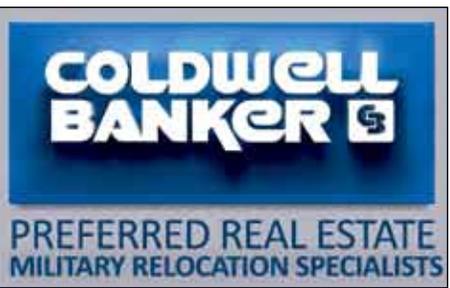




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THE VOXAIR

The 17 Wing Community news source since 1952

HOCKEY WEEK IN WINNIPEG



CAF Members, Winnipeg Jets players and mascot Mick E. Moose gather at centre ice after Military Appreciation Night for the traditional group photograph. Matthieu Perrault #85 (centre front) is raising his arms to encourage everyone to cheer. The Winnipeg Jets defeated the Arizona Coyotes 4-3 in front of a sell-out crowd that featured over 700 members and their families. Last week, 17 Wing, Winnipeg, also hosted the Prairie Regionals for Men's and Oldtimer's hockey. Please see pages 2, 4, and 10 for stories and more photos. Photo: Brooke Tulloch, Voxair Layout.

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Winnipeg Jets and Community Show Their Appreciation to the CAF



Don Boitson, Magellan Aerospace CEO, ICol Jubey, CWO Darling, and Winnipeg Mayor Brian Bowman at The Tower in Bell MTS Place February 6th for the Winnipeg Jets Military Appreciation Night. True North started Military Appreciation Night in 2006 with The Manitoba Moose, who are now the Jets' AHL affiliate.

Photo: Brooke Tulloch, Voxair Layout

by Martin Zeilig, Voxair Photojournalist

Over 700 members of the Canadian Armed Forces were part of a capacity crowd of over 15,000 fans at the seventh annual Winnipeg Jets Military Appreciation Night at the Bell MTS Centre on February 6.

The game, which included a tribute to a Second World War veteran during the second intermission, was sponsored by Magellan Aerospace.

The Winnipeg Jets, who are first in the NHL's Central Division, defeated the Arizona Coyotes, who are last in the Pacific Division, 4-3, in a game that was closer in score than expected.

Mark Chipman, Executive Chairman and Governor of True North Sports + Entertainment (owners of the Jets), said holding such a night is "the least we can do" to acknowledge the sacrifices and contributions made

by members of the CAF.

"Our organization is honoured by our ability to do it," he observed during a pregame interview. "Personally, I had a grandfather, an uncle and nephew, who all served. So, the connections run wide and deep."

Mr. Chipman also mentioned that the father of Matt Hendricks, who plays left wing for the Jets, is a decorated member of the U.S. Marine Corps.

"He has a deep passion for it," he said of Hendricks'

support for Jets Military Appreciation Night.

Meanwhile, Bryan Little, a centre for the Jets, has a younger brother, Shawn Little, who is in the CAF and is posted to CFB Edmonton. "It's all about community," said Don Boitson, Vice President North American Operations, Magellan Aerospace.

Magellan has had a long history of partnership with the CAF, he said and added that sponsoring the game was a "little way" for the company, which donated 12 tickets to local CAF personnel, to give back to the military community.

"We appreciate the efforts that the CAF provide to all Canadians on a daily basis," Mr. Boitson, a professional engineer, continued. "It does not go unnoticed. It's recognition of the great work done by the CAF."

He also mentioned the support Magellan provides to the Military Family Resource Centre.

In fact, his company made a donation to the MFRC at 17 Wing earlier that day, as well as being a sponsor of the Annual RCAF Run since its inception 10 years ago, Mr. Boitson said.

"It's all about community, what the CAF does locally, nationally and globally," he emphasized. "Magellan is a global company. But it's nowhere near what the CAF does for us; and, so we want to acknowledge that. We also celebrate our partnership with the aerospace community in Winnipeg. A big part of the growth of the aerospace industry is due to our CAF partnership, and that includes Standard Aero and Boeing."

Winnipeg Mayor Brian Bowman praised True North for its ongoing support to military personnel here.

"This community appreciates the contribution of the CAF," he said. "It's one of many opportunities throughout the year to show support for the CAF. It's my favourite night of the year."

Corporal Matthew Ford, a reservist with the Fort Garry Horse, said the game was a wonderful way for CAF members to interact with the public and to see the support that personnel receive from their fellow citizens.

"It's a really great game," he remarked during the first intermission. Several other members of his unit were at the game too.

Corporal Crystal Fox, a 19 year member of the CAF from 402 Squadron, said the entire experience was amazing.

"I'm really excited," she said in the crowded rotunda area during the second intermission. "The public are very appreciative (of the CAF personnel). It feels really good. It's a nice gesture. I appreciate the tie Winnipeg has with the military. It's unique."

After the game, CAF members gathered at centre ice for a group photograph and to collect autographs from various members of the Jets.

Who is Canada's most highly decorated pilot?

by Major Tim McClure, CFSAS

Most would guess Billy Bishop, citing his record 72 air victories, but the correct answer may surprise you. It is, in fact Manitoba's own Wing Commander, Lieutenant-Colonel William G. Barker, who remains our nation's most highly decorated war hero.

William Barker answered the call to the fight in June 1914, enlisting in Dauphin Manitoba. Beginning the war with the Army, he found himself as a machine gunner in the trenches of the Ypres salient of Belgium. Pursuing a life-long fascination of flying he requested

a transfer to the Royal Flying Corps, which he received in March of 1916. Initially flying as a machine gunner in a two-seater BE2 aircraft, Barker began to hone his shooting skills. By late 1916 he made the move from gunner to pilot, completing his first solo flight after only 55 minutes of dual-seat instruction. On February 14th, 1917, he received his flying wings, obtaining the rank of Flying Officer, and headed back to the Western Front in his Sopwith Camel. Over the next two years, he was credited with downing 50 enemy aircraft, flying from locations throughout Western and Southern Europe.

