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In Memoriam: Sgt Mark Salesse



17 Wing SAR Tech Sgt Mark Salesse passed away on February 5, 2015. He was swept off a cliff by an avalanche during training at Banff National Park. Please see pages 2-3 for more information about Sgt Salesse's life and work. Photo: Sgt Bill McLeod

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Sergeant Mark Salesse: A Brother to All



By Captain Bettina McCulloch-Drake
Public Affairs Officer, 17 Wing Winnipeg

He was a literal giant among men. Sergeant Mark Salesse had a physical presence that made people notice him, but it was his natural tendency to reach out and help others that made him a person others could call a brother or a friend.

Last seen alive by three of his search and rescue brethren from 435 Transport and Rescue Squadron in Winnipeg, Manitoba, Sergeant Salesse, 44 years, was in his element on Thursday, February 5, 2015, before an avalanche swept him away, leaving him buried in the snows covering Polar Circus in Banff National Park, Alberta. Initial search efforts by his climbing partner immediately after the avalanche, and subsequent searches by Parks Canada Visitor Safety Specialists, were made more difficult by poor weather conditions that increased the risk of more avalanches. Finally, on Wednesday February 11, Sergeant Salesse's remains were recovered from the treacherous terrain.

"Our consolation is that Mark has died doing what he loved most, in the majestic mountains that so beckoned him. He chose his final resting place. He is at peace," said his mother, Liz Quinn.

Originally from Bathurst, New Brunswick, where his father Maurice still resides, Mark Salesse joined the Canadian Armed Forces (CAF) in the fall of 1989 at the age of 18 as a member of the Governor General

Foot Guards (GGFG), a Primary Reserve infantry unit in Ottawa, Ontario. After serving with the GGFG for a year, he moved to British Columbia and joined the British Columbia Regiment (Duke of Connaught's Own), an armoured reconnaissance reserve unit in Vancouver, British Columbia.

His love of outdoor sports and physical challenge lent themselves well to life in British Columbia. With the Rocky Mountains and the Pacific Ocean at his doorstep, Sergeant Salesse pursued his interests in mountaineering, rock climbing, ice climbing, and SCUBA diving. Encouraged by his training in the Canadian Army, parachuting was quickly added to his active way of life.

Deciding to return to the infantry after nearly nine years with the armoured corps, Sergeant Salesse transferred to the Regular Force and was posted to the 2nd Battalion, Princess Patricia's Light Infantry (2 PPCLI) in Winnipeg, Manitoba.

It was as a member of 2 PPCLI that Sergeant Salesse's ability to adapt quickly to changing situations, as well as his willingness to help others and his professionalism, became more evident. Receiving a Land Force Western Area Commander's Commendation for his service on Operation PRUDENCE, the United Nations (UN) Mission in the Central African Republic, from October 1998 to January 1999, he was noted as a role model and a team builder.

He "volunteered to work extremely long and arduous shifts as the contingent driver so that he could interact with soldiers and civilians from other contingents," wrote the commander who recommended him for the commendation. "He was well respected by his superiors and by leaders from the other contingents. Through his tireless energy and good-mannered approach to the mission he was able to project a highly professional image of what a Canadian soldier should be to the soldiers of other nations."

Sergeant Salesse went on to serve overseas again, but this time with the NATO mission in Bosnia-Herzegovina as part of Operation PALLADIUM. He served with the mission on two separate tours, for which he was awarded with the NATO Medal for Former Yugoslavia, the Canadian Peacekeeping Service Medal, and the Non-Article 5 NATO Medal for Operations in the Balkans.

Building on his experiences in the Canadian Army, Sergeant Salesse decided to apply to become a search and rescue (SAR) technician. Recruiting only from within the CAF, the SAR technician occupation is competitive and out of the dozens of applicants that are selected to attend a two-week pre-selection course in February in Jarvis Lake, Alberta, no more than 16 are chosen to attend the 11-month training course at the Canadian Forces School of Search and Rescue (CFSSAR) in Co-



Sgt Mark Salesse prepares his equipment to jump from a CC-130 Hercules to a simulated vessel in distress during the National Search and Rescue Exercise held in Gimli, Manitoba, on Sept 17, 2013. Photo: Sgt Bill McLeod

moxx, British Columbia.

Sergeant Salesse's exemplary service record, combined with convincing recommendations from his chain of command at 2 PPCLI, his high level of fitness, and his experience in mountaineering, ice/rock climbing, SCUBA diving and parachuting, made him an ideal candidate for the specialist trade.

Transferring to the Royal Canadian Air Force in June 2004, Sergeant Salesse began his SAR technician training in earnest in August. His previous experience with the Canadian Army prepared him for various aspects of his SAR training, including winter operations and mountain operations. However, it was his ability to motivate and inspire others to accomplish tasks as a team when faced with challenging circumstances that really stood out in the minds of his instructors.

Adapting quickly to the demands of the SAR technician occupation, Sergeant Salesse successfully graduated from CFSSAR. Further training as a diver, as a primary care paramedic, and as a SAR technician supervisor followed over the years.

A known leader, this giant among men also served with his brethren at 442 Transport and Rescue Squadron at 19 Wing Comox., British Columbia; 444 Combat Support Squadron at 5 Wing Goose Bay, Newfoundland and Labrador, and 435 Transport and Rescue Squadron at 17 Wing Winnipeg, Manitoba.



MCpl Danny Dicerni checks Sgt Mark Salesse's harness prior to opening the ramp of the CC-130 Hercules during the National Search and Rescue Exercise in Gimli, Manitoba on Sept 17, 2013. Photo: Sgt Bill McLeod

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Sgt Mark Salesse and Moving On: Supporting Families in Times of Loss and Finding Answers



Col Roy takes a question from the media at the press conference held at 17 Wing after Sgt Salesse's body was recovered. L to R: LCol Brent Andrews, CO 435 Squadron; Col Joel Roy, 17 Wing Commander; CWO André Daigle, Search and Rescue Technician Senior Advisor.

By Captain Bettina McCulloch-Drake
Public Affairs Officer, 17 Wing Winnipeg

Friends and family of Sergeant Mark Salesse will gather together over the next couple of weeks to share in their grief over the loss of a man who gave his all in service to his country and to the communities where he lived. And while those who knew Sgt. Salesse best will honour his memory and find some way to carry on, questions as to what exactly happened leading up to Sgt. Salesse's death on Thursday, February 5, 2015, and how tragic accidents like this can be prevented in the future remain to be answered.

"Right now we have more questions than answers," said Colonel Joël Roy, Commander, 17 Wing Winnipeg,

at a news conference held on Friday, February 12, one day after Sgt. Salesse's body was found under more than two metres of snow at Polar Circus, a popular area for ice-climbing in Banff National Park.

When a Canadian Armed Forces member is seriously injured or dies outside of combat situations, regulations require that either a summary investigation or a board of inquiry be held to determine the facts related to the incident during which the injury or death occurred. At minimum, these investigations examine the cause of death and any service-related contributing factors of the injury or death. They must also determine whether the injury or death is attributable to military service.

The Queen's Regulations and Orders, Volume I, Chapter 21 specifies when a formal investigation is required and, in some cases, what form it will take – a Summary Investigation or a Board of Inquiry. In the case of the death of a service member, it is normally determined by the complexity of the circumstances. The more complex, the longer it will take to conduct all the necessary steps in the investigative process.

"We don't want any rocks to be unturned," stressed Col. Roy. "We will look at all aspects of it."

And while the answers to the questions will come in time, the immediate focus for 17 Wing Winnipeg, and especially for the members of 435 Transport and Rescue Squadron where Sgt. Salesse was last posted, has been to ensure that Sgt. Salesse's next of kin are provided

whatever support they need that is available through the Canadian Armed Forces (CAF).

"Since the accident occurred, our focus has been on support. The CO (commanding officer) of 435 Squadron personally went to New Brunswick to meet with his parents. We also assigned designated assistants (once referred to as assisting officers) to each of the next of kin to advise and assist them," said Col. Roy.

The designated assistant, or DA, as outlined in the Defence Administrative Orders and Directives, ensures that a member's next of kin "is informed of the benefits and services to which they are entitled and helps to obtain them." The DA also assists the next of kin with their travel arrangements and financial support to which they are entitled: for example, for the purpose of attending funeral services.

"In essence, the designated assistant is a vital link between the next of kin and a member's chain of command," said Captain Sabrina Skinner, Administration Officer with 435 Transport and Rescue Squadron. "They help the next of kin to communicate their concerns and wishes as far as their loved one is concerned."

The work of the designated assistants will not end when Sgt. Salesse's remains are brought to Canadian Forces Base Comox, British Columbia, for his funeral on February 28. Nor will they be divested of their duties when Sgt. Salesse is brought home to Bathurst, New Brunswick, for his interment on March 3. Indeed, their work will even continue past the time of the memorial being held by his crewmates at 435 Transport and Rescue Squadron in Winnipeg, Manitoba, on March 6. It is only when all military benefits are disbursed and the administration of the service estate completed that their tasking will end.

It is not until someone is gone that the all too real effects of their loss are felt. Now it is up to all of us to support those left behind when they need it most.

Reservist Honoured for 70 Years of Service

By MCpl Draper Houston
38 Canadian Brigade Group

On February 10, Master Warrant Officer (Retired) Jack Walton of the Royal Winnipeg Rifles Band was honoured for 70 years of service to the regiment by a formal dinner, presentations and a farewell parade.

"I enlisted in 1945, February 10. I guess I can tell you now — they won't kick me out — I was 13 years old," Walton chuckled. "I got on as a boy soldier. The pay back in those days was 25 cents and two streetcar tickets."

Walton was encouraged to join by his father who was also a member of the Royal Winnipeg Rifles Band — a pride that Jack also passed down to his son. His son, Corporal Steve Walton is currently a soldier in the Rifles.

Although Walton officially retired from the Canadian Armed Forces in 1987, he continued to serve. In fact, he started volunteering the very next parade night after his "retirement".

"What can I say? Nobody told me to go home," grinned Walton when asked why he continued to volunteer with the band.

Walton even has an award named after him that is awarded yearly to the person that exemplifies dedication to the band.

"Each year, the band senior leadership get together to decide who should receive the award," said Sergeant Claude Ouellette. "Every year, we run it by Jack and he always has the same person in mind."

Some of Walton's most memorable moments include playing trumpet in countless parades across the country, guarding the road during the Royal Wedding of Charles and Diana, and being called from school by his father to come and play with the Rifles Band when World War II ended.

"That was something to see ... confetti falling down, paper falling down, people hugging and kissing one another and singing, 'Hurray! The Boys will soon be home.' It was so crowded that the trombones had to play up in the air so they could follow the band where they go up and down Main Street."

MWO (Ret'd) Walton was the reviewing officer at his dismissal parade when the Royal Winnipeg Rifles honoured his dedication to the regiment at Minto Armouries on February 10.



