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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

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17 Wing Team Wins Prairie Region Curling Championships!



Mr. John Mahon the Manager for Canadian Forces Base Wainwright PSP and Bud the buffalo stand with 17 Wing Winnipeg's curling team after they won first place at the Prairie Region Curling Tournament. From L to R, the team included: Andy (in Buffalo Costume), Capt Hough, Maj Sajtos, MCpl Purll, Cpl Feere, MCpl Diebert. Photo: MCpl Peter Simpson.

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

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2CAD Commander Hands out Decorations



BGen Martin Galvin (left) presents CWO Daphne Germain with the Op Unified Protector Medal. Credit: Cpl Joseph Morin.

Air Force News

Brigadier-General Martin Galvin, commander of 2 Canadian Air Division (2 CAD), visited 15 Wing Moose Jaw, Sask., 16 Wing Borden, Ont. and 22 Wing North Bay, Ont. in late November to present Canadian Forces members with medals and commendations.

Of the awards presented, most were for members who deployed during Operation Unified Protector, the 2011 NATO-led effort to enforce the arms embargo and no-fly zone on Libya, which was authorized by two UN resolutions that also called on the international community to protect civilians and civilian-populated areas in Libya.

Canada's participation was called Op-

eration Mobile.

Other awards and commendations included Canadian Forces' Decorations and Queen Elizabeth II Diamond Jubilee medals.

2 CAD is responsible for training the men and women of the Royal Canadian Air Force, from initial trade training to ongoing professional development throughout their military careers.

It also develops aerospace doctrine for the RCAF through the Canadian Forces Aerospace Warfare Centre, coordinates the "lessons learned" program to review and learn from past operations, and creates new methods and opportunities in training and education through technology.

Editor's Note

Starting with this issue of The Voxair, you'll likely notice a big change. After a long search and many meetings, we have decided to switch printers and also change the type of paper we print on. It is our belief that this new partnership

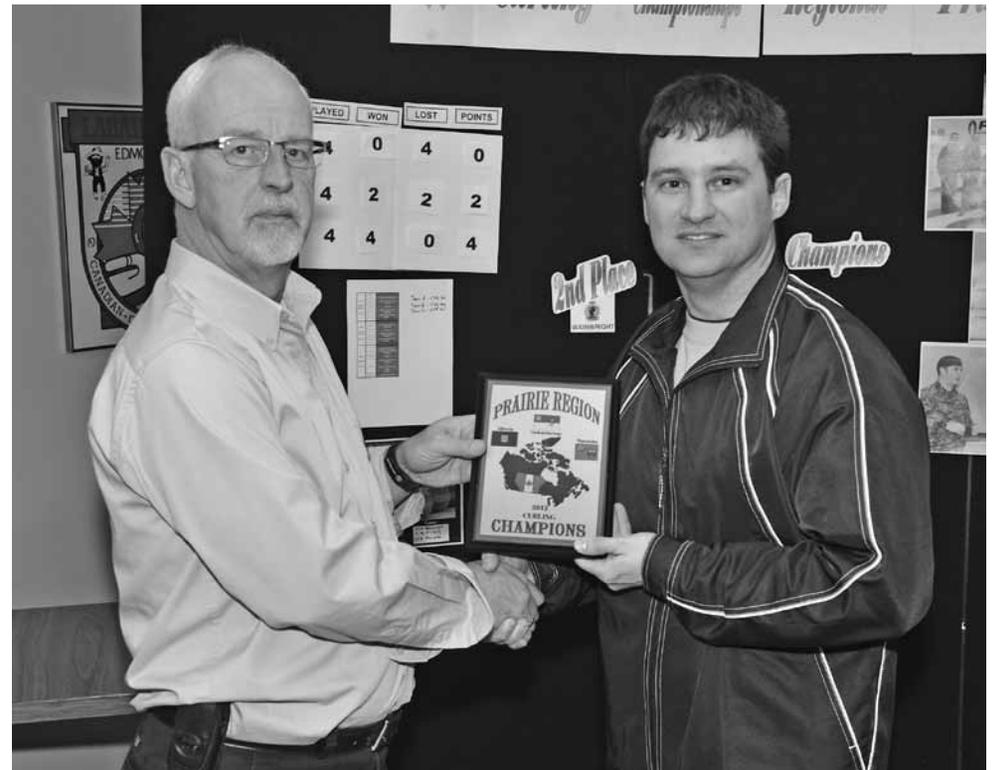
will make for a much better paper. The photos should be more vivid, and the text should be much easier to read. But, as with any transition, there are likely to be some speed bumps to the process. So please bear with us if the paper looks a little weird at first.

The most important thing we need right now is feedback from you, our readers. What do you think of the new paper? Love it? Hate it? Let me know, after all this is your newspaper.

Michael Sherby
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you're
done.*

Winnipeg Dominates at the Prairie Region Curling Championships



Mr. John Mahon the Manager for Canadian Forces Base Wainwright Personnel Support Programs presented Capt Richard Hough from the 17 Wing Winnipeg curling team with the first place plaque. Photo: MCpl Peter Simpson

By: Mike Sherby Voxair Manager

Team Winnipeg swept away the competition and drew in to the button to win this year's Prairie Region Curling Tournament in CFB Wainwright.

The tournament, held from the 21 to 24 January, saw only three teams participate this year due to scheduling conflicts with some key teams. This left the team from Winnipeg to face off against teams from CFB Edmonton and Wainwright.

The Winnipeg Team consisted of: Capt Rich Hough, CFSSAS (Skip), MCpl Mike Purll, 402 Sqn (3rd), Maj Dan Sajtos, CFSSAS (2nd), Cpl Aaron Feere, 17 Wing Fire Hall (lead), and MCpl Heather Diebert, 1 Cad Air Div (lead).

Winnipeg went undefeated through their round robin games, never even playing past the 7th end. But then the opposition really heated up in the playoffs as the third place

Edmonton team upsetting Wainwright in extra ends to earn a spot in the finals.

"They picked the right time to peak actually, that's for sure," says Maj Sajtos.

Edmonton kept up their pace in the championship finals, racking up a 4 point lead going into the 7th end. But team Winnipeg battled back hard and managed to tie things up in the 7th. From there the teams fought back and forth until the final end.

"We were up by one in the tenth end with the hammer, but their skip outdrew us, so they were sitting shot rock. Then Rich made an amazing shot and knocked him out so we ended up taking three in the final end."

Maj Sajtos, who's been curling for over 40 years, says that although he was confident going into the tournament, he never expected to have such a great run.

"We went to the tournament last year, and we didn't do nearly as well.

We lost out to Moose Jaw and Edmonton, coming in 3rd. We'd heard that Moose Jaw's skipper was retiring, so we thought we might have a pretty good chance, but we never expected to be so dominant."

The win is all the more impressive considering that the team only started playing together with Capt Hough as skip this year.

"I curl with him [Capt Hough] in intersection sometimes, but as a team we only got together before the Winnipeg play-downs."

Maj Sajtos had a great time at the tournament, and said that he was extremely grateful for the wonderful service its host, CFB Wainwright provided.

"They assigned one staff member to each of the teams. And they had a bet going on between them that the losing team's host had to wear the buffalo costume in the winning team's photo. So if you look at the photo that's Andy, the Wainwright team's host in there."

VOXAIR

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402 Squadron Promotions and Awards

402 Squadron held an awards ceremony at the end of November 2012 to recognize members of the Squadron. CO LCol Marc Rittinger handed out the honours. All Photos by: WO Barry Wright.



MCpl Chris Murphy received his CD1.



WO Guy Lyrette was promoted to MWO.



Pte Cory Rideout was promoted to Cpl.



Pte Daniel Roy received an advanced promotion to Cpl.



MCpl Rick Chevrefils was promoted to Sgt.



Sgt Steve Sagriff was promoted to Warrant Officer.



MCpl Hardy was promoted to Sgt.



Sgt Paul Marcotte was promoted to WO.



Pte Daniel Roy, recipient Of Well Done Award for averting a hydraulic leak, from left to right, are; LCol Marc Rittinger, 402 Sqn CO, Mr David Hentschel, Air Force Safety Center Director and Pte Roy.



