed.

"This trend mirrors observations made with respect to research conducted into low representation of women as corporate executives," she said.

"Research shows that implicit biases held by both men and women can negatively affect the assessment of women in non-traditional roles."

To combat this, where possible, written evaluations and award nominations should not include gender pronouns, Maj O'Grady emphasized.

"Research links the anticipation of success and selection of a career field," she said. "Highlighting successful women in the CAF, particularly in non-traditional or occupations which have very few women, could be useful in attracting more females. When asked, women should

participate in public events to help with this effort.

"Mentorship is a tool in developing talented individuals into future leaders. Research into mentorship in the corporate world suggests that people are more inclined to mentor people with whom they share characteristics. Therefore, if leaders lack diversity, without intervention mentorship can reinforce lack of diversity."

Selected comments from Dr. Espenell:

"Most lower wage earners in Canada are women. 70 percent of part time workers are women. 60 percent of minimum wage earners are women." (Sources: Status of Women Canada and Statistics Canada). "On Average women in Canada earn \$8000 less than men. That's double the global average of \$4000." (Source: Catalyst Canada)

"Females comprise 40 percent of the physician workforce in Canada; 56 percent of first year medical students are females; PEI, Saskatchewan and Manitoba are the provinces with the lowest percent of female physicians. Female Medical Doctors are significantly under-represented in the leadership positions within the profession. I have never experienced discrimination for being female within the Department of Anesthesia. But, there is still a way to go to achieve gender parity within Medicine as a whole."

Andi Sharma:

"Disillusioned by the persistence of things like global poverty, gender inequality and looming environmental crisis, systemic change is at the core of what we are all after and anyone who has ever tried to elevate the global human condition has spent countless hours, or some of us-- our entire lives, have been spent chasing systemic change.

"I work in food security in a world where we see hunger on every street corner of every city in every country. It is truly one of the world's largest and most persistent systemic issues and there are countless thousands of us in Canada alone, trying to reorient the entire system towards inclusivity: that is ensuring that no matter where someone lives or how much money they make-- they will always have access to healthy, affordable, culturally appropriate and nutritious food.

"Undeniably, research shows when you improve women's equality, it improves economic and social conditions for everyone. Giving women and girls a chance for a better life is truly an intelligent investment in a better world."



The Honourable Janice Filmon, 17 Wing Commander Col Andy Cook, and WCWO Mike Robertson pose with organizers and guest speakers for the International Women's Day Event.

Around The Wing



Antoni Kieloch, Stefan Dowhayko, Lee-Ann Harris-Brookes, and Marc Lavallee, PSP Fitness staff, lead a special St. Patrick's Day Circuit at Building 21. Photo: Bill McLeod, Voxair Manager



17 Wing Winnipeg plays 4 Wing Cold Lake in the Women's Final during The 2017 Prairie Region Men's & Women's Volleyball Championship on March 8, 2017 at Red River College North Gym, Winnipeg. Photo: Cpl Justin Ancelin



17 Wing Winnipeg plays 4 Wing Cold Lake in the Men's Final during The 2017 Prairie Region Men's & Women's Volleyball Championship on March 8, 2017 at Red River College North Gym, Winnipeg. Photo: Cpl Justin Ancelin

Honours and Awards Presented at Women's Day 2017 Event



The Honourable Janice Filmon, Lieutenant Governor of Manitoba presents the Second Clasp to the Canadian Forces Decoration to MCpl Ellen Wood at 17 Wing celebrations for International Women's Day, on 8 March 2017.
All Photos: MCpl Rick Ayer



Sgt Madeleine Voyer received the Canadian Forces Decoration.



Gloria Kelly received a 17 Wing Commander's Commendation.



Chiara Maffiola received a 17 Wing Commander's Commendation.



Sgt Caroline Linteau received a 17 Wing Commander's Commendation.



Sgt Cindy Scott received a 17 Wing Commander's Commendation.



Capt Julie LeClerc received a 17 Wing Commander's Commendation.



Cpl Catherine Emmerson received a 17 Wing Commander's Commendation.



LCol Michele Claveau was recognized for her contributions to the RCAF.



Ron Skelton presents a Certificate of Appreciation to Gloria Kelly during 17 Wing celebrations for International Women's Day, on 8 March 2017.

Exciting Action at the Prairie Regionals in Winnipeg



17 Wing Comd Colonel Andy Cook and WCWO Mike Robertson present the first place plaque to MWO Heidi Twellman and Capt Melanie Rouillard-Lamy during the 2017 Prairie Region Men's & Women's Volleyball Championship on March 8, 2017 at Red River College North Gym, Winnipeg.
All Photos: Cpl Justin Ancelin

by Martin Zeilig, Voxair Photojournalist

Captain Sue Ireson admitted that she and her 17 Wing teammates went into the recent Prairie Regional Volleyball Championship (March 6-8 at Red River College) confident "that we'd be successful."

Positive thinking plus talent and hard work equals success. Good coaching helps too.

The 17 Wing Winnipeg Women's Volleyball team defeated 4 Wing Cold Lake in the gold medal game to be crowned the 2017 Prairie Region Women's Volleyball Champions.

The Cold Lake Men's team defeated 17 Wing in an exciting Championship Final to be crowned the 2017 Prairie Region Men's Volleyball Champions.

"This game was decided in the 5th set with Cold Lake narrowly defeating Winnipeg 15-11," said Chris Merrithew, Sports Coordinator, CFMWS Personnel Support Programs, 17 Wing, in a post-game media release. "Best of luck to both teams representing the Prairie Region at the CAF National Men's and Women's Volleyball Championships in Comox, B.C. (April 23-25)."

A total of five teams participated in the men's division, while CFB Edmonton was the only other squad in the women's division.