MWO (Ret'd) Jack Walton plays a tune amongst many of the presentations he's received in over 70 years of service. Photo: Brett Purdy, CBC

Correction

In our January 28th article on 17 Wing Imaging we incorrectly wrote that Cpl Gabrielle DesRochers was in Libya with Op REASSURANCE. She was actually in Lithuania. We would like to apologize to Cpl DesRochers for this mistake.

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1CFFTS Says *Guten Tag* to German Exchange Students

By Martin Zeilig
Voxair Photojournalist

Officer Cadet Kevin Glockle had a rather disappointing introduction to Winnipeg when he stepped off a plane from Germany airport on September 21, 2014.

What was the problem?

The airline had lost OCdt Glockle's luggage. Willkommen to Winnipeg!

Along with fellow Bundeswehr (the unified Federal Defence Force of Germany) members, Sub Lieutenant Phil Heinemann, and Officer Cadet Finn Vogler, the 23 year old OCdt Glockle is here for an intensive year-long program to become Air Combat Systems Officers (ASCO) at 1 Canadian Forces Flying Training School.

"So, we went to Polo Park mall shopping for underwear and other necessary items at Sears," said Captain Philip Lachapelle, the ASCO course director at 1CFFTS, who picked up the three trainees at the airport that day.

Thank goodness the airline found OCdt Glockle's bags within a couple of days.

"On the first day, we had to buy our furniture and a car too," said SLt Heinemann,

a civil engineer by training, who lives with his two countrymen in a duplex not far from the base.

"We got a lot of help from our course director."

The primary function of the Air Combat Systems Officer (ACSO) is to plan, coordinate and direct the tactical missions of their aircraft and crew in a highly dynamic environment in order to achieve military objectives, explained Capt Lachapelle. They employ precision tactical navigation systems, sophisticated sensors, communication systems, electronic warfare equipment and weapon delivery systems.

Missions that ACSOs may lead include: Search and Rescue; Anti-Submarine Warfare; Anti-Surface Warfare; Sovereignty and Fisheries Patrols; Counter-Narcotics Operations; Air-to-Air Refueling; Humanitarian Relief; Intelligence Surveillance Reconnaissance and Target Acquisition (ISTAR); Combined Operations with Foreign Militaries, among other tasks.

"The course is comprised of two phases that includes more than 40 missions on both the training simulator and flight training on the CT-142 Dash 8. Total flying hours on the Dash-8 by the end of their course is about 65 hours," said Capt Lachapelle.

He pointed out that the basic phase introduces students to basic aviation concepts and routine duties such as flight/route planning, monitoring aircraft systems and high/low level navigation, while the tactical phase acquaints concepts such as mission planning, tactical communications, and employment of the aircraft in a dynamic environment to accomplish mission objectives.

"It is recognized by many allies that the Canadian Forces training system produces very high quality personnel," Capt Lachapelle emphasized during an interview with the three German students in a boardroom at 1 CFFTS.

The advancements in aircrew training and focus implemented at 1 CFFTS have attracted many of our Allies to train their navigators here, including from Norway, Singapore and New Zealand, among other countries.

"There's no training school for ACSOs in Germany," said SLt Heinemann, who remarked that he and his fellow German students do things nearly every weekend with their Canadian colleagues and course mates.

Added OCdt Vogler: "We've done some of the basic exams, and have a good foundation of skills. We are at the point where we've started mission simulators and flying on the Dash-8 at 402 Squadron."

OCdt Glockle says the training at 1 CFFTS is challenging but beneficial.

"Military aviation was more interesting to me than civilian flying because of the technical flying involved," he said. "And, I'm serving my country, which is just amazing to me."

For his part, Capt LaChapelle says he is very happy to have the foreign students here for ASCO training.

"We pride ourselves on the quality and depth of training we provide."

Just ask the three German students.



Bundeswehr (Federal Republic of Germany armed forces) students at 1CFFTS: Sub Lieutenant Phil Heinemann, Officer Cadet Kevin Glockle, Officer Cadet Finn Vogler. They are training to become Air Combat Systems Officers. Photo: Martin Zeilig

Friday the 13th Lucky Day for 3CFFTS Grads

By Martin Zeilig
Voxair Photojournalist

No triskaidekaphobia here. Friday, February 13, 2015 turned out to be a very good day for the 13 students at 3 Canadian Forces Flying Training School at the Southport Aerospace Centre just south of Portage La Prairie.

The 13 CAF members, 12 men and one woman, graduated with their pilot wings, eight as multi-engine pilots and three as helicopter pilots, at an afternoon ceremony held at the base.

Captain Martin Walsh began the process of becoming a pilot on January 4, 2013.

"I've finally received my pilot wings, and now I'm being sent to 435 Squadron where I will be flying a C-130 Hercules as a wing pilot," said Capt Walsh, 35, a native of Sydney, Nova Scotia, just prior to his graduation. "It's all good. Everyone has passed."

Prior to taking the pilot training program, Capt Walsh worked as a navigator at 435 Squadron.

3CFFTS, which is a unit of 15 Wing Moose Jaw, graduates on average 60 pilots a year who are then posted to all multi and rotary wing communities. Captain Kim Wilton, a Rotary Wing Flight Instructor at the school, says that there are approximately 10 graduation parades a year at the school.

"The roles they will go on to fill are varied, from Search & Rescue on the Cormorant to Tactical Aviation on the Chinook or Griffon to flying the Challenger in Ottawa," she said.

"We are a lodger unit to 17 Wing and thus Winnipeg provides us with some logistical support- from Dental to Supply. We utilize a lot of civilian support too."

For example Allied Wings, out of Kelowna, B.C., provides full support/service including Air Rescue & Fire Fighting, Air Traffic Control, maintenance, navaids, Air Information Services, lodging, food, and airport shuttles

to and from Winnipeg.

"We use civilian pilots to teach primary pilot training and the air navigator courses," said Capt Wilton. "Military pilots are employed to teach the helicopter and multi-engine aircraft courses."

She says that 3CFFTS is a challenging and rewarding posting.

"Each day teaching young pilots the basics of helicopter flying gives one a new appreciation for what the job entails," Capt Wilton says.

"It is exciting to know what amazing careers they will each have once they are rewarded their wings. They will go on to fly operationally in demanding conditions and it is great to be part of the building blocks to get them there."

3CFFTS is an exceptionally busy base, with four airframe types launching day and night.

"The majority of RCAF pilots will have done some or even all their pre-wings training at Southport," said Capt Wilton.

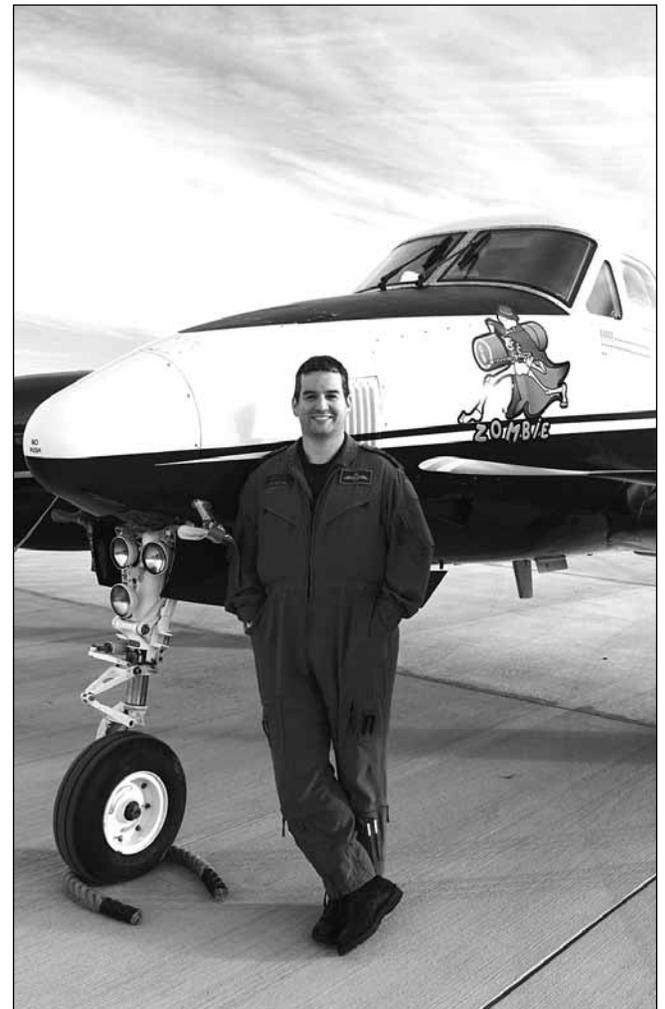
Portage la Prairie has been the site of military primary flight training since the Second World War, when it was home to No. 14 Elementary Flying Training School, part of the British Commonwealth Air Training Plan.

"This school is a stepping stone for many RCAF pilots," Capt Wilton said.

For his part, Capt Walsh, whose wife works as a Logistics Officer at 1 Canadian Air Division, said this is a dream come true.

"I always liked flying, and coming from a military family, I used to see planes flying in Baden, Germany (the former CFB Baden-Soellingen)," he says. "So this is pretty good."

And on Friday the 13th too!



Captain Martin Walsh, one of the recent 3CFFTS grads, with the Grob airplane on the runway. Photo: Lisa Bettany

SAW: Keeping Secure at Home and Abroad

By Martin Zeilig
Voxair Photojournalist

Master Corporal James Oake points to the five main components making up a dummy Improvised Explosive Device sitting on a small round table in the lobby of the 17 Wing Fitness and Recreation Centre.

Those innocuous parts - the main charge, the initiator, the power source (a small battery), and the switch (a watch) - are enclosed in a cardboard cellphone box.

It all looks very simple, but the end result could be deadly.

The display was part of the Government of Canada's Security Awareness Week events at 17 Wing.

Security Awareness Week, February 9-13, is an annual event held during the second week of February in which departments are invited to promote good security practices and to share them government-wide.

"It's the most dangerous type of IED because no one has control," explained MCpl Oake, a bomb disposal expert with 435 Search and Transport Squadron, who was assisted by Corporal Randall Trenholm.

"It can be used to target personnel or a convoy going by at certain time every day. It's typically planned to go off during organized or planned events."

The IED Awareness display also included the unit's Vanguard Bomb Disposal Robot, a victim operated IED, a dummy postal bomb, a standard military vest, an 81 mm high explosive shell, an illumination mortar, a cut-away of a vintage hand grenade, a rocket launcher with a dummy 105 mm projectile, and a Marine Location Marker (used by Search and Rescue Technicians).

To coincide with SAW Corporal Aron Maslan of 23 MP Flight Security organized an Office Security Challenge (OSC) in a small main floor office at Wing Headquarters during the afternoon of February 12.

The event was designed to see if people could pick out 13 items that were deficient, or exposed to prying eyes. Similar events were held at Mynarski Hall on February 11 and in Hangar 16 on the morning of February 12.

"I think it was well put together," said Master Cor-

poral Shawn Lacourse, a member of the CAF since 2002, shortly after having taken the OSC. "It was a very good awareness test."

MCpl Lacourse, who was just one of several military and civilian personnel to take the three minute challenge, was able to locate most of the risks.

