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Volume 67, Issue 6

17 Wing Winnipeg / 17e Escadre Winnipeg

March 21, 2018

THE VOXAIR

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The 17 Wing Winnipeg Women's team played the 19 Wing Comox team during the Canada West Volleyball championships on March 7th, 2018 at 17 Wing, Winnipeg. Please see page 3 for full coverage. Photo: Cpl Bryce Cooper



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Fatbikers Ride to Remember SAR Tech MCpl Alfred Barr



Major Tom Kolesnik posing with his multi-g geared fat bike beside an Ice Chunk pushed up by a Pressure Ridge on Lake Winnipeg during the Lake Winnipeg Fatbike Memorial Ride for MCpl Alfred Barr.
Photo: Supplied

by Martin Zeilig, Voxair Photojournalist

At the end of February 2017, Major Tom Kolesnik, the 17 Wing Lessons Learned Officer, led a group of fatbike enthusiasts on a 35 kilometre ride across the southern basin of Lake Winnipeg, from Grand Marais to Gimli and then back to the middle of the lake where they camped overnight.

It was minus 30 degrees Celsius with a wind chill factor of minus 35 C during the ride.

One of the riders on that trip was the late Master Corporal Alfred Barr, a Search and Rescue Technician at 435 Squadron, Maj Kolesnik recalled during an interview in his second floor office at 16 Hangar.

In honour of MCpl Barr, who died following a parachute training accident with 435 Sqn on March 8, 2017, Maj Kolesnik renamed this year's event, the 2018 Alfred Barr Lake Winnipeg Fatbike Crossing & Campover Adventure Weekend, March 2-4.

"I was one of the speakers at his memorial here," Maj Kolesnik said. "I stated that we'd do the ride again on Lake Winnipeg in his name. We knew him as a fatbiker and winter ultra-distance athlete. He won a long distance trail marathon in Lethbridge, Alberta years before he was a SAR Tech."

He also pointed out that over the last few years, MCpl Barr had taken part in a number of winter events and races.

"As I got to know him better, he asked about my Search and Rescue background because I was a 435 S&R pilot on a Herc for eight years," Maj Kolesnik continued. "He expressed an interest in becoming a Search and Rescue Technician. So, I directed him to some experienced SAR Techs. He qualified and eventually graduated from the SAR Tech course number 49."

MCpl Barr's SAR Tech course mates were very close to him, he emphasized.

"He was well respected and loved," Maj Kolesnik said. "I was pretty devastated when he died, as were other people."

He also mentioned that MCpl Barr's family and friends appreciated the ride being dedicated in his memory.

There were over 30 people on the ride, he said, mentioning that there also were snowmobile escorts, including three SAR Techs from 435 Squadron and the Canadian Forces School of Survival and Aeromedical Training.

"We had a minute of silence at one point for Alfred, and we talked about him," Maj Kolesnik added.

A group photo with the Canadian flag flying was taken afterwards, he said.

There was also a RCAF flag that was signed by everyone, a U.S. Flag because someone from Minnesota was on the ride, plus a Union Jack because a British fellow, Patrick Stevens, who now lives in Sweden, was one of their guides, Maj Kolesnik, 54, a full time reservist and married father of two adult sons, observed, noting that he had trained with Mr. Stevens last year during a fatbike ride in Norway.

"This event was open to the public, to fatbikers who wanted to ride either for the day or one or two nights," he explained. "The leaders' group with snowmobile

support rode to the middle of the lake and set up camp with seven large tents, and then in the morning the majority of us rode back to Grand Marais for breakfast at a restaurant."

That's where they met the other riders, Maj Kolesnik said.

"This event was a success because of the support of 17 Wing and 435 Squadron, because they provided some equipment (tents) and the SAR Techs, who came for the day on Saturday," he stressed, noting that having the SAR Techs present was "very important". "Another reason it was a success was because we had a 10 person leaders' team that included a number of fatbike veterans from Manitoba and the chap from Sweden."

Maj Kolesnik, who's also editor of the online publication, www.FatBikeManitoba.com, observed that another reason for their success was due to the participation of Robert Paige, the leader of Xtreme Sports Medics and a couple of his medics with a snowmobile and sled; as well as Sergeant (ret) Dave MacDonald, a former 435 SAR Tech, who's President and Lead Instructor of the International Canadian School of Survival in Lac Du Bonnet, Manitoba – about 107 kilometres northeast of Winnipeg, along with a few of his instructors and two snowmobiles and a sled.

"He was available to give winter survivor and travel instructions," he said of Sgt (ret) MacDonald.



View of the camp from a drone. Photo: Supplied

Lessons to be learned with 'Respect in the CAF'

by Sergeant James Cowell

First, it is important I state where I am coming from as I report on the March roll out of the new "Respect in the Canadian Armed Forces (RITCAF)" course.

THE VOXAIR

OFFICE HOURS

Monday to Friday
0830 -1500 hrs

CONTACT

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

Accounting
(204) 833-2500 ext 4121

Submissions/Reporter
(204) 833-2500 ext 6976
voxair@mymts.net
+VOXAIR@PersSvc@Winnipeg

VOXAIR STAFF

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

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

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

Martin Zeilig
Photojournalist
(204) 833-2500 ext 6976

Maureen Walls
Sales Coordinator
(204) 895-8191

Capt McCulloch-Drake
Wing Public Affairs Officer

Broose Tulloch
Layout/Ad Design

Misra Yakut
Accounting

Traci Wright
Proofreading

Printed By
Derkson Printers
204-326-3421

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

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

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I joined the military in 1977 as an infantry soldier, serving with the Princess Patricia's Canadian Light Infantry and Airborne Regiment, in what was a harder and meaner military at the time. Over these past 41 years, I have witnessed many cultural changes, both inside and outside the CAF. When Operation Honour started two years ago, many personnel, like myself, initially had our "backs up" - not denying the operation's targeted misconduct within the forces, but reacting to the perception Operation Honour was aimed at "alpha males;" that we were to blame for all that is wrong in the military by our actions and language. A natural response for many was to defend ourselves; this was further aggravated with the introduction of bystander training, known amongst some of us as "back stabber" training - completely against the long-standing grain of an effective fighting force: one does not "rat out" a brother or sister-in-arms. Having said all of this, Operation Honour was the order of the day and, as highly trained personnel, we would obey.

February 27, I did not go into the classroom at the 14 Wing Greenwood Fitness & Sports Centre to attend the first session of RITCAF with a "warm and fuzzy" feeling. I volunteered for this assignment for many reasons; I am very glad I did.

This new course is offered in collaboration with Operation Honour and the Personnel Support Programs (PSP) Health Promotion staff. I sat in the class as a student and reporter, this being known to the HP instructor Lisa White, as well as fellow students.

There are three aspects of the course: the nature and magnitude of sexual misconduct in the CAF, by-

stander intervention and victim support.

We were paired with another student to find out who they are, where they had heard about the course and why they were attending. We introduced each other to the class with that information and, then, set the day's "ground rules," providing a safe and confidential atmosphere to learn and share with one another through the course's material. There was no finger pointing or blame, and many participants - including me - found a clearer line between acceptable and non-acceptable behaviour. I found the course relevant and realistic to situations we, as members of the CAF, may find ourselves in.

The outcome was the most important: this old soldier learned something. We require alpha males and females to lead; but their culture has to change so they are able to put themselves in the place of a victim, step in with the support they require and recognize action is not "ratting out" one's comrade - it is "weeding out" destructive behaviour. The result: a more accepting, diverse and effective unit, organization and CAF as a whole.

This nationally-driven, CAF-wide workshop is designed to foster change in attitudes and behaviours and build a respectful climate and culture. I believe it does so - and very well. I was concerned about where my beloved military was heading. Thanks to this course, I know it is moving forward for the betterment of all. I highly recommend attending this workshop. Respect for one another in the Canadian Armed Forces is what it is all about.

Winnipeg Women Volleyballers Win Canada West Championship



The 17 Wing Winnipeg Women's Team the Canada West Women's Volleyball Champions on March 7th, 2018 at 17 Wing, Winnipeg.

Front row, left to right: Capt Taunya Lewis, Capt Melissa Couturier, Maj Jamie Doyle, Capt Jennifer Lacasse.
Back row, left to right: Coach OCdt Dennis Gowen, WO Tara-Lee Phillip, Capt Dallas Buhr, Cpl Caitlin Coppell, Cpl Carolyn Jones, Capt Jennifer Finateri.