William Barker's contribution to allied war distinguished him from his peers. Over the course of his war time flying career he received the following awards:

1. Victoria Cross (VC)
2. Distinguished Service Order (DSO) with Bar
3. Military Cross with two bars
4. 1914 - 1915 Star
5. British War Medal 1914 - 1920
6. Victory Medal with Oak Leaf
7. Silver Medal for Valor (Italy)
8. Croix de Guerre with Bronze Star (France)
9. Silver Medal for Valor (Italy).

Barker won the Victoria Cross for an action that took place on 27 October 1918. Below is the citation that accompanied this award:

"On the morning of the 27th of October, 1918, this officer observed an enemy two-seater over the Foret de Mormal. He attacked this machine, and after a short burst it broke up in the air. At the same time, a Fokker biplane attacked him, and he was wounded in the right thigh, but managed, despite this, to shoot down the enemy plane in flames. He then found himself in the middle of a large formation of Fokkers, who attacked him from all directions, and was again severely wounded in the left thigh, but succeeded in driving down two of the enemy in a spin. He lost consciousness after this and his machine fell out of control. On recovery, he found himself being again attacked heavily by a large formation and singling out one machine,

he deliberately charged and drove it down in flames. During this fight, his left elbow was shattered and he again fainted, and on regaining consciousness he found himself still being attacked, but notwithstanding that he was now severely wounded in both legs and his left arm shattered, he dived at the nearest plane and shot it down in flames. Being greatly exhausted, he dived out of the fight to regain our lines, but was met by another formation, which attacked and endeavored to cut him off, but after a hard fight, he succeeded in breaking up this formation and reached our lines, where he crashed on landing. This combat in which Major Barker destroyed four enemy machines (three of them in flames), brought his total successes up to fifty enemy machines destroyed, and is a notable example of the exceptional bravery and disregard of danger which this very gallant officer has always displayed through his distinguished career. Major Barker was awarded the Military Cross on 10 January, 1917, first Bar on 18th July, 1917, the Distinguished Service Order on 18 February, 1918, 2nd Bar to Military Cross on 16th September, 1918, and Bar to Distinguished Service Order on 2nd November, 1918." (warmuseum.ca)



from Hall Of Fame Of The Air, published in 1936.

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Burma Veteran Honoured by Former Sqn on 100th Birthday



This air drop was a piece of (birthday) cake for Chinthe veteran Donald Couch.

Photo: Marg Leduc

by Martin Zeilig, Voxair Photojournalist

Thanks to the participation of 435 Transport & Rescue Squadron, Saturday, February 3, 2018 turned out to be a very memorable 100th birthday celebration for Second World War veteran Donald Couch.

A well wrapped birthday cake was parachuted down to the party at the community centre in Lucky Lake, Saskatchewan, south of Saskatoon, 825 kilometres northwest of Winnipeg.

Mr. Couch, a founding member of 435 Squadron, lives in the Health Centre in Lucky Lake.

"Dad enlisted in (the RCAF) November 25, 1940, and he was discharged November 9, 1945," noted his daughter, Marg Leduc, who lives with her husband in Saskatoon, in an email.

Her father, whose rank was Corporal, was an aero-engineer with 435 Squadron in India during the war.

435 Transport and Rescue Squadron, nicknamed "Chinthe Squadron" (after a mythical beast), was formed on 1 November 1944 in Gujarat, India during the Burma Campaign, flying the Douglas Dakota in support of the Fourteenth Army, notes Wikipedia.

"After war's end, the unit was relocated to England, where it provided transport to Canadian Army units in Europe. Deactivated on 1 April 1946 in England and re-activated three months later at RCAF Station Edmonton, the squadron relocated a few miles north to RCAF Station Namao in 1955, flying the Fairchild C-119 Flying Boxcar.

"The squadron was moved to 17 Wing Winnipeg in 1994, operating from Hangar 16, a Recognized Federal Heritage Building since 2007," says the online information.

Natalie Fondren-Gasc, Administrative Assistant, 435 Transport & Rescue Sqn, purchased the cupcake cake, which had "Happy 100th Birthday" written in red icing, at a Winnipeg bakery a day prior to the mission.

Fondren-Gasc, who was onboard the aircraft for the mission, also mentioned that Mrs. Leduc contacted her last fall to inform her of her father's upcoming centennial birthday and asking if 435 Squadron could "show appreciation" to an original squadron member on this special occasion.

So, Lieutenant-Colonel K.J. Kozak, Commanding Officer (CO) of 435 Squadron, wrote a happy birthday letter to Mr. Couch and included a Squadron golf shirt.

"Since, Lucky Lake is within our Area of Responsibility, I asked the CO if we could do some training in the area on the big day. Maj Meikle, the Aircraft Commander, recommended we get the cake and drop the package for Corporal Couch to make it even more special for him," Fondren-Gasc added.

"There are no words to express how much joy your

squadron brought to my Dad on his 100th birthday," wrote Mrs. Leduc in a letter on February 6, 2018, to LCol Kozak. "Having his old squadron do a flyover on his birthday was the best gift anyone could have given him. His love for planes has not diminished since the war.

"The whole town and surrounding areas came out to see 'Donald's Hercules' fly over. Dad was born and raised in Lucky Lake and the only time he left was when he joined the RCAF. Therefore, he has many friends in Squadron 435.

