

CANEX
A division of CFMWS
Une division des SBMFC

PRICE MATCH GUARANTEE

WE WILL MATCH...
ADVERTISED PRICES ON ELECTRONICS, CAMERAS, COMPUTERS & MAJOR APPLIANCES. DETAILS ARE AVAILABLE IN-STORE OR ONLINE AT WWW.CANEX.CA



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

January 29, 2014

VOLUME 63, ISSUE 2

FREE

Visit us online at: www.thevoxair.ca or Like Us On facebook

435 Squadron Soars Through The Skies



On December 17, 435 Sqn accomplished the unusual feat of having all four of their Hercs in flight at the same time. For more on how this happened, see page 3. Photo: Cpl Paul Shapka

IN THIS ISSUE:

WING MEMBER LOOKS BACK ON FORT WAINWRIGHT CRASH

PAGE 2

OP ATTENTION TROOPS RETURN HOME FROM AFGHANISTAN

PAGE 3

17 WING PADRE HELPS OUT OP RENAISSANCE

PAGE 4

VOXAIR LAUNCHES ONLINE ARCHIVES

PAGE 5

AN INSIDE LOOK AT THE SPACE OPERATION COURSE

PAGE 5

GCWCC CAMPAIGN WRAP UP

PAGE 7



PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

Steven Fletcher,
Member of Parliament

Charleswood-St.James-Assiniboia

Phone: 204-984-6432
Fax: 204-984-6451
3111-A Portage Avenue
Winnipeg, Manitoba R3K-0W4

FOR REGULAR UPDATES ON STEVEN FLETCHER VISIT WWW.STEVENFLETCHER.COM

Millennium
Auto Service Ltd.



- Complete Auto Service
- Computer Diagnostics
- Government Inspections
- Evening Hours

3797 Portage Avenue
(Portage at St. Charles St.) Phone: **885-2690** or **632-8909** Fax: **885-2705**

Wing Member Remembers The 25th Anniversary of Ft Wainwright Herc Accident

By **WO Don Dunphy and Michael Sherby**

Twenty five years ago on 29 Jan 1989, nine of eighteen Canadian servicemen on a C-130 Hercules transport (130318) lost their lives in the tragic crash at Fort Wainwright, Alaska, near Fairbanks.

Among the survivors was WO Don Dunphy (then a Cpl) who was an Aeromedical Technician on board for a familiarization flight in support of his job. Today WO Dunphy continues to serve as an Aeromedical Technician at CFSSAT, Winnipeg.

WO Dunphy was on his way to Fort Wainwright a part of a team of Canadian Troops to prepare for a mass para jump exercise called Brim Frost. He was in the 2nd of a team of 3 Hercs scheduled to land when the accident happened.

"The first Hercules landed without incident at the airfield," he says. "In our aircraft everything appeared normal to me including the descent. Then suddenly the aircraft shuddered violently as it struck the ground, I could hear and feel the aircraft sliding on the ground and as in slow motion I lost track of time and wondered what would happen next. When the aircraft came to rest, it was dark and quiet and I heard the Flight Engineer opening the escape hatch at the top of the cockpit."

He describes the moments after the crash as being surreal and "like something out of a movie."

"When all 6 of us from the cockpit slid down the emergency escape rope we stood in a brief moment of disbelief because we did not realize that the rest of the aircraft was so damaged, when the cockpit area that we were in remained relatively intact."

Despite the temperature being -51 F, the crew from the cockpit quickly set to work helping those passengers who were riding in the back section of the Herc, waiting for help which WO Dunphy estimates took about 20 minutes to come due to the extreme weather conditions on the ground.

"We were all assisted into vehicles and taken to Bassett Army Community Hospital and receive excellent care until we could be transported back to Edmonton. I cannot thank the rescuers enough for their assistance under such extreme conditions."

WO Dunphy escaped the accident with a wedge fracture to his back, but was otherwise uninjured. Once back in the hospital, he was able to call his wife and let her know he was ok.

"Back in the city, they knew there had been a crash, but they didn't know which plane it had been or any other details, so it was a difficult night for everyone."

Flight Safety investigators arrived shortly after the crash to determine what had happened. Although the night sky was clear, it was the combination of a down sloping approach on the runway and the thick ice fog in the air that created a visual illusion on final approach. These factors caused the pilot to lose sight of the runway and strike the riverbank just short of the runway.

WO Dunphy describes his feelings in the aftermath of the accident as a 'loss of innocence with flying', but says he hasn't let it affect his job or his life, and he even got his private pilot's licence last year.

"From this accident I have realized not to take life for granted," he says. "Do not put off what you want to do because you may not get the chance to do it and if you go flying under extreme conditions be prepared for the worse, because sometimes things do go wrong."

"I am thankful to be happily married for 29 yrs with 2 adult children and pay my respects to those who did not make it on that fateful day many years ago."

The servicemen from CFB Edmonton that perished in the crash were: 435 Sqn Loadmasters Cpl. Joseph Paul-Emile Castouguay, 36, Master Cpl. Louis Papineau-Couture, 40, and Navy Lieut. Richard Moore, 37

The losses to the Canadian Airborne Regiment were Warrant Officer Joseph Arsenault, 33, Master Cpl. John MacKinnon, 35, Cpl. Robert Allen, 24, and Cpl. Paul McGinnis, 24. Master Bombardier Donald Smith, 28 and Cpl. Lee Wright, 26, from the 2nd Regiment Royal Canadian Horse Artillery, were also killed.



A close up of the plane's nose after the crash. Photo: Supplied



The C-130 Hercules after the crash that took place on 29 Jan 1989. Photo: Supplied

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 AT Spott
Editor-In-Chief
(204) 833-2500 ext 5281

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

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

Brittany Nordman
Production Designer

Maureen Walls
Sales Coordinator
(204) 895-8191

Misra Yakut
Accounting

Traci Wright
Proofreading

Capt Jordan Woodman
Wing Public Affairs
Officer

Sgt Bill McLeod
Wing Public Affairs
Photojournalist

Printed By
Derksen Printers
204-326-3421

Visit Us Online: www.thevoxair.ca

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

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

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

HOOK & SMITH

Barristers, Solicitors & Notaries Public

201-3111 Portage Ave,

Winnipeg, Manitoba R3K 0W4

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



Telephone - (204) 885-4520

Fax - (204) 837-9846

Email: general@hookandsmith.com

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

NEW ARRIVALS

Puzzled about Manitoba Driver Licences and Plates?



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

autopac
A Manitoba Public Insurance product

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

Call us or drop in to:

BALDWINSON INSURANCE
BLDG 90 (REC CENTRE) • WHYTEWOLD RD
MONDAY TO FRIDAY: 8:30 AM TO 5:00 PM
Phone: 889-2204
Fax: 885-1964

435 Squadron Achieves Herculean Feat

By Mike Sherby
Voxair Manager

If you were looking skyward on December 17, you might have noticed a very unusual occurrence. With a lot of planning and a little bit of luck, 435 Squadron managed to have their entire fleet of Hercules aircrafts airborne at once.

The squadron maintains a fleet of 4 Hercs, and CO LCol Lamarche says that having all four serviceable and in the air at once is very unusual.

"I was talking to some of the older folks, and they say they haven't seen something like this happen since at least the 1990s."

Getting this of all to happen involved some very intricate planning and hard work from everyone in the Squadron. All four aircraft had to be in working order, the weather had to cooperate, and crews had to be ready to service all the aircraft. It was only about 2 hours prior to take off that the decision was made to go ahead with the flights.

"There's always a little bit of luck involved too," says LCol Lamarche. "We had been talking about it for a few weeks, since we had such good serviceability, and I was ecstatic to go from talking about it to actually doing it. The stars aligned that day."

A major part of the reason why this happened was to ensure that the squadron's pilots didn't go uncurrent over the holidays. To stay current, a pilot must fly at least once every 30 days. Of the 4 planes in the air, two were training planes, with a total of 12 pilots between them. The 3rd plane was a SAR training flight, and the 4th was a SAR standby flight.

"It was a great motivator for the staff and a very unique day for 435 Squadron," says LCol Lamarche.

LCol Lamarche became CO of 435 Squadron in 2012, and has spent 12 years as a Chinthe. He says that he's very proud of the all the members of 435 Squadron for helping to make this happen.

"Our pride, as a squadron, is above and beyond what I would expect."

Accomplishing difficult jobs like this all in a day's work for 435 Squadron, which needs to be constantly ready for SAR taskings and air-to-air refuelling missions. LCol Lamarche says that constant training is the best way to be prepared for their duties.

"We constantly have new folks coming in, and we need to have them trained to meet the mission. That goes for all the positions, from pilots to maintenance. We have to be ready 24-7; it's how we stay alive."



435 Squadron has all 4 Hercs flying on the same day before Christmas. Photo: Sgt Daren Kraus

Operation Attention troops receive warm welcome home

By Gloria Kelly

Warm hugs, big smiles and tears of relief that their loved ones were home from Afghanistan safe and sound were the order of the day at 17 Wing Winnipeg on January 20 and 23, as troops returning from deployment with Operation ATTENTION were greeted by happy family members, military officials and Member of Parliament James Bezan, Parliamentary Secretary to the Minister of National Defence.

The returning troops were a combination of regular force members from Shilo based 2 PPCLI and reserve soldiers from units attached to 38 Canadian Brigade Group. They were part of the NATO Training Mission that has been helping to generate and sustain the Afghan National Security Forces to enable Afghan led security as NATO troops depart.