Lieutenant Dallas Buhr of 17 Wing was named Tournament MVP Women's Division.

Lt Buhr (Dallas) is an exciting player to be on the court with, said 17 Wing coach/player Master Warrant Officer Heidi Twellmann, CD, Division Protocol Honours and Awards Officer 1 Canadian Air Division/Canadian NORAD Region.

"She really pushes her teammates to not give up on a ball and she is also someone I know I can count on to score points," she commented in a post tournament email. "She was very deserving of the Tournament MVP award, but we wouldn't have won had it not been for the effort expended by each person on the court and on the



17 Wing Comd Colonel Andy Cook present the Most Valuable Player Award to 17 Wings Lt Dallas Buhr with WCWO Mike Robertson during the 2017 Prairie Region Men's & Women's Volleyball Championship on March 8, 2017 at Red River College North Gym, Winnipeg.

bench. The volleyball season is a long one (Oct-April), so it takes a lot of dedication and love for the sport to expend the effort and time, week after week. The 17 Wing team is one that is very committed, despite them all having very busy lives."

"I am lucky to have a team that is made up of such wonderful personalities and talented athletes. They are a pleasure to coach and play with," she added.

The team is very excited to be representing Prairie Region at CAF Nationals, MWO Twellmann said.

"We've left CAF Nationals with silver around our necks a few times, so I know the team is highly motivated to work just a little bit harder, with the goal of

ending up with a gold medal this year," she continued. "As this is my 5th season with the team and my last (I am posted), nothing would make me happier than culminating my time here with a Nationals gold. We'll give it our best effort."

Capt Ireson credits MWO Twellmann's enthusiasm and ability as a coach for much of the team's success.

"She has a presence," she said. "Where she demands the best out of her players, she demonstrates it herself out on the court as a player. She definitely leads by example. One of the other reasons we'll be successful at the nationals is because the team has jelled so well together. We're a band of sisters. Everyone has a positive attitude. We can be serious and competitive and still have a ton of fun."

The full team roster: Major Genevieve Dussault; Captain Melissa Couturier, Captain Jennifer Finateri; Captain Sue Ireson; Captain Jennifer Lacasse; Captain Melanie Rouillard-Lamy; Lt Dallas Buhr; Lt Emily Nissen; MWO Heidi Twellmann, Leading Seaman Jessica Spence.



17 Wing Winnipeg women's team during the 2017 Prairie Region Men's & Women's Volleyball Championship on March 8, 2017 at Red River College North Gym, Winnipeg.

Winnipeg Jets Show their Appreciation



More than 500 CF members were in attendance at the sold out Winnipeg Jets Military Appreciation Night, Monday March 6, as True North Sports & Entertainment honoured the RCAF Flyers ice hockey team that won gold at the 1948 Winter Olympics in St. Moritz, Switzerland with souvenir pennants. Viewed from the upper press box. Photo: Broose Tulloch, Voxair Layout

by Martin Zeilig, Voxair Photojournalism

Despite the home team loss 3-2 to the San Jose Sharks it did not suppress the enthusiasm of the thousands of fans, especially some 500 Canadian Armed Forces personnel, at the MTS Centre on March 6 for the Winnipeg Jets 6th Annual CAF Appreciation Night.

During pre-game ceremonies, a giant cheque for \$100,000 was presented by Mark Chipman, the chairman of True North Sports & Entertainment (which owns the Jets and the MTS Centre), to Major General Christian Drouin, Commander of 1 CAD / CANR. The ceremony, which took place at centre ice, was shown on the giant score clock and was followed by a standing ovation from the crowd.

The money donated by True North will be distributed to the Solider On Fund and the Military Families Fund.

RCAF Band vocalists Sergeant David Grenon and Sergeant Cindy Scott sang a soaring harmonized version of both the U.S. and Canadian national anthems just prior to the opening face-off. Their amplified voices reverberated throughout the MTS Centre as thousands of patrons shouted "True North" (a custom since the return of the Jets to Winnipeg six years ago) when that

line came up in O Canada.

Roy A. Forbes (born April 6, 1922) a member of the Ottawa RCAF Flyers, who won the gold medal in ice hockey for Canada at the 1948 Winter Olympics in St. Moritz was a special guest at the game. Mr. Forbes, who lives in B.C., was born in Dauphin, Manitoba and raised in Portage La Prairie.

He is a Second World War veteran, noted Mr. Chipman, adding that his plane was shot down over France during war where he spent six months with the French Underground.

"To be able to bring him here made it really humbling this year," he said.

Forbes dropped the puck in a ceremonial face-off between the teams' captains Joe Pavelski of the Sharks and Blake Wheeler of the Jets. Mr. Forbes, who is confined to a wheelchair now, had his Olympic gold medal around his neck. He was given a standing ovation by the capacity crowd.

Throughout the game support for CAF Appreciation Night from various organizations, including Magellan Aerospace, flashed on the giant score clock hanging above centre ice.

"We've been doing this (supporting the CAF) for a very long time, since the AHL (American Hockey League) days with the Manitoba Moose," said Chipman during an interview. "The community has had such a long history with the CAF. Sometimes, when those folks live amongst us, you take their presence for granted. It's a nice way to acknowledge those who have given their life to service. It takes the game to higher level because hockey is a (unifying) force in Canada."

He pointed out too this wasn't the first time True North has honoured the 1948 RCAF Flyers hockey team.

His organization did it back in 2008, to mark the 60th anniversary of the Flyer's gold medal victory, when the American Hockey League's Manitoba Moose were the only professional team in town.

True North made a ten year commitment to the military to hold a CAF Appreciation Night after the RCAF agreed to let the Jets use the air force roundel as the team's logo, Mr. Chipman observed.