Cpl Matt Ligon being presented with "For Pro" award for discovery of a twisted flight control cable.

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17 Wing About to Kick-Off Another Nijmegen Season

As some of you may have noticed, recently e-mails have been circulating about the Nijmegen March Information Briefings and we couldn't help but think what better time to remind people of the experiences the team from 17 Wing had when they attended the event back in 2011.

**By: Maj Heather Collins
2011 Nijmegen Team Leader**

17 Wing's 15-person 2011 JTF Nijmegen Team departed Winnipeg for The Netherlands on Friday July 15th on an overnight flight to Amsterdam to commence the next phase of our Nijmegen adventure. This year marked the 95th time that The Marches have been held since they began in 1909. Originally instituted by the Dutch King as a way to improve the stamina of his military troops and later to encourage physical activity in all people, the Four Days Marches or "Vierdaagse" became an international event for both civilian and military participants. The Four Days Marches require that military entrants complete the four-day, 160-kilometre march in combat uniform while carrying a minimum rucksack load of 10 kilograms. This year there were 45,000 military and civilians registered for the event and 38,422 participants completed the Four Days Marches. This rigorous and challenging event draws participants from more than 50 different nations and is witnessed by over 1 million spectators along the routes. This year the Canadian Contingent partnered with the Soldier On and Military Families Funds to raise money and awareness for these two very worthwhile causes. In total the Contingent raised over \$17,000 for these funds, of which the 17 Wing team raised almost \$3000.

After arriving in Camp Heumensoord on Saturday we prepared for the Canadian Contingent's trip to Vimy Ridge the following day. On Sunday after a 4-hour bus ride the 208-person Canadian Contingent arrived at Vimy Ridge where we held a remembrance ceremony at the main monument. This trip was graciously sponsored by the Royal Canadian Legion and members of the Legion were present to join us in this ceremony. Following a group photo at the monument we were able to tour the trenches, tunnels, battlefields and cemeteries at the site accompanied by Parks Canada Interpreters, many of whom were Canadian university students. For most this was their first visit to a historic battle site and for all of us it was a very moving and memorable experience.

On Monday July 18th while Team Leaders attended route briefings, everyone prepared for the official opening ceremonies to be held later that evening. The teams from 17 Wing and the Royal Military College were chosen to march in the opening ceremonies to represent Canada while the other Canadian teams watched from the stadium. Canada is the only country other than the host country at The Marches that is privileged to carry the Dutch flag throughout the event. Sgt Jeff Eves from our 23 Military Police Flight was chosen to carry the Dutch flag for our Contingent at the opening ceremonies. In addition to the march on of the military teams, this ceremony featured music, dance and aerial artists and was televised on Dutch national television.

Each day of the Marches has a different route and is

named after the largest community that the route travels through. The first day is called the day of Elst, the second day is the day of Wijchen, the third day is the day of Groesbeek and the final day is the day of Cuijk. The military routes are different than the routes walked by civilians although at times the two groups merge together. The Four Days Marches began on Tuesday July 19th with reveille at 0330 as the Canadian teams had to form up in the marshalling area for 0500 for our departure order. We were led off the camp each morning to the sounds of the bagpipes played by Contingent member Lieutenant Commander Michael Long.

On Day 1, the day of Elst, we started off out through the giant boots and helmet at the main gate of the Camp into the streets of Nijmegen and marched our way to the famous Nijmegen bridge and out to the community

Middelaar and Milsbeek on our way to Groesbeek with a deadline for our arrival in Groesbeek of 1130. This day is known as the day of the "Seven Sisters" due to the many hills on the route. We had to push our tempo this day in order to arrive in Groesbeek at the Canadian War cemetery in time for the annual remembrance ceremony. Although it was difficult to stand at attention after 30+ kilometres of marching the beauty of the gravesite, tremendous local support and the memory of the fallen got us through. The ceremony was filmed by the Dutch national television station and this event clearly is still of great importance to the Dutch people today. After completing the last leg of this day's route we all were very glad to cross back over the Nijmegen bridge and to see the boots and helmet back at the camp.

On Day 4 we got to sleep in until 0330 before beginning the day of Cuijk. It was hard to believe that this was to be our last March day! Our route took us through Nederasselt, Grave and Beers en route to Cuijk. We came back through Mook, Molenhoek and Malden before traveling over the bailey bridge on our way back to Nijmegen. Two members of the Dutch contingent had arranged to have their wedding ceremony in the midst of the March on the bailey bridge on this final day of the Marches. Our route through Nijmegen took us to the Charlemagne field for a quick stop before receiving our medals from the Contingent Commander, Brigadier General John Madower, Assistant Chief of Military Personnel. In order to "complete" the March we changed into clean combat shirts, dumped our sand bags and donned our berets for the final five kilometre leg of the March known as the Via Gladiola or Victory March through the streets of Nijmegen where the Dutch people literally climbed on rooftops, filled balconies and crowded sidewalks to cheer on the military groups and civilians as they proudly completed their march.

Despite sore feet, blisters, sleep deprivation and at times heated tempers, the Nijmegen Marches are the event of a lifetime. This gruelling and physically demanding challenge confirms our physical readiness and draws us together as a team. My team members and I were proud to represent this Wing and our province at this prestigious international event. To visit first hand Vimy Ridge and the Groesbeek War Cemetery were opportunities that we will carry with us for life. We met amazing people from foreign militaries and will always remember how late and loud the Germans can party. We met young cadets from the UK who because they were under 18 did not carry the weighted packs but ploughed through the same mileage with songs and determination. And perhaps most memorable was the warmth of the welcome and reception we received from the Dutch people.

In closing I would like to personally thank my 2IC, Sgt Jeff Eves, for his tremendous support and our Team Medic, Pte Todd Cooney, for all his ministrations. I would also like to thank my entire team for their extraordinary efforts and dedication throughout the training and Marches. Information on the application process can be found on the Wing Pop-Up.



The 2011 Canadian Nijmegen Team with their medals.

Front Rank (L-R) Cpl L. Curtis, Capt J. Deutscher, Maj H. Collins, MCpl K. Jacques, Pte M. Joyce-Podolas, Pte A. Desruisseaux. Rear Rank (L-R) Sgt J. Eves, Sgt M. Deutscher, Capt E. Zdorova, AB C. Puccio, Cpl F. Cameron, Pte T. Cooney, Pte M. Araneta, Lt C. Thompson, Capt B. Dix. Photo: Cpl D. Lefebvre. Photo: Submitted.

of Lent. From there we worked our way through the communities of Bommel, Elst, Valburg, Oosterhout and back again over the bridge into Nijmegen and through the city back to Camp Heumensoord. We were very happy to see the giant boots and helmet that welcomed us back into camp each day. Our fantastic Canadian support staff had wading pools set up by our barrack tent ready to soak our tired feet.

The second day of the march is often remembered as the most difficult – marchers are stiff and sore from Day 1 and wondering how they will get through three more days of the gruelling march. On Day 2, the day of Wijchen, reveille was at 0300 and after the team left Nijmegen and we marched through the communities of Weurt, Beuningen, and Wijchen before winding our way back through Nijmegen to camp. Our minds were taken off the distance by the beautiful countryside, winding paths across the dykes and the traditional and modern windmills that we saw along the way. Each day of the march had some special moment and on this day while walking through the community of Wijchen we heard a "clip, clop" coming up behind us and for a moment we thought there must be a horse coming along. We were very surprised to see a group of Dutch civilians who were completing their walk in their traditional wooden shoes!

On Day 3, the day of Groesbeek, our reveille came at 0230 because we had to march through Malden, Mook,



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'Tis the season for New Year's resolutions, and for many of us, a healthier diet and regular exercise are at the top of the list.

While major lifestyle changes can be daunting, this year Canadian Forces members have some extra support to kick-off their healthy-living plans, and keep motivated all year long. DFit.ca, the Canadian Forces' new on-line fitness resource, provides effective workout plans at your fingertips, and now offers a growing suite of nutrition resources.

Launched in October 2012, DFit.ca is unique online tool that's designed to move with you, so that whether you have access to a gym full of equipment on a base or just a pair of sneakers and your own backyard, you can use DFit.ca to customize your workouts to meet your goals. The site also provides an interactive forum for you to post questions, comments, and receive feedback from PSP fitness professionals.