Sherry and Ed Garrick of Abbotsford, British Columbia travelled to Winnipeg so they could be on hand to greet their son, Corporal Steven Garrick, who had been deployed since June 2013 with the force protection team.

Amid tears of relief to have her son home safe and sound Mrs. Garrick said she just wanted to give him a big hug.

Mr. Bezan said it is important to recognize the work the brave men and women of the Canadian Armed Forces do in service to the Canadian people and to be on hand to welcome them home. "It's an emotional time but such a happy time and I am privileged to be able to be a part of this," he said.

"Canada has made a huge contribution in Afghanistan," said Mr. Bezan. "Over and above the war effort Canada has been a leader in capacity building of the Afghan civil society, infrastructure projects, in the area of literacy, the rights or women and children and in helping to train Afghans to keep their country safe on their own."

Mr. Bezan said it is important that Canadians realize and recognize the wide range of work that Canadians did in Afghanistan over the past 12 years and that the lives that were lost were not lost in vain.

"Our men and women have done important work on behalf of the Government of Canada and our NATO allies," said Mr. Bezan.

After over a decade in Afghanistan, Canada's largest military deployment since the Second World War, all personnel will return home by the end of March. Since 2001 when Canadians first deployed to the region over 40,000 soldiers, sailors, airmen and airwomen have taken part in Operation APOLLO (2001-2003), Operation ATHENA (2003-2011) and Operation Attention that is now winding up.



Cpl Steven Garrick of Shilo based 2 PPCLI gets a big hug from his parents Ed and Sherry Garrick who travelled to Winnipeg from Abbotsford, BC to welcome their son home after seven months in Afghanistan. Photo: Sgt Bill McLeod



A group of soldiers returning from Op Attention were greeted at 17 Wing Winnipeg by family members, military leaders and James Bezan, Parliamentary Secretary to the Minister of National Defence. Above Cpl Steven Garrick from Shilo based 2PPCLI hold on tight to his parents Ed and Sherry while he is welcomed home by CWO André Normandin, 17 Wing Winnipeg CWO; Colonel Joël Roy, Commander 17 Wing Winnipeg and MP James Bezan, Parliamentary Secretary to the Minister of National Defence. Photo: Sgt Bill McLeod

A LONG STANDING TRADITION

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

Call: (204) 949-2200
Gimli Call: (204) 642-7124

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

THE ONLY FUNERAL HOME OWNED AND OPERATED BY THE BARDAL FAMILY



Padre gives back on humanitarian mission

By Sgt Bill McLeod
17 Wing Photojournalist

For Captain Roy Laudenorio, a Chaplain with the Canadian Armed Forces stationed at 17 Wing Winnipeg, Operation Renaissance gave him a chance to give back to the society and culture he says helped make him what he is today.

"They taught me to care and what it means to reach out to a fellow human being," said Capt Laudenorio about the culture he grew up in. "My Filipino culture



Capt Roy Laudenorio in the Philippines during Operation Renaissance 13-1. Photo: Supplied

had a big impact on my choice of vocation/career."

Born and raised in the Philippines, Padre Laudenorio was one of 319 CAF members on the operation and one of a special group of about 15 liaison officers of Filipino descent. Capt Laudenorio speaks Hiligaynon, the most widely used dialect of Panay Island where the Canadians provided assistance.

Operation Renaissance 13-1 was the operation to provide areas of the Philippines hard hit by Typhoon Haiyan with disaster relief. During the operation the Canadian Armed Forces provided medical assistance, cleared roads, provided potable water, and air and ground transportation to support the delivery of humanitarian supplies. CAF members began deploying on November 13 and the operation officially ended on December 15.

For Padre Laudenorio, the operation began on November 25 when his aircraft took off from 8 Wing Trenton, but before Typhoon Haiyan even reached the islands earlier in the month he was making it known to his chain of command that he would like volunteer to provide assistance in any way he could.

"I am very thankful to my chain of command for allowing me to go and for assisting me with my request," he says.

When he got to Panay, Capt Laudenorio was assigned the municipality of Sigma, which consists of 21 small villages, called barangays locally.

"I visited 20 of the barangays to interview leaders and residents of those communities," Capt Laudenorio

said. "We were told one of the barangays had a history of rebel sightings and that it may not be safe for us to visit."

"It was a very unique situation," says the Padre. "Ninety-five per cent of the time I was away from the main Canadian camp. All liaison officers were embedded in the communities. My team member and I ended up living in office space at the local police station that they cleared for us. They also helped provide security for us."

As a liaison officer Capt Laudenorio was able to communicate with the affected local communities and relay those needs to the CAF Disaster Assistance Relief Team and also non-governmental organizations (NGO) through the Office for the Coordination of Humanitarian Affairs, an arm of the United Nations.

"We were able to influence NGOs to get assistance into communities where it was needed," Capt Laudenorio says. "Through our efforts we hope that we made a positive impact on the people of Panay."

Although the operation officially ended on December 15, Capt Laudenorio continued to work in his area of responsibility until December 18. Due to bad weather in Canada, he and a number of his fellow deployed members celebrated Christmas Day in the Philippines waiting for the plane to arrive. Capt Laudenorio didn't make it home until Boxing Day.

"We tried to make the people know that they were not forgotten," says the Padre. "We were the most visible international force providing assistance in that area."

The most northerly concert in the world



By Lt Irina Jakhovets

A number of performers headed north to Canadian Forces Station (CFS) Alert in December 2013 to play the most northerly concert in the world.

Patricia Conroy, Canadian country award winner, Hayley McLean, Shaun Verreault, a two gold record award winner, and tribute band Atlantic Crossing made the long trip to CFS Alert in a CC-130J Hercules.

Also joining the musicians was comedian Will Davis, who was the master of ceremonies for the show.

The high energy and contagious enthusiasm during the show raised the excitement level at the station just in time for the holiday seasons. There were two shows and an unplanned, informal jam session at the Arctic Club.

"The show was absolutely incredible," said Master Corporal Tammy Dixon, a traffic technician from 8 Wing Trenton, Ontario. "Not only are they super talented, but very approachable and truly kind hearted."

The show tour arrival was a big morale booster for the station and they would be welcome back anytime.

mmmm.
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine
Dine In • Take Out • Catering

Serving since '62
Winnipeg

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

HABING LAW 
BARRISTERS, SOLICITORS & NOTARIES



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

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

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

Professional & Business Directory

**BALDWINSON
INSURANCE**
Rec Centre (Whytefold Rd.)
Drivers Licences & *autopac*
A Manitoba Public Insurance product
204-889-2204

Keeping an eye on the sky: The CFSAS Space Operation Course

By Mike Sherby
Voxair Manager

With approximately 23,000 pieces of debris, including over 1,100 active satellites currently orbiting the earth, not to mention the threat of international missile launches, keeping an eye on what's going on above the earth is a big job. To help train members of the RCAF and beyond on the newest and best practices in the field, CFSAS offers the Space Operations Course (SOC).

The intensive 13 day course covers everything that CAF members going into a position in the space programs would need to know.

Maj Cameron Lowdon, Director of Space Programs for CFSAS, says that the course, which has students from all three disciplines of the CAF, as well as international students who come from everywhere from the US to the Netherlands, provides students with the knowledge they need to do jobs located all over the world.

"If they need to learn something about space, this is the course to take," he says.

And with Canada's launch of the Sapphire satellite last June, positions like these are becoming ever more important.

The Sapphire, Canada's first military satellite, is about a cubic metre in size, and will track objects from 6,000 km high up to 40,000 km high, orbits used by satellites providing communications, weather, security, search and rescue, navigation and more. The satellite will help monitor against collisions, unexplained launches, and other atmospheric phenomena.

Sgt James Novakowski, a Space Instructor with CFSAS, says that the Sapphire is a perfect example of Canada's contribution to the space program.

"We can't really compete with NASA, so we find niche markets and try to fill those."

The SOC, which usually has around 25 students and is run 1-2 times a years, has students hearing lectures on everything from Space History to Missile Defense.

While many courses are taught by Maj Lowdon or Sgt Novakowski, they also invite experts from around the world to speak topics of their expertise.

"Space changes so quickly, so we have to keep up to date with what's going on in the real world. And so we reach out to people who are experts in their fields to keep the courses as current as possible," says Maj Lowdon.

In a time of budget cuts around the CAF, the Space Program is one of the few departments to see its budget grow. Maj Lowdon, who just got back from a 3-year posting at the Joint Space Operations Center (JspOC) at Vandenberg AFB in California, says this highlights the importance of the growing field.

"So many things tie into space, and satellites, from weather, GPS, and communications to banking. The criticality of maintaining these objects is important, not just for the military, but for the day to day life of everyone."

SOC students are required to give two presentations during the course to test their knowledge. The first one asks students to present on what they imagine the space program will look like in 50 years. Maj Lowdon says that this helps the student think outside the box.

"Imagine what people would have said if you'd have told them 50 years ago that everyone would carry around a GPS device in their pocket."

The second presentation tests the student's ability to deal with a hypothetical situation.

pothetical situation.

"We give them a close to real life event, like maybe something in Afghanistan or related to an international treaty, and they have to present a briefing to a panel on it."

Graduates of the program can expect to be working in a number of different positions. These include space warning stations located throughout the world, from North Dakota to California to Greenland. They may also end up at the Canadian Space Operations Cell (CANSpOC) in Ottawa, or else assorted positions that require knowledge and understanding of space functions, such as Naval Satellite Communications personnel.

As Maj Lowdon puts it, "If you're posted in a position that requires space knowledge, you'll be taking this course."