"I can't believe how generous Mark Chipman and the Jets are," MGen Drouin said after the game, as he and the other CAF personnel were filing through the lower

level of the MTS Centre to have their photograph taken at centre ice and to meet with members of the Jets. "It's very impressive. We wish all the military support here tonight would have helped the Jets win. But, how privileged it is to be treated like VIPs here."

Wing Commander Colonel Andy Cook commented that he was happy to so many members of the military out to see "our Winnipeg Jets."

"They were robbed of the win they deserved," he said.

Sergeant Madeleine Voyer, who works in the CAF Recruiting Centre Detachment, said its "fantastic" that the Jets honour the CAF.

"And, the way they did it tonight with Roy Forbes who won the Olympics in 1948 was special," added this native of Neuville, Quebec.

Sgt Voyer also expressed her appreciation to all the players who came out and signed autographs afterwards.



CF members gather under the scoreboard with Jets' players and mascot Mick E. Moose for the traditional post-game "wreath" photograph. The players signed autographs and talked with members on-ice for an hour after the Military Appreciation game. Photo: Broose Tulloch, Voxair Layout

Manitoba Army Cadets Remember Vimy Ridge

by Linda Wall

Among Canada's defining events, the Battle of Vimy Ridge in the First World War ranks high. It was a triumph — a major victory for the Allied side after a long, bloody stalemate — and a tragedy. In the four-day battle, 3,598 Canadians died and another 7,004 were wounded. In the near-century since it ended, on 12 April 1917, it has become something else: an event bordering on myth. "In those few minutes," said Canadian Brigadier-General A.E. Ross of the victory, "I witnessed the birth of a nation."

Observed through history's rear-view mirror, Vimy Ridge's significance is clear. At the time, however, the bringing together of the Canadian Corps' four divisions, for the first time, seemed to simply throw fresh blood onto the killing field that the seven-kilometre-long ridge north of Arras, France, had become over nearly three years. As historian Tim Cook describes it, the ridge was "an open graveyard," bearing the remains of some of the more than 100,000 French soldiers killed or wounded in previous efforts to remove the Germans. For the Allies, winning the ridge would destabilize German lines across the region. For the Germans, the ridge was the "hinge" of their line, protecting their newly constructed Hindenburg Line and a long stretch into Flanders. A loss would leave those entrenched positions open to the Allied guns above them.

In 2009, the last living veteran of WW1 passed away. In 2011, to ensure that the Canadian sacrifices in this, "The Great War"; "The War to End all Wars" were not forgotten, the Army Cadet League of Canada embraced

the Battle of Vimy Ridge and commemorate it annually.

Starting in 2011, annual commemorations led by Army Cadets and the Army Cadet Leagues, with support from the Regional Cadet units have been happening across Canada

This year, the 100th Anniversary of the Battle of Vimy Ridge, and Canada's 150th Anniversary; the Manitoba Army Cadets will celebrate and REMEMBER THEM in two occasions and in two countries.

On Sunday April 9th, 2017 The Army Cadet League, Army Cadets; members of the Canadian Forces, Veterans; the public; civic, provincial and federal government representatives will participate in a commemorative parade in Winnipeg. Details are being worked on and will follow.

And between May 15th and May 23rd, over 100 Manitoba Army Cadets will be travelling to Europe on an

educational tour of World War 1 historical sites.

3 years ago, the Army Cadet League of Canada (Mb) embarked on an ambitious undertaking of engaging the 12 Army Cadet Corps in the province in fundraising in their communities to support sending local Cadets to Vimy France in 2017. Vimy Trek 2017, like the battle of Vimy Ridge was a very long shot and a very big undertaking. Despite the great odds, but with the support of local communities, local businesses, generous members of their communities, the Cadet Corps and their families did what many people did not believe they could do.

100 in the 100th, Vimy Trek 2017 is a reality, and just over 100 very lucky cadets will take the "trip of a life time".

For more information about how you can help, please contact the Army Cadet League of Manitoba llwall1958@gmail.com or by calling 204-691-6700

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Det Dundurn Celebrates Winter with Mukluk Days



Det Dundurn members participate in the morale and team-building tug of war event during Mukluk Days. Photo: Supplied

by Sgt Rémi Létourneau,
Sr Ammunition Technician, CFAD Dundurn

In keeping with high morale, all military and civilian personnel of 17 Wing Detachment Dundurn and lodger units took part in the annual Mukluk Days. Members of the Detachment participated in a series of challenging and team building events, specifically to support the branch they represent and for bragging rights.

Between the 2nd and 3rd of March 2017, all members participated in a team building competition designed to strengthen morale and esprit the corps. The Detachment and its lodger units were separated in four teams during the event: Construction Engineering, Military Police and Medical Staff; Canadian Forces Ammunition Depot Dundurn; RCEME; and Logistics, Signals and HQ.

During the event, teams battled one another in various events. As always, Mukluk Days began at the Detachment Gym with a brief address from the Detachment Commanding Officer, Major Stéphane Morency and the Acting Detachment Sergeant Major, Petty Officer First Class Linda Conarroe, who quickly left the floor for the Volleyball Tournament.

Participants then clashed in events such as the Smush Race, an event where teams of six are strapped to large planks of wood and must coordinate their steps to beat the opposing teams in a 25 meter stretch, or the Spike Pounding event where each members of an opposing team had to don Personal Protective Equipment

(PPE), race 10 meters, take a single swing at a ten inch spike with a mallet, race back and exchange their PPE with the next participant until the spike is completely pounded into a log. The first day came to an end after contestants took part in a relay snowshoe race where members ran across a grassy field as Mother Nature had been uncooperative the days prior.