Since its launch, DFit.ca continues to evolve. The PSP Fitness team has received lots of positive feedback and helpful suggestions about the site, and are using that

feedback to improve the site's communication tools and printable plans.

DFit.ca's new nutrition resources include a Meal Plan tool and Eating Out Smart, a guide to choosing

healthier options at restaurants.

The Meal Plan is a great way to ensure balanced nutrition from the grocery store to the table. Healthy, well-balanced meal plans are generated for the week, with downloadable grocery lists that you can take right to the store. The planner even lets you substitute ingredients to customize meals to accommodate preferences and food allergies.

The Eating Out Smart guide is designed to support you when life gets hectic, and fast food is on the menu. It provides meal suggestions from nine of Canada's most popular restaurants to help you stay on track even when you're on the go.

All of the nutrition resources have been developed with the health promotion experts at Strengthening the Forces, and new resources will continue to be added in the coming months. Information about nutrition essentials, foods for training and recovery and sports supplements are all in development, and coming soon.

Visit www.DFit.ca today, and start planning your fit and healthy 2013.



Se Mettre en Forme et Bien Manger Grâce au Site cphysd.ca

C'est le temps des résolutions du Nouvel An et pour plusieurs d'entre nous, adopter une alimentation plus saine et faire de l'exercice sur une base régulière sont au sommet de la liste.

Les changements de mode de vie sont parfois intimidants, mais les membres des Forces canadiennes peuvent désormais compter sur un soutien supplémentaire pour concrétiser leurs plans de vivre sainement et se garder motivés toute l'année durant. Le site cphysd.ca, la nouvelle ressource Web de mise en forme des Forces canadiennes, offre des plans d'exercices efficaces et une liste constamment augmentée de ressources en matière de nutrition.

Lancé en octobre 2012, le site cphysd.ca est un outil en ligne unique en son genre conçu pour évoluer avec vous – que vous ayez accès à un gymnase entièrement équipé dans la base ou une simple paire d'espadrilles pour vous entraîner dans votre cour arrière. Ce site vous permet d'adapter votre entraînement de sorte à atteindre vos objectifs. De plus, le site héberge un forum in-

teractif où vous pouvez poser des questions, afficher des commentaires et obtenir des réponses de professionnels du conditionnement physique des PSP.

Depuis son lancement, le site cphysd.ca ne cesse d'évoluer. L'équipe de conditionnement physique des PSP a reçu de nombreux commentaires encourageants et des suggestions utiles au sujet du site. Elle tire parti de ceux-ci pour améliorer les outils de communication du site et ses plans imprimables.

La nouvelle ressource en matière de nutrition sur cphysd.ca comprend un outil de planification des repas et le guide Choix santé au resto pour vous aider à faire des choix plus sains lorsque vous irez manger dans des chaînes de restauration rapide.

L'outil de planification des repas est un excellent moyen de vous assurer un régime équilibré depuis l'épicerie jusqu'à l'assiette. Des plans de repas sains et équilibrés sont générés pour la semaine et s'accompagnent de listes d'épicerie imprimables que vous pouvez apporter au magasin. L'outil vous permet même de remplacer certains ingrédients et d'adapter vos repas pour tenir compte de

vos préférences et des allergies alimentaires.

Le guide Choix santé au resto a été conçu dans le but de vous aider à manger sainement lorsque votre emploi du temps est chargé et que vous devez recourir à la restauration rapide. On y trouve des suggestions de repas pour neuf des chaînes de restaurant les plus populaires au Canada, suggestions qui vous aideront à rester fidèle à vos résolutions même quand vous mangerez sur le pouce.

Toutes les ressources en matière de nutrition ont été élaborées en collaboration avec des spécialistes de la promotion de la santé du programme Énergiser les Forces, et de nouvelles ressources seront ajoutées au site dans les prochains mois. En voie d'élaboration : information concernant les notions de nutrition essentielles, les aliments à consommer durant un entraînement et en période de récupération ainsi que les suppléments pour sportifs.

Visitez le site cphysd.ca dès aujourd'hui, et commencez à planifier l'année 2013 sous le signe de la mise en forme et de l'alimentation saine.

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Security Awareness Week February 11-15, 2013

In order to mark Security Awareness Week, 23 MP Flight has sent out a handy list of recommendations to help everyone be more security aware.

Who is responsible for Security? You are!

Identity Theft: Protect Personal Information! The Identity Saved could be your own.

Always escort your visitors.

Security clearance does not equal need-to-know

Others may have the security clearance, but do they have the need to know?

Do Not share your password with anybody! It is better to be safe than sorry

Prevent security breaches by being careful with your speeches.

To show our respect, we protect personal information that we collect.

Stop neglect! Protect before you connect, to the internet.

Before you leave the scene, clean your desk and your screen!

Practice good security at home as well as at work. Don't throw away papers with sensitive personal information. SHRED THEM!

Don't let your schedule be predictable!

Practice safe computing!

Report to security: Unauthorized disclosure of sensitive or classified information. Photography or surveillance of closed facilities and areas. Unlocked and unattended security containers. Suspicious, unattended packages. Unusual network activity. Anything or anyone else that seems suspicious.

New Employee Checklist: Reliability screened prior to obtaining security clearance. Security Clearance Certificate. The Appropriate security level to do the job. Building pass. ID Card

A lack of security can lead to: Unauthorized disclosure of protected and classified information. Unavailability

of assets and service. Loss of integrity.

Infected web pages are causing more and more virus incidents. Surf at your own risk.

Lack of security can lead to: Loss of information, loss of business, financial loss, time costs.

Gates, guards, and fences can only protect the perimeter. You must protect what is inside! The facilities, the equipment, the information, the people.

Report any suspicious activity!

You wouldn't share your atm pin number, so why would you share your password?

Business Continuity Planning: Prepare for disaster, recover faster.

Is your portable device a target for thieves? Protect our IT assets!

Prying eyes can put protected information at risk... position your monitor accordingly.

Report suspicious activity to security!

Ctrl + Alt + Delete whenever you leave your seat!

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Security – it's everyone's business... and it can impact yours!

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nécessaire, mais ont-ils besoin de savoir?

Les autres détiennent peut-être la cote de sécurité

nécessaire, mais ont-ils besoin de savoir?

Ne divulguez votre mot de passe à personne! Mieux vaut prévenir que guérir!

Pour empêcher les infractions à la sécurité, surveillez vos propos!

Respectons l'information que nous recueillons en Assurant sa protection!

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Soyez vigilant aussi bien à la maison qu'au travail! Ne

jetez pas des papiers contenant des renseignements personnels confidentiels! Détruisez-les! Changez vos habitudes! Élaborez des méthodes d'informatique sans risqué!

Incidents à signaler au personnel de sécurité:

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Liste de vérification pour les nouveaux membres du personnel: La cote de fiabilité avant la cote de sécurité, certificat d'autorisation de sécurité, niveau de sécurité approprié pour faire le travail, laissez-passer pour l'édifice, carte d'identité

L'absence de sécurité peut engendrer: Une divulgation non autorisée de renseignements confidentiels et protégés, Une indisponibilité des biens et des services, Une perte d'intégrité

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Flying Tigers Succeed at New Year's Invitational Meet

Submitted by: Michelle Neilson

Another successful swim meet was held this past weekend. Despite the early mornings and super cold water, our small team was still rocking it. Total team points brought the FTST in at 11th spot, only 2 points away from 10th. Considering that this meet saw the return of 'AA' swimmers from all of the other teams, this is indeed impressive. AND there were no DQs for the team!

Despite being nervous for her first ever meet, Summer had a great weekend. She showed her power in the water for all events and bettered her 50m times from the coach's expectations. You make a great addition to the competitive team, keep up the awesome work!

Richard brought home points for the team in 2 events that he swam in competition for the first time ever. Along with 50m Breast, he also challenged the 200m Free where he stayed steady for the whole race and finished strong.