"He is so proud that his Squadron is still active and continues to do such important work for our country. That is something we are all very proud of. To be associated with such an important part of history is humbling. We thank you for your service.

"Dad loved the t-shirt and as you can see from the photos, he wanted to wear it for his party. I personally think it looked great on him!"

"I must add that having the Hercules fly over has brought such a wonderful memory to all of us – to Dad, to his family, to the town of Lucky Lake and most of all to Dad's Grandchildren and Great grandchildren. They will remember his 100th birthday, as we all will, for the rest of their lives. What a story for them to tell!

"Seeing that Herc fly out of the clouds was breath taking. What a beautiful moment!

"Please thank your crew that flew the Hercules and please thank Natalie from the bottom of our hearts.

"In closing, Dad and I want to thank you personally for making his 100th birthday, which is a milestone in itself, the best birthday ever and also for acknowledging his association with Squadron 435.

"Thank you, May all of you stay safe!"

Meanwhile, Major Anthony Meikle said the crew was able to combine training requirements with the occasion.

"Although, it appears different from the ground, what we were doing was typical training manoeuvres, including a pass to dispatch a wind drift indicator, which we used to improve the accuracy of a supply bundle drop (the cake)," he said during a telephone interview.

The supply bundle was parachuted down from a height of 500 feet on the second pass, Maj Meikle remarked, adding that a third "observation" pass was done to ensure the accuracy of the supply drop.

"For me, personally, to honour a former member of 435 Squadron is an aspect (of the job), I'm proud of doing," he said. "The fact that we were able to combine that with good training and team building is for me, as an aircraft commander, what makes me proud too. We were running through all our training procedures on that flight. We were doing standard SAR (Search and Rescue) training procedures on this mission."

They also brought some tears of delight into the eyes of a RCAF veteran, his family and friends.

The other crew members on that flight were 1st Officer Captain Scott MacCulloch, Navigator Capt Keith Nociar, Flight Engineer Master Corporal Jeff Hennessey, and MCpl Daryl Bradley, Load Master.

Sports Trivia

Winter Olympics 2 Trivia

by Stephen Stone and Tom Thomson

1. This speed skater competed in four Olympic Winter Games and was the first Canadian male to win an individual gold medal.
2. Who was the king of the 1988 Winter Olympics in Calgary?
3. Who was the queen of the 1988 Winter Olympics?
4. Which two underdogs in the 1988 Games were the subjects of major motion pictures?
5. How long was the 1988 Winter Olympic torch relay?
6. Who were the first torchbearers on Canadian soil? They began the run in St. John's NL.
7. What was the 1988 Games' most closely guarded secret prior to the opening ceremony?
8. Who handed the torch to Robyn Perry?
9. Where is the torch now?
10. In which sport did Canada achieve its greatest success in 1992 in Albertville, France?
11. Who won Canada's only Olympic gold in downhill skiing?
12. Who was Canada's most successful individual athlete at the 1994 Games in Lillehammer, Norway?
13. Which team of Canadian athletes had the most success in Lillehammer?
14. Who won the gold medal?
15. Who won the silver and bronze in freestyle?
16. The 1998 Games in Nagano, Japan marked Canada's greatest success to that date in Winter Olympics. How many medals did Canada win?
17. This gold medal winner was stripped of his medal for testing positive for marijuana in 1998 but had it reinstated when it was determined that cannabis was not a banned drug.
18. This pair won Canada's first ever gold medal in two-man bobsleigh in 1998.
19. Curling became an official sport in 1998 in Nagano. This woman skipped Canada to a gold medal victory.
20. In what other sports did Canada win gold in 1998?

Sports Trivia Answers on page 14



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17 Wing Men's Hockey Team Wins Prairie Regionals



17 Wing Commander, Col Andy Cook and Acting Wing Chief Warrant Officer Robert Sullivan drop the puck during the Opening Ceremony of the 2018 Regional Hockey tournament at the MTS Iceplex on February 5th, 2018, Winnipeg. Photo: Pte Montpetit, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

With a 3-1 victory over CFB Cold Lake on February 9, the 17 Wing Men's captured first place in the Canadian Armed Forces 2018 Prairie Regional Hockey Championship.

Goal scorers for the victorious squad were forwards Sergeant Brian Alex, Lieutenant Jake Switzer, and Private Ryan O'Donnell.

Earlier that morning, CFB Edmonton won the Old Timers portion of the tournament with a 2-1 victory over CFB Cold Lake.

There were five teams in the Men's Division: CFB Winnipeg, CFB Cold Lake, CFB Wainwright, CFB Moose Jaw, and CFB Edmonton; plus three teams in the Old Timers competition: CFB Cold Lake, CFB Edmonton, and CFB Winnipeg.

All games during the five day competition were held at Bell MTS Iceplex.

17 Wing and CFB Edmonton will represent the west at CAF National Hockey Championships at CFB Borden in March.

Aviator Johnny Gaudet, number 9 for 17 Wing, was named Most Valuable Player of the tournament, while Edmonton's team captain, Master Warrant Officer Dany Forbes received MVP in the Old Timer's division.

"The tournament was great," said goalie Sergeant

Joel Brooks, the MVP for Cold Lake. "PSP put on a great show organizing the tournament. The pace of play was amazing. Both teams left everything on the ice."

"It was an awesome tournament," Aviator Gaudet, who works at the Fire Hall, said moments after his team had received their gold coloured medals (in the shape of Canada with the Western region in red, and a white circle with red streaks enclosing crossed sticks and a puck; while a small red Maple Leaf was emblazoned in another corner) at centre ice. "We've been practising since November. All that hard work paid off."

He also credited the older players on the team, who have played in the regionals previously, with showing their teammates a good work ethic.