Day two began with the Curling bondspiel. Teams battled each other on the Detachment outdoor ice rink which had been carefully brought back to life by passionate ice enthusiasts who wouldn't let nature dictate if we would have an acceptable ice surface. With a lot of work, water and sub-zero temperatures, the ice was brought back mere hours before the tournament. Opposing teams took turns at hurling homemade curling rocks, made out of cement, rebar or inert training anti-tank mines.

Mukluk Days ended on the second day after a decisive event, a Tug of War, which would see the two front running teams battle for supremacy. In the end Construction Engineering, Military Police and Medical Staff won the coveted Golden Mukluk which was presented to them at the Detachment's Mess, the Flightline. There, all members of the Detachment had the opportunity to participate to our Ugly Sweater contest where the Detachment Orderly Room stole the show with their homemade ugly sweater in which all four of them could fit in. Mukluk Days 2017 was a success thanks to the personnel involved and the members who participated.



Everyone was a winner at the morale-raising Mukluk Days in Det Dundurn on March 2-3. Photo: Supplied

17 MSS Presents Canadian Forces Decoration



LCol B.M. Quick, CO MSS presenting Cpl R.A. Hopp with the Canadian Forces Decoration. Photo: Cpl Sankey, Fire Inspector

by MWO Pereira, 17 Wing Fire Chief

What happens when operational and requirements don't exactly line up with normal Wing event schedules? Schedules and personnel adapt of course! This is what occurred when Cpl Hopp, a reserve member of the MSS Fire Hall was eligible to receive the Canadian Forces Decoration (CD) and could not attend normally scheduled Wing Honours and Awards dates due to civilian employment limitations.

On March 2nd LCol Quick, CO MSS and CWO James, MSS CWO paid the Wing Fire Hall a visit when Cpl Hopp was on site and presented him with the CD. LCol Quick spoke to all members of the Fire Hall present about the importance and significance of this achievement, remarking that it was a medal in which recipients are acknowledged for both good service as well as doing so for a prolonged period of time. This was different than that of an operational tour medal where the recipient is recognized for a mission's participation and for a specific short time in duration by comparison. BZ to Cpl Hopp for achieving this significant milestone in his military career.

Many thanks from the Wing Fire Hall to the MSS Command Team for their adaptability in achieving the mission of ensuring timely recognition of a deserving member and keeping true to the Unit's motto, "We Enable Success".

1 CAD Promotes Member to Cpl



Brigadier-General Eric Kenny promotes Giles Linnington to rank of Corporal at 1 Canadian Air Division, Winnipeg on March 16, 2017. Photo: Corporal Paul Shapka

RCAF Run Races Towards Ninth Event

Runners to participate in 5km, 10 km, and Half Marathon runs on May 28

from 17 Wing Public Affairs

With the snow starting to melt, and registration now open for the 9th annual installment of the RCAF Run, it's time for joggers, walkers and strollers to lace them up to prep for the event.

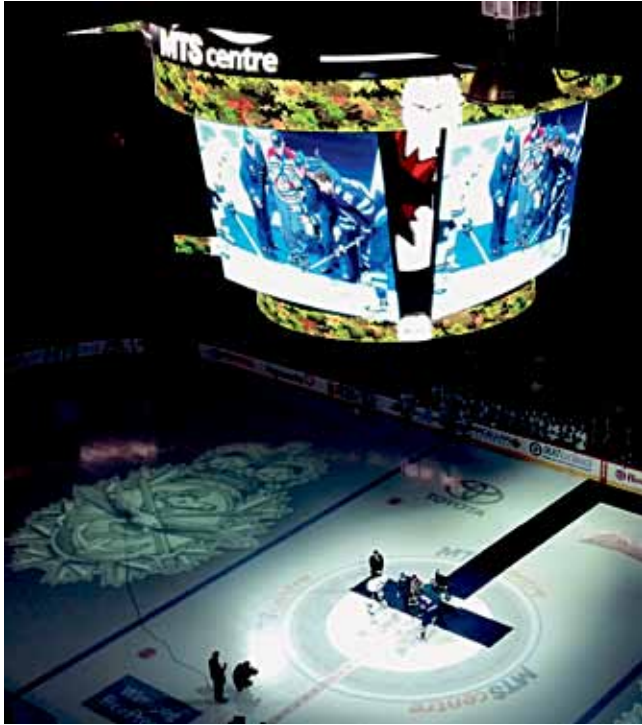
With the different distance events set to take place on the morning of Sunday, May 28, preparations are well underway to ensure that everything is off to the races.

Those interested in registering can do so by heading over to the RCAF Run website and clicking on the registration link at the top of the page to access online registration, which is being done through Race Roster this year. The RCAF Run fundraises for two organizations who support military members and veterans: Soldier On and Support Our Troops.

The race is one of the final chances for runners to get their legs under them prior to the Manitoba Marathon, the annual Father's Day event that happens June 18th this year. There are 5km, 10 km and half-marathon options that are sure to sate runners of all skill levels. If running isn't quite your thing, but you still want to participate or wait for your runner to finish, there are the attractions and entertainment available to be found in the race village.

For more information on the event, visit reafun.ca.

Around The Wing



At the Winnipeg Jets Military Appreciation Night, Monday March 6, True North Sports & Entertainment Executive Chairman Mark Chipman (far left) watches the ceremonial face-off between San Jose Sharks Captain Joe Pavelski (left) and Winnipeg Jets Captain Blake Wheeler (right). Dropping the puck, from left to right: Commanding Officer of the Regional Cadet Support Unit (Northwest) LCol Michele Claveau, 1948 Olympic gold medalist Roy A. Forbes from the RCAF Flyers, RCAF pilot Maj Genevieve Dussault, and 1 CAD Commander MGen Christian Drouin. Photo: Broose Tulloch, Voxair Layout



Shalynn Froelich, Health Promotions, prepared some healthy snacks for military members participating in the St. Patrick's Day circuit at Building 21. PSP Staff entertained the members in green accessories to go with the fitness staff outfits for the special day. Photo: Bill McLeod, Voxair Manager

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JTF X Recruiting at 17 Wing



from Public Affairs, Canadian Forces Intelligence Command

Joint Task Force X (JTF X) recruitment and information sessions are scheduled to take place on 20 April at 14:00 and 19:00 in the Netherlands Theatre, Bldg 135.