Photo: Cpl Bryce Cooper

by Martin Zeilig, Voxair Photojournalist

The 17 Wing Women's volleyball team placed first at the 2018 Canadian Armed Forces Canada West Volleyball Championships, March 5-7.

The home team defeated 19 Wing Comox, 3 sets to 2 sets, on March 7 to win the competition. They had lost to Comox during the round-robin portion of the competition.

All games were held in Building 90 Fitness and Recreation Centre. 17 Wing will now represent Canada West in the CAF National Championships, April 21-25, at CFB Borden.

The 17 Wing men's team finished in third place in their division.

The other teams in the women's competition were from CFB Cold Lake, CFB Edmonton, CFB Esquimalt, and CFB Wainwright. Besides, 17 Wing, men's teams came from Cold Lake, Comox, Edmonton, and Shilo.

"It was a close match," said Marc Lavallee, Personnel Support Programs Acting Sports Coordinator, the main organizer of the competition. "Our women are repeat winners. They won (the Westerns) in 2017 too."

Warrant Officer Tara-Lee Philip, who played power position for the team, was sidelined during the tourney due to an injury she sustained during a Thursday night recreational league game prior to the Westerns.

"But I was certainly part of the team throughout the tournament," she said. "I was sitting on the bench (with her teammates). It was exhilarating to watch the finals. It was such a high energy game against Comox. I was glad to be part of it even cheering from the bench."

Lavallee noted that there were multiple games going on at any one time during the championships, and they were quite well attended by fans.

"We hosted it last year too," Lavallee said. "This year we changed to Canada West from Prairie Regionals because we combined the Pacific region too. This year was a test to determine if there will be a switch (to this combined format) in all sports. It was a huge success. We had enough accommodations for everyone. Our referees were from the Manitoba Volleyball Association."

"It took us three months of planning. All of our PSP staff were volunteers. I was surprised at how athletic a lot of the teams have become. You could tell there was a lot of cohesion on the teams. They've been practising

together."

He also observed that there were about a dozen women and an equal number of men players who were on their respective CISM (World Military Games) squads.

"At the end of the tournament, the captain of the Comox women's team told me that it was a very well run competition," Lavallee said. "I appreciated all the support I received from the staff, officials, and massage therapists."

The women's team has practiced every Tuesday since September for about two hours, and participated in a civilian volleyball league, Officer Cadet Dennis Gowen said in an email to The Voxair.

"When the women did not have enough players to run an effective practice, those players participated with the men during their practice," he wrote. "However, I cannot take any credit for this at all. I would have to give the credit to the leaders of the team: Dallas Buhr and Jennifer Lacasse. They did all the practice plans, drills and got the girls prepared for the tournament."

In preparation for the Nationals, the team is maintaining the same practice schedule, and the same game schedule, he said.

Sports Trivia

Winter Paralympics Trivia

by Stephen Stone and Tom Thomson

1. Which country has won every gold medal in Paralympic wheelchair curling?
2. Who is the only Canadian athlete to have won gold in all three Paralympic curling competitions?
3. Lubov Vorobieva won this country's only Winter Paralympic medal.
4. This country is the only participating nation to have won a single medal only at the Winter Paralympic Games but none in the summer events.
5. Valentina Grigoryeva won this country's only two Winter Paralympic medals.
6. Which country has won the greatest number of medals in Winter Paralympic history?
7. Which country has won the greatest number of gold medals in Winter Paralympic history?
8. How many combined medals has Canada won in the Winter Paralympics?
9. This Canadian Paralympian's struggle to achieve athletic success was celebrated in a recent Toyota TV commercial entitled "Good Odds".
10. Who is the most successful female single-sport Winter Paralympian?
11. Who is the most successful male single-sport Winter Paralympian?
12. Who is the most successful Canadian female single-sport Winter Paralympian?
13. Who is the most successful Canadian male single-sport Winter Paralympian?
14. Who is the most successful female multi-sport Winter Paralympian?
15. Who is the most successful male multi-sport Winter Paralympian?
16. Which country has been stripped of the greatest number of Paralympic medals for doping infractions? No hint needed for this one, folks.
17. When did Canada have its best performance in Winter Paralympic competition?
18. These two women represented over half of Canada's medal production at the Winter Paralympics in Vancouver.
19. This woman was the first to win gold medals in both Winter and Summer Paralympics.
20. This Canadian gold-medal Paralympian is the first sit-skier to complete a backflip on snow.

Sports Trivia Answers on page 14

"The only real difference is that some of the members of the men's volleyball team have volunteered their time to help improve the girls' abilities by learning how to play against bigger, faster players," OCdt Gowen added.

The other members of the women's team were Corporal Carolyn Jones, Captain Taunya Lewish, Cpl Caitlin Coppell, Capt Melissa Couturier, Capt Jennifer Finateri, and Major Jamie Doyle.

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Wing Commander's Honours and Awards

Colonel Andy Cook, 17 Wing Commander, and Chief Warrent Officer Jerome Rossignol, 17 Wing CWO, held an Honours and Awards ceremony on Tuesday March 13, 2018 at the 17 Wing Officers' Mess to recognize various noteworthy achievements and milestones at the Wing.



The 17 Wing Commander, Col Andy Cook (right) and 17 Wing Chief, CWO Jerome Rossignol present Capt M. Senecal the General Campaign Star Medal. All photos: Cpl Darry Hepner, 17 Wing Imaging



MCpl J.J. Labossiere received the General Service Medal.



Lt M. Descoteaux received the Special Service Medal.



Maj S.J.P. Thivierge received the 1st Clasp to the Canadian Forces Decoration.



CWO R.K. Sullivan received the 1st Clasp to the Canadian Forces Decoration.



Sgt M.J. Belanger received the 1st Clasp to the Canadian Forces Decoration.



Sgt J.W. Scott received the 1st Clasp to the Canadian Forces Decoration.



Capt L.A. Holmes received the Canadian Forces Decoration.



WO C.E. Bamford received the Canadian Forces Decoration.



Sgt L.P. Curtis received the Canadian Forces Decoration.



Sgt F.J.R. Moises received the Canadian Forces Decoration.



Cpl D.M. Anania received the Canadian Forces Decoration.



LS D.L. Bothe received the Canadian Forces Decoration.



Sgt James Oake received the 1 CAD Commander's Commendation.



Mrs. Patricia Naugler received the 17 Wing Commander's Commendation.



Capt Niomi Caldwell received the 17 Wing Commander's Commendation.



Sgt N.D. Fagan received the 17 Wing Commander's Commendation.



Ms. Tanya Frosk received a Certificate Of Recognition - Indigenous Peoples in Defence.



Mrs. Diane Brine received a Wing Commander's Coin.



Sgt Monzon received a Wing Commander's Coin.



Capt Andrew Bujaki received the Commissioning Scroll.

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Winnipeg Women Helping to Redraw the Balance



Dr Nafisa Dharamsi, pediatric urologist, Lt(N) Lesley Fox, naval officer and chaplain, Constable Leonie Lazarus, Winnipeg Police Service, and WO Barb Pelletier, wait as Jodi Horst asks the Grade 1-2 students to guess what the people have in common on International Women's Day 2018, March 8, at Weston School. Photo: Bill McLeod, Voxair Manager

by Bill McLeod, Voxair Manager

It might be a sign of the times that for Grades 1 and 2 students at the Weston School on Logan Ave it didn't occur to them that there was anything unusual about women in the roles of pediatric urologist, naval officer, aircraft technician, or police officer.

On Mar 8, Weston School was part of a program called Redraw the Balance, during which Grade 1 and 2 students were given a piece of paper with four spaces to draw their ideas of the four different jobs mentioned. After drawing their pictures and signing them they were introduced to the people employed in those jobs.

Dr Nafisa Dharamsi, Pediatric Urologist, Warrant Officer Barb Pelletier, RCAF Avionics Technician, Constable Leonie Lazarus, Winnipeg Police Service, and Lieutenant (N) Fox, Royal Canadian Navy Officer and

Chaplain, stood in front of the children while they tried to guess what they had in common. Guesses ranged from the women's hair styles to the fact they were all in uniform.

"It took so long for them to guess that answer (that they were all women)," said Grade 1 teacher Jodi Horst. "I think that's a good thing."

"I was very happy with the fact it took them awhile to realize they were all women and that both little girls and little boys can easily see themselves in those positions," said Grade 1-2 Weston teacher Jessica Davies.

Following the initial presentation the class was broken down into smaller groups and each woman had a chance to talk to the smaller groups of children.