Judy Bosko McCarthy, who has worked at 17 Wing for the past 30 years, concurred with MCpl Lacourse and others. She said taking the OSC was "a good reminder" of what one should do to ensure office security.

"The purpose of this challenge is to educate everyone here that they should be cognizant of everything," Cpl Maslan underscored.

"General office security and safeguards are in place to protect assets. This is an excellent opportunity to increase employee awareness and to advance departmental security services."



Master Corporal James Oake and Corporal Randall Trenholm, of 435 Search and Transport Squadron bomb disposal unit, with their dud bomb display in the lobby of the Fitness & Recreation Centre during Security Awareness Week. Photo: Martin Zeilig

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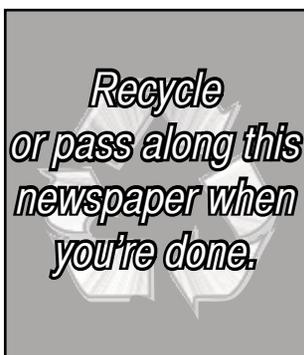
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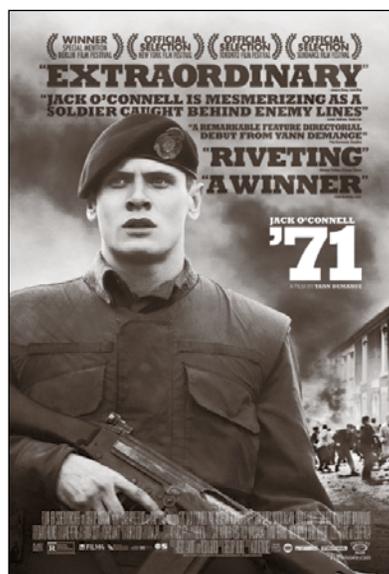
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'71 is about a young British soldier who is accidentally abandoned by his unit following a terrifying riot on the streets of Belfast in 1971. Unable to tell friend from foe, the raw recruit must survive the night alone and find his way to safety through a disorienting, alien and deadly landscape.

The Contest runs from 16 - 26 February 2015. Winners will be contacted by email 27 February 2015. Tickets will be held in the winners' names at the theatre the night of the screening and are available upon check-in. The film is rated 14A.

Enter for your chance to win a pair of tickets at <http://www.surveymonkey.com/s/filmsforforces>

Ciné-Forces - '71

Les loisirs communautaires des PSP et Elevation Pictures Corp a vos billets exclusifs pour l'avant première du film '71 qui sera présente dans les theatres le 6 Mars 15.

Voici la cédule et les théâtres où auront lieu les projections spéciales : Mercredi, le 4 mars 15 Cineplex St.Vital -1225 route St Mary's #160 19 h

Un jeune soldat britannique est accidentellement abandonné par son unité à la suite d'une émeute dans les rues meurtrières de Belfast en 1971. Incapable de reconnaître ses amis de ses ennemis, et doutant de ses camarades, la jeune recrue doit survivre à la nuit, seul, et trouver le chemin de la sécurité dans un labyrinthe de paysages dévastés.

Le concours est en vigueur du 16 au 26 février, 2015. Nous communiquerons avec les gagnants par courriel le 27 février. Les billets seront réservés au théâtre la soirée même de la présentation au nom des gagnants, qui pourront les obtenir les billets gagnants au guichet situé à la billetterie.

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Loading Out with the Air Movements Unit

By Martin Zeilig
Voxair Photojournalist

Warrant Officer Kirk Stubner slaps his hand against the side of a big orange corrugated metal container that rests on a pallet inside Hangar 10.

"We call these containers Paul Bunyans," says WO Stubner, head of the Air Movements Flight which is based out of the hangar as well as the adjoining CWO William Ledingham Clark Terminal.

"We get freight in, build up the loads and get it ready to go. It makes it easier to load and ready to be shipped off. Our Trade does everything from loading and unloading to flying on the aircraft as loadmasters."

Three metal containers, all of them packed with equipment required by Search and Rescue Technicians at 435 Squadron, are strapped to the larger metal pallet. A sheet of paper with photos of the containers' inner contents is taped to each of them. All of this ready to be loaded onto a CC-130 Hercules aircraft.

The hangar also holds forklifts, a big cargo loader (used to load the laden pallets onto the Hercules and, sometimes, other types of aircraft), two stair trucks for entering/exiting aircraft, and other equipment required by the unit.

17 Wing Air Movements Flight and the associated Material Distribution Centre (MDC) provide all material traffic services for 17 Wing.

"We are responsible for freight handling, aircraft loading/unloading, passenger processing, fleet servicing, pallet build up and transportation documentation

for all material and passengers being transported by air. Whether originating, transmitting through, or terminating at 17 Wing," explains WO Stubner, a 25 year member of the RCAF, during a tour of the passenger terminal building.

Meanwhile, MDC is responsible for the processing of all material traffic for 17 Wing and lodger units.

They provide documentation, pallet build-up, inspection, dangerous goods processing, reception and distribution of material. In essence, MDC is the link between Wing Supply and Wing Transport/Air Movements, says WO Stubner, a native of Saskatoon, Saskatchewan, who was formerly a loadmaster with 435 Squadron.

He has 12 other employees under him - two of whom, Private Benjamin Demers and Corporal Lanie Laganse, are working in the passenger terminal on this bitterly cold February morning.

"I like the physical aspect of our job, loading and off-loading from planes and driving all the equipment," says Cpl Laganse, who's been working at the unit since 2012.

Pte Demers says he likes the variety the job offers.

"This is a great opportunity for me to learn a bit of everything. It's the trade that attracted me the most, and they're good

people to work with too."

WO Stubner finds the work fulfilling too, especially training new members.

"My task is grooming my staff in different jobs, and making sure they're ready for future employment and deployment wherever that may be," he says. "Our job here is to not only take care of Air Movements but to ensure the guys and girls are well trained and ready for future postings."



The Voxair talks to (l-r) Cpl Laganse, WO Stubner, and Pte Demers of the Air Movements Unit. Photo: Martin Zeilig

Helping Your Child Transition to a New School

Canadian Forces Morale and Welfare Services

How can I best prepare my child for school in a new country? Will my child meet the credit requirements for graduation this year? Are there any educational allowances to support my child with special needs? Answers to these questions can now be answered through a new guidance counselling service offered through Children's Education Management.

Children's Education Management, managed by Military Family Services under Canadian Forces Morale and Welfare Services, has been managing the educational needs of children of Canadian Armed Forces families since 1947. The introduction of guidance counselling services though is a new initiative to further support the education of children as they move from province to province, or out of country. A Guidance Counsellor and a Distance Learning Coordinator are now on hand to help children transition from one school year to the next, or from one posting to the next. This new counselling service offers families information, insight and advice on educational options available to children. The Guidance Counsellor can assist

with the interpre-

tation of one curriculum versus another and explain credit requirements, deficiencies and equivalents. The Guidance Counsellor can also recommend distance learning courses as a solution in meeting academic requirements and then a Distance Learning Coordinator can provide oversight and assistance.

Children's Education Management programs and services are designed to mitigate potential negative impacts on schooling due to geographical moves. If preparing for a posting out-of-province or out-of-country, assistance in understanding which credits are required and which are transferable is now available and accessible to all military families. The Children's Education Management Guidance Counsellor and the Distance Learning Coordinator can be reached by phone or email. All contact information is posted on the FamilyForce website at www.familyforce.ca/sites/AllLocations/EN/Education%20and%20Training/Pages/ContactUs.aspx.

For more information on education allowances (tutoring, board and lodging, tuition, etc.) available for military families posted out-of-province or out-of-country, visit Children's Education Management at www.familyforce.ca.



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Mukluk Days Chases Away the Winter Blues at Det Dundurn



Cpl Collins delivers in milk jug curling. Photo: Supplied

By Mike Sherby
Voxair Manager

After a couple months' worth of snow and cold, the members of 17 Wing Detachment Dundurn needed something to cure their cabin fever. Mukluk Days was the perfect opportunity to get together with coworkers, blow off some steam, and have a lot of fun.

Held February 12-13, Mukluk Days is an annual competition designed to build up morale and comradery. Event OPI Sgt David Shields says he and Sgt Ronald O'Neill, the other OPI, decided they wanted to base the games on winter sports, but with a twist.

For the first day of events there was big ball volleyball, dodge ball, milk jug curling, a plank race, and a chain of command race. Sgt Shields says the events, especially the plank race, were as much fun to watch as

they were to participate in.

"There were a couple of face dives into the snow since it's all timing and coordination between four different members that are attached to two 2"x6" boards."

The second day featured a chili cook off with judging and chili lunch hosted by the CSMFRC. In the afternoon the highlight was the outdoor 3-on-3 shinny hockey game. Roughly 85 people participate in Mukluk Days this year, and the event was open to both military and civilian employees of Det Dundurn including the lodger units: CFAD, 13 MP Flight, and 23 Health Services.

"It's a big morale booster," says Sgt Shields, who is Det Dundurn's NCOIC of Trans-

port. "Everyone's tired of the snow and tired of the cold. We just want to pull everyone together and give them a couple of days of enjoying themselves."

Four teams entered the tournament, and after the dust had settled and the results tabulated, the CE team finished with 15 points and walked away with the coveted Golden Mukluk. Coming in one point behind them was the CFAD team with 14, with Ops/HQ taking 3rd place with 13 points and Logistics bringing up the rear with 8 points.

Though the weather was a sunny -5 degrees on the 12th, things cooled down to a windy -15 on Thursday. Special thanks to MFRC for access to the heated garage.

"They had coffee and Timbits for the spectators, and people could go in and warm up, but it was a little brisk,"

says Sgt Shields, who remembers participating in Mukluk Days when he was posted to the Det for the first time in 1996.

Though the teams may only be taking home bragging rights and the Golden Mukluk, that doesn't mean things don't get heated. "It gets pretty competitive," Sgt Shields says. "We encourage heckling from the fans of the other teams."

Mukluk Days 2015 will be remembered for the fun times enjoyed by all. PSP Dundurn sends out special thanks to the Firehall for assistance in preparation of the outdoor rink ice and the many volunteers that assisted with Mukluk Days 2015.



Team CE with the plank race. Coordination required. Or not. Photo: Supplied

Yellow Ribbon Gala Shines at New Venue

By Michael Sherby
Voxair Manager

It was a new look for the Yellow Ribbon Gala this year as it moved its location to the Victoria Inn and Conference Centre. But it was the same celebration of the military community and military families that has kept people coming to the event

for the past 9 years.

Yellow Ribbon Gala board chairperson Jenny Brennan says that she was thrilled that more than 320 people showed up this year to hear LGen (ret'd) Eric "Rick" Findley speak about his long career in the RCAF.

"It was a great evening out and a

chance to celebrate military families with community members and partners," Brennan said.

The Yellow Ribbon Gala is the largest fundraiser of the year for the Winnipeg MFRC, and it helps to pay for programs that go above and beyond what they receive funding for from the federal government.