Maj Cameron Lowdon (left) and Sgt James Novakowski (right) talk to the Voxair about the Space Operations Course CFSAS offers. Photo: Mike Sherby

The Voxair Launches the 17 Wing Voxair Archives Project

By Mike Sherby
Voxair Manager

17 Wing has a long, proud history within the RCAF. And for over 60 years, the Voxair has been keeping a record on the deeds and goings on around the wing. Until recently, these back issues have been hard to come by for most people, but we've been slowly trying to change that.

Since early December our intrepid design editor, Britany Nordman, has been hard at work scanning back issues of the paper into a digital pdf format and loading them up to our web page (www.thevoxair.ca).

As of right now, in addition to our most recent issues being browsable online, you can take a trip back in time and have a look the very beginnings of the paper. We currently have 27 issues of the paper available from the years 1952-53, the first year that the Voxair was published. Back then, instead of the bi-weekly newspaper format, the Voxair was a magazine, coming out around

once a month, with a few extra issues thrown in.

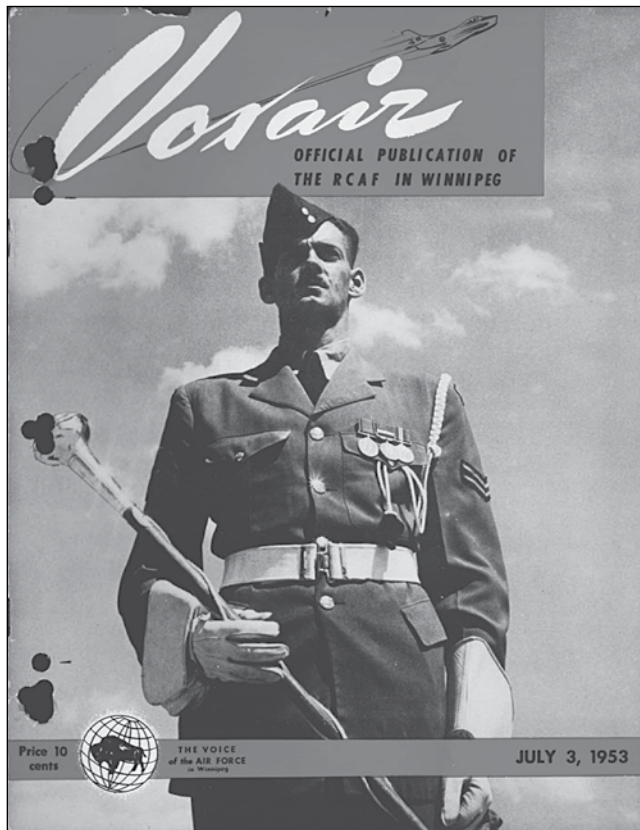
There are tons of interesting articles and photos in these back issues, and it gives an interesting insight into what life was like in the RCAF and at 17 Wings 60 years ago. It's also amazing to look and the photos and be able to see how much the base has changed since those days.

Everyone from those who are simply curious about history to the studious historian will be able to find something interesting in these golden oldies. Our plans are to continue to work at getting our back issues up on the web for as long as it takes to get everything up there. In the meantime if you have any questions about seeing back issues of the paper, you can always give us a call here at the office and arrange to have a look through our physical archives.

So make sure to go to www.thevoxair.ca and check out 17 Wing's history.



A Voxair issue from March 20, 1953. Pictured are members of the first group of airwomen to be posted to the station. L-R: LAW E.M. Horning, AW M. Dawson, LAW Heitman, AW Chisolm. Photo: LAC Ken Gregg



A Voxair issue from July 3, 1953. Pictured is the drum-major for the RCAF Band at the time of issue in 1953, Cpl Campbell. Photo: LAC Ken Gregg

THE VOXAIR
Give us a call:
204-833-2500 ext. 4120
Find out the benefits of advertising with us

ASSINIBOIA UNIT NO. 283
Army, Navy & Air Force Veterans in Canada
3584 Portage Avenue Winnipeg, MB
Club rooms: 837-6708

BINGO: Monday, Wednesday & Friday at 7:30 pm
Early Bird starts at 7:00 pm
SENIOR'S BINGO: Thursdays at 1:30 pm
CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday & Saturday evening 8:00-12:00 pm
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

1CAD raises over \$11,000 for charities

The holiday season is over, and the men and women at 1 Canadian Air Division were extremely charitable this year, digging deep and giving \$11,007.01 to charity during their annual Christmas Charity Drive. Of the money raised, \$6400 went to the Christmas Cheer Board, \$2000 went to 17 Wing Care and Share, \$2550.00 to Hamper Gift Cards, and \$57.01 to Pennies From Heaven.



Presentation to 17 Wing Care and Share. L-R: Padre Christopher Ryan, Padre Chris Donnelly, Padre Darryl Levy, Padre Jack Barrett, Brad Humphreys, LCol Mark Larsen 1 CAD HQ CO and CWO Rick Carleton 1 CAD HQ CWO. Photo: Supplied by CWO Rick Carleton

Surprise!



17 Wing/Air Force Training Centre Chief Warrant Officer Andre Normandin is surprised by the Wing Headquarters staff with cake on his birthday. Photo: Sgt Bill McLeod

17 Wing Hosts Prairie Region Basketball Tournament



17 Wing/AFTC Commander Col Roy and WCWO Normandin attend the ceremonial tip off to kick off the 2014 Prairie Regional Basketball Tournament. The tournament runs from January 27 to January 30. Check out the February 12 edition of the Voxair for full coverage. Photo: Mike Sherby

Ask the **MP**

CANADIAN



The purpose of our monthly column is to provide a forum where members of the 17 Wing Community can ask the MP questions related to policing, legal issues and community programs. If you have any topics you have been curious about and would like us to respond, submit your inquiries to the 23 MP Flt Community Relations representative MCpl Kavanaugh at tanner.kavanaugh@forces.gc.ca. All questions will be answered and those we feel would be beneficial for the community as a whole will be published. This month's question is:

Where can I get my child car seat installed and what are the qualifications of the installers?

First we would like to clarify car seat (Child Restraint System) use in the Province of Manitoba. Child Restraint System used in vehicles, such as car seats and booster seats, are exempt from provincial sales tax. By law, in Manitoba, all children under 5 years of age and weighing less than 22 kg (50lbs) must travel in an approved child car seat at all times. Also, all children over 5 years of age and 22 kg must be at the very least restrained in booster seat until they are at least 145 cm (4 ft. 9 in.), they weigh at least 36 kg (80 pounds) OR they are 9 years old or older.

As each seat is of different design with height and weight recommendations found in the accompanying manufacturer's manual and each child is also of different design but without the benefit of manufacturer guidelines the Province issues the following guidelines covering four progressive stages:

1. Rear Facing – birth to 20 kg;
2. Front Facing – 20 to 30 kg;

It is after this stage height becomes an important factor as a seat belt alone on a child under 145 cm can cause severe injury if an accident or even unexpected hard braking were to occur. You will also have to determine, based on your child's height if, rather than age and weight, they need to remain in a car seat or ride in an upright booster to avoid injury from the seat belt.

3. Booster Seat – 30 kg to 36 kg, 145 cm or 9 years old; and

4. Seat belt – if your child is over 145cm and 36 kg or 9 years old.

In the event of a crash, research shows that proper installation and use of Child Restraint System protects children from serious injury by more than 60 per cent.

23 MP Flt has two qualified Child Restraint System Technicians who are authorized to install and both have achieved certification via the Child Restraint Systems Technician course delivered by St John's Ambulance.

If you would like to have assistance installing your Child Restraint Systems our have it inspected to ensure it has been installed properly you can contact 23 MP Flt dispatch at 204.833.2633 and inform them you would like to make an appointment with either of our qualified technicians (MCpl FOSTER or Cpl BAEZA). During the installation the technicians will go over a checklist to ensure compliance with Canadian Safety Standards and Provincial Highway Traffic Act regulations. You will receive a copy of the completed checklist from the technician upon completion of the installation. If you have any questions related to Child Restraint Systems we are happy to answer them.

HOUSEWATCH

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

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

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

CF Members Get A 10% Discount



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



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



Diver Magwood, 3 Pulls, Stand by to Retire

By Leading Seaman Jay Jaskiewicz
HMCS Chippawa Port Inspection Diver

On November 29, 2013 the Western Region Port Inspection Divers, while at their Regional Dive Exercise in Victoria, BC, had the honour of partaking in the last diving evolution with one of the longest serving members of this trade, Chief Petty Officer, 2nd Class (CPO2) Al Magwood. CPO2 Magwood is well known and respected by both Reserve and Regular force divers, and, as we all chatted with CPO2 Magwood during the exercise, it was clear that he will be missed by everyone who had the privilege to serve with and learn from him.

In March 1975, after three years as a Sea Cadet with RCSCC Undaunted, and at only 16 years of age, CPO2 Magwood started his military career in Her Majesty's Canadian Ship Tecumseh, Calgary's Naval Reserve Division. In June of 1976, CPO2 Magwood was the first non-boatswain selected to take the Reserve Boatswain Divers Course which provided him with three trades, Engineer, Boatswain, and Diver. During his 38 years with the Naval Reserve, he worked on both coasts numerous times, as well as in Alaska, as a full-time Reservist. Prior to him starting his current career with the Calgary Fire Department, CPO2 Magwood would spend two to five months a year at the Fleet Dive Unit Pacific (FDU (P)). At FDU (P) his on-the-job training included working on the Yard Dive Tenders (YDTs), in the dive equipment repair section, as well as, training to improve his dive skills. He has deployed to Exercise NORTHERN EDGE, an international security exercise in Alaska hosted by the United States, five times and Maritime Security Operations Exercise SEAHAWK a joint US Navy and US Coast Guard exercise. CPO2 Magwood has also been on numerous Quality Standard Performance boards which decide the vital skills divers must gain as they progress in their training. CPO2 Magwood has served in Naval Reserve Divisions, as a Regional Dive Center Chief (Western Region), and the Port Inspection Diver Military Occupation Standard Ad-

visor. Once he completed his position as the MOS Advisor, CPO2 Magwood had been the Coxswain on numerous ORCA, training vessel deployments.