Aviator Gaudet, who also plays for the Winkler Royals in the Southeast Senior Hockey League, thanked coach, Captain Dan Ennis, for his contribution to the team.

"The game today was hard fought," he said later during a follow-up interview in the team dressing room, where a teammate presented him with a red hockey helmet-- something given after every game to the team's hardest working player of the game.

Capt Ennis, who works at 1 Canadian Air Division, had a big smile on his face as he observed the celebration in the dressing room.

"Everybody supported each other," said the first year coach. "It was awesome. There was no chirping on the bench. This is a great group of men. 17 Wing can be proud of what they've done, and will do at the Nationals. The guys are very receptive to the system I've introduced."

Team captain, Sergeant Tony Foster, from 402 Squadron, said the tournament was an overall first rate event. He lauded the Canadian Forces Morale and Welfare and Safety/ Personnel Support Programs staff for the "great job" they did in coordinating the competition.

"I'm looking forward to the nationals now," Sgt

Foster added. "We've got great team camaraderie and cohesion. This is a really good group of guys. We work together as a team."

Similar to other participants, Warrant Officer Paul Swansburg, who played for the Cold Lake Old Timers team, congratulated the organizers for hosting such a terrific tournament.

"The facilities were fantastic," he said during the second intermission of the Men's final, mentioning how impressed he was with the advance preparation, dressing rooms, food (healthy snacks and fluids were provided to participants), and the referring, plus the meet and greet on Sunday, February 4.

WO Swansburg stated, too, that he and seven other personnel from Cold Lake were in attendance at the Winnipeg Jets Military Appreciation Night game at the Bell MTS Centre on February 6.

"I loved it," he stressed. "That was a fantastic opportunity for all CAF members to meet Jets players."

Marc Lavallee, Sports Coordinator, CFMWS Personnel Support Programs, who was the OPI (main organizer) for the Regionals, expressed pleasure with how "smooth" everything went during the event.

"It was high level hockey, very competitive," he said, noting that he had PSP and military volunteers helping out throughout the entire week. "It was evenly matched in both divisions."



17 Wing Men's team celebrates after winning the 2018 Prairie Regional Hockey tournament at the MTS Iceplex on February 9th, 2018, Winnipeg. Photo: Pte Montpetit, 17 Wing Imaging



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Canadian Armed Forces Introduces New Online Career Transition Tool



Leading Seaman Michael Thoms, a Marine Systems Technician machines spacers on the lathe in the Marine Systems Engineering workshop on board Her Majesty's Canadian Ship (HMCS) St. John's during Operation REASSURANCE while in Fjords of Norway on February 16, 2018.

Photo: Cpl Tony Chand, Formation Imaging Services from DND Public Affairs

Members of the Canadian Armed Forces (CAF) have a new tool to help facilitate their transition into the civilian workforce.

MNET, which officially launched October 16, 2017, is a new, free to use, online career transition tool that matches military occupations with civilian occupations and job openings. MNET is short for Military Occupa-

tional Structure ID (MOSID) to National Occupational Classification (NOC) Equivalency Tool.

To use MNET, CAF members and Veterans just need to enter information about their military career and a matching civilian occupation with job description, as well as a link to relevant civilian employment opportunities on the Government of Canada's Job Bank is produced.

Employers are also able to use MNET, which can help them to understand a particular military occupation and lets them post forecasted job openings specifically for Veterans.

"It is exciting to see the implementation of this great initiative well ahead of schedule. It would not have been possible without the commitment from interdepartmental cooperation throughout this process," said Brigadier-General Mark Misener, the General Officer leading the creation of the Canadian Armed Forces Transition Group. "CAF members often think little of the training and experiences that they have amassed during their careers and the weight it can carry over into the competitive labour market."

MNET is the result of coordinated efforts by the CAF's Directorate of Casualty Support Management, the Military Personnel Generation Learning Support Centre, Veterans Affairs Canada (VAC), and Employment and Social Development Canada (ESDC). For example, in order to allow for the translation of military occupations to civilian equivalents, ESDC provided

access to its vast catalogue on occupational information in Canada, which categorizes more than 30,000 occupational titles into groups that are organized according to skill types and levels.

The online tool, based on a United States Department of Labor application, was created and customized for Canadian military needs in large part using existing resources and therefore at a low cost of \$18,000.

"The small cost of this system, when you look at how it will simplify job and personnel searches and make life easier for transitioning members, is really incredible!" said Captain (retired) Andy Choquette, one of MNET's creators.

In addition to MNET, Veterans also have access to VAC's Veterans in the Public Service Unit, which was formed to help Veterans navigate the federal public service hiring process. This new unit assists Veterans by providing them with possible public service opportunities that match their skills and education, and also works with managers from across the public service to promote the training and experiences of Canadian Veterans for employment.

Other components for MNET, such as a military skills translator and a mobile app, will be introduced in the coming months to continue enhancing member readiness for a successful military to civilian transition.

Access to MNET is now available at: <http://caface-rfaccine.forces.gc.ca/mnet-oesc/>.

NATO Partners Learn on CFSSAT Arctic Survival Course



Crystal City structures constructed by students from Canadian Forces School of Survival and Aeromedical Training (CFSSAT) during an Air Operations Survival Course in Resolute Bay, Nunavut in 2016.

Photo: Cpl Justin Ancelin, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

United States Marine Corps Captain Nathan Davis said participating in a recent 12 day Arctic survival course in Resolute Bay, 2767 kilometres north of Winnipeg on Cornwallis Island, Nunavut, was "absolutely beneficial."