Lt (N) Lesley Fox, a naval officer and chaplain, showed the children some of the vestments she wears in the course of her duties and some camouflage covered Bibles used in the field.

WO Barb Pelletier talked about being an Avionics Technician working on the 402 Squadron CT-142 (Dash 8) aircraft.

"The students were very inquisitive," she said. "They were very receptive of us. No one was scared and they asked a lot of questions."

Captain Alexandria Sutherland explained in an email how 17 Wing became involved in the event.

"We were contacted by Detective Sergeant Kathy Antymis from the Winnipeg Police Service," Capt Sutherland wrote. "She wanted to recreate an initiative called 'Redraw the Balance' that was done in the UK."

"We thought that it would be a great opportunity to show young children that both men and women can have a variety of different professions and there is no limit to their potential, Capt Sutherland added. "19 military women from a number of trades (ACSO, pilot, cook, lawyer, intelligence, technician, padre, engineer

and logistics) teamed up with firefighters, rocket scientists, construction workers, surgeons and police officers, in groups of four professionals, to visit grade 1 and 2 classes across the city"

"It was a very rewarding and powerful event."

Weston School Principal Gayle Alex said she was pleased to host the event at her school and mentioned that when she went to school in Saskatchewan there was a boys' line and a girls' line "and never the twain shall meet."

"We don't address gender and work roles enough," Principal Alex added after the event. "As teachers we think any kind of job can be for everyone."

Just under 20 women military members were able to participate in morning and afternoon sessions at 10 different elementary schools in the city.



WO Barb Pelletier explains the job of an Avionics Technician on military aircraft during International Women's Day, March 8, at Weston School. Photo: Bill McLeod, Voxair Manager

17 Wing Chefs Win People's Choice Award at Stone Soup 2018



17 Wing cooks Corporal Paul Heatherington and Master Corporal Fraser Ashmead were presented the People's Choice Award for their Mexican chipotle bacon corn soup at the Stone Soup 2018 competition in the Manitoba Hydro building on March 14. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

17 MSS Food Services showed their stuff at the sixth Annual Stone Soup competition held in the main floor gallery of the Manitoba Hydro Building on March 14.

A Mexican chipotle bacon corn soup, with cilantro and sugared tortilla crisp topping, created by chefs Master Corporal Fraser Ashmead and Corporal Paul Heatherington won the People's Choice Award.

The other participants in the competition, which was a fundraiser to "help nourish young minds" by the Child Nutrition Council of Manitoba, were Inferno's Bistro, Carne Italian Chophouse, RRC School of Hospitality & Culinary Arts, Smith Restaurant Inn at The Forks, Royal Winnipeg Ballet Catering, The Tallest Poppy, Brazen Hall, Clay Oven Hydro Place, The Frenchway Café, Rudy's Eat & Drink, and Maples High School.

Rudy's Eat & Drink came first in the Judges Award competition.

Stone Soup is a high visibility public soup tasting event, where Winnipeg's best chefs come together

to cook in support of child nutrition programs, notes information on the CNCM website. In 2016 the Stone Soup fundraiser raised almost \$20,000 and in 2017 the same, "which was distributed to in-school nourishment programs to purchase nutritious food items," says the online information.

The Child Nutrition Council of Manitoba is a charitable organization dedicated to helping school children learn, grow, and succeed by supporting breakfast, snack, and lunch programs. "We're unique because we're based in Manitoba – and all of the funds we raise stay in this province, reaching children in all regions of Manitoba," notes the CNCM website.

Since 2001, the Council has supported nutrition programs; raised awareness about nutrition issues and the need for food and nutrition policies in schools; and helped guide decision-makers in developing food and health policies, becoming a recognized voice for issues regarding nutrition programs for school-age children in Manitoba.

A 10 dollar donation allowed people to purchase tickets to sample three soups.

Manitoba Hydro donated the space to hold Stone Soup, said Norma Alberg, a member of the board of directors at the CNCM, who noted that this year Hydro also "stepped up" with financial donation and an employees' campaign selling 50/50 tickets.

Captain Joel MacDougall, Head 17 MSS Food Services, expressed his pride in the efforts of MCpl Ashmead and Cpl Heatherington.

"It just goes to show the extremely high standards that our chefs are able to achieve," he said during a follow up telephone interview.

Capt MacDougall and Master Warrant Officer Trudy Grundy attended the Stone Soup event—which attracted well over 700 members of the public, including some students and teachers from Sister MacNamara School on Sargent Avenue.

He pointed out that the Silver Ladle will be displayed in a prominent place in the Combined Mess dining room.

"I couldn't be more proud of our chefs at 17 Wing,"

Lieutenant (N) Reverend Dr. Lesley Fox, who also was present at the Stone Soup event, wrote after the event. "They competed against the best of the culinary chefs in Winnipeg. In winning the People's Choice Award and the impressive silver ladle, they have shown the community of Winnipeg just how impressive our cooks are in making delicious, nutritious meals"

She also observed that the Good Shepherd Protestant community felt honoured to provide the registration fee this year for the two chefs.

"We may have a mass influx of people wanting to eat at the mess now," joked Padre Fox, while also mentioning that the stone soup concept comes from an ancient folk tale about the importance of sharing what we have with others; and that the late award winning U.S. cartoonist/song writer and author of children's books, Sheldon Allan "Shel" Silverstein (September 25, 1930 – May 10, 1999), wrote a song about it.

MCpl Ashmead observed that he and Cpl Heatherington came up with their award winning culinary creation after a brainstorming session.

"We were aware of what previous winners had done," he said. "We went with what we thought was a great flavour combination, spicy, smoky with bacon, sprigs of chipotle (a smoke-dried jalapeño), and sugared tortillas."

Juliette Gonzalez had no hesitation in expressing her appreciation for this gastronomic pleasure.

"It's a perfect balance with a little bit of spice, but not too much, and sufficient consistency," said the Manitoba Hydro consultant, who was at the Stone Soup with her colleague, Teju Mallem. "It's very tasty. It makes me feel cozy."

MCpl Ashmead and Cpl Heatherington started making the soup on March 13.

"So, it was a 24 hour process," Cpl Heatherington said. "We made the bulk of it yesterday so it could marinate overnight. This morning, we finished it and created the garnishes. We made 50 litres, and most of it is gone."

It was another big hit from the chefs at Wing Food Services.

Elder Mike Calder Speaks at 17 Wing



Elder Mike Calder and WComd Col Andy Cook after a smudging ceremony and presentation on reconciliation. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

A sharp smell of burning sage suffused throughout the Netherlands Theatre following a smudging ceremony, conducted by Spiritual Advisor Devin Beaudry, prior to a presentation by Elder Mike Calder to a group of about 90 military and civilian personnel on March 12.

Following an invitation by Mr. Calder, audience members lined up to take the smudge.

This lingering scent helped created the appropriate atmosphere for Mr. Calder's informal discussion which focussed on the Seven Sacred teachings, indigenous ways of life, and misconceptions of the general public.

Mr. Beaudry, who was wearing a colourful ribbon shirt and a deer hide vest with a Métis sash, is a retired Sergeant from the Canadian Forces School of Survival and Aeromedical Training. He is a member of the Aboriginal Veterans Association.

17 Wing Winnipeg and the Defence Aboriginal Advisory Group co-hosted the Personal Development Session. Mr. Calder, Director of Indigenous Services, of the Behavioural Health Foundation, gave a similar

presentation here a year ago. The BHF is a private rehabilitation facility specializing in the treatment of mental health, substance, drug and alcohol abuse, notes its website.

For Wing Commander Colonel Andy Cook, there is a real link between what Mr. Calder is doing and the work being doing by Joint Personnel Support Unit. The JPSU provides personal administrative support and programs to ill or injured CAF members of the Regular and Reserve Force who have a medical condition that precludes them from returning to their normal place of duty for a period of six months or more, notes the JPSU website.

"Every time Mike speaks, I learn a lot, something new," said Col Cook. "Only by such things can we move beyond stereotyping and bias and learn to reconcile (with Indigenous people). We've built some bridges here, and they will stay intact. I'm really proud to welcome Mr. Calder here again. With each one of his briefings here, we're one step closer to reconciliation."

It's amazing to see the similarities between faiths, and "the commonality" that exists amongst them, Captain (Rabbi) Glogauer, a chaplain at 17 Wing, observed to a reporter following Mr. Calder's presentation.