Brennan, who is a social worker at the MFRC, says there isn't one specific program the money goes to fund. But it does help to provide a boost to such things as children's and nursery school programming, family and parent programming, and to help bring speakers in.

"It could help us bring speaker that normally we might not be able to bring in without those funds. We also run family BBQs in the summer or movies nights, and that kind of helps offset those, whereas if we didn't have this, we might not be able to run those."

LGen Findley spoke about his long career in the RCAF, going into detail about being the Deputy Commander of NORAD

during the 9/11 attack. Brennan said the speech was captivating.

"He was very well spoken and was very engaged with the crowd. He reiterated the importance of the family behind the member, and the purpose of the MFRC," Brennan said. "He explained how the families are so important. And how it's hard for the member when they're away, but how they know that there's help for their family and that everybody's pulling together on the wing."

Brennan has been on the Yellow Ribbon Gala Committee for five years, but this was her first time acting as Chairperson. It was an experience she called "stressful, but fun and exciting at the same time." And in the end, everything came together into a great event for a wonderful cause.

"It was a great evening, the RCAF Band was fabulous, and the mixture of music they played really added to the night."

The total amount of money raised by the gala was not available at press time.

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A group photo of the VIPs at the VIP reception before the Yellow Ribbon Gala. Photo: Cpl Gabrielle DesRochers

Voxair Focus on 440

The History of the “Vampire” Squadron

By Captain Trudy Gardner

440 “Vampire” Transport Squadron, presently based out of Yellowknife, Northwest Territories, has had a long, varied, and distinguished history. The Squadron has flown jets, helicopters, and transport aircraft during its years of service, always performing the different tasks that have been assigned to it to a high standard. 440 Squadron has moved many times, been disbanded three times, earned six battle honours, and had members win five Distinguished Flying Crosses.

The history of 440 Squadron can be traced back to October 1932 when it began as Number 11 Army Co-operation Squadron and flew the DeHavilland DH-60 Moth aircraft out of Vancouver, British Columbia. Between 1932 and 1942 the squadron was renamed to 111 Coastal Artillery Co-operation Squadron. Sometime during this period it was disbanded then reformed once again at the end of 1941 and equipped with Curtiss Kittyhawk P40E aircraft.

With the Japanese attack on Pearl Harbour on 7 December, 1941 the Squadron found itself with orders to be trained as a fighter-interceptor squadron. In June of 1942 111(F) Fighter Squadron found itself enroute to Anchorage, Alaska, in support of the Aleutian Campaign against the Japanese in the North Pacific

During the Squadron’s two-year stay in the Aleutians it was involved in the only mission where a RCAF Kittyhawk flew against the Japanese. It was during this time that Squadron Leader Boomer recorded the first and only air victory against the Japanese by a Canadian squadron when he shot down a Zero on floats over Kiska.

In 1944, the Squadron was moved to the European Theatre and re-designated 440 Fighter Bomber Squadron. Flying Hurricanes and Typhoons, the squadron moved several more times maintaining a position near the front lines. Its last operation was flown on 21 April 1945 out of Hustedt. At the end of the Second World War the squadron was disbanded again.

With the advent of the jet age, and the friction of the Cold War, 440 Squadron was reactivated at Bagotville, Quebec, in 1953 and became the third RCAF Squadron to receive the new Avro Canada CF-100 Canuck Fighter Aircraft. It was during this time that the Squadron developed its official badge comprised of a bat flying amongst clouds to represent the all-weather-fighter capability of the CF-100, and the poor weather conditions experienced in the Saguenay Valley. The Squadron also claimed its official motto, Ka Ganawaitak Saguenay, which was taken from the Montagnais Indian language meaning “He who protects the Kingdom from whence

the waters flow.”

In 1957, 440 All-Weather Fighter Squadron was moved to Zweibrücken, West Germany, to become part of 3 Wing, as a part of the NATO forces of Europe. Here the Squadron maintained its combat readiness and established itself as the best at its role in Europe. 440 Squadron remained at Zweibrücken until the end of 1962, when they were again disbanded.

After being decommissioned for five years, the name 440 Squadron replaced that of KU-111 Composite Unit in Winnipeg. It was a dramatic functional change for the Squadron as it received a new role, flying Dakotas and H-21 Veritrol Helicopters in support of search and rescue missions. The Squadron was eventually moved to Edmonton and subsequently received DeHavilland Buffalo and Twin Otters in 1971.

In addition to its Edmonton based search and rescue and transport missions, 440 Squadron maintained a two aircraft detachment in Yellowknife, NWT. With the closure of 18 Wing Edmonton in 1994, the Squadron moved completely to Yellowknife to operate and maintain a fleet of four Twin Otters in a transport and utility role.

The Twin Otter is a high wing, twin turboprop aircraft. It is STOL capable and also operates on wheels, skis, floats, and tundra tires. The Max take-off weight is 14,000 lbs and it has a max endurance of approximately five hours. 440’s main zone of operations with the Twin Otter is within the Northern Domestic Airspace.

Today 440’s mission is to support Joint Task Force North, 1st Canadian Ranger Patrol Group, Cadet activities, and other military operations, primarily in the Northwest Territories and Yukon. The Squadron is comprised of approximately 50 members and operates four DeHavilland DHC-6 Twin Otter aircraft. The Squadron maintains the capability to operate on skis in the winter and on tundra tires in the summer.

The squadron also maintains a 24h readiness posture as a secondary SAR asset.

440 (T) Sqn supports many northern domestic operations yearly, the major deployments include: Operation Nunavut, Operation Nevus and Operation Nanook. Op Nunavut is the primary ski operation, it takes place in the early spring and enables the resupply to troops on patrol in the high arctic, the accomplishment of these patrols would otherwise be impossible. In the summer months the aircraft runs resupply missions for Op Nevus between Camp Eureka and Alert and can operate into unprepared strips in support of both Op Nevus and Op Nanook.

440 Squadron has had a long and distinguished history, flying many successful missions during the Second World War and maintaining a vigilant watch during the Cold War. 440 has earned battle honours in Fortress Europe, the Aleutians, Arnhem, France and Germany, Normandy, and the Rhine. In its most recent incarnation as a search and rescue and then transport squadron, 440 has continued its tradition of striving for perfection and as such has kept up the Squadron’s reputation that has been handed down throughout the years.



A CC-138 Twin Otter aircraft from 440 (T) Sqn Yellowknife and CH-147 Chinook helicopters from 450 Squadron participated in Op NANOOK, an annual northern sovereignty exercise that occurs in August. Capt Ryan Findlater and Lt. Corey Gander check the Twin Otter’s oil during a turnaround mission involving the delivery of passengers and cargo back to Iqaluit from York Sound, Nunavut. The CC-138 is used to transport fuel barrels, all-terrain vehicles, skidoos and any other cargo necessary to support operations in the North. Primarily used to support the Canadian Rangers, the Twin Otter can also land on unprepared austere landing strips, many usually only accessible by helicopters, such as this one in York Sound. Photo: WO Neil Thorne, 440 SQN

Living in the North

By Capt Jeff Knight

440 Transport Squadron

It was on a beautiful warm summer day in Portage La Prairie, MB, when I first got the news that I would be posted up to Yellowknife, Northwest Territories, to fly the mighty CC-138 Twin Otter. Admittedly, it was a surprise. I really had no idea what to expect for a posting up north. Since then, however, my ideas and generalizations about Canada’s North have been completely reshaped.

With a population of 18 000, Yellowknife is a small town by most peoples’ standards. As soon as one sets foot in town, there is an unmistakable “community” feel, and the friendliness of those that live here is contagious. Despite its small size, the capital of the Northwest Territories and the largest Canadian city north of 60 degrees latitude also has many of the big city amenities one would expect in a much larger centre. Many of the big name shopping centres are here, along with a surprising diversity of restaurants ranging from Vietnamese Pho soup to fresh caught Arctic Char fish and chips. In order to truly appreciate the North, however, you need to venture outside. Surrounded by numerous lakes and remote Canadian wilderness, and exposed to nearly 24-hours of daylight in the summer, opportunities for fishing, camping, boating, and hiking are nearly endless. As the days get shorter and the temperature drops, keep an eye

on the sky, as you are in the aurora borealis (northern lights) capital of the world. In the winter, it is not uncommon to snowmobile to work, and on weekends you may find yourself watching live music at the infamous Snow Castle on the frozen Great Slave Lake.

The North is vast, of course, and while Yellowknife is home to 440 Transport Squadron, much of our work is done much further north still. As a pilot at 440, I have had the privilege of seeing areas of Canada that only a small fraction of Canadians will ever see. Flying across hundreds of miles of unspoiled Arctic wilderness, it is not uncommon to spot polar bears, whales, and walrus, to name just a few. Our area of operations encompasses the entire Canadian Arctic, meaning that one week you could be transporting Canadian Rangers over to Whitehorse, Yukon, and the next moment you may be flying on an operation to Alert, Nunavut, at 82 degrees North.

The Twin Otter is considered the workhorse of the North, and is truly a “hands and feet” airplane. The flying we do here is both challenging and exhilarating. In the summer, we may be operating out of austere, unmarked strips, where there is little margin for error. In the winter, our airplanes are primarily flown on skis, opening up a whole new set of possibilities for landing areas. Our pilots routinely land on frozen lakes, as well as sea ice, where extreme caution must be exercised to ensure a safe landing.

Overall, I am thoroughly enjoying my time in the North. It offers an excellent combination of an active lifestyle in a community-oriented town, while being afforded the opportunity to get some of the most unique flying experience available to RCAF pilots. Given that this is my first posting out of flight training, I am confident that the experience and skill set I am developing will serve as an excellent building block for my future flying tours.



Two wheel, ski-equipped CC-138 Twin Otter aircraft wait for their crew members during a visit to Erebus and Terror Bay, situated 60 nautical miles (or 111.1 kilometres) of Resolute Bay. In the background are the Beechy Island gravesites of three of the crewmembers lost during the Franklin Expedition. Courtesy of: 440 SQN

Squadron Yellowknife

440 Squadron Integral Part of Arctic Bison 15



Soldiers from the Arctic Response Company Group load equipment into a CC-138 Twin Otter on Lake Winnipeg. The Twin Otter from 440 Squadron in Yellowknife provided airlift support to Exercise Arctic Bison 2015. Photo: MCpl Cameron Skrypnik, 38 CBG

By Gloria Kelly

When it comes to flying in the vast Canadian north there is no team more accomplished than the pilots and crews from 440 Squadron based in Yellowknife.

Thus, when the Arctic Response Company Group from 38 Canadian Brigade Group was planning Exercise Arc-

tic Bison 2015 they called upon the team at 440 Squadron for their air lift support.

"The north is our backyard. We are the only air force squadron based north of 60 and we fly the Twin Otter that comes equipped with skis for winter landings on ice and snow," said LCol Vince Wawryk, 440's commanding officer. "Not only were we happy to be part of the exercise it has been of significant benefit to us as well."