He and fellow USMC member Captain Matt Scoggin, plus three members of the Belgian Armed Forces, Warrant Officer Julien Degee, Lieutenant Lorenzo Mortier and Warrant Officer Patrick Dierch, took part in the Canadian Armed Forces Aircrew Operational Survival- Arctic Aircrew in early February.

Capt Davis, WO Degee, Lt Mortier, and WO Dierch were interviewed a day after their return to the Canadian Forces School of Survival and Aeromedical Training (CFSSAT) and just hours before they were to return to their respective homelands. WO Dierch, who also had taken the survival course in a previous year, acted as an instructor in Resolute Bay.

The AOS- Arctic Aircrew course "shall be provided to aircrew who operate regularly in the Arctic environment and thus, are at a higher risk for isolation in Arctic conditions," says information provided by Captain Nick Brathwaite SERE (Survival, Evasion, Resistance, and Escape) Flight Commander, CFSSAT.

The course, which is held twice each winter, is supported by the Canadian Ranger Patrol Group, Canadian Armed Forces Arctic Training Centre, and the Polar Continental Shelf Program in Resolute Bay, notes

information on the Government of Canada website.

A minimum of 11 subjects are included in the courses, which focus on immediate actions and conducting initial emergency arctic survival: First Aid; building and occupying an emergency shelter; heat sources; conducting proper wear and care of arctic clothing; psychological and physical survival techniques in arctic conditions; utilizing Aircraft Life Support Equipment (ALSE); assisting in recovery; communicating to effect rescue; assessing the need to move; sustaining survivability in arctic conditions; and obtaining water and food.

"As for the schedule, they spend a total of five nights in their improvised shelters, two nights in tents, two nights in multi-person snow caves, and one night in an igloo," said Capt Brathwaite during an interview in his office at CFSSAT.

Capt Davis emphasized that the course is geared to ground crew who might become stranded in the arctic.

"We were using the environment around us (to survive)," he said. "It's amazing how much you can do with snow and ice to affect your survival. There's a lot of basic skills we were taught. What we learned was a good frame of reference done in sequential order. It helped keep our wits about us."

Despite the sometimes -65 Celsius temperature, everyone can survive in this type of environment and with minimum equipment if you follow the rules "and know what you're doing," WO Julien Degee of Belgium stressed.

Meanwhile, WO Dierch said it was even harder to be an instructor on the course than a participant "because you're observing the student" and not engaged in the actual physical effort of building shelters and related tasks.

"You always have to be doing something to keep warm," Capt Davis, a helicopter pilot, added.

"If you stop for five minutes, you get cold," Lt Mortier agreed.

Apart from some rowdy ravens, the only other signs of wildlife they saw were the tracks of an arctic fox, he said.

Capt Davis and WO Dierch also praised the support they received from the Canadian Ranger Patrol Group, especially when attempting to get the angles right when constructing igloos.

"It took us a lot of time," commented Capt Davis, who's based in North Carolina. "But the Rangers were really helpful in building the igloo. These guys do this

all the time. They have a very good grasp on what you need."

Added WO Dierch: "They take a (snow) knife, and it's done."

They also all agreed that the course provided other benefits.

"I made a lot of new friendships on this course," Capt Davis said.

"The hospitality was great," Lt Mortier said.

WO Patrick Dierch was in awe of the tundra's winter landscape. "Everything is white and very peaceful," he said, while observing that there wasn't much in the way of plant, namely trees, or animal life. "It makes you humble. We wanted to see more, but couldn't."

GOT TALENT

17 WING'S

TALENT

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OPEN TO ALL MEMBERS OF THE 17 WING COMMUNITY

Deadline for audition submissions is March 18, 2018

Event will be held on
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A DU TALENT
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 DE TOUT ÂGE • EN FRANÇAIS ET EN ANGLAIS
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 chanteurs • jongleurs • danseurs
 dresseurs d'animaux • fanfares
 et tout autre discipline !
SOUMETTEZ VOTRE AUDITION AUJOURD'HUI!
 OUVERT À TOUS LES MEMBRES DE LA COMMUNAUTÉ DE LA 17^e ESCADRE
 Date limite pour la soumission d'une audition : 18 mars 2018
 Evénement
 29 AVRIL 2018 • 17^e ESCADRE • BÂT. 90 - THÉÂTRE
 Détails et règles disponibles au CRFM ou en ligne à connexionfac.ca/Winnipeg
 POUR PLUS D'INFORMATION, CONTACTEZ 204-833-2500 POSTE 4500

17 WING FIRE CHIEF'S CORNER



Are You Prepared? Plan and Train Your Family

The most dangerous time is at night when the family is asleep. If a fire strikes, there may be, even with the advantage of a fire detection-alarm system, very few seconds available for making decisions. Although you can't tell now what the conditions will be during the emergency, you can have alternate escape routes already planned and be otherwise prepared for quick action.

ALWAYS sleep with all bedroom doors shut. House fires usually develop much faster than most people realize. While you sleep, superheated air and toxic smoke can fill the house in two or three minutes and the flames are not far behind. Closed doors can give you extra seconds.

Many questions to answer, many problems to solve. Presume that the bedroom doors will not be used because of heat and smoke on the other side. Does each bedroom have an alternate escape way? Is there a window that can be used? Does it and the storm window open easily, or should you make repairs or replacements now? Is the occupant capable of opening it? What's outside the window? Can it be made a safer route? In the case of a second floor, is there a roof of a carport or garage under the window to facilitate escape? Is the occupant old enough or not too old to use this escape route? Would the occupant be able to set up and use a folding escape ladder, a chain ladder, or knotted escape rope?

Work out escape plans with your family considering the young and disabled who cannot help themselves. Study the layout of your house or apartment, and establish both a primary and secondary route from each room. Draw a floor plan with the entire family. Post the floor plan where the whole family can see it.