JTF X is Canada's human intelligence (HUMINT) unit, responsible for the provision of strategic, operational and tactical HUMINT resources in support of DND/CAF programs and operations. To achieve its mandate, JTF X must select and force generate source handlers and interrogators from within the CAF.

Additional info can be found at the JTF X DWAN webpage.

The aim of the recruitment and information sessions:

- To provide information to prospective candidates interested in becoming source handlers, interrogators, or a variety of support positions within the unit;
- The application, selection and training process;
- A broad overview of the HUMINT function and activities; and
- Personal and professional advantages of a posting to JTF X.

CAF Members interested in attending these sessions must be prepared to present their military IDs on request. Due to the sensitive nature of some subjects within this informational briefing families and friends of military members are not permitted to attend.

Relevant CANFORGENs are available here:
<http://vcds.mil.ca/apps/canforgen/default-eng.asp?id=034-17&type=canforgen>
<http://vcds.mil.ca/apps/canforgen/default-eng.asp?id=033-17&type=canforgen>

Why is family meal-time such mayhem?

Do you struggle to get a meal on the table that everyone will enjoy? One child is quite picky, one doesn't want to try new things, and no one agrees on the foods they like? Let's end the mealtime madness, here's how you can start: Try the three-step approach to determine what you can do to make mealtime more enjoyable.

Spot the problem.

"I'm frustrated trying to make family meals that everyone will enjoy."

Get the facts.

If you visit www.dietitians.ca and search "picky eaters." You would read that parents and children have different jobs at mealtime. Your job is to decide which nourishing foods are served, when dinnertime is, and where they will eat. It's then up to the children to decide what and how much to eat from what you offer. You can make some small changes in order to make mealtime more enjoyable for everyone. Rather than stating to "eat everything on your plate" let them choose what or how much to eat.

Seek support.

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

More information on Eat Right Ontario and Health link BC websites:

- Up to 35 per cent of toddlers and preschoolers are described by their parents as picky eaters.
- Children take their nutrition cues from their parents, so they can set a good example by preparing and eating nourishing choices.
- Children's appetites can be erratic and that's okay! The amount children eat will vary each day depending on their appetite, fatigue, activity level and if they are having a growth spurt. It doesn't always mean they are picky – it is normal.
- Getting kids involved with grocery shopping, prepping and cooking food can help them become more interested in trying new things.
- It can take 8-15 tastes or more before a child will like a new food.
- It's best to offer three meals and two or three snacks at regular times each day and to make sure kids aren't grazing throughout the day. This will help the kids come to the table hungry since even a little milk, juice or few crackers can spoil a child's appetite.

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



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22 mars • **Concert – En passant : Shauit et Edouard Lamontagne** • CCFM • 204-231-7036

23 mars • **Finale de la LISTE (Improvisation)** • CCFM • 204-878-9399

24 mars • **Soirée multiculturelle** • Université de Saint-Boniface • 204-237-1818 p. 303

25 mars • **Bazar de l'association des résidents de l'Accueil Colombien** • Café Colombien • 204-237-3527

26 mars • **Brunch Gabrielle-Roy** • Hôtel Norwood • 204-233-ALLÔ

27 au 31 mars • **Campus sur campus** • Université de Saint-Boniface • 204-233-0210

28 mars • **Mardi Jazz – Paul Balcain** • CCFM • 204-233-8972

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RCAF Band CO inducted into the prestigious American Bandmasters Association



the University of Victoria's Head of Music Education and Wind Conducting, and he began the long process of gathering supporting evidence of Capt. Clark's work to bring to the ABA. Dr. King filed away audio recordings of the then-naval officer conducting for the Victoria Symphony, the Naden Band, the University of Victoria, and the Victoria Philharmonic Choir over a period of about four years.

"Matthew is an outstanding musician, conductor, euphonium soloist, educator, and leader. Since he became the Commanding Officer and Director of Music for the Naden Band of the Royal Canadian Navy, the quality of the band increased to a level rarely heard before in Canada," said Dr. Gerald King, Head of Music Education and Wind Conducting, University of Victoria. "Matthew is a leader who meets the personal criteria for membership in ABA—an individual of integrity who is committed to excellence in everything he undertakes—he is a wonderful human being who is personable, witty, and honest."

As a Commanding Officer, Capt. Clark has produced several recordings and collaborated with notable Canadian composers such as Robert Buckley and Ian McDougall. He is one of six Canadians that are part of the ABA's group of 300 conductors and composers. His tour as CO of the RCAF Band is his second as a Commanding Officer and Director of Music with a Canadian Armed Forces Band.

The role of the CAF Music Branch is to provide quality music that is designed to support CAF operations, foster morale and esprit de corps and to promote the Department of National Defense (DND) and Canadian aesthetics and values both nationally and abroad. The branch is also tasked to promote the CAF as a career choice for Canadians.

"In the time I have been Supervisor of Music for the Canadian Armed Forces, Captain Clark has impressed me with his dedication, passion and artistic vision for symphonic wind music," said Lieutenant-Colonel Peter Chan, CAF Music Branch Advisor and Supervisor of Music. "This is a great honour both for Captain Clark and for all the Canadian Armed Forces musicians who work hard at their craft each day."

The ABA was formed in 1920 by Edwin Franko Goldman, a prominent band composer, to raise esteem for concert bands among musicians and audiences, and to solidify concert band's place in the cultural heritage of North American society.