"It reinforces the support for different cultures, and the respect that's necessary to ensure the individuality of each culture," he added.

Natalie Fondron-Gasc, a civilian employee and former chair of the DAAG, said Mr. Calder does the seven sacred teachings whenever there's a sweat in the Sweat Lodge, which is located in a fenced off area behind the 17 Wing Chapel.

"From a DAAG perspective, we're always open to speak to any unit during their PD sessions, and anyone is open to attend any DAAG meeting or sweat," she stated. "It doesn't matter what your religion or beliefs are. It's just a good learning experience."

Fondron-Gasc also expressed some disappointment at the rather sparse attendance for Mr. Calder's presentation.

"I believe in love and respect," said Mr. Calder during his presentation, which was laced with anecdotes about his personal life. "I do 20 to 30 smudges a day. It's a cleansing ceremony."

He explained that there are four sacred medicines: sage, cedar, sweet grass, and tobacco.

He spent most of his lecture discussing the traditional concepts of respect and sharing that form the foundation of the Aboriginal way of life, and which are built around the seven natural laws, or sacred teachings.

Each teaching honours one of the basic virtues

intrinsic to a full and healthy life, according to the Sharing Circle website.

"Each law is embodied by an animal to underscore the point that all actions and decisions made by man are manifest on a physical plain," says the online material. "The animal world taught man how to live close to the earth, and the connection that has been established between the animal world and that of man has instilled a respect for all life in those who follow the traditional Aboriginal way."

Love is represented by the Eagle, said Mr. Calder, who was holding a fan made of Eagle feathers.

"The Eagle was chosen by the Great Spirit to represent this law, as the Eagle can reach the highest out of all the creatures in bringing pure vision to the seeker," says the Sharing Circle website. "Though the purveyor of the greatest and most powerful medicine, love can also be the most elusive of the teachings, as it depends upon a world that acknowledges the importance of spirituality."

Respect is the Buffalo (bison): "The Buffalo, through giving its life and sharing every part of its being, showed the deep respect it had for the people," says the online information. "No animal was more important to the existence of Indigenous families than this animal, and its gift provided shelter, clothing and utensils for daily living. Native people believed themselves to be true caretakers of the great herds, and developed a sustainable relationship with the Buffalo resulting in a relationship that was a true expression of respect."

Courage is represented by the bear and honesty by the Sabe. Mr. Calder referred to the Sabe as the Sasquatch, or "Big Foot."

Wisdom is the beaver. Humility is the wolf and truth is represented by the turtle.

"To know truth is to know and understand all of the original laws as given by the Creator and to remain faithful to them," says the Sharing Circle. "It is said that in the beginning, when the Creator made man and gave him the seven sacred laws, the Grandmother Turtle was present to ensure that the laws would never be lost or forgotten. On the back of a Turtle are the 13 moons, each representing the truth of one cycle of the Earth's rotations around the sun. The 28 markings on her back represent the cycle of the moon and of a woman's body. The shell of the Turtle represents the body real events as created by the Higher Power, and serves as a reminder of the Creator's will and teachings."

"With the (Canadian Armed Forces) reaching out and trying to incorporate Indigenous people into everyday life in the military, this is a step in the right direction," said Elder Calder.

Nursing Students Assist in Nutrition Month Activities at 17 Wing



Lunch and Learn participants Misra Yakut, Lisa Smorang, Diane Brine, Janice Bisko, Nursing students Alyssa Penner and Kristin Pot, Shalynn Froelich, Celine Woo. Photo: Martin Zeilig, Voxair Photojournalist

by Alyssa Penner and Kristin Pot, 4th Year Nursing Students, University of Manitoba

As fourth year Nursing students at the University of Manitoba we have spent our nine-week community clinical rotation working alongside the Health Promotion team at 17 Wing Winnipeg. During this time, we spent two days a week learning about the team's role on

the base while completing a project as a part of our course objectives that meets the needs of the community as identified by the Health Promotion team. Our project was focused on nutrition, which corresponds with March being Canada's nationally recognized nutrition month. The Health Promotion team this time of year usually follows suit with the theme released by Dietitians of Canada in their health promotion activities which is what we took on this year for our project work. The theme for this year's nutrition month that we worked with is Unlocking the Potential of Food. As a means of sharing up to date educational nutritional information with the community, we created a poster board that focused on two of the 5 categories released by Dietitians of Canada: The Potential to Prevent, as well as The

Potential to Fuel to support health and wellness in the community.

The poster was presented at a Lunch and Learn session, as well as at several kiosk locations throughout the base, such as at the recreation centre and mess hall, thus making it more accessible to military members and civilians on the base. The information on the poster included information about proper foods that can fuel and protect our bodies. The Lunch and Learn session took place on March 13th in the Canex classroom. This was an interactive presentation where we facilitated a Nutrition Themed Jeopardy game that the attendees participated in. This allowed them to increase their knowledge on nutrition and win beneficial prizes for their efforts. The Jeopardy game contained five categories; Fueling for Exercise, Diet and Disease, Best Bang for your Bite, Label Savvy, and Food Groups. At the Lunch and Learn as well as at kiosk poster presentations, we provided a healthy snack for all who attended to demonstrate that eating healthy can still be delicious.

We have thoroughly enjoyed our time here at the base. The enthusiasm displayed by the attendees who participated in our Lunch and Learn session and kiosk presentations is greatly appreciated. Thank you to Diane, Shalynn and Deanne for their support and guidance during our placement.

Clearance Divers Visit Wing To Search For Recruits



Petty Officer 2nd Class Doug Woodrow and Petty Office 1st Class Shawn Goodine, both are from CFB Esquimalt, were at 17 Wing on March 16 for an information session on the Clearance Diver Program. Clearance Divers are highly trained Diving and Explosive Ordnance specialists who provide and maintain assigned warfare, seabed intervention and training capability elements to meet CAF requirements as tasked by the Commander Royal Canadian Navy. "It's a job where everything you are trained to do, you do," PO 2 Woodrow said. Photo: Martin Zeilig, Voxair Photojournalist

Petty Officer, 1st Class Shawn Goodine admits that being a Clearance Diver is a "very dangerous" occupation.

But, the rewards are significant.

PO1 Goodine and his colleague, Petty Officer, 2nd Class Gord Woodrow, both of whom are based at CFB Esquimalt, were at 17 Wing on March 16 to conduct a Clearance Diver Information Session in the Netherlands Theatre (Building 135).

They were here as part of tour to bases in other parts of Canada. PO1 Goodine and PO2 Woodrow were interviewed by The Voxair prior to their information session.

The Clearance Diver Entry programme has changed to allow voluntary occupational transfers from any trade in the CAF, notes information provided by PO1 Goodine. Previously, candidates had to hold a military dive specialty or sub specialty such as Port Inspection Diver, Combat Diver or Ship's Diver however, no previous diving qualification is required.

"Clearance Divers originated during the Second World War providing a mine countermeasure to the Navy," says the powerpoint presentation used by both Clearance Divers in their information sessions. "They specialized in using explosives to clear mines or obstructions making harbours and shipping channels safe to navigate.

"[They] are highly trained Diving and Explosive Ordnance specialists who provide and maintain assigned warfare, seabed intervention and training capability elements to meet CAF requirements as tasked by the Commander Royal Canadian Navy

"Utilizing sophisticated equipment such as low signature rebreather diving apparatus and underwater navigation sonar systems, Clearance Divers conduct mine-countermeasure operations by locating, identifying and explosively neutralizing underwater mine threats.

"Clearance Divers carry out repair and maintenance of naval vessels and underwater installations with expertise in Underwater Welding, Cutting, Demolitions, Salvage and Recovery, and Remotely Operated Vehicles.

"[They] are the Navy's Explosive Ordnance Disposal experts in both surface and sub-surface environments

with specialists in underwater demolitions, conventional and advanced Unexploded Ordnance Improvised Explosive Device Disposal.

"[We] provide underwater Force Protection at home and abroad for CAF and Other-Government Agencies by clearing port installations, jetties, anchorages and harbours of hazardous threats."

Clearance Divers have been at the forefront of the RCN and CAF operations throughout the world, including operations in Afghanistan, Bosnia and Herzegovina, and most recently, Ukraine, said PO2 Goodine.

On a personal note, he was already two years into a career in the CAF on board HMCS Preserver in Halifax when he was asked by an officer if he wanted to be a Ship's Diver.

That's the first step in the process of becoming a Clearance Diver, PO1 Goodine explained.