The primary route would be the easier, more convenient; the one to use when more time is available. This route might be the normal exits or it might be the escape of occupants of all rooms by way of the room where an exit is eased by a low roof under windows.

The secondary route is the one that will be used should the family be caught short and there is time only for the escape direct from each room without use of the common corridors. To plan these more desperate routes you may have to provide escape ladders, improve convenience at windows, or you might have to remove fences, shrubs, and other obstructions and hazards from under the windows.

Before you buy an escape ladder or rope, shop around and examine the various types available. Have them demonstrated or fully explained, and then buy the type you feel can most easily be used by your family.

Practice your escape plans. Review with the family the whys and how's of the plans. Try out and perfect the escape routes. Practice emergency evacuation at least once a year to lessen confusion and the chances of panic should an emergency actually happen. Have a meeting point where everyone is to meet once they get out of the house.

When fire strikes, act with speed but with caution. As soon as you are aware of fire, make your way to the door and feel it. If the door is HOT, do not open it; only the secondary plan can be used now. If your room is filling with smoke, get down CLOSE to the floor because the hot, toxic smoke tends to rise, leaving the better air at the lower level. Crawl to the window for as quick an escape as possible. Once you are out, you can help others get out of their windows. Here's where an aluminium painters ladder will prove its worth.

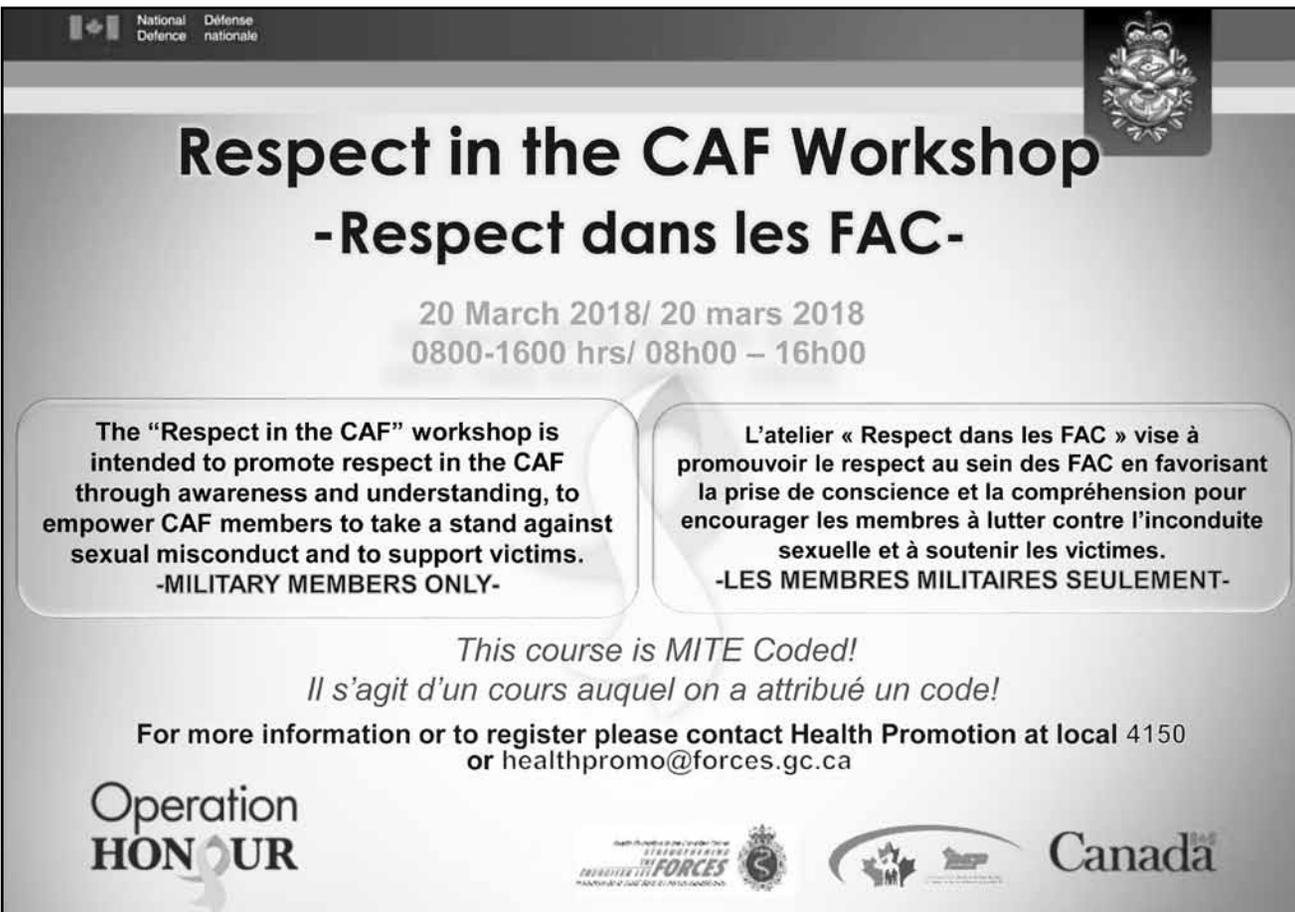
Babysitters

The babysitter must be instructed in the details of the family escape plan. Show him/her the primary and secondary escape route for each of the children's rooms, and see that he/she understands. Tell them what to do if they smells smoke or gas: GET THE CHILDREN OUT OF THE HOUSE. Briefly review escape procedures and meeting point on each of their visits.