Arctic Bison 15 took place between 13-22 February, the coldest week of the winter, over a 300 kilometer slice of the mostly frozen Lake Manitoba. The exercise challenged everyone taking part because of the extreme cold and winds out on the lake.

For the team from 440 Squadron the exercise not only allowed them to support the soldiers out on the exercise with resupply, movement of people and evacuation of members with injuries, it also provided real scenario training opportunities for the pilots and crews.

In addition to scheduled flights there were last minute additions when emergency supplies were required by the teams out on the ice and when someone needed to be evacuated back to base. It's all in a day's work for the aircrews but at the same time the conditions on the ice

also provided its own challenges.

Lake Winnipeg at this time of year is not a flat, frozen piece of ice. It is covered in snow drifts, ice drifts and assorted other obstacles thanks to Mother Nature and prevailing winds during the freeze up. There are also areas where there is open water although that was hard to imagine in the extreme cold.

Those conditions challenged the pilot's skills and also meant no night landings and no resupply after dark in the name of safety.

"An exercise like this allowed us to keep our crews current on ski landings and in conditions that are pretty austere much like major parts of the Arctic where we can be called upon to operate in," said LCol Wawryk.

The integration of the air and land components of the exercise provided excellent training opportunities while at the same time meeting the needs of the exercise teams.

The Twin Otter operates with a team of three – two pilots and a flight engineer. For the exercise there were two teams rotating in and out of required activities plus the maintenance team that came along to make sure the aircraft was well cared for and remained in top working order.

Although 440 Squadron is based in Yellowknife and supports Joint Task Force North operations, it actually belongs to 17 Wing Winnipeg.

Exercise Arctic Bison An Education in Extreme Cold for Visitors

By Gloria Kelly

In the middle of a Manitoba winter the north basin of Lake Winnipeg is a cold, windy and desolate place. So, what better location to challenge the ability of the Arctic Response Company Group to respond to a disaster into that area should they be called upon to do so in extreme winter conditions.

The Arctic Response Company Group is part of 38 Canadian Brigade Group (38 CBG) and draws its members from an area stretching from Thunder Bay to the Alberta border. For this exercise there were American reservists from Tulsa, Oklahoma embedded into the control center and patrol teams. Additionally in the middle of the exercise a stakeholder visit was inserted.

"Just how cold is it out here and how much colder is it going to get once the sun goes down?" asked LCol Jonathan Vannatta, Commander 486th Civil Affairs Battalion of the United States Army in Tulsa, Oklahoma as he watched snow machine after snow machine pull into a designated stop location in the middle of frozen Lake Winnipeg on February 18, the coldest day of the winter to date. Three of his men were on those machines experiencing the exercise conditions first hand.

The visitors, including Chris Gunning, the US Consul in Manitoba; LCol Vannatta and Colonel Elizabeth Medina, Deputy Commander 350th Civil Affairs Command, United States Army, in Pensacola, Florida, had been dropped at the exercise site thanks to the Twin Ot-

ter and her crew from 440 Squadron in Yellowknife.

"For us the ability to see this exercise first hand and to understand the challenges of extreme cold weather operations is invaluable, said Colonel Medina. "Also the opportunity for the team members to gain valuable experience in the area of community relations and the challenges that can be faced while moving into or through an area is a great learning opportunity."

"The more our people can learn from an exercise such as this and bring back to their unit to help educate and train others the better it is for all concerned," she said.

"One thing for sure we learned is that our winter gear is not designed for extreme cold like you get here in Manitoba," said LCol Vannatta. "We have to thank our Canadian friends for making sure our people were properly outfitted for the exercise. Being from Oklahoma it's hard to imagine cold like the guys are experiencing out there."

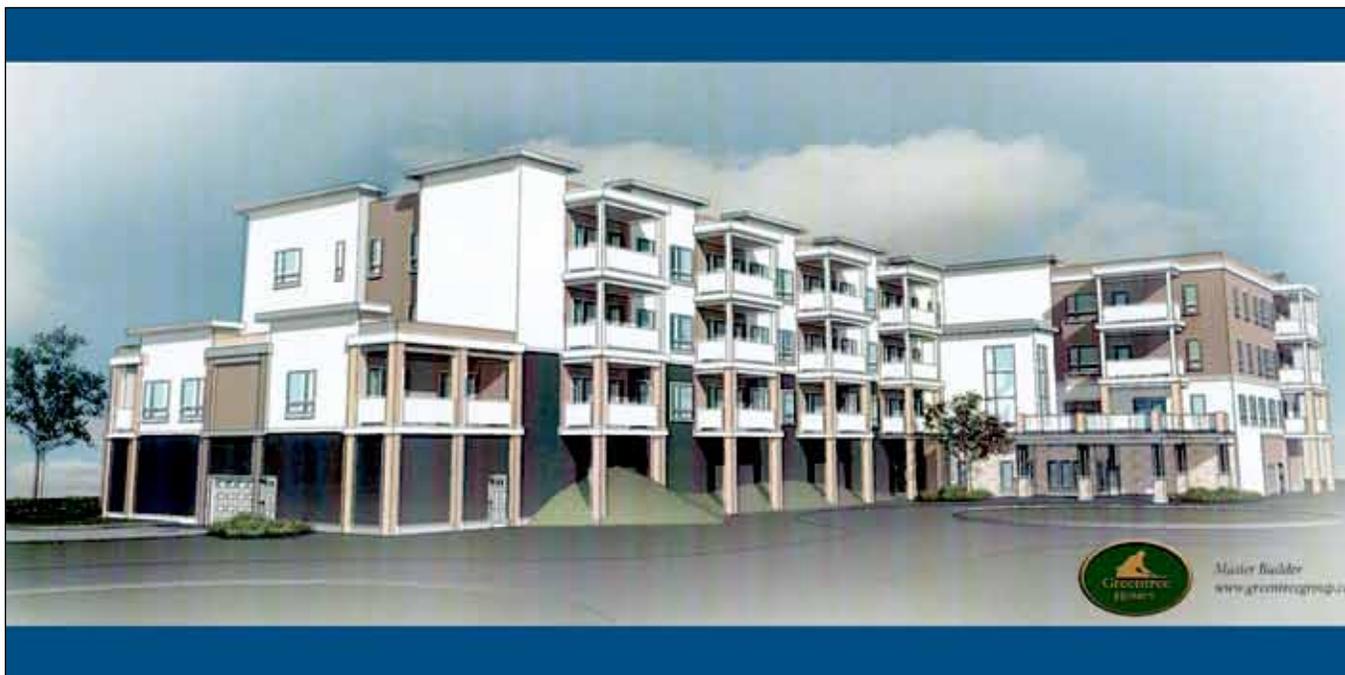
"An area like Lake Winnipeg is an ideal location to demonstrate challenges faced by government organizations such as the Canadian Armed Forces when they are called on to respond to an incident," said Mr. Gunning. "Not only is the weather and terrain a challenge but the ever present community relationship piece has to always be a consideration."

In briefing the three guests to the exercise LCol Paul Davies, exercise commander for 38 CBG said Exercise Arctic Bison 15 was designed to test ability to respond to

a need in the winter in an isolated area and it certainly did that. Additionally, the exercise identified challenges and mitigation activities that will enhance future training activities.



Sgt Grant Ross, a U.S. Army member attached to the Arctic Response Company Group, takes Colonel Elizabeth Medina, Deputy Commander 350th Civil Affairs Command, and United States Army on a snowmobile ride during a visit to a camp established on Lake Winnipeg during the exercise. Photo: MCpl Cameron Skrypnik



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HPC Helps Keep Military Community Healthy

By Martin Zeilig
Voxair Photojournalist

The Helping Professionals Committee (HPC) plays an essential role in the health and wellbeing of personnel at 17 Wing.

This multifaceted, interdisciplinary body is designed to provide for whatever needs a military member may encounter in order to be healthy and deployable, says Lieutenant-Commander Padre Jack Barrett, the chairperson of the HPC.

The Committee members are drawn from a diverse group: Health Services, Personnel Support Programs, The Military Family Resource Centre, Mental Health Services, the Chaplaincy, Veterans Affairs, Joint Personal Support Unit/Integrated Personnel Support Centres, the Military Police, Service Income Security Insurance Plan, Addictions Counselling, and the Employee Assistance Program.

"The idea of this group is to identify trends and stressors within the military community in a collaborative way," LCdr Barrett said.

"The committee gathers several times a year, and



LCdr Padre Jack Barrett is the chairperson of the HPC.

gives us an opportunity to identify trends that may be adversely affecting the health, well-being and morale of the military community. Because we have to respect client confidentiality, this forum gives us the opportunity to identify trends that may otherwise go unnoticed."

The committee meets 4-6 times a year, and if a trend is identified it's brought to the Wing Commander's attention so that he can better address the stresses and challenges faced by the 17 Wing community. Many bases and wings across Canada have similar committees.

"The overall goal of all of our helping professionals is to provide support to our members and families when they encounter difficulties ranging from personal, family, financial, addictions, and spiritual problems," LCdr Barrett said.

Although the committee may not always have the right answers for individuals, they will always try to get them the help they need.

"Sometimes when people come to any of the helping professionals," says LCdr Barrett. "If their problem is beyond the scope of the helping agency, we will make a referral to the appropriate agency."

The HPC also helps build rapport between the various agencies.

"Resiliency in individuals requires a multifaceted approach with the common goal of achieving mission success in the face of hardship whether at home or abroad," said LCdr Barrett.

"We don't talk about individual cases. We only focus on trends or events happening within the community."

Topics are brought up by

committee members if in their day to day jobs they notice trends or developments that they think merits further study. Also, if a member of the military community has an issue they wish to bring up, they can speak directly with any member of the committee.

"The best way to cope with stress and frustration in the workplace is through comprehensive training," said LCdr Barrett.

"We provide a holistic approach through interdisciplinary services. We're multifaceted, interdisciplinary and are here to provide for whatever needs a military personnel may encounter to be healthy and deployable."

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VOXAIR READS

Title: **Total Destruction of the Tamil Tigers**
 Author: Paul Moorcraft
 ISBN: 978-1-78159-153-6
 Hardcover
 Pages: 184
 Photos/Maps: 48 B/W//4
 Publisher: Pen and Sword Publishing

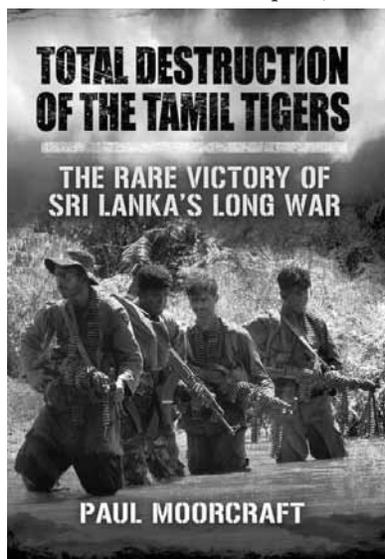
Dr Moorcraft has written a very enlightening book about a war that received, relatively speaking, little to no coverage in the West; nor has it been the subject of much post war attention. The conflict between the minority Tamils of northern Sri Lanka and the majority Sinhalese lasted twenty six years from 1983 until 2009. A mixture of asymmetric and conventional fighting, it was unique in that the funding for the rebels came primarily from the Tamil diaspora and that they were able to build a force that included structured and disciplined air, sea and land elements. It is also unique in that the Tamils had, for a majority of the time, the upper hand in the conflict, only to be utterly crushed by the Government after a final, incredibly violent, three year campaign known as Eelam War IV (between 2006-2009).