CPO2 Magwood shared the story of his first and most memorable dive: "Although I have had many great dives, the most memorable of course would be my first one. I had never been in the ocean before, I was volunteered to be the first diver in plodding gear. Once I was dressed I was so heavy that I basically threw myself into the water losing both mask and regulator, they pulled me to the surface and I gave the thumbs up, which of course caused a barge of verbal abuse since I was obviously not alright. Once I was squared away, I was lowered to the both crushing depth of 30 feet and started to back away from the shot line. I promptly backed into a work table which scared the crap out of me, after I realized what it was I had nothing but fun". His most memorable moment as a diver was when he would attend quarterly Gate Vessel Weekends. As he held three trades, it wouldn't be uncommon for him to do four hours in the engine room as an A ticket, followed by four hours as Petty Officer of the watch, and, once anchored, go diving.

CPO2 Magwood believes that the training he received in the military had a direct bearing on his career with the Calgary Fire Department and contributed to the success of a high point in his career as a firefighter. In May 2011, CPO2 Magwood led 60 firefighters on 14 pieces of firefighting equipment from Calgary to the Town of Slave Lake, Alberta after a massive forest fire swept through that town. Once CPO2 Magwood and his 60 firefighters arrived, they set up Operations. CPO2 Magwood used his military skills and experience from numerous Port Security Exercises and Exercise NORTHERN EDGE to complete his mission. CPO2 Magwood's firefighting team completed their tasks over a period of ten days with no running water or electricity. CPO2 Magwood credits his team mates and also believes that the success of this deployment was a direct result of

his military training.

Post-military, CPO2 Magwood plans to continue in his position as Battalion Chief with the Calgary Fire Department, managing 41 fire stations and over 300 Firefighters. He says, "The success that I am experiencing as Battalion Chief can be directly attributed to the coursing and experience I have gained after 38 years with the Naval Reserves".

From one PID to another, I thank you.
Diver Magwood, 4 pulls, Retire!



CPO2 Magwood ready for a dive. Photo: Supplied

GCWCC 2014 Fundraising Drive Wraps Up

2Lt Kyle Roman
17 Wing

As we head into the New Year, 17 Wing/AFTC looks back at another successful Government of Canada Workplace Charitable Campaign (GCWCC).

The campaign officially concluded on December 19, 2013, when the 17 Wing/AFTC Commander, Colonel Joël Roy, presented a cheque to a United Way Representative for \$146 285 on behalf of 17 Wing/AFTC GCWCC. "I am tremendously proud of the generosity that the men and women of 17 Wing/AFTC have shown," said Colonel Roy.

The GCWCC kicked off September 12 with the Hercules pull and only gained momentum from there. Whether it was Lieutenant Hodges arresting Major MacCulloch with a huge smile on her face during the

Jail and Bail; the much anticipated TEME Squadron breakfast; or themed lunches served by the Wing Commander and Honorary Colonels; 17 Wing/AFTC showed great enthusiasm towards the various events that made up this year's campaign.

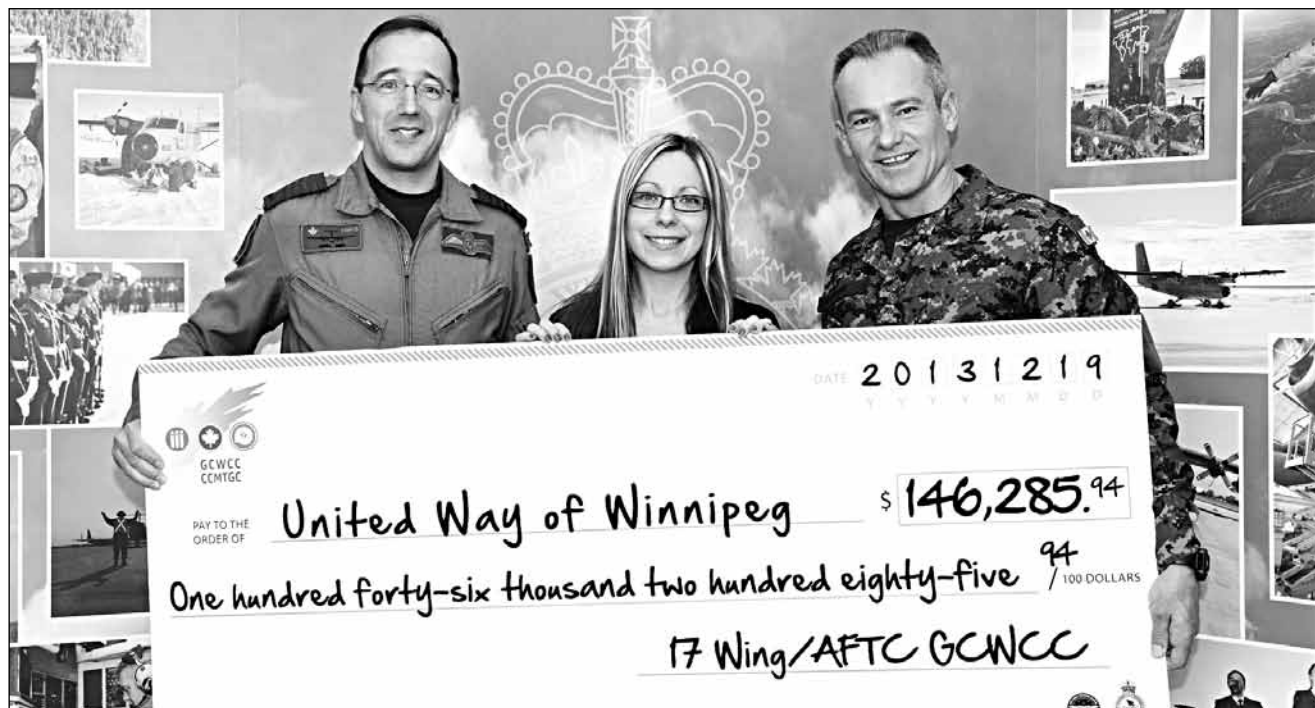
"In addition to raising awareness and funds for the campaign, the GCWCC events also brought us together as a community and helped raise the morale of everyone on the Wing," said Colonel Roy.

"We thought this year's campaign objective of \$140 000 would be tough to meet, but with the hard work of the committee members and 17 Wing/AFTC's willingness to help others - we exceeded our goal," said the GCWCC Civilian Co-Chair, Kathy Godfrey.

"In fact, since the presentation of the official cheque,

donations have continued to come in and now total over \$150 000," added Ms. Godfrey.

Thanks to these generous donations, thousands of people will continue to have access to a variety of charitable services, such as food banks, emergency shelters, health care groups, addictions counseling and other support services in the community.



17 Wing / AFTC Commander Col Joel Roy (left) and WCWO Andre Normandin (right) present a cheque to United Way of Winnipeg. Photo: Sgt Bill McLeod

ACTIVITIES FOR ALL AGES* / ACTIVITÉS POUR TOUS LES ÂGES*

WINTER Fest DE FÊTE DE L'HIVER

March 1 Mars SATURDAY SAMEDI

WESTWIN COMMUNITY CENTRE • CENTRE COMMUNAUTAIRE DE WESTWIN

1100-1400 hrs de 11 h à 14 h

Defence Team: \$3 per person • \$8 per family
Public: \$4 per person • \$12 per family

Équipe de la Défense: 3\$ par personne • 8\$ par famille
Public: 4\$ par personne • 12\$ par famille

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

CRFM

Contact/Contactez: 204-833-2500 ext/poste 5139 or/ou 4511

Wing Commander's Coffee Break

The first Wing Commander's coffee break of 2014 was hosted by the staff of the IPSC division of 17 Wing in Building 83 on January 14th. It was a great way to kick off the new year, and also a great way to beat the cold with a cup of hot coffee and some tasty snacks provided by Wing Foods. After a brief speech from Col Roy, the assembled staff got together and sang happy birthday to Mr. John Clarey, 17 Wing's SISIP Branch Manager. The next WComd's Coffee Break is being hosted by DCHRSC (Prairies), and takes place in February 12, 2014 at the Officers Mess.



WComd Col Roy and the assembled guests sing happy birthday to Mr John Clarey, SISIP Branch Manager. Photo: Mike Sherby



WCWO Normandin (right) and Carla Barth (NPF HR) share a laugh at the Coffee Break. Photo: Mike Sherby



**DIVISION • SCOLAIRE
FRANCO-MANITOBAINE**

INSCRIPTION À LA MATERNELLE

- ▶ du lundi 3 au vendredi 7 février 2014
- ▶ pour les enfants qui auront 5 ans au 31 décembre 2014

Le certificat de naissance de l'enfant sera demandé.

Les écoles de la DSFM sont ouvertes à tous les enfants d'ayants droit (pour la définition d'un ayant droit, voir la section Informations aux parents de notre site Web).

École Roméo-Dallaire
81, chemin Quail Ridge
204 885-8000
romeo.dallaire@dsfm.mb.ca





Apprendre et grandir ensemble
www.dsfm.mb.ca

Start Warming Up!