Write down clearly the phone numbers of the fire department, the police, your doctor, a neighbour and the number where you can be reached

Now that you have devised a safe and rapid method of evacuation, which is your primary concern should fire strike; some thought should be given to selecting fire extinguishers and a fire detector warning system.

REMEMBER NEVER HESITATE TO DIAL 911



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-

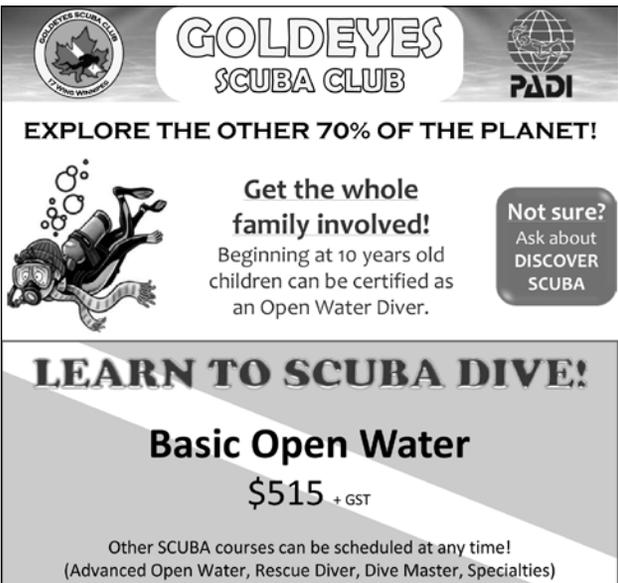
L'atelier « Respect dans les FAC » vise à promouvoir le respect au sein des FAC en favorisant la prise de conscience et la compréhension pour encourager les membres à lutter contre l'inconduite sexuelle et à soutenir les victimes.
-LES MEMBRES MILITAIRES SEULEMENT-

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

Canada



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EXPLORE THE OTHER 70% OF THE PLANET!

Get the whole family involved!
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Basic Open Water
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Other SCUBA courses can be scheduled at any time!
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Already qualified?
 Come practice your skills during our weekly pool sessions.

MEMBERSHIP - \$50*

Fees entitle members to participate in pool sessions/club events, discounted courses, and to rent club gear.

* All applicants must be eligible to become a member of the 17 Wing Recreation Association and may be subject to additional fees.

EQUIPMENT RENTALS & AIR FILLS AVAILABLE

Président
 Darren McDonald
 (204) 833-2500 ext 6275
 Darren.mcdonald@forces.gc.ca

Vice-Président
 Jack Williams
 (204) 833-2500 ext 6860
 Jack.williams@forces.gc.ca

Secrétaire/Treasurer
 Ila Colliss
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 PADI

EXPLOREZ L'AUTRE 70% DE LA PLANÈTE!

Une activité pour toute la famille!
 À partir de 10 ans les enfants peuvent être certifié plongeur «open water».

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Apprenez la plongée sous-marine!
Cours de base
 \$515 + taxe

Les cours de plongées sous-marines peuvent débuter en tout temps!
 (Advanced Open Water, Rescue Diver, Dive Master, Spécialités)

Déjà certifié ?
 Venez pratiquer vos techniques en piscine.

MEMBERSHIP - 50 \$*

Les membres ont droit aux : sessions de plongée en piscine, rabais de cours, activités du club et peuvent louer l'équipement du club.

*Tous les participants doivent être membre de l'association de récréation de la 17 Ere, des frais supplémentaires peuvent s'appliquer.

LOCATION D'ÉQUIPEMENT ET REMPLISSAGE DE RÉSERVOIRS

Président
 Darren McDonald
 (204) 833-2500 poste 6275
 Darren.mcdonald@forces.gc.ca

Vice-Président
 Jack Williams
 (204) 833-2500 poste 6860
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Around The Wing



The Military Family Resource Center Board and Staff have a group photo taken prior to the start of the 2018 Yellow Ribbon Gala on February 17, 2018 at the Victoria Inn Convention Center, Winnipeg.

Photo: Cpl Justin Ancelin, 17 Wing Imaging



Sgt David Grenon from the RCAF Band conducts the MFRC Choir during the 2018 Yellow Ribbon Gala on February 17, 2018 at the Victoria Inn Convention Center.

Photo: Cpl Justin Ancelin, 17 Wing Imaging



2 Canadian Air Division Commander, BGen David Cochrane addresses the attendee's during the 2018 Yellow Ribbon Gala on February 17, 2018 at the Victoria Inn Convention Center.

Photo: Cpl Justin Ancelin, 17 Wing Imaging



Winnipeg Mayor, Brian Bowman address the attendee's during the 2018 Yellow Ribbon Gala on February 17, 2018 at the Victoria Inn Convention Center.

Photo: Cpl Justin Ancelin, 17 Wing Imaging



The 2018 Yellow Ribbon Gala on February 17, 2018 at the Victoria Inn Convention Center.

Photo: Cpl Justin Ancelin, 17 Wing Imaging



Kathy Dmytrisin, Deputy Manager Personnel Support Programs at 17 Wing Winnipeg, poses for a photo during a baby shower before she starts 'holidays' as her boss, the Senior Manager PSP calls it.

Photo: Rick Harris, Senior Manager PSP.

Around The Wing



17 Wing Hockey team, 2018 prairie region champion at MTS Iceplex on February 9th, 2018, Winnipeg.
Photo: Pte Montpetit, 17 Wing Imaging



The 17 Wing Winnipeg Old Timers team at the 2018 Regional Hockey tournament at the MTS Iceplex on February 5th, 2018, Winnipeg, Manitoba.
Photo: Pte Montpetit, 17 Wing Imaging



Members from Winnipeg and Edmonton battle for position at the Prairie Regionals. Winnipeg.
Photo: Pte Montpetit, 17 Wing Imaging



17 Wing goalies prepare for a game during the 2018 Regional Hockey tournament at the MTS Iceplex on February 5th, 2018, Winnipeg, Manitoba.
Photo: Pte Montpetit, 17 Wing Imaging

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- Crafts
- Chili/Buns
- RCAF Band
- Prizes & MORE!