Sydney finished the meet with 4 PBs. This was the first time she has swam a 50m Fly in SC and it showed an improvement of almost 15secs over her LC time from

last year. Her impressive decrease of over 5 secs off of her 200 breast earned her a 2nd place finish and helped her add 66 points to the team total.



The Flying Tigers Swim Team practice regularly for their meets at the pool in Building 90. Photo: Alison Boates.

Makaela swam to a total of 6 out of 6 PBs which earned her 3 more Provincial times. Included in this was a decrease of almost 12 secs off of her 100 back. She

finished with 2 x 2nd and 2 x 3rd place finishes and a total of 83 points towards the team total.

Shaylin's weekend ended with 5 PBs, top 15 finishes for all events. She also earned team points in all of her swims. She challenged the 200m breast for the first time in competition and swam herself right into another Provincial time for it!

Despite having been under the weather for the last while, Emily swam to 4 PBs this weekend and contributed points to the team total. She exceeded coach's expectations for her 200m back and took over 10 secs off the estimated time.

Ryan added another Provincial time to his list when he took almost 10 secs off of his 100m back in one of 4 PBs for the weekend. He finished the meet off with top 4 finishes in all events including a 1st place in 200 Free.

Thank you to Elish and Erika for volunteering your time on deck this weekend. And a thank you (and official welcome!) to Coach Alex for helping out with the kids at the meet. Regardless of how tough Mike thinks he is, he can always use the extra hands.

If you'd like more information on the Flying Tigers Swim Team, visit their website at: www.ftst.ca

CF Appreciation Website Gives Military Members A Movie Night

On 10 January, over 300 members of the Canadian Forces community beat the winter blues with a special night at the movies.

PSP Recreation Services, in partnership with Alliance Films, invited community members from seven cities across Canada to enter to win a pair of free tickets to see Zero Dark Thirty. The suspenseful thriller is nominated for five Academy Awards, and provided an exciting night out for movie fans from coast to coast.

"The donation of these tickets shows an appreciation for military members serving in different communities," said

Maj Todd Sommerville, who attended the screening in Ottawa. "I feel privileged to have been able to benefit from this contest."

Missed your chance to enter? Not to worry! CFPFSS has more great deals to help you save on your next movie night with the CF Appreciation Program. Members can purchase discounted movie tickets and packages for Cineplex and Empire Theatres nationwide, and enjoy savings of up to 40%.

Visit www.CFAppreciation.ca today to join the program and start saving!

Une Sortie Spéciale au Cinéma Avec <http://www.reconnaissancefc.ca>

Le 10 janvier, plus de 300 membres de la communauté des Forces canadiennes (FC) ont rompu la monotonie de l'hiver en faisant une sortie spéciale au cinéma.

Les services de loisirs des PSP, en collaboration avec Alliance Films, ont invité les membres de la communauté des FC de sept villes à l'échelle du Canada à s'inscrire à un concours afin de gagner une paire de billets pour la production Zero Dark Thirty. La présentation du film de suspense, qui a reçu cinq nominations aux Oscars, fut une soirée palpitante pour les cinéphiles des quatre coins du pays.

« Le don de ces billets est un témoignage de reconnaissance envers les militaires actifs de diverses communautés, exprime le Maj Todd Sommerville,

qui a visionné le film à Ottawa. Je me sens privilégié d'avoir pu bénéficier de ce concours ».

Vous n'avez pas eu la chance de vous inscrire? Ne vous inquiétez pas! Les SSPFFC et le programme de reconnaissance des FC vous offrent d'autres aubaines fantastiques pour vous faire économiser lors de votre prochaine sortie au cinéma. Les membres peuvent se procurer des billets et des forfaits à prix réduit aux cinémas Cineplex et Empire Theatres à l'échelle du pays, et bénéficier d'économies pouvant atteindre 40 p. 100.

Rendez-vous au www.reconnaissancefc.ca pour vous inscrire au programme et économisez dès aujourd'hui!



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17 Wing Women's Hockey Team Off to Prairie Region Championships



The women of the 17 Wing Women's hockey team played a game on Sunday January 27th at the Canlan arena of Ellice Ave. in preparation for the upcoming Prairie Region Hockey Championships that will take place in Cold Lake from February 12th-14th. Photos by: Alison Boates

By: Michael Sherby and LCol Dee Manson

Spirits were high around 17 Wing as news came down that for the first time in 7 years women's hockey will be returning to the Prairie Region Hockey Championships. The championships, which will take place from 12-14 February at 4 Wing Cold Lake, have the members of the 17 Wing Women's Hockey team very excited.

MCpl Juanita Lonny, a member of the 38 CBG, has been playing for the team for the past 4 years, as well as serving as one of the teams' reps. She says she wasn't surprised by the decision, since there was talk of it at last year's tournament, but she was pleased that there were enough players to hold the tournament.

"I was surprised that some of the teams managed to get 10 girls together, enough to field a team. But it was a pleasant surprise."

Prior to this year's change, the women's P/R team was decided at a skills camp which featured players from all over the prairie region competing for a spot on the final team. MCpl Lonny says that she's happy the tournament went back to this format since it gives the

teams a chance to play as a unit.

"It'll be nice to play with all of us in a team aspect rather than as individuals hoping to make a spot on the team," she said.

A large part of the reason the tournament hasn't been held since 2005 is because of demographics. Since the prairie region is so geographically diverse, with many more units at smaller outposts like Thunder Bay, Shilo, and Dundurn, it's been a challenge to mount much of a tournament.

To mitigate these challenges, PSP staff, under the direction of the Regional Sports Director, have put in place a strategy whereby each of the three large bases, Winnipeg, Edmonton, and Cold Lake, provides a minimum core of ten players, and the individual players from the smaller bases will be assigned by a draft process to the three teams.

Cpl Frank Charest, the team's captain, is also excited that his team will be able to play in the tournament, even though he won't be able to attend due to work conflicts.

Cpl Charest started coaching a few years ago, since he said his playing days were up and he wanted to keep with the sport. He says that with the rising level of skill and interest in the Women's Hockey, going back to this format for the tournament was a no-brainer.

"Everyone's really excited that we're going back to doing it this way. "We have a real mixed skill level, lots of really good players, and a few rookies who show real promise. So everyone's really happy for this chance."

MCpl Lonny thinks the 17 Wing Team has a good shot of making it through the tournament.

"We have a really good team, and we've been playing together for a while. It all depends on what the other teams are like, but we're definitely in contention."

The P/R hockey tournament is open to players of all skill levels, so that rookies get a chance to play in a tournament and develop their skills. The team that wins the regional tournament is allowed to pick up five players from the other wings and bases to ensure a full roster for the CF National Women's Hockey Championships, to be held at CFB Borden, 22-28 March.

If you're interested in playing hockey for 17 Wing, or wish to attend the Prairie Region Women's Hockey Championships as a floater, please contact 17 Wing PSP Sports Coordinator Chris Merrithew at local 5511.

Sharon Blady
MLA for Kirkfield Park
832-2318
SharonBlady.ca

Jim Rondeau
MLA for Assiniboia
888-7722
JimRondeau.ca

Deanne Crothers
MLA for St. James
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Provincial Archery Tournament Hosted by 17 Wing Club



Chris Sprung took a break from shooting to go over the targets with his daughter, Erica, at the Indoor 3D Tournament hosted by the 17 Wing Archery Club at Building 21 on January 20, 2013. Photo: Alison Boates

By: Alison Boates
Voxair Photojournalist

It was time to take aim once again in Building 21 on January 20, 2013 as the 17 Wing Archery Club hosted its third annual Indoor 3D Tournament. This year they had 52 participants that ranged in ages from 8 years old all the way to over 70 years. This time some of the club's executive members finished in the medals including: Scott Allingham with the silver medal for Hunter Male; Paul Stiff with the Bronze in the same category and Gary Micklethwaite took home the Bronze for BHO Male.

The club can now boast a new feature as over the summer months they added an outdoor range that's located at the corner of Whytewold (Wihuri Rd.) and Saskatchewan Ave. "We have great members and they've donated so many different things from time to equipment, which allowed us to get the outdoor range up and running," said President of the club Maj Ron Cooney.

This is the fifth year for the Archery Club at 17 Wing and they meet every Wednesday evening between 7pm and 9pm and Sunday from 9am to 11am in Building 21.