Col Andy Cook, 17 Wing Commander, passes the Conductors Baton to Capt M. Clark, The RCAF Band CO (incoming), during the RCAF Band Change of Command Ceremony, on Aug 26, 2016, 17 Wing Winnipeg. Photo: Cpl Darryl Hepner, 17 Wing Imaging

17 WING FIRE CHIEF'S CORNER



Counterfeit Power Bar Blamed For House Fire

A fire that destroyed a private home in Woodland Gardens, NS, was accidental and caused by a faulty power bar with a number of items plugged into it. The power bar was most likely a counterfeit item and was not able to withstand the kind of use an approved appliance would

It was Sunday when the fire broke out. The couple were away at the time but their two older children were at home. Thankfully, they were not injured, but the house was significantly damaged.

The Fire Marshal said it's quite common for consumers to purchase a power bar that is \$5 compared to another listed at \$20 when hardware shopping. We all look for the bargains; however, it's quite likely even the store that sold the item didn't question the quality of the item because fly-by-night manufacturers do a good job counterfeiting the UL / ULC Code and CSA Approval tags as well.

When looking at buying a power bar, it is not recommended to buy them at a dollar store chain, but at a more reliable hardware store. The power bar should be UL / ULC & CSA Approved, have an off / on switch and a circuit breaker on it.



MB/NW ONT ANAVETS 61st Curling Bonspiel



Pictured with the Carson rink, in the red shirts, are Sheldon Clupp MNWO Sports Chair and Annette Nowe, Sports Chair of host Rockwood.

Twenty-two rinks from various units in the MNWO Command of the Army, Navy & Air Force Veterans in Canada (ANAVETS) converged on the Fort Rouge Curling Club 750 Daly Street Winnipeg for this annual event. Once the smoke had cleared and the three grueling days were over the winners, as follows, returned to the host unit Rockwood Unit 303, 341 Wilton St, Winnipeg for the awards presentation.

WINNER A: Carson - Unit 283 Assiniboia (Pat Carson, Gerald May, Lionel Bernhard, Don Biebrick)
Runner up A: Gilbert - Unit 10 Brandon

WINNER B: Nowe - Unit 303 Rockwood (Guy Nowe, Ryan Stewart, Curtis Kolodie, Taylor Godlein)
Runner up B: Jaques - Unit 283 Assiniboia

WINNER C: Agnew - Unit 283 Assiniboia (Doug Agnew, Andy McMaster, Mike McDonald, Dan Dott)
Runner up C: Long - Unit 303 Rockwood

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Feb 15, 2017

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Square Foot Gardening

March 29, 2017

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

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

Backyard Composting

April 26, 2017

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

For more information please contact Deanne.bennett@forces.gc.ca 204-833-2500 ext 7013

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20-20-20					1700 - 1800 hrs (B90 MPR)		
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Functional Movement Flow	1715 - 1815 hrs (B33 Activity Rm)			0915 - 1015 hrs (B33 Activity Rm)			
Fusion Fitness	0930 - 1030 hrs (B90 MPR)	1700 - 1800 hrs (B90 MPR)		1700 - 1800 hrs (B90 Gym)			
Indoor Cycle	1630 - 1730 hrs (B90 Spin Rm)		1700 - 1800 hrs (B90 Spin Rm)			1030 - 1130 hrs (B90 Spin Rm)	
Muscle Boot Camp						0930 - 1030 hrs (B90 Gym)	
Pilates			0930 - 1030 hrs (B90 MPR)				
Pilates (Beginner)				1730 - 1830 hrs (B90 MPR)			
Pilates (Advanced)				1830 - 1930 hrs (B90 MPR)			
Sunrise Tabata FREE for Military & DND	0630 - 0715 hrs (B90 MPR)						
Sunrise Yoga FREE for Military & DND				0630-0715 hrs (B90 MPR)			
TRX/Stability Ball	1800 - 1900 hrs (B90 MPR)						
Weight Room Circuit		0930 - 1030 hrs (B90 MPR)					
Yoga Beginner Vinyasa		1815 - 1915 hrs (B90 MPR)					
Yoga for Runners							1330 - 1430 hrs (B33 Activity Rm)
Zumba			1745 - 1845 hrs (B33 Activity Rm)				

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Please recycle or pass along this newspaper when you're done.

Alcohol, Other Drugs and Gambling: Supervisor's Training

4 & 5 May 2017
0800-1600 hrs & 0800-1200 hrs

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

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

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

4 et 5 mai 2017

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

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

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

Sunrise Fitness Classes

Bldg 90 MPR from 0630-0715 hrs

FREE for Military Members (& family members), DND employees and current Fit Pass holders

*Fitness Class drop-in fees apply to all others

TABATA - MONDAYS

A perfect way to start your week! You will make the most of your time in this high intensity interval workout. Challenge yourself within your own abilities.

YOGA - THURSDAYS

An all-levels yoga class to star your day right. Sunrise yoga will invigorate the body & create a peaceful focus to prepare you for the day's events ahead.

THESE PROGRAMS RUN 3 Apr - 18 Jun 17

For more information please contact Deanne.bennett@forces.gc.ca 204-833-2500 ext 7013

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Upcoming MFRC Programs and Events

SECOND LANGUAGE TRAINING

The Second Language Training Service is designed to facilitate the integration of civilian spouses/partners of CF members who are posted to locations where the surrounding community's primary language is unfamiliar. The primary participants eligible to access Second Language Training are civilian spouses/partners and children of CAF members sixteen years of age and older. Special consideration may be given to children fourteen to fifteen years of age. A minimum of five primary participants must be registered for a course to be offered. A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85% of classes. Courses are also open to military members for a non-refundable cost of \$50 and to members of the community at a non-refundable cost of \$100 per session. Duration: 10 weeks.