The 2014 RCAF Run is on May 25th.



Working for your family



Greg Selinger

MLA for St. Boniface
Premier of Manitoba
204-237-9247
GregSelinger.ca



Sharon Blady

MLA for Kirkfield Park
204-832-2318
SharonBlady.ca



Nancy Allan

MLA for St. Vital
204-237-8771
NancyAllan.ca



Jim Rondeau

MLA for Assiniboia
204-888-7722
JimRondeau.mb.ca

Year's best images revealed at Photo Contest Awards

Jen Seipp
CFMWS

The 45th Annual CAF Photography Contest wrapped up on November 29th, 2013 with a formal awards ceremony at the Canadian War Museum in Ottawa. The winning images showcased an impressive variety of subjects, with photos of work and play, families and communities, nature and city life all sharing the spotlight.

The Canadian War Museum, which boasts its own significant collection of military photography, provided a fitting venue for this prestigious event. As an added bonus, each of the major award winners also received a private, after-hours tour of the museum.

This year, LGen Guy Thibault, Vice Chief of the Defence Staff, joined the contest as its new patron. In addition to overseeing the contest as a whole, in this role LGen Thibault also selected one stirring photo, Sgt Philip Kusche's "Leading the Way," to honour with the VCDS Award for the best image of military life.

"I chose this photo because it serves as a reminder that soldiers are people with families, stories and lives outside of the CAF. These are the people we are supporting. This is the power of good photography: to make you stop and think," LGen Thibault remarked.

For AB Rommel Billanes, Best in Show - Advanced and People's Choice Award winner, 2013 marked the third consecutive year in that he has created a winning portrait of his daughter. This year's image, "War Child", intends to honour the experiences of children in war-torn countries.

"This image aims to increase awareness of their existence so that people out there may extend their assistance by any means they can," AB Billanes said.

To view all of the winning images from the 2013 CAF Photography Contest, visit www.cafphotocontest.ca. The photos will also be on display from 13-17 January 2014 in the National Capital Region at National Defence Headquarters, Main Concourse.



"War Child", by AB Rommel Billanes won Best in Show - Advanced and People's Choice.

Major Award Winners :

Best in Show - Novice: Capt Henry Leung, "Dancers"

Best in Show - Advanced: AB Rommel Billanes, "War Child"

Photographer of the Year - Novice: Lt Scott Beeston

Photographer of the Year - Advanced: LCol (Ret) Jean Lapointe

People's Choice Award: AB Rommel Billanes, "War Child"

VCDS Award: Sgt Philip Kusche, "Leading the Way"



"A Good Day for a Search", by Lt Scott Beeston won 2nd place in Special Effects - Novice.

Allow me to serve you and your real estate needs while you serve our country.



- over 25 years of professional service
- specializing in military transfer



Tracy McLachlan

bus: 204.243.7653
fax: 204.284.4262

360 McMillan Ave
Winnipeg, MB
R3L 0N2

talktotracy@shaw.ca



École francophone

Maternelle à 8^e année

École la plus près de la 17^e Escadre

Transport scolaire

Garderie francophone

Centre de la petite enfance et de la famille

École Roméo-Dallaire

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

(204) 885-8000

2014 Rent Adjustment for DND Housing in Winnipeg

Every year, Department of National Defence's (DND) shelter charges (rents) must be revised to ensure they reflect local market values for similar homes in the local market. This guarantees fairness and equity for Canadian Armed Forces (CAF) members and their families regardless of whether they choose to live in the private sector or in DND housing.

The Canadian Forces Housing Agency (CFHA), a Special Operating Agency of DND, manages Crown housing on its behalf and therefore administers the rent adjustment process annually in accordance with governmental and departmental policies and regulations.

Historically, rent values for DND housing have been appraised by the Canada Mortgage and Housing Corporation (CMHC) annually. The appraisal was based on a number of factors, such as type, size, age, access to amenities, and general condition of the units. In 2013, CMHC announced that it would no longer provide appraisal services for residential Crown housing. CFHA and other government departments affected by this change worked with Public Works and Government Ser-

vices Canada (PWGSC) to establish an interim, fair solution for this year's rent adjustment exercise. An indexed value for the housing units was determined by PWGSC, based upon the three previous annual increases.

Based on the indexed values provided by PWGSC, the recommended average 2014 rent increases for occupants in Winnipeg was three (3) per cent. CFHA then reviewed the provincial rent-control legislations to determine each province's maximum for rental increases this year to ensure that families living in DND housing will not experience a rent adjustment that is too large.

For 2014, rental increases in Manitoba are restricted to the lowest of the provincial rent-control legislation limits of two (2) per cent or a maximum of \$100 per month regardless of the CMHC appraisal value or PWGSC indexed value. In Winnipeg, this translates to an average increase in rent of \$18.96 per month starting in April 2014. As an additional protection, rents cannot exceed 25 per cent of the combined gross household income for all families living in DND housing. Where this is applicable, CAF member may apply to have the rent

reduced to this value.

CFHA is aware that DND's housing portfolio is aging and all Agency employees are committed to the improvement, modernization and repair of housing units at bases and wings across the country to help improve the quality of life of CAF families. Year after year, CFHA spares no effort to ensure that as much as possible of the rent collected from occupants goes back into the operation, improvement and maintenance of the housing portfolio.

Families living in DND housing are encouraged to contact their HSC if they have any questions related to their rent adjustment or any other question about their housing unit. HSC Winnipeg can be reached at 204-833-2676 ext 227 or cfha-alfc.winnipeg@forces.gc.ca



DND Housing. Photo: <http://www.cfha.forces.gc.ca>

Rajustement des frais de gîte 2014 à Winnipeg

Chaque année, les frais de gîte (loyers) du ministère de la Défense nationale (MDN) doivent être révisés afin d'assurer qu'ils représentent les valeurs du marché local pour des maisons similaires. Ceci garantit que les loyers soient justes et équitables pour toutes les familles militaires, peu importe si elles décident de s'établir dans le secteur privé ou dans les logements du MDN.

L'Agence de logement des Forces canadiennes (ALFC), un organisme de service spécial du MDN, gère des logements de l'État au nom du Ministère, et administre donc le processus de rajustement des frais de gîte chaque année, conformément aux politiques et aux règlements gouvernementaux et ministériels.

Historiquement, les logements du MDN étaient évalués annuellement par la Société canadienne d'hypothèques et de logement (SCHL). L'évaluation était basée sur un certain nombre de facteurs, tels que le type, la taille, l'âge, l'accès aux commodités, et l'état général des unités. Toutefois, la SCHL a annoncé en 2013 qu'elle ne fournirait plus les services d'évaluation pour les logements de l'État. L'ALFC et les autres ministères affectés par ce changement ont collaboré avec Travaux publics et Services gouvernementaux Canada (TPSGC) afin d'établir des mesures temporaires pour l'exercice de ra-

justement des loyers de cette année qui sont réalisables et équitables pour tous les occupants. En se basant sur les augmentations des trois dernières années, TPSGC a déterminé des valeurs de rajustement indexées des loyers.

Basée sur les valeurs indexées procurées par TPSGC, l'augmentation moyenne des loyers de 2014 recommandée pour les occupants de Winnipeg est de trois (3) p. 100. L'ALFC a ensuite examiné les réglementations provinciales sur le contrôle des loyers en vigueur afin de déterminer les limites d'augmentation des frais de gîte provinciales et de s'assurer que les familles qui habitent dans les logements du MDN ne connaîtront pas un trop grand rajustement de loyer.

Pour 2014, l'augmentation des loyers au Manitoba est restreinte au montant le plus bas entre deux (2) p. 100 du loyer de l'année précédente, basée sur la réglementation provinciale sur le contrôle des loyers en vigueur, ou à un maximum de 100 \$ par mois peu importe l'évaluation de la SCHL ou la valeur indexée de TPSGC. Comme protection supplémentaire, les frais de gîte ne peuvent pas dépasser 25 p. 100 du revenu combiné annuel brut pour toutes les familles qui habitent les logements du MDN. Lorsque possible, les membres des FAC

peuvent faire une demande pour faire réduire leur loyer à cette valeur.

L'ALFC est consciente que le portefeuille de logements du MDN est vieillissant et les employés de l'Agence sont engagés à l'amélioration, la modernisation et la réparation des logements des bases et des escadres partout au pays afin d'aider à améliorer la qualité de vie des familles des FAC. Année après année, l'ALFC n'épargne aucun effort pour veiller à ce que la plus grande proportion possible des loyers perçus des occupants soit réinvestie dans le fonctionnement, l'amélioration et l'entretien du portefeuille de logements.

Les familles habitant dans les logements du MDN sont priées de contacter leur CSL si elles ont des questions au sujet de leur rajustement de loyer ou de leur logement. Vous pouvez rejoindre le CSL à Winnipeg au 204-833-2676 locale 227 ou au cfha-alfc.winnipeg@forces.gc.ca.



Ne risquez pas votre vie, éloignez-vous des voies ferrées.