"Come and join us one evening to see what archery is all about, we have three bows that can be used by novices and there are a few instructors to help out. It's a great



A group photo from this year's tournament which included a raised platform that competitors had to shoot from. Photo: Alison Boates

way to see if you enjoy the sport before spending a lot of money on equipment," said Maj Cooney.

If you would like to join the archery club you can contact President Maj Ron Cooney Ext. 4057 or 990-9301. Or visit:

<http://www.cg.cfpsa.ca/cg-pc/Winnipeg/EN/RecreationandLeisure/Clubs/Pages/ArcheryClub.aspx>

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Browse www.familyforce.ca - a site for and about military families.

Communiquez avec votre centre de ressources pour les familles des militaires pour découvrir ce qu'ils peuvent faire pour vous. Rejoignez-les pour des pauses-café, des groupes de soutien, de la formation en langue seconde et des événements spéciaux.

Contactez la Ligne d'information pour les familles au **1-800-866-4546** pour obtenir des réponses à vos questions, préoccupations ou lorsque vous souhaitez avoir de l'appui.

Naviguez www.forcedelafamille.ca - un site pour et au sujet des familles des militaires.

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La force
conjointe

National Defence / Défense nationale

Sudoku

Crossword

My Sudoku

Rated: Advanced

	5			1	4			
	7	6				4		9
		1						
			3					1
8		4				3		6
1				8				
					6			
2		7				8	4	
			7	8			5	

Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as :
Beginner * Advanced * Master

The annual Director of Flight Safety (DFS) briefings and visit by Colonel Yvan Choiniere 18-19 Feb 13. This visit is always the highlight of the flight safety year. The visit allows DFS to meet with 17 Wing personnel, and to deliver a series of educational Flight Safety presentations to personnel. The briefings will review the past year's significant incidents and accidents providing some analysis of trends and highlighting concerns in our flying operations.

This annual visit to the Wing is an opportunity for 17 Wing personnel to learn of flight safety issues concerning 17 Wing and other Wings. Flight Safety is an ongoing process that all members of the Wing are responsible to maintain. The safe conduct of flying operations, support to flying operations and prevention of accidental losses of personnel and aviation resources remain essential elements of our operational effectiveness.

The Wing Commander, Col Blaise Frawley, and the Wing Flight Safety Team, highly encourage all personnel to attend one of the briefings. So please make the effort to take in one of the sessions and meet the DFS team.

Mon 18 Feb 13		Portage La Prairie / Southport
Tues 19 Feb 13	0900 - 1115	Training & Education Centre (TEC) Bldg 135 Netherlands Theatre
	1400 - 1615	Training & Education Centre (TEC) Bldg 135 Netherlands Theatre
	1830 - 2030	16 Hgr 3rd floor // 435 Sqn Brf Rm (Namaso Hall) (Special Area Pass required to gain access to hangar)

Canadiana Crossword

Fathers of Froth

By Bernice Rosella and James Kilner

ACROSS

- 1 Nothing, in Novogorad
- 5 Tam O' Shanter, for one
- 8 Theme of today's puzzle
- 12 Yea verily
- 13 Go awry
- 14 Lord's lass
- 15 Barbecuers tool
- 16 Tune
- 17 Impulse
- 18 Eugene _____ (First Canadian lager brewer)
- 20 French river
- 21 John _____, Canadian brewer since 1847
- 24 Specialty brew
- 27 Shaft feature
- 28 Some radio stations
- 31 Pretensions
- 32 Sever
- 33 Universal greeting
- 34 Red Deer to Lloydminster dir.
- 35 Scottish shire
- 36 Jean _____, First brewer in New France
- 37 College figure
- 39 Alexander _____, Nova Scotia brewer since 1829
- 43 John _____, Montreal brewer since 1786
- 47 Adjutant
- 48 Foundation garment
- 50 Distasteful
- 51 Ticks off
- 52 Calendar mo.
- 53 Nostril
- 54 Tidy
- 55 Ruff's better half
- 56 Buzzy biter

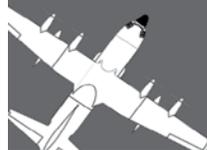
DOWN

- 1 Atlantic defence org.
- 2 Out of control

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19				20				
			21			22	23					
24	25	26				27				28	29	30
31					32				33			
34				35					36			
			37			38						
39	40	41	42				43			44	45	46
47						48	49			50		
51						52				53		
54						55				56		

- 3 Arctic Canadians
- 4 Bell
- 5 M. Stewart, say
- 6 Macaws
- 7 Snoop
- 8 Smudge, in a way
- 9 Nobleman
- 10 Rim
- 11 Black velvet and Canadian club
- 19 Lard
- 20 RB or CIBC technology
- 22 Oak to be
- 23 Spigot
- 24 TB treatment centre
- 25 Container
- 26 Mine matter
- 28 Suffer pain
- 29 Chairman _____
- 30 Man-child
- 32 Caustic
- 33 Thomas _____, first brewed in London Ontario in 1840
- 35 Ember
- 36 Also
- 38 Reputation
- 39 Ballerina Karen
- 40 Irish republic
- 41 Inspiration
- 42 Try out
- 44 Peruse
- 45 Gumbo
- 46 No, to Natasha
- 48 Estop
- 49 Regret

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Philatelist's Corner with Alf Brooks



In October, France Post issued a souvenir sheet, Les Acteurs de Cinéma. I am sure that most who read this do not recognize the names of the six French actors, but do recognize the central image of the sheet, Charlie Chaplin's tramp. And you see at the bottom of the sheet an explanation that the price of the sheet is 5,60€; the value of the stamps is 3,60€ and 2,00€ goes to support the work of the Red Cross. A stamp collector would therefore classify the sheet as a semi-postal.



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REMINDER: Severance Pay Election Time is Now!

By: Directorate General Compensation and Benefits, Chief of Military Personnel

A one-time opportunity is available to choose a Payment in Lieu (PiL) for all or part of your Canadian Forces Severance Pay (CFSP) entitlement before you release or transfer from/to the Regular or Primary Reserve Force.

Deadline

If you are a Canadian Forces member – Regular or Reserve – you have until March 13, 2013 to submit your election form indicating whether or not you wish to receive a Payment in Lieu (PiL) of your CFSP entitlement.

Your PiL will be based on your years of eligible service. You should have already received an estimate of your years of eligible service. If you have not received your estimate, or believe your estimate to be in error, you must contact your Base/Unit Orderly Room.

Once you have decided to elect a PiL of CFSP and submitted your PiL election option form to your Base/Unit Orderly Room, you cannot withdraw your form. There will be no extension to the election period.

Options

Depending on your personal circumstances, you have the following three options:

1. Elect to receive a PiL of all your accumulated service benefits. Your PiL will be calculated based on your monthly rate of pay at your substantive rank, pay increment and occupation or trade group at the date you ceased accumulating service benefits.

2. Elect to receive a PiL of part of your accumulated service benefits and receiving the remaining amount as CFSP when you cease to serve in the Regular Force or Primary Reserve. Your PiL will be calculated based on your monthly rate of pay at your substantive rank, pay increment and occupation or trade group at the date you ceased accumulating service benefits. Your CFSP benefit will be calculated based on your monthly rate of pay at your substantive rank, pay incre-

ment and occupation or trade group at that time.

3. Choose to receive all of your accumulated service benefits as a CFSP benefit when you cease to serve in the Regular Force or Primary Reserve. Your CFSP benefit will be calculated based on your monthly rate of pay at your substantive rank, pay increment and occupation or trade group at that time.

Processing

Starting on April 1, 2013, all PiL payments will be processed on an ongoing basis. If you have combined Regular and Reserve Force service, choose more than 50 per cent of your entitlement, or have Reserve Force service, your file will require verification.

Timeline

Given the substantial administrative effort necessary to successfully deliver on this initiative, it will be not be possible to provide you the status of your file or the date you will receive your payment.