NOTE: New content and schedule.
Classes start the week of April 10.
Register by: March 31

FRENCH BEGINNER

Mondays & Wednesdays: 6:00 to 9:00 p.m

ENGLISH INTERMEDIATE

Tuesdays & Thursdays: 1:00 to 4:00 p.m.

ENGLISH INTENSIVE

Contact the coordinator for more information.

FRENCH - CONVERSATION GROUP

Structured conversation group for intermediate to advanced level students. For more information, contact Colombe Pelletier, 204-833-2500 ext 4515.

For military spouses who cannot attend in-class training, the MFRC also offers access to the Rosetta Stone online program. Contact Colombe Pelletier, 204-833-2500 ext 4515, to be put on the waiting list.

ENSEIGNEMENT DES LANGUES SECONDES

Le Service de formation en langue seconde vise à faciliter l'intégration des conjoints civils – de droit ou de fait - de militaires qui sont affectés à des endroits où la principale langue parlée n'est pas la leur. Les participants principaux admissibles à une formation en langue seconde sont les conjoints civils de militaires – de droit ou de fait – et les enfants de militaires âgés de 16 ans et plus. Une autorisation spéciale peut être accordée aux enfants de 14 et 15 ans. Au moins 5 participants principaux doivent être inscrits pour que le cours se donne (sauf exception pour les cours d'anglais). Un dépôt de 50 \$ est requis lors de l'inscription, qui sera remboursé si l'étudiant(e) se présente à 85% des cours. Les cours sont aussi ouverts aux membres militaires au coût non remboursable de 50 \$ et aux membres de la communauté à un coût non remboursable de 100 \$. Durée : 10 semaines.

Attention: Nouveaux cours et horaire.
Classes débutent la semaine du 10 avril.
Inscription au plus tard le 31 mars.

ANGLAIS INTERMÉDIAIRE

Les mardis et jeudis de 13 h - 16 h

ANGLAIS INTENSIF

Contactez la coordonnatrice pour plus information

FRANÇAIS DÉBUTANT

Lundis et mercredis de 18 h - 21 h

FRANÇAIS - GROUPE DE CONVERSATION

Groupe de conversation structurée pour apprenants aux niveaux intermédiaire et avancé. Contactez Colombe Pelletier, 204-833-2500 poste 4515, pour plus information.

Le service Pour les membres des familles de militaires qui n'ont pas accès aux cours de langues en classe, le CRFM leur offre accès au programme linguistique

en ligne Rosetta Stone. Contactez Colombe Pelletier, 204-833-2500 poste 4515, pour vous inscrire à la liste d'attente.



TEME was awarded the MFRC Bison Award for superb support to our various program. This support goes a long way in enabling a "RCAF is your Home" atmosphere. Well done TEME! All photos: Supplied



Barb Drain, winner of the Yellow Ribbon Gala 50/50 fundraising draw, accepts a cheque from Joel Roy, Executive Director of the Winnipeg MFRC. Thank you to everyone who purchased tickets and supported the MFRC.

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12:00 pm **12 h**

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ACHÉTEZ VOS BILLETS AU CRFM D'ICI LE 17 MARS
204-833-2500 EXT/POSTE 4500

Month of the Military Child CELEBRATION!

April is month of the Military Child

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

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

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Tuesday 25 April

4pm-7pm

FREE!

CÉLÉBRONS le mois de l'enfant de militaires!

Avril est le mois de l'enfant de militaires

Rejoignez-nous pour des structures gonflables, de la musique, de l'artisanat, de la nourriture et du plaisir!

Les enfants issus d'une famille militaire sont résilients, uniques et méritent d'être célébrés

642, ch. Wihuri
Stationnement du bât. 33

Mardi 25 Avril

de 16 h à 19 h

GRATUIT!

Today's Trivia Answers

1. Toronto Huskies formed in 1946.
2. November 1, 1946 at Maple Leaf Gardens between the Toronto Huskies and New York Knickerbockers. Knicks won 68-66.
3. One season. After compiling a 22-38 win-loss record, the team folded in the summer of 1947.
4. George Mikan. Mikan was 6'10" tall, played the bulk of his career for the Minneapolis Lakers and was so dominant he caused several rules changes in the NBA, such as the introduction of the goaltending rule, widening of the foul lane, and creation of the 24-second shot clock.
5. Hank Biasatti. He started the season with the Toronto Huskies and is cited as the first international player in league history.
6. Earl Lloyd (Washington Capitols), Nathaniel "Sweetwater" Clifton (New York Knicks), and Chuck Cooper (Boston Celtics) all started in the 1950-51 season.
7. Bill Russell (Boston Celtics) – 11.
8. Bill Russell (Boston Celtics).
9. Wilt Chamberlain (Philadelphia Warriors) – 100 points on March 2, 1962.
10. Kobe Bryant (Los Angeles Lakers) – 81 points on January 22, 2006..
11. Kareem Abdul-Jabbar (Milwaukee Bucks, LA Lakers) – 38,387 points.
12. Steve Nash.
13. Wilt Chamberlain and Michael Jordan.
14. Boston Celtics – 17.
15. December 13, 1983 – Detroit Pistons defeated Denver Nuggets 186-184 in triple overtime.
16. November 22, 1950 – Fort Wayne Pistons defeated Minneapolis Lakers 19-18. (This was before the introduction of the 24-second shot clock.)
17. February 27, 1955 – Boston Celtics defeated Milwaukee Hawks 62-57.
18. Harlem Globetrotters – in excess of 25,000.
19. Until 1995: Washington Generals. Since 1995: New York Nationals.
20. Bill Cosby.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Live in the moment. Focus on your own and other people's good points. Yes, there are always endings and difficult times but you have good friends and family who are there for you. You have the ability to shape your future. Work cooperatively with others. Team work works.