Moorcraft's book provides in depth historical analysis of the causes and execution of the wars over the entire period of the conflict. Particular attention is paid to the development and expansion of the war from both the Tamil and Government perspective. This is important because it provides context to the reader and goes a long way towards understanding the success of the LTTE (Liberation Tigers of Tamil Eelam) and the struggles of the Government. Additionally, Moorcraft discusses the key international players and the impact of the international environment on the struggle; in this case, the main external influencer was India.

This is interesting as the traditional players, the United States, UK and Russia, had very little influence on the activities in Sri Lanka. While the Sinhalese government paid lip service to their suggestions, they knew very well that they had to pay attention to the suggestions of India, the local superpower. What Moorcraft does very well is to identify and analyze the impact that Indian intervention had on the ongoing conflict and the complexity of that relationship (with both sides). He also expands upon the convoluted role that the Indian peacekeeping force played in their efforts to influence the final outcome and the lessons learned by the Tamils (and the Indians) from that interaction.

Additionally, the development of capacity at each doctrinal level (tactical, operational and strategic) for the two sides is investigated and outlined. This aspect is quite fascinating as the Tigers represented a unique non-traditional force that became more effective due to its flexibility and adaptability as well as being under the sole direc-

tion of an acknowledged military genius (their leader Prabhakaran). The Sri Lankan forces, hamstrung by changing governments, a concerted effort to keep their own forces weak and a lack of cooperation between the elements, struggled until, they too were able to finally coordinate and focus their efforts in the final war of 2006-2009; ultimately achieving total victory. The Tigers, despite early and protracted successes, were unable and unwilling to transfer their military success into an effective negotiating and political settlement. Combined with a series of strategic blunders such as the assassination of Indian Prime Minister Rajiv Gandhi and the use of 'mafia' style techniques to ensure funding from the diaspora, the Tigers managed to provide their adversaries common cause and to isolate themselves internationally.



Moorcraft's work provides many lessons for the professional military officer and amateur enthusiast alike. These include:

- a. The challenges of conducting a combination of conventional and asymmetric warfare simultaneously;
- b. The strengths and weaknesses of domestic and autocratic government in conducting long term operations;
- c. The impact of the international community on outcomes (ie the 9/11 attack);
- d. Small unit conventional and special forces tactics; and
- e. The requirement to maintain vision and goal of operations and the critical necessity of understanding when to focus on political vice military methods.

Overall, an excellent read; engaging and entertaining. The production quality of the book is very high and the text easy to read. Moorcraft has provided an in depth bibliography with copious footnotes. I thoroughly enjoyed this book and strongly recommend it to those looking to expand their knowledge of operations in the Far East.

Major Chris Buckham is a Logistics Officer in the Royal Canadian Air Force. He has experience working with all elements including SOF. A graduate of the Royal Military College of Canada, he holds a BA in Poli Sci and an MA in International Relations. He is presently employed as an ILOC Officer with the multinational branch of EUCOM J4 in Stuttgart, Germany. He maintains a blog of his reviews at: www.themilitaryreviewer.blogspot.com

17 WING FIRE CHIEF'S CORNER Cell Phones and Driving: Safety Tips



You'll survive a missed phone call; you might not survive a collision!

Transport Canada recommends against using cell phones while driving. It is distracting and increases the risk of collision. Your primary concern is the safe operation of the vehicle.

To avoid collisions arising from the use of cell phones:

- Turn the phone off before you start driving. Let callers leave a message.
- If there are passengers in the vehicle, let one of them take or make the call. If you're expecting an important call, let someone else drive.
- If you have to make or receive a call, look for a safe opportunity to pull over and park.

If for some reason you have no alternative but to use a cellular phone while driving, here are some tips:

- Use only a speakerphone or a hands-free phone. Make sure you put on the hands-free accessories before you start driving. But be aware: hands-free is not risk-free.
- If you must use a hand-held phone, place it where it will be readily accessible. Trying to retrieve a phone from a briefcase, handbag or pocket can be especially dangerous.
- Don't answer the phone until you have checked that it is safe to do so.
- Use speed dial options. If you know you will need to call an un-programmed number, dial the number before starting off and send the call at your convenience.
- Driving and talking on a phone at the same time is difficult. Don't make it worse by trying to read or take notes. Do pull over and stop.
- Keep calls short and factual. Emotional or thought-provoking conversations are distracting. Recent research suggests that decisions made while driving and talking on a cell phone are not always good decisions.
- It's good etiquette to ask a caller to hold until you can park, or to say you'll return the call as soon as it's safe to do so.
- Stay in the right-hand lane, where driving may be less demanding.
- When reporting an emergency situation from a cell phone, pull over and ensure you are not in the flow of traffic. If you **must** keep driving, remember your primary concern is to avoid causing another emergency.

Keep your hands on the wheel, your eyes on the road and your mind on the driving.



Image by stockimages via FreeDigitalPhotos.net

Have you got a story or photo you'd like to share with us? Drop us a line at 204-833-2500 (ext. 6976) or send us an e-mail at voxair@mymts.net

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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?

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March is Nutrition Month

How are your eating habits "9 to 5"? Rushed mornings, no time for lunch, food-filled meetings, workplace celebrations and end of day struggles; workday struggles that make it difficult for us to eat well.

We find ourselves rushing out the door in the morning, skipping breakfast and then stopping at the local coffee shop for a quick coffee and donut. Our workdays are filled with meetings and other opportunities to munch on sticky buns or candy. We spend our lunchtime at the gym or catching up on emails, so we eat our lunch at our desk and as a result tend to overeat. By mid-afternoon we are hungry again and we might quickly grab a snack out of the vending machine to tide us over until supper. This type of snack choice has been associated with poor cognitive functioning at work and weight gain. At the end of our work day we are rushing to get home to get supper on the table. This often results in a quick stop at a fast food drive-thru or pulling pre-packaged convenience meals out of our freezer. If we have children who need to get to activities or have after work meetings to attend our feelings of being rushed are increased. All these things result in increased levels of stress and unhealthy eating habits.

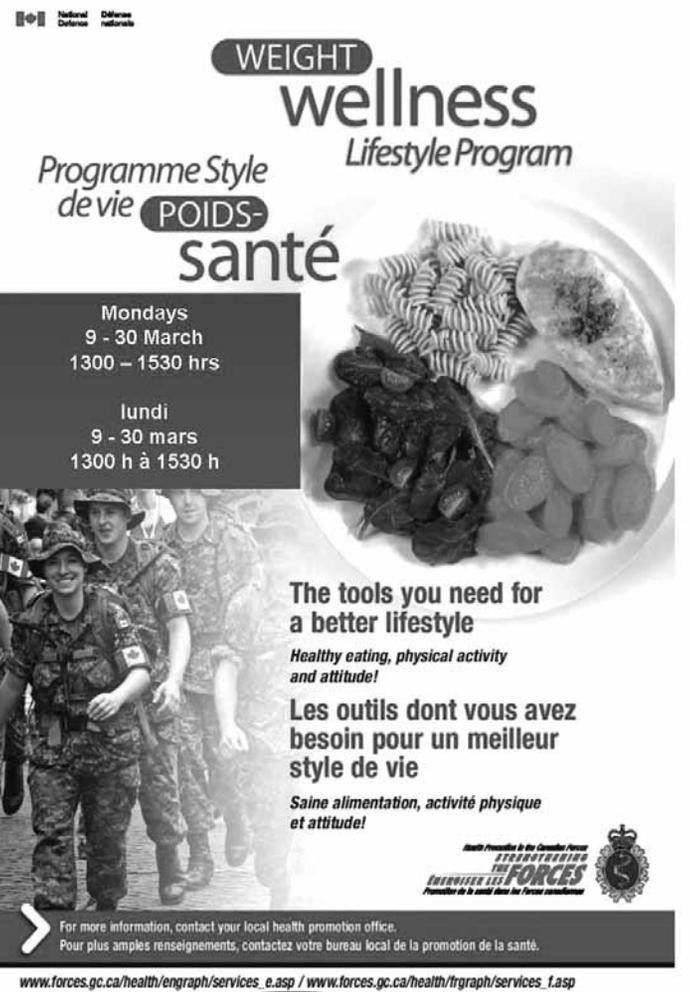
This year's campaign "Eating 9 to 5!" is focused on 5 common challenging times that we face in our day. Throughout the month, Health Promotion will be providing you with tips to overcome these 5 workday challenges to healthy eating. Dietitians of Canada created 31 tips to address the challenges and offer solutions to conquer them. Watch this space over the month of March to discover how we can overcome these challenges and get ourselves and our families back on the road to healthy eating. To learn more about Dietitians of Canada, check out their website at www.dietitians.ca.

To complement this year's campaign, Health Promotion will be offering Weight Wellness Lifestyle program. This program focuses on healthy eating choices at home and at work. Topics covered in this program include label reading, Canada's Food Guide, meal planning, better food options and tips for eating out. The course starts on March 9 and will run for 4 weeks.

For further information on healthy eating or to sign up for one of our nutrition programs contact Health Promotion at 204-83-2500 extension 4150.