Additional Information

For many of you, whether to take the PiL payment will be an important decision for you and your family. You are encouraged to seek financial advice to assist with your election decision. The following information on severance and gratuities can be found at the links below:

Severance & Gratuities

- CF Severance Pay - Payment in Lieu : Cover Letter and Estimate Form
- CF Severance Pay - Rehabilitation Leave Administrative Directive
- CF Severance Pay - CBI 204.40
- CF Severance Pay and Pay Increases - Backgrounder
- CF Severance Pay - Q&As
- Gratuities - Officers serving for a fixed period - CBI 206

Intranet: http://cmp-cpm.forces.mil.ca/dgcb/dpsp/engraph/pensionretirement_e.asp

http://cmp-cpm.forces.mil.ca/dgcb/dpsp/frgraph/pensionretirement_f.asp

Internet: <http://www.cmp-cpm.forces.gc.ca/dgcb-dgras/wn-qn/index-eng.asp>

<http://www.cmp-cpm.forces.gc.ca/dgcb-dgras/wn-qn/index-fra.asp>

RAPPEL : Indemnités de départ : il est temps de choisir!

Par le groupe du Directeur général – Rémunération et avantages sociaux du commandement du Chef du personnel militaire

Tous les militaires se voient offrir, une fois seulement, l'option de toucher un paiement tenant lieu d'une partie ou de la totalité de l'indemnité de départ des Forces canadiennes (IDFC) avant leur libération ou leur transfert entre la Force régulière et la Première réserve.

Échéance

Si vous êtes un militaire des Forces canadiennes – de la Force régulière ou de la Réserve – vous avez jusqu'au 13 mars 2013 pour sélectionner l'option de votre choix, à savoir si vous souhaitez ou non recevoir un paiement tenant lieu d'indemnité de départ des Forces canadiennes.

Le montant de votre indemnité est déterminé selon vos années de service admissible. Vous devriez déjà avoir reçu une estimation de vos années de service admissible. Si vous n'avez pas encore reçu cette estimation, ou si vous croyez qu'une erreur s'y est glissée, vous devez communiquer avec la salle des rapports de votre base ou unité.

Une fois que vous avez pris votre décision, rempli le formulaire et transmis le tout à la salle des rapports de votre base ou unité, vous ne pouvez pas revenir sur votre décision. En outre, la période d'option ne sera pas prolongée.

Options

Selon votre situation personnelle, vous pouvez choisir entre les trois options suivantes :

1. Recevoir un paiement tenant

lieu d'indemnité de départ équivalent à l'ensemble de vos années de services admissibles. Le montant de votre indemnité sera calculé à partir du taux de solde mensuel correspondant à votre grade effectif, de vos augmentations de solde et de votre occupation militaire au moment où vos indemnités ont cessé de s'accumuler.

2. Recevoir un paiement tenant lieu d'une partie de votre indemnité de départ avant votre libération et le reste au moment de votre libération de la Force régulière ou de la Première Réserve. Le montant de votre indemnité sera calculé selon le taux de solde mensuel correspondant à votre grade effectif, vos augmentations de solde et votre occupation militaire au moment où vos indemnités ont cessé de s'accumuler. Le reste du montant sera calculé selon le taux de solde mensuel correspondant à votre grade effectif, vos augmentations de solde et votre occupation militaire au moment de votre libération.

3. Recevoir la totalité de votre indemnité de départ à votre libération de la Force régulière ou de la Première Réserve. Le montant de votre indemnité sera calculé selon le taux de solde mensuel correspondant à votre grade effectif, vos augmentations de solde et votre occupation militaire au moment de votre libération.

Traitement

Les dossiers relatifs aux paiements tenant lieu d'indemnité de départ seront traités à compter du 1er avril 2013. Si vous avez servi à la fois dans la Force régulière et dans la Réserve, si vous avez choisi de recevoir plus de 50 % du montant auquel vous avez droit et si vous servez dans la Réserve, votre dossier devra être vérifié.

Échéance

Étant donné la charge administrative élevée nécessaire pour répondre à la demande, il ne sera pas possible de vous tenir au courant de l'état d'avancement de votre dossier ni de préciser la date à laquelle vous recevrez votre paiement.

Renseignements supplémentaires

Pour bon nombre d'entre vous, il s'agit d'une décision importante, qui aura une incidence sur vous et sur votre famille. Nous vous encourageons à consulter un conseiller financier pour vous aider à faire votre choix. Voici une série de liens à consulter au sujet des indemnités et gratifications :

Indemnité et gratifications

- Paiement tenant lieu d'IDFC : lettre d'envoi et formulaire d'estimation
- Paiement tenant lieu d'IDFC : DRAS 204.40
- Paiement tenant lieu d'IDFC : Document d'information
- Paiement tenant lieu D'IDFC – Q et R
- Gratifications – officiers servant pendant des périodes de service fixes - DRAS 206

Intranet: http://cmp-cpm.forces.mil.ca/dgcb/dpsp/engraph/pensionretirement_e.asp

http://cmp-cpm.forces.mil.ca/dgcb/dpsp/frgraph/pensionretirement_f.asp

Internet : <http://www.cmp-cpm.forces.gc.ca/dgcb-dgras/wn-qn/index-eng.asp>

<http://www.cmp-cpm.forces.gc.ca/dgcb-dgras/wn-qn/index-fra.asp>



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Get SMART in 2013!

Part 2 – No More Excuses!
By Diane Brine

Last month we helped you set your SMART goals for your New Year's Resolution. We thought we would check in. January is over. We are now into the thick of winter! How are you making out on your New Year's Resolution? Have all your good intentions dropped like the temperature? To help you get out of your slump and get you back on track let's debunk all those excuses that kept us from moving forward.

Excuse #1: I don't have enough time!

It is amazing how we find time to check our Facebook page or watch our favourite TV show but we can't find time to look after our health and wellness.

Have you scheduled your resolution into your calendar? If you want to increase your physical activity, try scheduling the time during your work day. Try 10 minute intervals before a meeting, after the meeting, walking to the meeting, taking the stairs; there are lots of ways to be more active. Try doing it with a co-worker or family member. It is a lot harder to avoid activity if someone else is relying on you.

Want to eat healthier? You can schedule this too. Meal planning is a great way to ensure that you are eating healthy. Another advantage of meal planning, you can save time in the grocery store by buying only those items you need for the upcoming weekly meals. Are you still feeling rushed? You can delegate meal preparation to other family members or dust off the slow cooker.

Excuse #2: It is too expensive!

Okay people, the outdoors is free! I know it may be cold in Manitoba in the winter, but if you dress warm, Manitoba winters offer a multitude of activities. Did you know that you can borrow cross country skis and snowshoes from Fitness and Sports in Building 90. If it is still too cold for you, try mall walking or using the stairs. Gym memberships can be expensive, but you can create a home gym for very little money. Try noon fitness or sign up for a community recreation program.

To eat healthier on a budget, buy your vegetables and fruit in season. Frozen veggies and fruit are healthy options too. If you can, stock up on canned or frozen goods when they come on sale. Community Recreation offers the Good Food Box. Every month, participants receive a fresh supply of vegetables and fruit, most of them locally sourced.

Excuse #3: My family won't like the changes I make.

As with any change, slow, small steps are better. Change causes stress – stress of the unknown. If you try to change everything at once, people will not be happy. Start small. Let your family know what you are trying to do. They may surprise you and want to help to keep you motivated.

Excuse #4: I eat out a lot and find it hard to eat well.

Travelling and having to eat does present some challenges, however, you still have healthy choices. Instead of up-sizing a meal, order an appetizer or share a meal with a friend. Choose water, milk or 100% juice instead of high sugar beverages. Fill up on tossed salad, but order the dressing on the side. Look for key words on the menu: avoid fried, crispy or sautéed, instead look for steamed, baked, broiled, braised, poached or grilled. An added benefit, walk to the restaurant with friends. You can also go to a local grocery store and stock up on healthy snacks.

Excuse #5: I don't have anyone to help me make changes or to make changes with.

Check out the City Leisure Guide or the Community Gateway for a list of up-coming classes. When you register for a class, you are more likely to attend especially when you pay money for it. Talk to your co-workers or neighbours and find out what they are doing in the area to practise healthy living.

Excuse #6: I don't have enough information to make healthy changes.