Taurus (April 20 – May 20): Pushing yourself to reach a goal feels good but don't try and push other people. Also, when care and time are required, slow down. Get the right tools and consult those with special skills when need be. Things are falling into place though some adjustments will have to be made.

Gemini (May 21 – June 21): Though you may feel disheartened at times, stay strong. Keep sifting through information and reviewing the facts until you find answers. Delegate and/or accept help. Once things are dealt with you'll feel re-energized. Honor your good memories and then let the past go.

Cancer (June 22 – July 22): Making improvements that will simplify things can be chaotic at first. Change can be unsettling and uncomfortable. Be creative, smart and thrifty as you trouble-shoot problems. Take control. Don't get caught up in someone else's story or agenda. Deal with facts.

Leo (July 23 – August 22): Attempts at reconciliation will fall short of the mark if you can't give or accept an apology sincerely. Consider the other person's perspective. Think about why you want to revisit the past. Perhaps it is better to move on. Spend time with those who are dynamic and dramatic, like you.

Virgo (August 23 – September 22): Assess your life phase and expectations before making changes. Be honest about what is possible in the future. This is about creating your reality by being practical and imaginative. You can make dreams come true if they are not pipe-dreams. Sketch out a plan now.

Libra (September 23 – October 23): It's time to assimilate things you've learned through introspection. With creativity, you can be flexible and still dance to your own beat. Become an observer. Notice the patterns of events. Expanded awareness will allow you to live more fully and blissfully in the moment.

Scorpio (October 24 – November 21): If you avoid the things that frustrate, annoy and scare you how can you become stronger, smarter and wiser. Look at what bothers you and consider why you respond the way you do. Knowing more about yourself and your values will help you make solid decisions in future.

Sagittarius (November 22 – December 21): You're eager to share your joy with others. Adventures and excursions appeal. Still your plans may be overwhelming or out of reach for those you want to include. Don't push for compliance. Not everyone has your stamina. Have a heart to heart with someone special.

Capricorn (December 22 – January 19): Don't look at your life through a lens of limiting beliefs. The familiar may feel safer but it can get stale. Ideal options may be unknown to you, so keep your eyes open. Synchronicity will put you in a place to experience the unexpected. Take a risk. Leave your comfort zone.

Aquarius (January 20 – February 18): If you want things to change, you'll have to get the ball rolling. There are opportunities and assistance available. Explore ways of using your talents differently. Think global. Invest in your future in ways that show the greatest return. Network. Build your support system.

Pisces (February 19 – March 20): Contemplate the future and consider how you want to be living, then make a plan and work to create a life that reflects optimism, trust, faith and hope. Doors open. You will meet new friends and connect with a kindred spirit. Learn from the past. Embrace voluntary simplicity.

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Chaplain's Corner

To Fish or Not to Fish

Padre Les Johnston, 1 Cad Asst. Div. Chaplain

"Honey when are you going to finish the . . ." Oh no, the very words that makes a man's legs turn into jelly. You have just walked into the house and have been day dreaming about that fishing – trip with the guys, that you have been talking about. And you have been promising your wife that you would finish that project, which you have been putting off far too long.

But you now have to face an ethical dilemma. You have promised your wife that you would get that project finished, but you promised the guys that you would go ice fishing with them as well. What are you going to do?

You are now faced with making an ethical decision. You have always held to the principle of keeping your promises, a virtue instilled within you by your parents and that feared sergeant at basic training. Maybe you could fib to your buddies and tell them that your wife made plans without telling you? But wait, that is another principle your parents taught you, although you had to learn that the hard way every now and then.

Every one of us, each day deal with ethical concerns and decisions without even realizing it. We all struggle with personal ethical values of wanting to please everyone, but realize that we have to make a decision. In this case,

the husband has to struggle with his ethical obligations. The smart ethical decision, being the well trained soldier that you are, would be to obey the lawful authority of domestic niner.

But how does one arrive at that ethical decision? As military folk, we all have ethical values taught to us right from basic training and that training remains with us all of our military lives. We all strive to maintain these values of; integrity, loyalty, courage, honesty, fairness and duty.

Which one of these ethical values would be the most important for you? I am sure that fairness and loyalty to your family would have to be a consideration, or loyalty

to your buddies who are your military family. Courage would have to be an ethical value considered as well. How many of us would have the courage to face the wrath and angry roar of domestic niner?

The husband is faced with a competing values dilemma. He has to wrestle with his responsibility and duty to his family or stay loyal to his friends. Sometimes that is a tough decision for anyone to make. How do we please everyone and still keep our integrity?

The husband has four options. (1) He can risk the disappointment of his spouse and have a great fishing trip with the guys while enjoying a few of his favorite beverages. However, at some point he will have to come home and face the music. (2) He can stay home and finish the project that is long overdue, keeping his family happy, but losing out on the fishing trip with his buddies. (3) He can call his friends and explain the situation knowing that there will be another fishing trip later on, thus keeping domestic niner happy. (4) His final option might be to call his friends and his wife explaining to them that his unit is bugging out and he has to go to the field. What option would you pick?

Whatever choice you make, you have just made an ethical decision based on your moral principles and virtues.



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

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

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

CHAPLAINS

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

Padre Kevin Olive
(Pentecostal)
ext 5272

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

17 Wing
204 833 2500



Administrative
Assistant
ext 5087

17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

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

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

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

Padre Frederic Lamarre
(Roman Catholic Pastoral Associate)
ext 6914

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

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

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

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

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

MAIN OFFICES
Building 64,
Lower Level, North End.

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

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

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

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

Your 17 Wing Chaplain Team

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



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