"So, I applied and completed the six week course in the fall of 1998 at the Fleet Diving Unit at CFB Shearwater," he continued.

On September 2, 1998, approximately six weeks into that course, Swissair Flight 111 crashed into the Atlantic Ocean eight kilometres off Peggy's Cove, Nova Scotia, PO1 Goodine said.

"All 229 passengers and crew aboard the MD-11 died—the highest death toll of any McDonnell Douglas MD-11 accident in aviation history, and the second-highest of any air disaster to occur in Canada, after Arrow Air Flight 1285, which crashed in 1985 with 256 fatalities," notes Wikipedia.

"That was my first exposure to seeing Clearance Divers in action," PO1 Goodine, who's married with three young children, said.

Every Clearance Diver was involved in that operation, bringing up bodies and pieces of the plane, added PO2 Woodrow.

"They were involved in all aspects of recovery," PO1 Goodine emphasized. "I was amazed at their professionalism and conduct. I successfully finished the Ship's Diver course. It took me four years to get selected to be a Clearance Diver. In 2002, I applied for the Voluntary Occupational Transfer and was accepted and did the selection (process). In September 2005, I did my Clearance Diver course in Victoria at the Fleet Diving Unit Pacific."

It's one of the longest and most gruelling training courses in the CAF, he observed.

"It's very stressful," PO1 Goodine said. "You're looking for the top candidate with the appropriate and desirable attitudes for the program. It's very expensive to train one of us. So, they want to make sure they train the right person."

There are only 128 Clearance Divers in the entire

CAF, he remarked.

PO2 Woodrow had a career as the owner and operator of a number of bars in Vancouver prior to joining the CAF.

Then, he decided to do something a little more challenging with his life.

"So, I joined the CAF with the sole goal of becoming a Clearance Diver," PO2 Woodrow, who was "nationally competitive" in track and field and football in his youth, said. "I was the oldest person to pass the Clearance Diver program."

He's an Explosive Ordnance Disposal specialist now.

"I'm mostly land based," said PO2 Woodrow, mentioning that he was in Afghanistan for seven months in 2009-10 disposing roadside bombs (Improvised Explosive Device)—including one that had the potential, he noted, to flip over a tank. "We're looking for physically fit, self starters who are able to consistently show initiative to accept the burden of responsibility, and who work well alone and as members of a team. They have to be able to remain calm in times of a crisis."

A Clearance Diver is one of those jobs in the CAF where you're trained to do everything, he added.

"Everything you're trained to do, you do," PO2 Woodrow said. "I love coming to work each day and being surprised at what is unexpectedly thrown at you. It's usually a very interesting challenge. We're a highly operational unit. We're all over the world."

PO1 Goodine nodded his head in agreement.



Clearance divers search a sunken ship for undetonated explosive ordnance. Photo: Supplied

"I like the challenges, the unpredictability and adventure," he said, while also noting that there's a less formal working environment, as well as a Diving Allowance, Specialist Pay, Per Diem, and Post Living Differential, among other benefits.

For more information, click onto the website: <http://esquimalt.mil.ca/FDU/Training/howtobeCD.htm>

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Around The Wing



A Douglas C-47A-1-DK Skytrain being hoisted onto a trailer in the Building 32 compound for transportation and restoration at 16 Hangar on March 12. Built in 1943 at Oklahoma City, Oklahoma, USA, the plane was flown by a Polish crew during the war. The aircraft was named after the "Spirit of Ostra Brama" (gate of dawn) from July-September 1944 and probably based in RAF Northolt, Wiltshire. It served with Trans-Canada Airlines as CF-TES, number 91, later 391, and was the last DC-3 to fly in TCA service. It was sold to Transair Ltd in 1963 and then to Lambair Ltd, in The Pas in June of 1967, before being taken out of service in 1970. The aircraft became the property of the Western Canada Aviation Museum and later transferred to 17 Wing, where it was stored in a field behind the supply building for many years. Photo: Cpl Darryl Hepner, 17 Wing Imaging, Winnipeg



The men's team from 19 Wing Comox plays the 4 Wing Cold lake team during the Canada West Volleyball championships on March 7th, 2018 at 17 Wing, Winnipeg. Congratulations to the 4 Wing Cold Lake team who were crowned Canada West Men's Volleyball Champions. Photo: Cpl Bryce Cooper

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Around The Wing



Major Tom Kolesnik leads the fatbikers across Lake Winnipeg. The ride was organized in memory of SAR Tech MCpl Alfred Barr, an avid fatbiker who perished in a parachute training exercise near Yorkton, Saskatchewan on March 8, 2017

Photo: Supplied



Congratulations to the RCSU Team who captured the 17 Wing Recreational League Curling gold medal with a victory over Team 402 Grizzlies. Team RCSU members include (Left to Right): Capt. Mathew Lazaruk, Maj. Kenneth Cressman, Sgt. Ryan Lagace, Maj. Edison McLean. Photo: Supplied

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RCAF's pathway to the stars began with the Silver Dart



The original Silver Dart being readied for a flight at Baddeck, NS, in 1909. Photo: Supplied

by Joanna Calder

On February 23, 1909, the Silver Dart took flight in Nova Scotia. That first powered flight changed travel in Canada forever; air travel became a reality and an industry was born. February 23 has been designated Canada's National Aviation Day – an opportunity to recognize our aviation pioneers and celebrate Canadians who make safe air travel possible.

The 20th century found a youthful Canada building its nationhood. The Dominion of Canada was still closely aligned with Great Britain and, even though the British Empire was beginning to fade, close links remained between the former colonies and Britain. The advent of two new forms of transportation – the automobile and the airplane – would both have a profound effect on Canada.

I believe that it will be possible in a very few years for a person to take his dinner in New York at 7 or 8 o'clock in the evening and eat his breakfast in Ireland or England the following morning.

- Alexander Graham Bell, "Flying Machines of the Future", 1892

"Four years after the Wright brothers achieved the first power-sustained controlled airplane flight, Alexander Graham Bell, J.A.D. [Douglas] McCurdy . . . Frederick Baldwin [both of whom were engineers], Lieutenant Thomas Selfridge [an American army officer] and Glenn Curtiss [an American motorcycle racer], with financial backing from Bell's wife Mabel, founded the Aerial Experiment Association," Senator Joseph Day told his fellow senators on February 23, 2009 – the 100th anniversary of the Silver Dart's flight.

The AEA was formed in Halifax, Nova Scotia, in September 1907, under Dr. Bell's leadership. The team used the Curtiss factory at Hammondsport, New York, as their summer base and Dr. Bell's laboratories in Baddeck as their winter headquarters.

"The AEA began conducting experimental flights with Bell's first idea – a large tetrahedral kite called the Cygnet. Subsequently, Bell devised plans for air-planes, or aerodromes as he called them. The Silver Dart was their fourth flying machine, after some success with the Red Wing, the White Wing and the June Bug," continued Senator Day.

The first successful powered, heavier-than-air, controlled airplane flight in Canada took place at Baddeck, Nova Scotia, on February 23, 1909, when the Silver Dart took to the air, piloted by J.A.D. McCurdy.

The launch of the Silver Dart was "helped by volunteers on skates, many of whom were students given the day off for this momentous occasion," said Senator Day. It "was pushed onto the ice at Baddeck Bay, a sub-basin of Bras d'Or Lake. After gliding along the ice, the Silver Dart lifted off, rose nine metres and flew for one and a half kilometres at 65 kilometres per hour.

"The flight represented unprecedented success in Canadian aviation as the result of hard work, determination and innovation."

The day after the Silver Dart's first flight, Mr. McCurdy flew four miles in a complete circle returning to his starting point. Not only were these flights the first in Canada, they were also recognized by the Royal Aero Club of the United Kingdom as the first successful heavier-than-air flights by a British subject anywhere

in the British Empire.

Mr. McCurdy and Mr. Baldwin formed the Canadian Aerodrome Company to continue their aviation experiments. They sought the interest of the Department of Militia and Defence for possible military applications of the aircraft and were given permission to make some flights during the annual militia training camp.

They shipped the Silver Dart to what is now Canadian Forces Base Petawawa in Ontario and, on August 1, 1909, made four demonstration flights. However, the biplane was wrecked in a heavy landing during the final flight. Militia Department officials and officers who witnessed some of these flights were not impressed. It was decided to await the outcome of similar tests and experiments which were being conducted in Britain.

Mr. McCurdy and Mr. Baldwin offered to sell their aircraft to the government and instruct officers to fly them, but they were rejected.