Cet hiver, éloignez-vous des voies ferrées afin d'éviter un accident tragique. Circuler en motoneige sur la propriété d'un chemin de fer est non seulement illégal, mais aussi dangereux. En vous amusant, vous risquez d'être trop absorbé pour entendre un train qui approche.



la **sécurité**, on embarque!



cn.ca/entoutesecurite



**17 WING
JUNIOR RANKS**

MONDAY – THURSDAY

Lunch 1130 – 1300 hrs
Afternoon 1500 – 1900 hrs

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

FRIDAY

Lunch 1130 – 1330 hrs
Afternoon 1500 – 2400 hrs

SATURDAY – SUNDAY

CLOSED

Hours will fluctuate on nights with scheduled events

Pool Tables Air Hockey Foosball

Cable TV Shuffleboard

WiFi Internet Wii Games TGIF's

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

Canadiana Crossword

Trivia Time

By Bernice Rosella and James Kilner

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19					20			
			21				22					
23	24	25			26					27	28	29
30					31					32		
33			34	35					36	37		
			38				39					
40	41	42			43					44	45	46
47					48				49			
50					51				52			
53					54				55			

ACROSS

- 1 Blind part
- 5 Rook's call
- 8 Mil. ordnance
- 12 In Exchange
- 13 Turkish title
- 14 Check
- 15 OK Corral guy
- 16 Tommy Douglas dream
- 18 Plummeted
- 20 Dehavilland's dream
- 21 Moray, for one
- 22 Yes, to Yves
- 23 New Zealand aboriginal
- 26 Not apparent
- 30 Collection of anecdotes
- 31 Southeast asian
- 32 Toupee, slangily
- 33 Canadian wonder of the world
- 36 Scraping along
- 38 Compete
- 39 Soot
- 40 Nordic poet
- 43 Locale of first Canadian oil find
- 47 _____ Bay, world's largest fresh water archipelago
- 49 Canada's longest serving Prime Minister
- 50 Hairless
- 51 E. Els homeland
- 52 Stravinsky or Gouzenko
- 53 Biscuit
- 54 Our most easterly provs.
- 55 Mentally stable

DOWN

- 1 Luge
- 2 Deceiver
- 3 About aviation
- 4 Canada's shortest-serving Prime Minister

- 5 Dromedary
- 6 Mature
- 7 Stack of bills
- 8 With Bay, the driest place in Canada
- 9 Vegetarian's no no
- 10 Bog down
- 11 Ace
- 17 Promissory notes
- 19 Prov. with the highest population density
- 22 Japanese sash
- 23 Popular PC
- 24 Queen of Scots
- 25 Grain
- 26 Dory device
- 27 Gagarin, for one
- 28 Seek to be elected
- 29 Incite
- 31 Golf course part
- 34 Go to excess
- 35 Fly
- 36 Tobermory time
- 37 Military fatigues
- 39 Chronicle
- 40 Nigerian people
- 41 With Great, Canada's largest wholly owned lake
- 42 Lone
- 43 Kiln
- 44 Capital of Latvia
- 45 Privy to
- 46 Giant
- 48 Irish paramilitary org.

Answers on Page 14

BOUFFE-SANTÉ
pour un rendement assuré

TOP FUEL
for Top Performance

20 and 21 March 2014
0830-1600 hrs
2-day course/cours de 2 jours

For more information or to Register contact Health Promotion local 4150

Ce que vous mangez fait toute la différence!

Les ateliers du programme Bouffe-santé pour un rendement assuré accroîtront vos connaissances et vous donneront des conseils pratiques pour améliorer vos choix alimentaires.

What you eat makes a difference!

Top Fuel for Top Performance workshops will provide you with knowledge and practical tips to tune-up your food choices.

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

17 Wing Winnipeg Goldeyes SCUBA Diving

Goldeyes SCUBA CLUB
17 Wing Winnipeg

Basic Open Water Course starts, 03 March 2014

Learn to SCUBA Dive!

Course includes 12 class and pools sessions, followed by a minimum of 4 Open Water check out dives at West Hawk Lake. Class and pool training is Monday nights from 1830—2200h. Students will need to purchase mask, fins and snorkel. Wet suit rental is also required for Open Water Dive.

Cost • \$375 + GST military members
\$420 + GST associate members

Location: 17 Wing Community Centre and Base Pool 90

Date: 03 Mar 2014

Time: 1830-2200

E-Mail: President: Darren.Mcdonald@forces.gc.ca
Vice President: Jack.Williams@forces.gc.ca

Contact: Darren or Jack
Chief Instructor: Armando

Contact#: Darren 204-833-2500, ext 5952
Jack 204-833-2500, ext 6860
Armando 204-334-0505

HTTP://GOLDEYESSCUBACLUB.WEBS.COM

Club de plongée sous-marine Goldeyes de la 17e Escadre

Goldeyes SCUBA CLUB
17 Wing Winnipeg

Apprenez à faire de la plongée sous-marine!

Cours de plongée en « eau libre » débutera le 03 Mars 2014

Le cours comprend 12 séances en classe et en piscine, suivi d'un minimum de quatre épreuves de plongée en eau libre. La formation en classe et en piscine aura lieu les lundi soirs de 1830 à 2200 hrs. Les stagiaires doivent se procurer des palmes, un masque et un tuba. Une combinaison de plongée est requise pour la plongée en eau libre mais ne sera pas inclus dans le prix du forfait (service de location de combinaison est offert à une des 4 boutiques de plongée sous-marine à Winnipeg).

PRIX : 375 \$ - militaires; 420 \$ - associés (+ TPS)

Location: Centre Communautaire Westin de la 17e escadre et la piscine de l'escadre, située dans le bâtiment 90 (centre des loisirs)

Date: 03 Mars 2014

Time: 18h30—22h00

Pour nous joindre par courriel: Président: Darren.Mcdonald@forces.gc.ca
Vice-président: Jack.Williams@forces.gc.ca

Personne ressource: Darren ou Jack

Instructeur-chef: Armando

Nombres de téléphone: Darren 204-833-2500, ext 5952
Jack 204-833-2500, ext 6860
Armando 204-334-0505

HTTP://GOLDEYESSCUBACLUB.WEBS.COM

Stress: Take Charge!
A Canadian Forces Program

Le stress : ça se combat!
Programme des Forces canadiennes

Want to increase your stress hardiness, enhance your performance, ramp up your resilience?

Stress: Take Charge!
5 and 6 March 2014
0800 - 1600 hrs
B75 Rm 2

Voulez-vous augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

Le stress: Ça se combat!
5 et 6 mars 2014
8 h à 16 h
Bât 75, Bureau 2

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

For more information or to register contact Health Promotion at local 4150

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

50 Ways to Leave Your Sofa

... from Couch Potato to Active Spud

1. Pull on your boots . . . walk to work or school.
2. Go bowling.
3. Challenge your neighbours to a snowman making contest.
4. Start your spring cleaning early.
5. Play "snoccer" (soccer in the snow).
6. Walk a dog.
7. Make snow angels.
8. Take a hike! Enjoy your local trails.
9. Join a dance class with a friend or partner: try hip hop, salsa, or belly dancing.
10. Make shovelling your driveway a family affair. Warm-up first!
11. Check out a local museum or tourist attraction.
12. Check out your local recreation centre for basketball, volleyball, or badminton.
13. Build a snow fort or igloo (without a roof).
14. Take a heart pumping walk for 30 minutes.
15. Play Snowman Tag.
16. Play outdoor hockey.
17. Turn on the radio and dance!
18. Rent some cross-country skis or snowshoes.
19. Go swimming at your local pool.
20. Action TV: Do sit-ups or jumping jacks, and climb stairs during commercials.
21. Make a snowman or snow sculptures.
22. Rediscover your local park this winter.
23. Grab a helmet and go tobogganing.
24. Bundle up and go birdwatching.
25. Check out an indoor walking track or mall-walking program. Invite an elderly neighbour.
26. Get your feet wet . . . take an Aquafit class or try water running.
27. Try a new winter activity, such as curling or broomball.
28. Enjoy public skating.
29. Have a picnic in the snow.
30. Walk to the library and get a book.
31. Go window shopping.
32. Turn off the TV and video games. Go outside and play!
33. Take the blankets off the bed and play parachute games.
34. Learn some new moves: try Tai Chi or Taekwondo.
35. Rent or borrow a Yoga or Pilates video.
36. Have a ball in the snow: throw, catch, kick or roll!
37. Have a family game of "Twister".
38. Organize a scavenger hunt.
39. Enroll your children in team sports and volunteer to coach.
40. Vacuum with vigour!
41. Toss a Frisbee in the snow.
42. Take a moonlight or flashlight walk in the evening. Go stargazing.
43. Take a sneak peak at spring. Visit an indoor garden.
44. Organize a game of "snow pitch".
45. Put a new spin on tobogganing: try snow tubing.
46. It's all down hill from here: strap on your downhill skis or try snow boarding!
47. Build an ice rink. Host a backyard skating party.
48. Play ringette.
49. Do some stretching exercises.
50. Run through the snow...jump into snow banks!

REMEMBER!! Be sure to wear the proper safety gear.

A collaboration of Central West Public Health Physical Activity Promotion Network
Download additional copies by visiting http://www.lin.ca/resource/html/50_ways_to_leave_your_sofa.pdf

Alcohol, Other Drugs and Gambling: Supervisor's Training

13 Feb (0800 - 1600 hrs) and 14 Feb (0800 - 1200 hrs)
Bldg 75 Rm 1

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 février (8 h à 16 h) et 14 février (8 h à 12 h)
Bât 75, Bureau 1

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

Ces compétences seront bientôt obligatoires pour tous les militaires qui ont des fonctions de supervision. Ce cours aura un code. DOAD 5019-7

Pour vous inscrire, appelez le Bureau de Promotion de la santé, au 4150

Mental Fitness and Suicide Awareness

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

Mental Fitness and Suicide Awareness: Supervisor Training

This course is course coded!
13 March 2014
0800 - 1600 hrs

For more information or to register, contact Health Promotion at local 4150

Sensibilisation à la santé mentale et au suicide : Formation du superviseur

Il s'agit d'un cours auquel on a attribué un code!
13 mars 2014
8 h à 16 h

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

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

Sensibilisation à la santé mentale et au suicide

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

INTER-COMM

A Course to Improve Communications in Relationship

WHAT
INTER-COMM is a course designed for adults who want to improve communications in their personal relationships. This course has been specifically designed for Military personnel and their family members who want to increase their ability to communicate more successfully.