- Set realistic goals for losing weight and keeping it off
- Develop a healthy eating plan and adjust portion sizes for healthy weight loss
- Understand and interpret nutrition labels and restaurant menus
- Manage hunger and food cravings
- Tackle the common weight loss myths and fallacies

- fixer des objectifs réalistes pour la perte de poids et l'entretien de la perte de poids
- établir une saine alimentation et à ajuster vos portions pour obtenir une perte de poids saine
- comprendre et interpréter les étiquettes nutritionnelles et les menus de restaurants
- gérer votre faim et votre envie de manger
- comprendre les mythes courants et les fausses croyances liés à la perte de



WEIGHT wellness
Lifestyle Program

Programme Style de vie **POIDS-santé**

Mondays
9 - 30 March
1300 - 1530 hrs

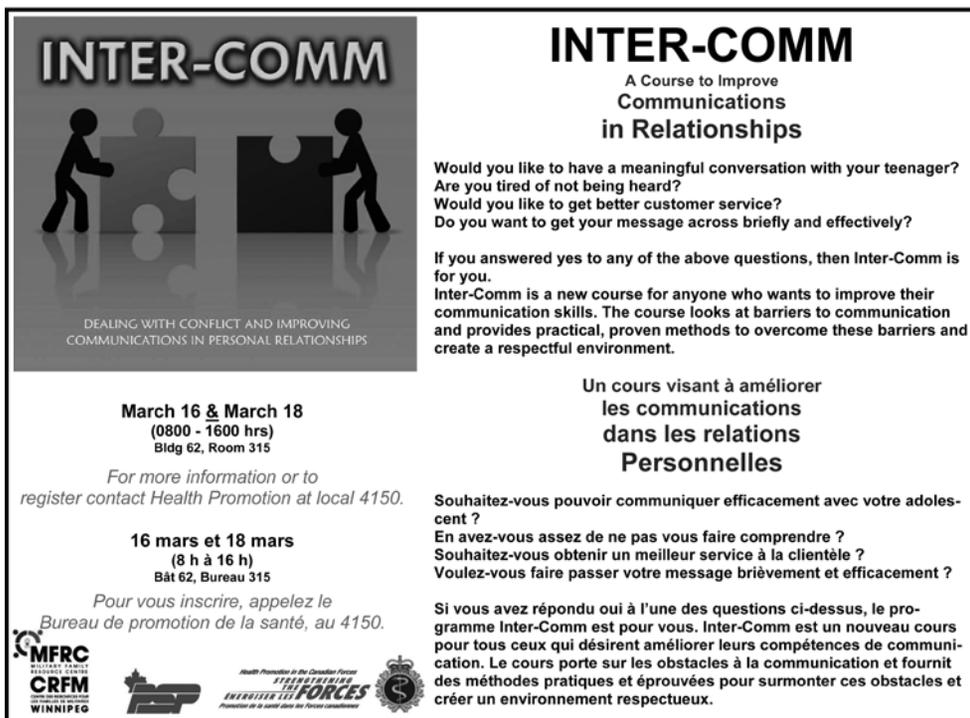
lundi
9 - 30 mars
1300 h à 1530 h

The tools you need for a better lifestyle
Healthy eating, physical activity and attitude!

Les outils dont vous avez besoin pour un meilleur style de vie
Saine alimentation, activité physique et attitude!

For more information, contact your local health promotion office.
Pour plus amples renseignements, contactez votre bureau local de la promotion de la santé.

www.forces.gc.ca/health/engraph/services_e.asp / www.forces.gc.ca/health/trgraph/services_f.asp



INTER-COMM

A Course to Improve Communications in Relationships

Would you like to have a meaningful conversation with your teenager?
Are you tired of not being heard?
Would you like to get better customer service?
Do you want to get your message across briefly and effectively?

If you answered yes to any of the above questions, then Inter-Comm is for you.
Inter-Comm is a new course for anyone who wants to improve their communication skills. The course looks at barriers to communication and provides practical, proven methods to overcome these barriers and create a respectful environment.

Un cours visant à améliorer les communications dans les relations Personnelles

Souhaitez-vous pouvoir communiquer efficacement avec votre adolescent ?
En avez-vous assez de ne pas vous faire comprendre ?
Souhaitez-vous obtenir un meilleur service à la clientèle ?
Voulez-vous faire passer votre message brièvement et efficacement ?

Si vous avez répondu oui à l'une des questions ci-dessus, le programme Inter-Comm est pour vous. Inter-Comm est un nouveau cours pour tous ceux qui désirent améliorer leurs compétences de communication. Le cours porte sur les obstacles à la communication et fournit des méthodes pratiques et éprouvées pour surmonter ces obstacles et créer un environnement respectueux.

March 16 & March 18
(0800 - 1600 hrs)
Bldg 62, Room 315

16 mars et 18 mars
(8 h à 16 h)
Bât 62, Bureau 315

For more information or to register contact Health Promotion at local 4150.
Pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150.

For more information or to register contact Health Promotion local 4150
Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150



Spring Break 2015

Bronze Medallion & Bronze Cross Crash Course

Pre-requisite: 14 years and older
Days: Saturday to Wednesday
Dates: March 28 to April 1 {inclusive}
Times: 0830 - 1730

Costs: Membership \$241.50 {plus books}
Non-membership \$267.75 {plus books}

Bronze Medallion with Emergency First Aid/CPR – B with AED
Bronze Medallion
Teaches lifesavers how to respond to complex water rescue situations and to develop knowledge, skills, judgement and fitness.
Emergency First Aid and CPR – B
Teaches general knowledge of first aid principles and the emergency treatment of injuries. Includes victim assessment, rescue breathing, CPR, choking, treatment of external bleeding, heart attack, stroke, respiratory and circulatory emergencies, wounds.

Bronze Cross with Standard First Aid/CPR – C with AED
Bronze Cross
Is designed for lifesavers that want more of a challenge with advanced training and an introduction to safe supervision in an aquatic facility. Lifesavers learn the principles of emergency procedures and team rescues.
Standard First Aid and CPR – C
Is a comprehensive training covering all aspects of first aid and CPR. In depth understanding of legal aspects, spinal injuries, heat/cold injuries, burns, seizures, poison, diabetes and injuries.
Approved by the Workplace Safety & Insurance Board.



Managing Angry Moments (MAM)

We all have our (ANGRY) moments.

12 & 19 March 2015
0830 - 1600 hrs

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

Gérer les moments de colère

12 et 19 mars 2015
0830h à 1600h

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

For more information or to register contact Health Promotion at local 4150
Pour s'inscrire, composez Promotion de la santé le 4150

100% attendance and participation is required
Register on-line
www.pspwinnipeg.ca
204-833-2500-x. 5139/2057



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204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/Winnipeg MFRC www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

DID YOU KNOW?? The MFRC has two youth centers currently open and offering programming for youth between the ages of 6 and 12 years old? The North Side Youth Centre, located at 102 Comet Street, is open M/W/F from 5:00 to 8:00 p.m. The South Side Youth Centre, located at 347 Doncaster Street, is open Monday-Friday from 4:00-8:00 p.m. Youth are invited to participate in a wide range of activities including arts and crafts, games, swimming and monthly field trips! Check out the Winnipeg MFRC Youth Centre Facebook page for youth centre program calendars and other important information!

GET MOVING!

Wed., March 18 from 6:30 to 7:30 p.m.

Westwin Children's Centre

Registration deadline: March 13, 2015

Parents and children can explore several physical skill areas through fun activities. Come jump, run, balance, throw, kick, dance and roll! Parents may wish to expand the fun by joining us at the 'make and take' workshop on March 24. Call 204-833-2500 ext 2491.

GET MOVING—MAKE AND TAKE

Tuesday, March 24 from 9:30 to 11:30 a.m.

Childcare is provided for children ages 18 months to five years old.

Registration deadline: March 19, 2015

This workshop will provide you with ideas for activities to get your children active. You will also 'make and

take' some equipment to put the ideas into action in your home. Call 204-833-2500 ext 2491 to register.

INFORMATION SESSION

FAMILY LAW: MANAGING CUSTODY AND VISITATION

Wednesday, March 11 from 6:45 to 9:00 p.m.

Childcare provided with preregistration

Registration deadline: March 4, 2015

Next in our series of Information Sessions is Family Law. Mr. Kelly Land of Chapman, Goddard and Kagan will be presenting on the topic: Managing custody and visitation.

CRAFT TIME DROP IN DAYTIME

Tuesday, March 17 from 9:30 to 11:30 a.m.

Childcare provided for children ages 18 months to 5 years.

Are you a knitter, card maker, stamper, scrapbooker or other crafty sort? We're offering you the space to come and craft without interruption. Enjoy the company and inspiration of others while you complete your masterpiece.

MEET AND GREET RECIPE SWAP

Tuesday, March 17 from 7:00 to 8:30 p.m.

Registration deadline: March 13, 2015

Join us for a relaxing evening in the company of other people who currently are or who have recently experienced a deployment. Brynne Dalebozik will also be on hand to introduce herself in person since taking over

the role of Deployment Services Coordinator. Bring your favourite quick and easy weeknight recipe to swap and enjoy some snacks while doing so.

ROAD TO MENTAL READINESS (R2MR) REUNION BRIEFING

Tuesday, April 7 from 6:00 to 9:00 p.m.

Childcare provided with preregistration

Registration deadline: April 3, 2015

While many families recognize the need for preparation prior to the deployment, preparing for the return of your loved one is just as important. Although your emotions about the upcoming reunion are bound to be much more positive than those that you were dealing with prior to their departure, it is essential to understand that there can be some common transition challenges for both families and the CAF member during this time. Preparation, education and skills are key for managing this phase of the deployment.

FRANCOPHONE LADIES GROUP PIÈCE DE THÉÂTRE SANS ANIMAUX

Thursday, March 26 at 7:00 p.m.

Centre culturel franco-manitobain

340 Provencher Blvd \$25, tickets are limited.

Tickets are available for purchase from the front desk of the MFRC.

We will be attending the play "Théâtre sans animaux" presented by Le Cercle Molière. Join us for an evening of fun!

International Women's Day Celebration!

Saturday 7 March 2015
10am - 3pm

In the morning, join **Candice Kontzle**, from Royacan's Country Haven as she delivers a powerful session on "Taking Ownership of your Health". Candice will discuss Wellness as: a choice; The integration of Body, Mind and Spirit; and a way of life.

In the afternoon, we will be exploring our creative side as we learn to arm knit! You will take away a beautiful cowli scarf that you've made in less than an hour!

Célébration de la Journée internationale de la femme!

Samedi 7 mars 2015
de 10 h à 15 h

En matinée, joignez-vous à **Candice Kontzle**, de Royacan's Country Haven, pour une puissante présentation ayant pour sujet « Prendre sa santé en main ». Candice discutera du bien-être en tant que; choix; l'intégration du corps et de l'esprit, ainsi que du mode de vie.

En après-midi, nous explorerons notre côté créatif et en apprenant à tricoter avec nos bras! Vous rapporterez à la maison un joli foulard que vous aurez fabriqué en moins d'une heure!

VICTORIA INN HOTEL & CONFERENCE CENTRE
1808 Wellington Ave. • 1808, av. Wellington

COST: \$10



COÛT: 10 \$



Bring your girlfriend, sister, aunt, mother, mother-in-law for a great speaker, a fabulous lunch, some fun and laughs, as well as a take-away bag filled with goodies!

Amenez une amie, votre sœur, tante, mère et belle-mère! Vous aurez la chance d'écouter une conférencière extraordinaire, de déguster un excellent repas, de rire et d'avoir du plaisir, pour finalement repartir à la maison avec un sac-cadeau rempli de petits trésors!

REGISTER AT THE MFRC BY MARCH 2ND

INSCRIPTION AU CRFM D'ICI LE 2 MARS

ACTIVITIES FOR ALL AGES / ACTIVITÉS POUR TOUS LES ÂGES
sleigh rides • snowshoeing • children's activities • music • SNOWMOTION dogs • tipi and story telling • wine tasting • refreshments • bannock
promenades en traîneau • balades en raquettes • activités pour les enfants • musique • chiens SNOW MOTION • cortès et tipi • dégustation de vins • rafraîchissements • bannock



MARCH 14 MARS
SATURDAY SAMEDI

1100-1400 hrs
de 11 h à 14 h

Defence Team: \$3 per person • \$9 per family

Public: \$4 per person • \$12 per family

Équipe de la Défense: 3\$ par personne • 9\$ par famille

Public: 4\$ par personne • 12\$ par famille

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

TICKETS MUST BE PRESENTED AT TIME OF ENTRY • LES BILLETS DOIVENT ÊTRE PRÉSENTÉS À L'ENTRÉE.