In the next few years, one officer at Militia Headquarters made repeated efforts to have the Department form an aviation section, but these proposals were declined because "no funds were available".

When the First World War began August 4, 1914, Canada had neither pilots nor aircraft in the armed forces. In fact, when the war broke out, Douglas McCurdy spoke to Colonel Sam Hughes, Canada's Minister of Militia and Defence, about forming a Canadian Air Force. Colonel Hughes, who was not yet a believer in airpower, is reputed to have said, "My boy, the aeroplane is the invention of the devil . . . and will never play any part in such a serious business as the defence of the nation!"

That would change, however, as the employment of aircraft during the war took on greater and greater importance. A failed effort was made to form a Canadian Aviation Corps in the autumn of 1914, but Canadian men flocked to join Britain's Royal Flying Corps, the Royal Naval Air Service and later – when those two organizations amalgamated – the Royal Air Force.

In the post-war years, those Canadian airmen built the foundation of the organization that on April 1, 1924, became the Royal Canadian Air Force.

With files from Transport Canada and the Handbook for Air Force Non-Commissioned Members.



A man, probably J.A.D. McCurdy in a bi-plane with 7-cylinder Gnome rotary engine, at either the Aviation Meet held at Donlands Farm, Todmorden Mills, August 3-5, 1911, or the Aviation Meet, Hamilton, July 27-29, 1911. Photo: Supplied

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The Canada Safety Council advises all Canadians to make sure their smoke alarms are working. A dead unit is worse than none at all — it can give you a false sense of security.

Smoke Alarm Basics

You need a smoke alarm on every level of your home, plus one in each bedroom. Single level homes and apartments should have smoke alarms near the kitchen.

Test your alarm monthly by pushing the test button. If the alarm is battery-powered and doesn't sound, replace it with a new battery and try again. If it's electrically connected to household circuits and doesn't sound, check the fuse and try again. In either case, if the alarm still isn't working, replace the entire unit.

Rule of thumb for replacing your smoke detector batteries: whenever the time falls back or springs ahead change your batteries, or when you hear intermittent beeping. Don't use rechargeable batteries. Unlike regular batteries, they lose their charge without emitting any warning signal.

Smoke alarms can be electrically powered, battery powered or a combination of both. Whatever kind you have, remember they don't last forever. Replace them every ten years with new ones.

Make sure everyone in your home recognizes the sound of the alarm and knows what to do in case of a fire. Know two ways out of every room and have a prearranged meeting place outside. Practise your home fire escape plan regularly. Once out, stay out, and call the fire department from the nearest phone. Never go back into your home until the fire department says it is safe.

Types of Smoke Alarms

A flaming fire burns combustibles quickly, spreads rapidly and generates a lot of heat but only a little smoke. Cooking fat or grease, flammable liquids, newspapers, paint, and cleaning solutions all burn quickly and create more flames than smoke. Ionization type smoke alarms typically respond first to fast flaming fires. They are best suited for rooms which contain highly combustible materials.

A smouldering fire produces a lot of smoke but little heat. Careless smoking, for example, may lead to fires which can smoulder for hours before bursting into flame. Photoelectric type smoke alarms typically respond first to slow smouldering fires and are less prone to nuisance alarms near the kitchen area. These models are best suited for living rooms, bedrooms and near kitchens.

For maximum protection, install at least one ionization and one photoelectric type smoke alarm on each level of your home.

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or email us at voxair@mymts.net



www.pspwinnipeg.ca




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

Mental Fitness & Suicide Awareness: Supervisor Training

This course is course coded!
26 March 2018
0800 – 1600 hrs

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

Force Mentale et Sensibilisation au Suicide

– Formation du Superviseur

Il s'agit d'un cours auquel on a attribué un code!
26 mars 2018

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

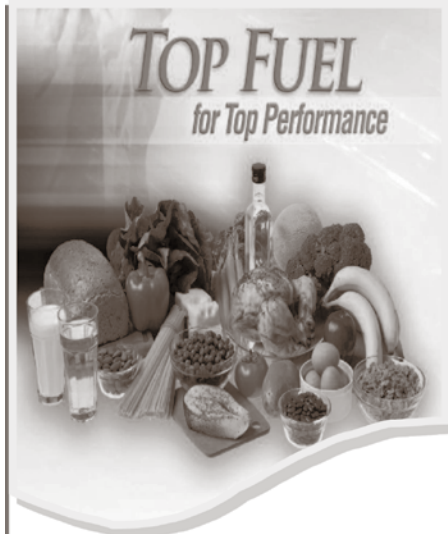
C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprit.



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a call:

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VOXAIR
(204)
833-2500
ext. 4120

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the
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advertising
with us



26 & 27 April

0830-1600 hrs

26 et 27

avril

08 h 30 - 16 h 00

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

Free to Military members, DND/NPF Employees and adult family members! For more information or to register call Health Promotion at (204) 833-2500 ext.4150 Or email

healthpromo@forces.gc.ca

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

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



Respect in the CAF Workshop -Respect dans les FAC-

20 March 2018/ 20 mars 2018
0800-1600 hrs/ 08h00 – 16h00

The "Respect in the CAF" workshop is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims.
-MILITARY MEMBERS ONLY-

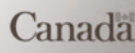
L'atelier « Respect dans les FAC » vise à promouvoir le respect au sein des FAC en favorisant la prise de conscience et la compréhension pour encourager les membres à lutter contre l'inconduite sexuelle et à soutenir les victimes.
-LES MEMBRES MILITAIRES SEULEMENT-

This course is MITE Coded!

Il s'agit d'un cours auquel on a attribué un code!

For more information or to register please contact Health Promotion at local 4150 or healthpromo@forces.gc.ca

Operation
HONOUR



YOGA for active living

SUN April 8 to June 24 • 1330 - 1430 hrs

NEW LOCATION!

SOUTH SIDE COMMUNITY CENTRE

A variety of restorative (Yin) and more active (Hatha) classes.
Come and experience the many benefits of yoga. ***No class May 27**

FREE for Military and Family Members 16+ yrs, Retired Military, DND Employees, Community Rec Memberships and Fit Pass Spring session card holders.

YOGA pour la vie active

dimanche, le 8 avril au 24 juin • 13 h 30-14 h 30 h

NOUVEAU LOCALE!

CENTRE COMMUNAUTAIRE SOUTH SIDE

Une variété de cours réparateurs (Yin) et des cours plus actifs (Hatha)
Venez profiter des bienfaits multiples de yoga. ***Pas de cours le 27 mai**

GRATUIT pour les Militaires et les Membres de Leurs Familles de 16 ans +, les militaires retraités, les employés du MDN, les adhérents aux Loisirs Communautaires et les détenteurs d'un laissez-passer pour la session de printemps.



PSP COMMUNITY RECREATION

GARDENING WORKSHOPS



SEED STARTING WORKSHOP

with Mick Manfield, Master Gardener

Saturday, April 7 • 1000 - 1100 hrs • Bldg 90 MPR

Have you always wanted to start your own seeds so that you are ready for spring planting? Join Master Gardener, Mick Manfield, as he explains how to start your own plants from seed, what equipment to buy that will help with successful seed starting; the advantages and disadvantages of certain growing pots; and some useful tips and tricks on seed storing and seed viability.



COMPOSTING BASICS & GETTING STARTED

with Mick Manfield, Master Gardener

Saturday, April 21 • 1000 - 1100 hrs • Bldg 90 MPR

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



AMAZING PRAIRIE HERB GARDENS

with Dave Hanson

Thursday, June 14 • 1830 - 1930 hrs • Bldg 90 Theatre

What says summer better than fresh herbs paired with your favorite recipes! Join local herb and organic gardening educator Dave Hanson for a fragrant, show-and-tell presentation on how to grow a fantastic prairie herb garden. Topics will include plant selection, growing in the garden as well as containers, plant maintenance through summer and of course to how to harvest and enjoy. Dave always travels with unique plants...so look forward to getting to know everything from the classics to exotic plants like cinnamon and allspice.



NATIVE PLANTS IN THE LANDSCAPE

with Kelly Leask

Tuesday, June 19 • 1830 - 1930 hrs • Bldg 90 Theatre

Join Kelly Leask, manager of Prairie Originals native plant nursery, to learn how and why to incorporate native perennials into your urban garden. Get to know some of Manitoba's most beautiful wildflowers and learn about the birds, butterflies and bees they can attract to your backyard.