WHO
This is not a couple's counselling course but rather a course that focuses on improving communication in healthy relationships.

4 and 11 February, 0900 - 1500 hrs, at the MFRC

Un cours visant à améliorer les communications dans les relations personnelles

QUOI
Le cours INTER-COMM a été conçu à l'intention des adultes qui veulent améliorer les communications dans leurs relations personnelles. Le cours a été spécifiquement élaboré pour les militaires et les membres de leur famille qui veulent apprendre à communiquer plus efficacement.

QUI
Loin de se vouloir un programme de counseling pour les couples, le cours cherche à améliorer les communications dans les relations constructives.

4 et 11 février, 9 h à 15 h, au CRFM

Pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150.

Operation SNOWSTORM

Maintaining a 'healthy' routine in the winter months can often be a challenge. It's no surprise that we sometimes lose motivation with shorter days and freezing cold temperatures. However, Strengthening the Forces has some great news for you! There are many seasonal activities available to keep you active and in a positive frame of mind when the forecast is for more snow! In fact, Strengthening the Forces has a feature web page called Operation SNOWSTORM. It provides healthful tips and highlights the importance of health and well-being during the winter months.

We invite you to discover something new!
<http://cmp-cpm.forces.mil.ca/health-sante/ps/hpp-pps/winter-hiver/index-eng.asp>

Managing Angry Moments (MAM)

5 and 12 Feb 2013
0800 - 1600 hrs

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

Gérer les moments de colère

5 et 12 février 2013
8 h à 16 h

Il s'agit d'un volet éducatif qui a pour but de vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptation qui vous conviennent.

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150



Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

FUN FRIENDS

Tuesdays, March 4, 11, 18, 28

From 9:30 to 11:30 a.m.

Registration deadline: February 21

FUN FRIENDS is a program designed to develop self worth and resiliency in children between the ages of 3 and 5 years old. The FRIENDS program has been nationally and internationally acclaimed for promoting social and emotional skills that stay with children for life. This program will assist your child in identifying their feelings, relaxation techniques, how to be a good friend, how to problem solve and distinguish between good and bad self talk, using fun age appropriate activities. There is no cost associated with this program. The first session will begin at 9:00 a.m. and include an information session for parents about the program and how they can be involved at home. For more information, or to register please contact Shannon Peake at 833-2500 ext 2491.

PIRATE PARTY!

Wednesday, February 19

6:30 to 7:30 p.m.

Westwin Community Centre

Parent participation required.

Ahoy matey's! Join us for crafts, games, stories, snack and maybe even some buried treasure. Call 2491 to reserve a spot on the Jolly Roger!

LET'S GO!

Tuesdays, February 4, 11, 18, 25

1:15 to 2:15 p.m.

Westwin Community Centre

Parent participation required.

Bring your preschoolers and use up some energy with large muscle play, games and movement activities. It's a free drop in program so—'Let's Go' and have some fun with Alex. Funded by Healthy Together (WRHA)

ADULT LEARN TO DANCE

Sundays, February 23, March 2, 9, 16

from 1:00 to 2:00 p.m.

Cost is dependant on the number of couples who register. Will range from \$100 to \$120 per couple. A \$50.00 refundable deposit is required at the time of registration.

Registration deadline: February 11, 2014

Add a little spice to your life, come and learn to dance. This will be a fun, energetic way to spend time with a spouse or a friend. Whether you are interested in dancing as a hobby or need to prepare for an upcoming event, this class is for you!

There will be 4 Sundays of one hour segments of dance instruction, and you will be learning the basic steps for the waltz and two step.

Slow, slow, quick, quick, slow will be with you forever!! We need 6 couples in order to run this program.

LEARN TO CROCHET

Thursday, February 20 from 6:30 to 8:30 p.m.

Cost: \$10.00

Registration deadline: February 14, 2014

Additional Stress Free Childcare funds available to deployed families.

Have you always wanted to crochet? Here is your opportunity to learn!!

Join us as we learn the basics of crochet. Our instructor, Shawna will be teaching us the very beginnings of how-to crochet.

We will be making a basic project as well you will be leaving with a crochet hook and some yarn.

Space is limited, so register early!!

WINNIPEG MFRC ~ CRFM DE WINNIPEG

2014 YELLOW RIBBON GALA GALA DES RUBANS JAUNES 2014

FUNDRAISING RAFFLE TIRAGE AU SORT

DRAW 1 ~ 1^{ER} TIRAGE

WINNIPEG SPORTS FAN *valued at \$550.00*

Winnipeg Jets jersey, Evander Kane autographed hockey stick, Winnipeg Goldeyes 2013 team autographed jersey, Winnipeg Blue Bombers #13 Chris Matthews jersey, hat.

AMATEUR DE SPORTS DE WINNIPEG *valeur de 550,00 \$*

Maillot des Jets de Winnipeg, Bâton de hockey autographié par Evander Kane, Maillot des Goldeyes de Winnipeg autographié par l'équipe de 2013, Maillot et casquette du no.13 Chris Matthews des Blue Bombers de Winnipeg.

DRAW 2 ~ 2^E TIRAGE

DINING EXTRAVAGANZA *valued at \$835.00*

12 gift cards of varying amounts to some of the top restaurants around Winnipeg. Restaurants include; Inn at the Forks, Prairie 360, Gasthaus Gutenberger, Blaze Bistro, Pony Corral, The Round Table, Rae and Jerry's Steakhouse, The Captain's Table, The Clay Oven, Mona Lisa, Silver Heights Restaurant and Lovey's BBQ.

RESTAURANTS À DÉCOUVRIR *valeur de 835,00 \$*

12 cartes-cadeaux de montants variés pour quelques uns des restaurants les plus en vogue de Winnipeg, soit : Inn at the Forks, Prairie 360, Gasthaus Gutenberger, Blaze Bistro, Pony Corral, Round Table, Rae and Jerry's Steakhouse, Captain's Table, Clay Oven, Mona Lisa, Silver Heights Restaurant et Lovey's BBQ.

DRAW 3 ~ 3^E TIRAGE

PANDORA BANGLE BRACELET AND THREE CHARMS *valued at \$256.48*

BRACELET EN ARGENT ET TROIS BRELOQUES DE PANDORA *valeur de 256,48 \$*

TICKETS \$5 EA.

5 \$ PAR BILLET

Draw Date/Date du tirage : February 15, 2014 ~ 15 février 2014

Draw Location/Lieu du tirage : Delta Winnipeg

Draw Time/Heure du tirage : approx. 2245 hrs ~ vers 22 h 45

1000 TICKETS PRINTED

1000 BILLETS IMPRIMÉS

Chaplain's Corner

Making Our Wing A Warmer Place to Live

By Padre In-Seob Won

"It hasn't been this cool in Winnipeg in December since 1933", said Dale Marciski, a meteorologist with Environment Canada.

The average temperature for the month (as recorded at Winnipeg airport) was a frosty -20.9°C, over 7°C below the normal December average of -13.5°C (1981-2010 average)

It was the coldest December in Winnipeg since 2000 which was the 3rd coldest December on record at -22.0C. Other than that, you'd have to go back 120 years to December 1893 to find a colder December in the city (-21.4C).

There are many ways to keep our body warm in winter such as dressing in layers, staying active, eating and hydrating right; but how do we make our Wing, our present work Home, a warmer place to live.

During the cold month of December, we shared our warm heart with people who needed our help. We donated food to Winnipeg Harvest as 17 Wing communities. 17 Wing personnel deployed to the Philippines as part of the DART team to help. These are but two examples of things that have been done; however, there are other ways that we can easily make our community a warmer place to live.

When we look around at our neighbors we can find members who need our help and love because they are single, their spouses are deployed or on TD, etc. Helping them with snow shoveling or inviting them over the

dinner can be really encouraging to them and it shows them the warm heart we can have as a CAF family.

Ancient Greeks identified four forms of love: kinship or familiarity (in Greek, storge), friendship (philia), sexual and/or romantic desire (eros), and self-emptying or divine love (agape).

As there are many forms of love, there are also many ways and forms to actually doing it. It does not necessarily need to be something big. It can be a small encouraging word or an act.

Dutch painter Vincent van Gogh (1853 - 1890) once said, "Great things are not done by impulse, but by a series of small things brought together."

In the New Testament in the gospel of



A snow cairn is seen in front of the 17 Wing church. Photo: Mike Sherby

Mark 12:30-31, Jesus says, "you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength." "The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these." - New Revised Standard Version (NRSV)

We are all one CAF family. We are neighbours.

Let us open our eyes and look around to find our family members who need our love and help so that we can make our 17 Wing a better and warmer community and family.

Together in Church

CATHOLIC

CHAPLAINS

Padre Ray Laudenorio
Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre
Roman Catholic Office 833-2500 ext. 5956

Masses (English only)

Tues, Weds, Thurs 1210 hrs
Sunday 1100 hrs



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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Jack Barrett (Wing Chaplain)
(Anglican) 833-2500 ext 5417

Padre Christopher Donnelly
(United Church) Office 833-2500 ext 4885

Padre Darryl Levy
(Baptist) Office 833-2500 ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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

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

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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

Philatelist's Corner with Alf Brooks

1914-1918

This year, 2014, would be a good time to start a different collection. In the year marking the beginning of "The Great War," now known as World War I, and in the five following years, there will be many stamps issued by many countries to mark the centenary of the events of the War. You will have many hundreds of stamps before you come to 2019, the one-hundredth anniversary of the Treaty of Versailles and the other treaties that ended it all. Where to start?