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

The Great Easter Egg Hunt

Monday, March 30
from 10:00 to
11:00 a.m.

Registration
deadline:
Friday, March 20, 2015

Families are invited to follow the clues to find Easter eggs, decorate cookies and make an Easter craft.



PERSONAL CLASSIFIEDS

Room for Rent

Room for rent in modern, clean house on quiet bay near U of M. Only 20-30min drive to base. Shopping very close by, good transportation and bus routes. Room rate plus half of utilities, OR flat price to include room and utilities - your choice. Available now, call for more details - 204-771-9558.

Apartment for Rent

Bright sunny main floor 1bdm apt for sublet Feb 1. Front door bus stop, close to Assiniboine Forest. Utilities and parking included \$853/mth, contact Bernard at 204-470-8976 (Ive message)

St. James Furnished Condo for Rent (10 MINUTE DRIVE TO THE BASE)

2 bedroom, 1 bath fully furnished condo includes washer, dryer, gas fireplace, front yard, indoor parking at back door of unit, dishwasher, electric heat, air conditioning, cable tv with DVR, wireless internet and more. Located close to Grace Hospital. Available Now. Smoking, no pets. Monthly rental is \$1450. A damage deposit of \$725 is required with first month's rent. For more information, email Corinnehere@hotmail.com

1st Kirkfield Scout Group

Coed program - Ages 5-18 / Beaver scouts - 5 to 7 / Cub scouts - 8 to 9 / Scouts - 10 to 12 / Venturers - 13 to 17 / We meet weekly Wednesday evenings at 6:30 pm at Sansome school and the KW Community Center. Both are on Sansome Avenue. For questions or information check out www.Scouts.CA or email Dean Parsons at Kirkfieldgc@gmail.ca

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): To resolve an outstanding issue, look past your assumptions. Consider what was left unsaid. The weather and your environment are influencing your outlook. When they change, you will see things differently, so give it some time. Be patient. Avoid absolutes and edicts for now.

Taurus (April 20 – May 20): You're eager to share your successes. With renewed hope you see greater possibilities. Getting creative can nurture natural talent in yourself and others. Make life a colorful adventure but watch what you say and how you say it. Consider the impression you make on others.

Gemini (May 21 – June 21): Allow yourself to feel a full range of emotions. If you don't know how you feel, how will you know what is affecting your reasoning and your reactions. Talk about what is upsetting you to clear up confusion. Releasing regrets and expressing grief is essential. And ask for what you need.

Cancer (June 22 – July 22): Watching others struggle with the limitations of their reality isn't easy but saving them won't help them learn how strong they really are. Change can be a good thing. There are options and avenues available. Meet surprises and challenges with an open mind and an open heart.

Leo (July 23 – August 22): If you've been burning the candle at both ends, get some rest. If that seems impossible, pare down your appointments. If possessions require excessive upkeep reconsider their worth. Enjoy inexpensive leisure activities. Be constructive and act responsibly. Finish an outstanding project.

Virgo (August 23 – September 22): Refrain from re-thinking choices you've made. Instead, do what needs to be done. Think positive. You will find the way to make everything work out beautifully. Trust that you know what is best for you – you do. Treat yourself gently during times of transition.

Libra (September 23 – October 23): You'll find life is really interesting when you look at everything from a new perspective. Contemplate what gives your life meaning. Focus your energies there to get more out of life. Revel in the possibilities and enjoy the journey. Limiting thoughts are all that hold you back.

Scorpio (October 24 – November 21): Consider how to manage stress better. Take care of yourself first. Helping others can energize you and brings peace of mind. Being flexible in your plans is better than rigidly trying to meet your goals. Relax. Stay calm and the best solution will come to you more readily.

Sagittarius (November 22 – December 21): Don't assume you know the outcome of what you set in motion. You want to be the one who calls the shots but if you put someone on the spot they may not act the way you expect them to. Network now in preparation for doing more of what makes life interesting.

Capricorn (December 22 – January 19): Get out of your usual environment and away from chores to facilitate thinking "outside the box." Listen to what you say to others. Sometimes when you hear yourself sharing your story, things take on new meaning. Swallow your pride. Ask for assistance if necessary.

Aquarius (January 20 – February 18): Dream big. Play with an idea. Explore possibilities. Consider trying new things. Try to create something you've envisioned. You can have what you've always hoped for. It will take hard work but the end result will be worth it. Living an inspired life is what it's all about.

Pisces (February 19 – March 20): You're looking good because you're doing what you love. Don't let another's opinion drag you down or hold you back. Expand on what you do. Promote yourself, your skills and abilities. This isn't the time to turn down your shine. Take a leap of faith and see where it leads you.

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PROUD OF OUR PAST



PROTECTING OUR FUTURE

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Every Tues & Wed

8 to 10 p.m.

**Dancing To
Live Bands**

Fri & Sat

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Meat Draws

Every Fri 5 - 7 p.m.

Every Sat 2 - 4 pm



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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

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Chaplain's Corner

Your Chaplains Simply Say Thanks

By Padre Paul Gemmiti

Since my arrival here to 17 Wing as of mid-September 2014, many predictable things continue - needing to be accomplished, and the inevitable unpredictable things appear - needing to be met. So on behalf of myself and us chaplains here at 17 Wing, I would like to relay a "Thanks" to all at 17 Wing who continue to make so much related ministry helpful and possible.

The charitable projects held by various units, whether for material goods or for monies, have helped the cause of many military and DND peers in need. Filling a boot with coins at the drive-through gate, making formal donations to Care and Share, collecting gently used or new clothing for children, or meal and entertainment fund-raising to help provide a specialized treatment of illness or disease, do not go unnoticed.

Emotional or personal support to those who have suffered a life-changing incident or who have lost loved ones, including but not limited to military members but also civilian family members or relatives, give a sign that you care. (Yes, you may insert a stronger more common wording here that a chaplain might orally say but not be allowed to print.)

The community chapel and annex facility upgrades help show a sense of concern for our two Sunday communities that presently come here to worship during the Sabbath day, but also for the children's groups, the volunteer groups, and the support groups of retired veterans or the spouses of international military members that meet at different times and weeks throughout the year. Not to miss the mentioning of the potluck meals, the baptism receptions or the periodic weddings and funerals that occur here.

From the assistive NCMs and NCOs who provide the honour guards and practical preparations for events, all the way up to the Unit and Wing Officers who recommend funding and be present at prayer. From the interior painters and Cleaning Services members, to the exterior Roads and Grounds crews. From the depths of the Heating and Air Conditioning personnel to the heights of the light bulb installers.

Of course there are many more people who might not be circumstantially mentioned but without whom the behind-the-scenes outreach could not have happened, such as after-hours personnel, those of the MFRC, PSP, MIR and Mental Health, and others. And so, your chaplains simply say "Thanks."

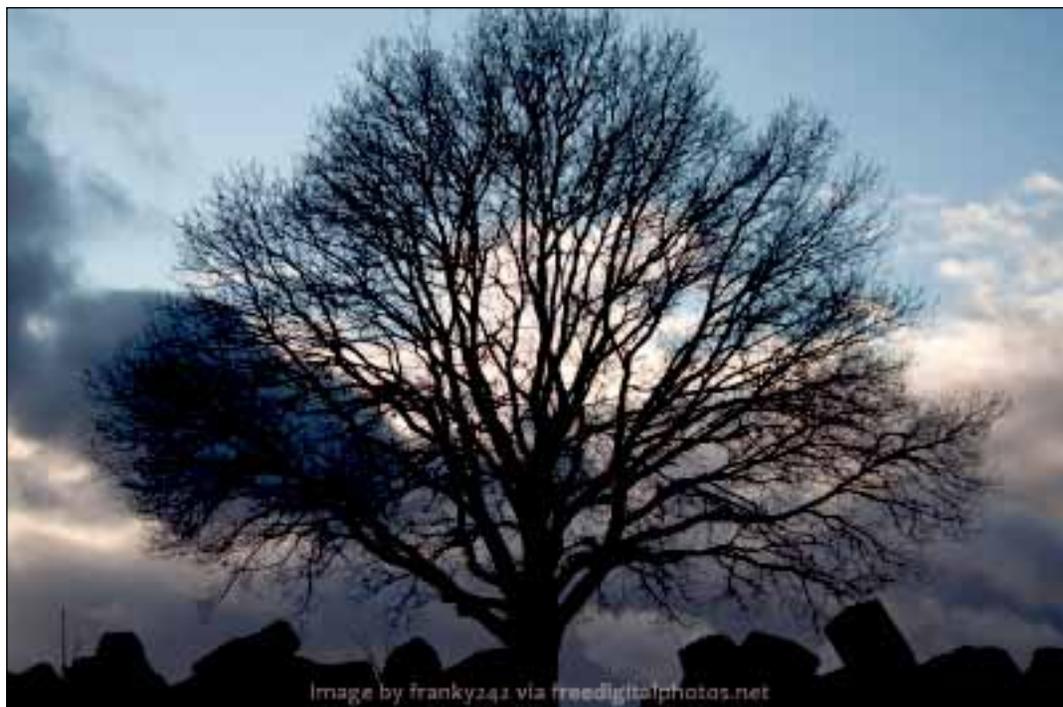


Image by franky242 via freedigitalphotos.net

CARRY ON

Written by: CPL Nellie E. Pye
noslicepe@gmail.com

To the ones we left behind.
We need for you to carry on.

You were with us,
When we could no longer carry on.

We took our last breath,
For it was our time.

There is no dishonor,
Because you were left behind.

We need for you to carry on,
For the hero lives within you.

We have the same Dreams of Freedom
And we need for you to carry on.

Take up where we left off.
Keep our Country safe.

Keep our love of Freedom and
Continue to carry on.

For without the hero that lives within you,
Who will carry on?

You are the living hero who needs to carry on.
We need for all of you to keep Freedom Strong.

For without the hero that lives within you,
who will carry on?

Carry On!! Carry On!!

And God, Please give them all the strength to
Carry On.

Dated: November 11, 2014

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PROTESTANT

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SUNDAY SERVICE (English Only) 0900 hrs
COMMUNITY SERVICES

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

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

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

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

CHAPLAINS

Padre Jack Barrett
(Anglican) - Wing Chaplain ext 5417

Padre Darryl Levy
(Baptist) - Chapel Life Coordinator ext 5272

Padre InSeob Won
(Presbyterian) ext 5087

Padre Robert Humble
(United Church) - Contracted CivO ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn 306-492-2135 ext 4299

Padre Christopher Donnelly
(United Church) - currently deployed



17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)



17 Wing 204 833 2500

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

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

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- Mental Health Chaplain ext 5956

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.*

FOOD BANK DONATIONS
In assistance to Winnipeg Harvest, the donation box is located at the entrance of the chapel.

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 FUND
Contact Wing Chaplain Office for further information.


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