The 17 Wing PSP staff can help. They are the experts in healthier behaviours. The new CF physical fitness web site www.dfit.ca has lots of tools and information to get you moving in the right direction. Health Promotion has excellent programs to motivate and educate.

Contact us for more information:

Community Recreation	2059
Fitness & Sports	2056
Health Promotion	4150

One last thought. Displaying your SMART goal in a prominent place makes it hard to ignore. On the fridge, by the computer or on the bathroom mirror are all good places to post. Now stop making excuses and re-evaluate your SMART goals so that **this is** the year you commit to yourself and a healthier lifestyle!

National Defence / Défense nationale

WEIGHT wellness

Programme Style de vie / Lifestyle Program

POIDS-santé



Mondays/chaque lundi
21 Jan – 25 Mar
1200 – 1300 hrs
Bldg/Bâtiment 62
Available Via Teleconference



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 or to register contact Health Promotion local 4150

Pour s'inscrire ou pour de plus amples informations, communiquez avec le bureau de promotion de la santé le 4150

The Canadian Forces Community Recreation Needs Assessment Survey is now available at:
www.thevoxair.ca or
www.pspwinnipeg.ca

National Defence / Défense nationale

TAKE A STEP TOWARDS AN ADDICTION FREE LIFESTYLE, **BUTT OUT TODAY!**

POSEZ UN GESTE POUR UN MODE DE VIE SANS DÉPENDANCE : **ÉCRASEZ-LA** DÈS AUJOURD'HUI !



DROP IN
Mondays — information & medication
Lundi — information & médicaments
0800—1000 hrs
Building 63



For more information contact your local Strengthening the Forces Health Promotion office or visit our website at: <http://www.forces.gc.ca/health-sante/ps/hpp-pps/>
Pour plus de renseignements communiquez avec votre bureau local de promotion de la santé - Energisez les Forces ou visitez notre site Web : <http://www.forces.gc.ca/health-sante/ps/hpp-pps/>



Canada

Mental Fitness and Suicide Awareness

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

Mental Fitness & Suicide Awareness: Supervisor Training
This course is course coded!
26 March 2013
0800 – 1600 hrs

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

Force Mentale et Sensibilisation au Suicide – Formation du Superviseur
Il s'agit d'un cours auquel on a attribué un code!
26 Mars 2013

Pour s'inscrire, composez Promotion de la santé le 4150

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

Sensibilisation à la santé mentale et au suicide

LEARN MORE ABOUT ALCOHOL, OTHER DRUGS AND GAMBLING – TROIS MODULES DISPONIBLES

Alcohol, Other Drugs and Gambling: Supervisor's Training

27 February 2013
0830-1600 hrs

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

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

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

27 février 2013

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

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

To register, contact Health Promotion at local 4150

Pour s'inscrire, composez Promotion de la santé le 4150

We all have our (ANGRY) moments.

Managing Angry Moments (MAM)

13 & 20 February 2013
0800 - 1600 hrs

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

Gérer les moments de colère

13 et 20 février 2013
0800h 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

Managing Angry Moments (DE COLÈRE).



www.familyforce.ca

204.833.2500 ext. 4500



Volunteer Appreciation



Winnipeg MFRC staff, board members, family and friends gathered for a Volunteer Appreciation Dinner to celebrate the volunteers and their tremendous support over the past year. Congratulations to Shannon Bisson, who was named the MFRC Volunteer of the Year for 2012! Her many hours of work at the Centre and in the community were highlighted, with special note of her commitment to the ideals and mission of the MFRC. As Board Chair, Shannon was expecting to present the award to a volunteer and was surprised when MFRC Executive Director Don Brennan presented it to her. Photo: Submitted

Kids Care

If you need some child-free time to run errands, work out or relax, this casual child care service may be the answer. Experienced Westwin Children's Centre staff will care for your children in their beautiful new room located in the MFRC

Child Care Centre. Care is available for children six months to five years old. Care is offered for 1, 3 or 7 hour periods on Tuesday, Wednesday and Thursday. Reasonable rates. Call 204 833-2500 ext 2491 for information or to book care.

Upcoming Programs

Get Moving!

Do your children have more energy than your four walls can handle? Join us Tuesday afternoons for a chance to let loose and get moving! Children and parents will have the opportunity to play together with large muscle toys. There will also be parachute and cooperative games, music, movement and a lot of FUN!

Date: Tuesdays January 22- March 19
Time: 1:15 - 2:15 pm

Place: Westwin Community Centre

Cost: \$25/9 weeks per family

Drop in rate: \$5/family

Register/ info: 204 833-2500 (2491)

shannon.peake@forces.gc.ca

Date night child care

Thursday, February 14 5-7:30 p.m.

Register by Feb 8

\$12 children under 2, \$10 children over 2, ½ price for siblings

Enjoy some time with your "significant other" while we care for your children ages 12 months and up. Please send a nut free dinner/snack for your child.

Fun Friends

Tuesdays 9:30-10:30 a.m. February 26-March 19

Register by Feb 15

FUN FRIENDS is a program designed to develop self worth and resiliency in children between the ages of 3 and 5 years old. The FRIENDS program has been nationally and internationally acclaimed for promoting social and emotional skills that stay with children for life. This program will assist your child in identifying their feelings,

relaxation techniques, how to be a good friend, how to problem solve and distinguish between good and bad self talk, using fun age appropriate activities.

There is no cost associated with this program. The first session will begin at 9:00 a.m. and include an information session for parents about the program and how they can be involved at home. For more information, or to register please contact Shannon Peake at 833-2500 ext 2491 or Dana Glover at 833-2500 ext 4507.

Story Sacks

Wednesdays February 20, March 6 and 20

9:15-11:15 a.m.

\$5 per person

Register by February 13

Story sacks bring children's books to life with books, activities and games. Learn how by making your own story sack! Materials and inspiration supplied. Call 204 833-2500 ext 2491 for info and/or to register.

The MFRC offers three social parenting groups per month:

A Parent Community meets every Friday from 9:30 to 11:30 a.m., A Parent Community comes together the second and fourth Wednesday of the month from 9:30 to 11:30 and the Next Chapter group meets one Thursday per month from 9:30 to 11:30. For more information, please check out our website at www.familyforce.ca, our Facebook page at www.facebook.com/WinnipegMFRC or call 204-833-2500 extension 4500.

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Former Governor General of Canada
Command-in-Chief of Princess Patricia's Canadian Light Infantry

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La très honorable Adrienne Clarkson,
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Cocktails à 18 h - Dîner à 19 h

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MFRC Travel Raffle 2013
Tickets available at the Winnipeg MFRC

Draw 1
Two tickets anywhere
WestJet flies
(some conditions apply)
valued at approximately \$4,000

Draw 2
Four VIA Rail tickets
to Edmonton, includes a 3 night
stay at Delta Edmonton
(some conditions apply)
valued at approximately \$3,400

Draw 3
Simply Grand prize pack from
Grand Forks Visitors &
Convention Bureau
valued at approximately \$250

Draw to be held
February 16, 2013
at 350 St Mary Ave
10:30 p.m. (approx)
Purchasers do not need to be in
attendance to win. Winners will be
contacted February 19.

Fax: 204.489.8587 • Email: winnipegmfr@familyforce.ca

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Chaplain's Corner

The Unexpected

I am not sure if in my initial article of introduction, or my subsequent one I mentioned that I am a new grandfather, if not, well now you know. Our grandson is now four months old and growing fast, and astonishing all around. This article is about him and his mother, and the turn of events that we as grandparents and particularly as parents of our daughter went through. It is an article of hope, and one that I know will quickly resonate with some of you who are reading this.

For those of you with children who are growing, you know that for the first number of years, we enjoy a privileged position. In the eyes of our children we are Supermom or Superdad, we can leap tall buildings in a single bound, there is nothing we can't do, and we are oh so loved. The sun rises and sets on us, and our children feel safe and secure. If you are fortunate your children will always love and respect you and always be willing to listen to you and your advice. If you are not completely fortunate, somewhere in your child's teen years, you will go to bed some night, and a fairy will come along and wave their magic wand and instantly change you into a mother or father who no longer cares, who doesn't know anything, and who simply doesn't understand – at least in the mind of your child. You know this phase has arrived when a simple conversation turns into an argument accompanied by your loving child throwing a hairy fit, screaming at you that you don't love them, you don't care, you don't understand, and perhaps also accompanied by the stomping off and the slamming of a door or two. Are you with me so far? I wish I could say I was writing about this from third hand information, but, no, that is not my lot in life – this is all too real.