To register for the FREE workshops go to
www.cafconnecion.ca/winnipeg or in-person at Bldg 90 front desk



Connect with us:

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

www.cafconnection.ca

www.facebook.com/WinnipegMFRC

www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

Personal Safety

A member of the Winnipeg Police Service will be here to talk about personal safety, home safety, staying safe when out on your own and in your car. Some online fraud safety will be covered as well. Free program with registration. Held Tuesday April 17, 7 – 9 pm REGISTER BY April 12

Sécurité Personnelle

Un membre du service de police de Winnipeg sera au CRFM pour parler de sécurité personnelle soit: la sécurité à la maison, votre propre sécurité, en voiture, ainsi que de la sécurité en ligne et de fraude. Mardi 17 avril de 19 à 21 h. Gratuit. Date limite d'inscription: 12 avril. Présenté en anglais.

Mature Women's Group

Join us for an evening of coffee and conversation as we discuss topics geared to midlife. If you are a 45+ woman this is a great way to meet others, share your wisdom and expertise about navigating life's journey. Free Drop-in Monday, April 30 7:00 pm – 9:00 pm

Groupe de dames – 45+

Joignez-vous à nous pour une soirée de café et de conversation touchant la force de l'âge. Si vous êtes une femme âgée de 45+ ans, vous aurez l'opportunité de rencontrer d'autres femmes et de partager avec elles votre sagesse et vos expériences de vie. Gratuit. Lundi 30 avril de 19 h à 21 h. Présenté en anglais.

April is month of the Military Child

The Dandelion: The Official Flower of the Military Child

It takes root almost everywhere, is almost impossible to destroy, is unpretentious but beautiful and can survive in a wide range of climates.

Military Children thrive where the winds take them. They are sturdy and straight, with roots firmly planted and nurtured in the culture of the military. They are ready to fly with the tiniest breezes, off to new adventures, new lands, and new friends.

The military child is open to new cultures, tolerant and extremely durable. He or she has learned from an early age that home is where the heart is, and that friends can come from the four corners of the worlds and in all colours. That the best way to survive is to be adaptable, and that every time an old chapter ends, a new chapter opens with the beginning of an exciting new adventure.

Strong. Brave. Courageous. Flexible. Resilient. Military Children! Wear purple this month to support our little heroes!

Avril est le mois de l'enfant militaire

Le pissenlit: La fleur officielle de l'enfant militaire

Elle s'enracine presque partout et est presque impossible à détruire. Elle est sans prétention, mais elle est belle et survit à un large éventail de climats.

Les enfants de militaires fleurissent partout où les vents les portent. Ils sont robustes et droits. Leurs racines sont fortes, cultivées dans la culture de l'armée, plantées rapidement et sûrement. Ils sont prêts à voler dans les brises qui les emportent vers de nouvelles aventures, de nouvelles terres et de nouveaux amis.

L'enfant de militaire est culturellement ouvert, tolérant et extrêmement résistant. Il apprend dès son jeune âge qu'il est à la maison là où le cœur s'attache. Qu'un ami peut se trouver dans les quatre coins du monde et de toutes les couleurs de peau. Que l'éducation ne vient pas seulement de l'école. Il apprend que pour survivre, le meilleur moyen est de s'adapter, que chaque chapitre qui se ferme ouvre la porte sur de nouvelles aventures passionnantes.

Fort. Brave. Courageux. Flexible. Résilient. Enfants de militaires! Portez du mauve ce mois-ci pour soutenir nos petits héros!

Come out for
an afternoon of
creative construction.
Families will be
working together to build ...

Box City!

Saturday, April 7
11 am - 2 pm
Lunch will be
served at 12:30

Please mention any food allergies at
the time of registration.
Register by March 21
by calling 204-833-2500 x 4500

VENEZ REJOINDRE NOTRE CÉLÉBRATION DE LA JOURNÉE ROSE INTERNATIONALE!

5^e Annuel

Déjeuner aux crêpes roses

AU CRFM DE WINNIPEG
102, RUE COMET

MERCREDI
11 AVRIL 2018

LES FAMILLES
SONT LES
BIENVENUE

de 7 h à 9 h
Jusqu'à l'épuisement du mélange à pâtes

GRATUIT!

MFRC CRFM WINNIPEG

POUR OBTENIR PLUS D'INFOS: Sherri Pierce poste 4056 • sherri.pierce@forces.gc.ca

JOIN US IN CELEBRATING INTERNATIONAL DAY OF PINK!

5^e Annuel

Pink Pancake Breakfast

AT THE WINNIPEG MFRC • 102 COMET ST.

WEDNESDAY
APRIL 11 2018

FAMILIES WELCOME

7:00 - 9:00 am
While supplies last.

FREE!

MFRC CRFM WINNIPEG

FOR MORE INFORMATION: Sherri Pierce ext. 4056 • sherri.pierce@forces.gc.ca

Sports Trivia Answers

1. Canada.
3. Kazakhstan. Vorobieva won silver in cross-country skiing in 1994 in Lillehammer.
4. Liechtenstein. Josef Gmeiner won bronze in alpine skiing in 1994.
5. USSR. Grigoryeva won two bronze medals in cross-country skiing in 1988 in Innsbruck. The Soviet Union later dissolved and the various republics now compete as individual nations.
6. Germany - 345 - 130 gold, 113 silver and 102 bronze.
7. Norway - 135.
8. 135 - 43 gold, 43 silver and 49 bronze.
9. Lauren Woolstencroft - Calgary. Woolstencroft has won 8 gold, 1 silver and 1 bronze medal in Paralympic alpine skiing. The commercial was first shown after the kickoff at Super Bowl LII and multiple times during TV coverage of the PyeongChang Olympics.
10. Reinhold Moeller - Germany - Alpine skiing - 19 medals (16 gold). Moeller has also won four medals (3 gold) in athletics in Summer Paralympic competition.
11. Gerd Schonfelder - Germany - alpine skiing - 17 medals (12 gold).
12. Lauren Woolstencroft - alpine skiing.
13. Brian McKeever - Calgary - visually impaired cross-country skiing - 12 medals (10 gold). McKeever's guide was primarily his brother, Robin.
14. Ragnild Myklebust - Norway - 27 medals (22 gold, 3 silver, 2 bronze) - competed 1988-2002 in cross-country skiing, biathlon and ice sledge speed racing.
15. Frank Heofle - Germany - 21 medals (13 gold) - competed 1984-2010 in biathlon and cross-country skiing. Heofle also won 1 gold a
16. Surprise, surprise it's Russia with 41. This is four times the runner-up and over 25% of the total world tally.
17. 2010 in Vancouver - 19 medals (10 gold, 5 silver, 4 bronze).
18. Lauren Woolstencroft - alpine skiing - 5 gold. Viviane Forest - Edmonton - visually impaired alpine skiing - 5 medals (1 gold, 3 silver, 1 bronze). Forest's guide was Lindsay Debou.
19. Viviane Forest. In addition to her skiing gold, Forest won gold in 2000 in Sydney and 2004 in Athens in goalball.
20. Josh Dueck - Vernon, BC. Dueck won silver in Vancouver and gold and silver in Sochi in sitting alpine skiing. His backflip earned him an appearance on The Ellen DeGeneres Show.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): You'll be in the spotlight for a while so avoid giving folks too much to talk about by acting impulsively. Keep your thoughts to yourself. You have greater influence than expected. How you perceive things effects outcomes so watch your assumptions. Trust in a positive outcome.

Taurus (April 20 – May 20): When you believe what you say you speak with conviction when challenged. Know your subject. Know yourself. Know the facts. You can't avoid reality. The better informed you are the better you'll come across. Dive into a new project. Aim to do your very best.

Gemini (May 21 – June 21): An outer journey could reflect an inner journey of self-discovery. What you learn may not be to your liking but it's worth it. In the end you'll know and understand yourself better. And you'll know what is right for you. Life is not linear it is full of twists and turns. Evolve consciously.

Cancer (June 22 – July 22): In hindsight you realize you erred in dealing with a situation. Treat yourself kindly. Everyone makes mistakes. Compassionate people understand this. You strive to be kind and fair. That's what counts. Life has a lot of learning curves. It's the journey that counts not how easy the road is.

Leo (July 23 – August 22): Establish a routine that will help you feel more energized. Make necessary changes. Plan how to deal with responsibility and commitments more effectively. A situation could get a lot hotter than you expected so make sure you remain flexible and open to information and feedback.