Canada issued War Tax stamps during the War. More recently stamps with a "Great War" connection have been issued to commemorate Vimy Ridge and John McCrae. And there are others. Look to Canada and other postal authorities to build an interesting collection.



Crossword Answers

E	N	V	S		T	L	V		O	E	R	O
R	O	G	I		V	S	R		D	T	V	B
G	N	I	K		N	V	I		G	R	O	E
O	I	R	V		A	T	N		O	N	E	S
					H	S	V		E	I	V	
G	N	I	K		E	R	E		W	O	T	N
G	U	R			I	V	A				V	A
E	R	U	C		S	B	O		I	R	O	M
					I	U	I		E	E		
R	E	T	T		O	D	E		P	P	O	R
E	R	V	A		C	I	D		E	M	P	V
N	I	E	R		V	G	V		U	E	L	I
O	M	M	A		W	V	C		A	T	L	S

PERSONAL CLASSIFIEDS

Say, "I Love You", The Winnipeg Golden Chordsmen way.

A Barbershop Quartet will serenade your loved one at work, at home, at a restaurant, at the gym, or anywhere in Winnipeg.

Friday, February 14 between 8:00 am and 9:00 pm
\$40.00 (\$50.00 for a guaranteed time delivery)

Your chosen one will receive:

- *two love songs
- *a rose
- *a chocolate heart
- *a personalized card
- *a digital picture capturing the moment

Contact:
Singing Valentines hotline: 204-269-3729

LOST KEYS

Set of keys (w/red remote & gym tag) lost in parking lot of Wing HQ (bldg 137).
If found, please contact x 4246.

CONDO/TOWNHOUSE FOR RENT

\$1350.00/month plus utilities
Located in Heritage Park area of Crestview a two level 1090sq foot plus finished basement, 3 bedroom, 1.5 bathroom condo. Quiet family neighborhood close to schools and bus routes.
**Rent Includes:
Professional management
Private fenced backyard
Seasonal pool
In-suite laundry
Central air conditioning
2 plug in parking stalls located in front of condo
Additional freezer located in basement
Lawn care/Snow Removal
New high efficiency furnace
Gas Fireplace
Large master bedroom with walk- in closet
**Renter must pay all utilities. Average Hydro \$95/monthly, Water \$100/quarterly, Cable/Internet
**Non-smoking/no pets

Great House for Family!

Stonewall, Mb close to base
Available as early as Dec. 1st
4 bedrooms, 2 baths
Finished basement
All appliances included.
Call 204-461-2328

For Rent

2 Storey Condo with 2 Bedroom * 2.5 Bath * 1090 sq ft + 2 Balconies For Rent
Fridge Stove Dishwasher and in suite washer and dryer
Both bedrooms have an en suite bathrooms.
Inkster and McPhillips Area
\$1200 plus utilities
Call or txt me at 204 960 9939

FOR SALE:

- Pine single bed with mattress and bedding. (Used once.)
- Recently upholstered sofa chair
- Tall pine bookcase with four shelves

Best offer. Call 204-489-3389 after 5 pm

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

Taroscopes

BY NANCY

Aries (March 21 – April 19): Keep working on and refining your methods until they bring the results you want. Others can assist or provide feedback but you must hold to your fundamental ideas and goals. Even if you feel pressured, don't cut corners. Pamper and reward yourself to stay motivated.

Taurus (April 20 – May 20): You're happier and feel less isolated when you find your place in the world and discover kindred spirits. Keep expanding your circle of friends. Express what you feel even if you fear it will change important relationships. Speak from the heart if you have concerns.

Gemini (May 21 – June 21): Avoiding things won't help. Search for creative solutions – the answers are inside you. Explore the emotions you feel when essential decisions arise. You are logical and intelligent even though a part of you may feel trapped and overwhelmed. When you teach; you learn.

Cancer (June 22 – July 22): Take a leap of faith or at least a small step. Things won't just happen. Don't wait for "chance" to call the shots. If you feel torn between what you dream of doing and what you feel you should do, look for creative ways to incorporate both into your life. Let your intuition guide you.

Leo (July 23 – August 22): This is a good time to get a handle on any limiting habits and turn things around. Take stock of your assets. Reach to the depths of your soul to find the strength to forge ahead in a positive direction. How you judge yourself if more important than how you think others judge you.

Virgo (August 23 – September 22): Having a sense of self-worth is what matters most. Others may seem to "have it all," but in time you'll find out they too face challenges. Be willing to drop your assumptions about what is possible and take one step at a time in the direction of your own personal fulfillment.

Libra (September 23 – October 23): Over thinking can leave you exhausted and disheartened. You don't have to solve everything yourself. A brainstorming session can help you see past obvious problems and solutions. If you can't be optimistic find someone who can provide that perspective for you.

Scorpio (October 24 – November 21): You can retreat and let the world pass you by or you can go out there and deal with things head on. Life is short. So play to your strengths. Don't hold back or try to settle for less. This is an opportune time for change. Release the old so you can reach for something better.

Sagittarius (November 22 – December 21): If you feel defensive about something it's probably because you haven't been honest with yourself or others. If you don't like where things are going or how things look, change yourself or your surroundings. Alone time is rejuvenating. Practice moderation in all things.

Capricorn (December 22 – January 19): Consider how your beliefs affect you. Some assumptions may not be true. Cull out those that aren't constructive. You generally find that things work out for you. This is a combination of luck, perseverance and sensible risk-taking. Maintain your stamina through good habits.

Aquarius (January 20 – February 18): Imagine paring down your lifestyle until you have only the bare essentials. What would sustain you? This is what moves and motivates you. Awareness of this can help you stay centered and manage as situations arise and circumstances shift and change.

Pisces (February 19 – March 20): Keep building on what you've already done. Opportunities for expansion should be considered. Do something that keeps you connected to your spiritual essence for this is what provides you with the vision to see what new options and trends are best suited to you.

FOR APPOINTMENTS CALL 775-8368

THE VOXAIR
Your 17 Wing Community Newspaper
WWW.THEVOXAIR.CA



Barala Kennels

YOUR PET'S HOME AWAY FROM HOME



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

OWNERS: GARTH AND SARA GRANT
barala@mts.net www.baralakennels.com 633-2629

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...
ST. JAMES LEGION
Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

Texas Hold'em
Tues 7 p.m.

Line Dancing
Every Tues & Wed
8 to 10 p.m.

Dancing To Live Bands
Fri & Sat
9 p.m. - 1 a.m.

Meat Draws
Every Fri 5 - 7 p.m.
Every Sat 2 - 4 pm

GASTHAUS GUTENBERGER
GERMAN RESTAURANT



- Authentic German & Continental Cuisine
- Schnitzel • Beef Rouladen • Homemade Spatzle
- Fine German Desserts • Fine Wines and German Beer

Open Daily Monday - Friday Saturday 4:30 pm - Midnight
11 am - 11 pm Sunday 11 am - 10 pm

2583 Portage Avenue (1 block west of the Moray bridge)
Phone: 888-3133 for reservations
Catering Service Available

Dr. Philip S. Pass B.S.C., D.M.D.
Complete Family Dentistry

Preventative/Cosmetics/Orthodontics
Crowns/Dentures/Root Canals
Extractions/Emergency Care

Evening and Saturday Appointments Available
420-3025 Portage Ave. ph: 987-8490
ALL DENTAL PLANS ACCEPTED

Helping military families find their home for over 30 years.



- Relocation specialists
- Over 26 years of military service
- Assisted over 4000 buyers and sellers

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

Grant Clements CD, FRI, S.R.E.S.
grant@theclementsgroup.ca

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

Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 888-7973 FAX: 832-3461

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

George E. Chapman Q.C. Kelly P. Land, B.A., LL.B. Mindy R. Lofchick, LL.B.
Alan R. Goddard, B.A., LL.B. Michael J. Law, B.A., LL.B. Serge B. Couture, B.A., LL.B.
Allan L. Dyker, B.A., LL.B. Kael P. McKenzie, B.A., LL.B.

Almer N. Jacksteit, B. Comm., LL.B, Counsel

Our fees conform to the ERS guideline

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

Leigh Nanton & Kristen Bilodeau
Family Helping Families



Winnipeg's Mother Daughter Team
info@leighnanton.com

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

989-5000
www.leighnanton.com



Relocating in 2014 ?



www.HomesInWinnipeg.com

terie langen

204.779.7000
877.778.3388

Military Relocation Specialist
Assisting Military Families with their real estate needs for over 21 years.

terie@homesinwinnipeg.com



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



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



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



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

Proven Performance

...takes Dedication, Honesty and Hard Work!



phone: (204)
987-9800

Linda van den Broek
Sales Associate

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



Trudy M. Johnson, B.A.
Relocation Specialist

30 Years of Professional Success in the
Winnipeg Real Estate Market

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

"spirited energy"



The Strength of Teamwork . . .
The Reputation of Results

Dan Vermette

Service en
Français

THE DAN VERMETTE
Home Selling TEAM

255-4204

danvermette.com



Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service

#1 RE/MAX Female Individual
Agent Manitoba



Proud to Assist Military Families
Relocation Specialist

30 Years Experience
in the Winnipeg
Real Estate Market

www.joannegebauer.com
joanne@joannegebauer.com
Toll Free: 1-877-778-3388