In our daughter's case this phase seemed to develop at the age of about 22 or 23 when she met a certain young man. While she was dating this young man she became a

completely different person. Before meeting this young man, when she was finished with her night shift she would send a text to say she was on her way home, since she would finish around 11 pm, so we wouldn't worry. Young man comes along and she would show up at home at 0130, 0230, 0300 with no text, no phone call, and simply the excuse "Oh, I forgot." With all that was going on in the area this led to any amount of unsettling for us, and also for a long portion of this I was in Afghanistan on tour, so my wife was dealing with it on her own. Despite repeated attempts to talk with our daughter about the dangers and the fact that her behaviour and judgement was completely clouded and blind, all we would get was, "You don't love me, you don't care, you don't understand."

Both of us, my wife and I were praying and hoping that things would end, that there would be some sort of resolution that could be agreed upon. To make a long story short, our daughter eventually broke up with this individual, although not when she originally told us she did. When she announced that she was pregnant we realized that she had deceived us for many months, and it hurt. All of the hurt and the pain had to be worked through. I remember wishing and praying that this was a bad dream and would quickly end, but I was to learn something in this process, the lesson in this situation was not mine or my wife's to learn, it was our daughter's. We were not spared the pain of worry or heartache – we could only hope and pray she would do ok.

I said at the outset this was an article of hope and it is. Our daughter moved from where we lived up north to take a job which offered better career possibilities. When she left she had no idea that she was pregnant. While she was up north she met some new friends and they talked and shared, and one day she phoned my wife and talked with her on the phone for quite a while and

said, "Why, didn't I listen to you?" Her friends had talked with her and she realized that all along we had loved her, supported her, cared for her, and that we were only trying to point out the dangers to her of her situation based upon some life experience. All of a sudden, the fairy had shined upon us again and restored us – in our daughter's eyes.

So, now we fast forward a little bit. We now have a four month old grandson. Our daughter has met someone whom she actually knew for a number of years and they are beginning to plan a future together. Both sets of parents have met and each feels that they are good together, and will do well together.

Many years ago I read this, "Train up a child in the way they should go. And even when they are old they will not depart from it." You know, I believe that. As I have seen with our daughter, there is heartache and pain and anguish while they find their way, but they do seem to return to that which they have been taught.

Over Christmas I had the chance to get to know our grandson better – to feed, to change, to hold, to put to sleep, and to look into those gorgeous blue eyes as they looked up at me, and all I could say was thank you. This beautiful little life reminding me that I was not alone in my struggles, that God was indeed there.

So, as I write this I do hope and pray that for those of you who know this type of struggle well, that you do not lose heart or hope. Keep believing in your son or daughter, at some point there will be a time of turning around. When that happens, you will want to be able to restore your relationship with each other, which sometimes suffers in the interim. Remember, you are not alone. Reach out to your friends, and your family, and also know that God has not left you alone either.

**God Bless each of you.
Padre Darryl Levy**

Together in Church

CATHOLIC

CHAPLAINS

Padre Mark Mawson (Wing Chaplain)

Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudenerio

Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

Ms Catherine Landry

W Chap Admin Assistant

Office: 833-2500 ext 5087

Masses (English only)

Tues, Weds, Thurs 1210 hrs

Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Darryl Levy

(Baptist) Office 833-2500 ext 5785

Padre Frank Staples (UCC)

Det. Dundurn. Office 833-2500 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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

Baptisms The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

Protestant Chapel Guild meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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



PERSONAL CLASSIFIEDS

Wanted: Volunteers!

1 Canadian Air Division is looking for volunteers to work in the kit shop. Flexible hours. 1 day a week between 10:00 hrs and 14:00 hrs. Please contact PO2 Jennifer Ross at 833-2500 ext 6512

Volunteers Wanted!

The Western Canada Aviation Museum is looking for volunteers in the artifacts, library and restoration departments. Applicants must be able to use a computer for data imputing and indexing. Let us know what your skills are but if you're willing to learn new things, we can teach you! We are always looking for help in other departments as well. Please contact the museum reception desk at: 204-786-5503 to volunteer.

Mens Airforce mess kit, size 46. Price \$200
 Mens tuxedo shirt (worn once), size 17 1/2 neck, 36-37 sleeve. Price \$20
 Ladies mess kit skirt . Size 12-14, 42" long. Call for price. Phone no. (204) 221-0225

The 17 Wing Archery club is looking for old artificial Christmas trees to use for greenery around the targets. Anyone who has one to spare can contact Scott at: Scott.Allingham@forces.gc.ca

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 DANCING: Friday & Saturday evening 8:00-12:00 pm
 MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

Taroscopes

BY NANCY

Aries (March 21 – April 19): As your enthusiasm and hope grows, you'll feel ready to deal with any obstacles. Just remember to pick your battles. If something is beyond your control don't waste energy on it. When you focus on doing what you can do, you can maintain your positive outlook.

Taurus (April 20 – May 20): You want to thrive, not just survive. You may feel a sense of urgency to meet some of your deepest desires. If you really want something, figure out how to get it. When you're passionate about your topic you communicate in a way that sparks the interest of others.

Gemini (May 21 – June 21): Don't let self-doubt derail your efforts to deal with a problem. Check your assumptions to see if they are preventing you from seeing a solution. Envision the ideal scenario then work backwards to see the steps needed to get there. Ask for assistance. There is strength in numbers.

Cancer (June 22 – July 22): Listen to your heart and share your deeper feelings with someone you've kept at a distance. Be willing to listen and to learn, as well as to teach and talk. A person's opinions, if expressed openly, can say a lot about them. Be patient. Strong relationships take time to develop.

Leo (July 23 – August 22): Watch for a chance to mix business with pleasure. An opportunity for a working vacation in a sunny spot could materialize. Make a plan and stick to it. Don't be distracted and forget why you're there. You'll be able to create something beautiful if you put your heart and soul into it.

Virgo (August 23 – September 22): Looking ahead to what success looks like can energize you. You have so many talents and abilities. Use them. Push yourself and hold to your course. Even when things seem difficult and progress is not obvious, positive changes are happening. You'll reach your goals.

Libra (September 23 – October 23): Say "yes" to life. The more open you are to new things the more they will come your way. Introspection will show you how blessed you really are. Don't trivialize your feelings or anyone else's. Be respectful. People offer help and provide emotional support.

Scorpio (October 24 – November 21): Every time you think you've got it all figured out, something changes. This isn't a reflection of you so don't let it get you down. Trust your own judgment and knowledge. Don't allow yourself to be negatively influenced by external events and people.

Sagittarius (November 22 – December 21): When you learn what motivates someone it puts their actions into perspective. Honesty is the best policy at this time. When speaking to others, be kind and sincere in your interactions for what you've said will be a hot topic for discussion when you're not around.

Capricorn (December 22 – January 19): You feel you're where you should be at this time. You have a sense of divine guidance or synchronicity. Be open to new experiences and new connections. Having a sense of purpose makes it easier to navigate uncharted territory. Freely express your deepest desires.

Aquarius (January 20 – February 18): Look at the big picture even if it frustrates you. Avoidance will only mean that in future you'll be forced to deal with outstanding issues. Appreciate those you can depend on, but if their expectations are stifling then it's time to break away and become more independent.

Pisces (February 19 – March 20): Integrate healthy habits into your lifestyle. Let your intuition guide you when you're not sure how to proceed. You can't do everything all at once. Get organized. Things will fall into a natural rhythm and proceed more comfortably if you pace yourself according to your own energy.

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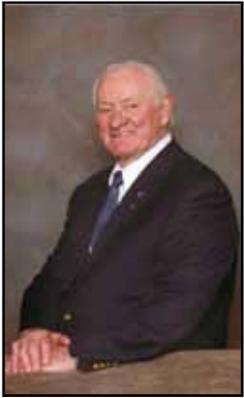
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