Virgo (August 23 – September 22): You have a sense of what's coming next. You know what to expect. Still, even if you doubt that significant changes will result, it's important to do what you think you should. Lead by example. It's in the doing that you make a difference. Appreciate all you have while you have it.

Libra (September 23 – October 23): Live in the moment but plan for the future too. It is essential you stay realistic. Having an optimistic, positive mindset is important; doing the work is what makes things happen though. Good habits bring a solid return that might seem like good luck but you know better.

Scorpio (October 24 – November 21): You are complex and have many facets but not everyone sees this. Enjoy the companionship of those who dance to the beat of a different drum. Get together for good times with people who know and love the real you. They respect and believe in you and your dreams. Yes!

Sagittarius (November 22 – December 21): Changes you make now may be more about returning to your roots as opposed to redefining yourself. Get back on track. Discover new ways of working to shape your life so that you feel freer and more genuinely engaged instead of playing by someone else's rules.

Capricorn (December 22 – January 19): Don't try and live according to someone else's design. Be motivated by their success, but tailor your efforts to your own style. Follow the tried and true if that's what suits you. New and different isn't automatically better. Avoid trends. Be patient waiting for results.

Aquarius (January 20 – February 18): Be sure you're not opposing others just to prove you can assert yourself. Pick your battles. What have you always wanted to do? Make choices and set goals that reflect your commitment to making your life look like what you always dreamed it would be. Aim high.

Pisces (February 19 – March 20): Maintain emotional balance by spending time in nature. This will help you deal more gracefully with life's frustrations. Reflect on issues that arise with others. You'll gain a greater understanding of yourself. Use your natural gifts. Keep learning to stay current and competitive.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

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341 Wilton Street (204) 475-5852

CHASE THE KING & 50/50
Every Thursday @ 5:30 PM • Draw @ approx 7:00 PM
HAPPY HOUR
Every Friday & Saturday 4:00 PM — 7:00 PM
MEAT DRAWS
Friday Night — 7:00 PM • Saturday Afternoon — 3:30 PM

MARCH 23 & 24 – DMG Band
Thursday, MARCH 29 – Bryan James Band
(7:30pm - 11:30)
MARCH 30 – Good Friday – UNIT CLOSED
Saturday, MARCH 31 – Bryan James Band
APRIL 6 & 7 – Vintage Groove



178TH ANNIVERSARY
ANAVETS DAY
SHOULDER TO SHOULDER

APRIL 7TH, 2018

Parade of Colors (Balloon Release)
HMCS Chippawa Jazz Combo
Meat Draw & 50/50 – Donkey Races
Live Band – Vintage Groove

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TEXAS HOLD 'EM

Tuesday 7 pm

ZUMBA

Tuesday / Thursday 10-11 am

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Wednesday 1 pm & 7 pm

DANCE TO LIVE BANDS

Friday 8pm-1am June-August

Every Saturday 7-11 pm

MEAT DRAWS

Friday 5-7 pm

Saturday 2-5 pm

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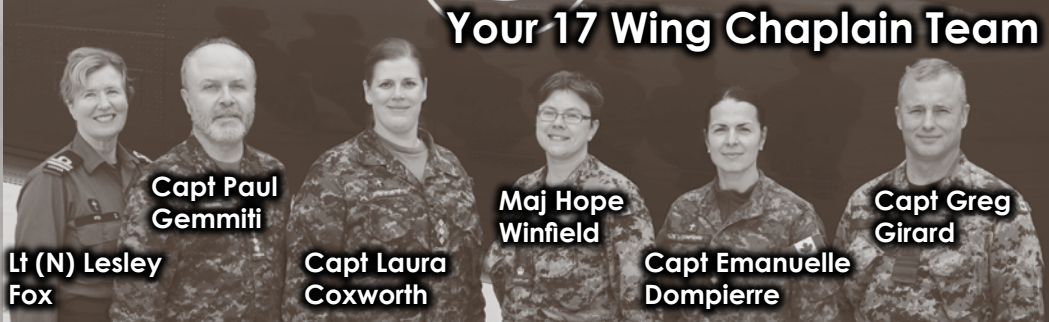
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Chaplain's Corner

Turn, Turn, Turn

by Captain Laura Coxworth
Humanity seems to be hardwired to need seasons and chapters. Points of time where one season ends and another begins. We see this in many world religions, we feel this when we turn over to a fresh calendar. Spring is an amazing time, and it seems no matter what the weather, when spring comes, we rejoice because it's a fresh new start.

Winter is difficult for so many, the cold and the dark and the relentlessness of day after day of cold. We get tired and we need hope. It's been fun to look at the clock and realize it is 5:30 and still light out, now 6:00! And then with the glory of Daylight Savings Time, we are sitting in the light much later. I recognize that many don't like DST, but I for one, love it.

In many religions around the world, spring holds a special place. Since ancient times, humanity has celebrated the miraculous return of plants, of warmth, celebrated the new life that is all around with animals waking up from hibernation, and new babies everywhere. I have often wondered at the fact that almost all animals have their young in the spring.

Spring holds a special importance to my faith tradition as well. We celebrate the ultimate rebirth, the death and resurrection of Jesus Christ. In this season we remind ourselves that we are incomplete, we need reconciliation with God, that we are reliant upon Him for that reconciliation. From the dawn of time, into the very cold and darkness of our humanity, Christ shines His light of love and invitation to new life for all who

believe. For the Christian, the blooming of new buds, the wavering feet of the newborn wildlife around, it all serves as a reminder to turn our hearts back to the Cross.

A new season allows us to feel like we can start fresh, perhaps have a 'do over' on things we have neglected during the winter. We spring clean our houses, why not also the other areas of our lives?

This spring, I encourage you, before the snow melts and the busy days of summer roll in, take some time and reflect on how you are doing in every area of your life. Are you spending more that you should? Are you treating your spouse and children as well as you'd like? How about the gym? Perhaps spring can serve as a stopping point for you, to mark the quarter-post of this year that's passing so quickly and think about the goals, resolutions or hopes you had coming into 2018.

Spring is a glorious time! With new beginnings, fresh chapters, and perhaps even an invitation to bring life back to areas that have been wallowing in the dark cold of winter.

I personally wish to extend to you and your family all the peace that Easter is designed to bring. Enjoy the long weekend, and all you do to make is special.

HOLY WEEK / LA SEMAINE SANTE

Roman Catholic Mass, St. Marguerite de Bourgeoys :

Palm Sunday 25 March 1600

Holy Thursday 29 March 1900

Good Friday 30 March 1500

Holy Saturday (You are encouraged to experience the celebration at any one of the local RC churches of the Eastern or Latin Rites.)

Easter Sunday 1 April 0900

Messes de la semaine sainte pour la communauté paroissiale catholique St-Marguerite de Bourgeoys :

Dimanche des Rameaux le 25 mars à 16 h

Jeudi saint le 29 mars à 19 h

Vendredi saint le 30 mars à 15 h

(Veillée du Samedi saint – nous vous encourageons à vivre la célébration à l'une des églises catholiques de confession de rites latins ou orientaux de la région)

Dimanche de Pâques, le 1er avril à 9 h

Good Shepherd Protestant Services :

Palm Sunday 25 March 1100

Good Friday 30 March 1100

Easter Sunday 1 April 1100 with potluck lunch to follow

Messes de la Semaine sainte pour la communauté paroissiale protestante Good Shepherd :

Dimanche des Rameaux le 25 mars à 11 h

Vendredi saint le 30 mars à 11 h

Dimanche de Pâques le 1er avril à 11 h – Suivi d'un repas-partage



Faith *and* Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE: (English Only) 1100 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 Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Lesley Fox
(United Church)
- Protestant Faith
Community Coordinator
ext 5272

Padre Laura Coxworth
(Pentecostal)
ext 5785

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

JEWISH

CHAPLAIN

Padre Notech Glogauer
(Rabbi)
ext 6914



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Community Chapel**
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(west off
Whytewold/
Wihuri Road)

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Bilingual) 1600 hrs

CHAPLAINS

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

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

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

COMMUNITY SERVICES:

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

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

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

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

MAIN OFFICES
Administrative Assistant
204-833-2500 ext. 5087
Building 64,
Lower Level, North End.

EMERGENCY DUTY CHAPLAIN
Contact MP Dispatch ext 2633.

INFO PHONE NUMBER
For chaplaincy services and related
information, phone ext **6800** and
follow the prompts.

WEBSITE
Those with access to the DIN can
visit 17Wing.winnipeg.mil.ca, then
click '17 Wing', then 'Services'.

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

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