WINTER Fest 2018

17 WING

Fête DE L'HIVER 2018

17^e ESCADRE

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Cyclisme d'Hiver - Les Vélos Woodcock

Les Promenades en Traineau

Winstan l'Ours Polaire

Le Bannique et les Smores

Présentation de Prairie Exotics

Course d'Obstacles

Les Biscuits par Georges

Les enfants en forme et en bonne santé - Sports Manitoba

L'artisanat

Le Chili

La Musique Royale de l'ARC

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11 am - 2 pm

de 11 h à 14 h

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MARS

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

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

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

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

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

INFO. 204-833-2500 ext/poste 7013 or/ou 4500



LADIES DAY*
THURSDAY
MARCH 8
 3PM - 9PM

FRIDAY
MARCH 9
 3PM - 9PM

SATURDAY
MARCH 10
 10AM - 7PM

SUNDAY
MARCH 11
 11AM - 5PM

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FRIDAY, March 9, 2018 • 3 - 9 PM

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- Winnipeg Police Service
- Royal Canadian Mounted Police
- Canadian Armed Forces
- Cadets
- STARS
- Commissionaires
- Correctional Services of Canada
- Manitoba Corrections
- Canadian Border Services



Presented by



REGULAR ADMISSION:
 Tickets \$15, available at the door.

*LADIES DAY, free admission, open to the public as well.

Around The Wing



17 Wing SAR Techs on the catwalk after participating in the opening ceremony for the Winnipeg Jets Military Appreciation Night, February 6th at Bell MTS Place.
Photo: Broose Tulloch, Voxair Layout



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CENTRE D'INFORMATION

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CALENDRIER COMMUNAUTAIRE

21 – 25 février • Festival du Voyageur • 204-233-25556

22 février • Atelier – Les impôts • CDEM • 204-925-2320

22 février • Concert de musique au CRÉE • FPM • 204-237-9666

23 février • Cinéma pyjama • FPM • 204-237-9666

23 et 24 février • Tournée de Gaëlle Solal • Alliance française du Manitoba • 204-477-1515

24 février • Potluck des membres • Maison des artistes visuels francophones • 204-237-5964

27 février • Mardi jazz – Suzanne Knelly • CCFM 204-233-8972

1er mars • Vernissage – Carrées et Paysans • La maison des artistes visuels francophones • 204-237-5964

1er mars • Vernissage – Vie nocturne • La maison des artistes visuels francophones • 204-237-5964

1er - 17 mars • Théâtre – Les allogènes • Théâtre Cercle Molière • 204-233-8053

3, 10 et 17 mars • Atelier – Portraits en peinture avec Xavier Mutshipayi • La maison des artistes visuels francophones • 204-237-5964

Expositions :

Carrée et Paysans • La maison des artistes visuels francophones

Imperceptibilité • Centre culturel franco-manitobain

Lieu Saint • La maison des artistes visuels francophones

Vie nocturne • La maison des artistes visuels francophones

Pour plus d'informations et pour voir le calendrier au complet, visitez le <http://www.sfm.mb.ca/calendrier>

Military Member to Run Drone Information Session



Capt Matthew Johnson, 17 Field Ambulance, poses with a couple of drones he uses in his other life. Photo: Martin Zeilig

By Martin Zeilig, Voxair Photojournalist

Captain Matthew Johnson has been flying high with his Unmanned Aerial Vehicles, or drones, the DJI Drone Phantom 4 and the eBee senseFly, for the past three years.

The Phantom is “an all-round multipurpose system” which is used in major industries, such as construction, mining, agriculture, conservation, utility inspection, law enforcement, architecture, archaeology, search and rescue, and other areas of endeavour, notes Capt Johnson, a reservist with 17 Field Ambulance at Minto Armoury, who is President of M3 Aerial Productions Inc.

Meanwhile, the eBee is used exclusively for agricultural crop mapping, he added.

Capt Johnson, whose drones use lithium polymer batteries, will conduct a free information session, with video presentations and live drone demonstrations, on UAVs in Building 90 (Fitness & Recreation Centre) on March 12, 1830 – 2130 hrs. The session is open to everyone.

Capt Johnson, a graduate of the University of Manitoba with Bachelor Degrees in Physical Education, Geography and Education, first got into flying UAVs in 2015.

“That’s when I started the company,” he said. “At the time, I was teaching high school math in Winnipeg, but I stopped teaching in June 2017 to focus on the business.”

He’s now an instructor in UAVs at Brandon University.

“It’s a three hour credit course in geography,” Capt

Johnson said. “People come from around Canada to take the course.”

He also offers the course privately through his company.

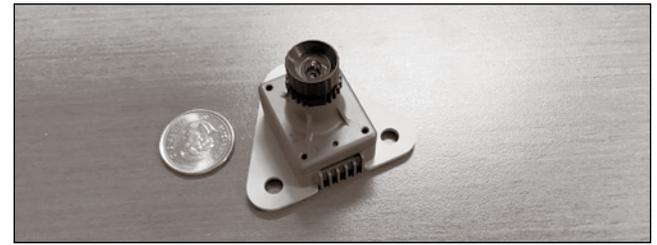
“It’s an introduction to drones for people who are interested,” Capt Johnson said. “I’ve always been interested in aviation. So, I decided to take it one step further. The company was a gradual process. Every time I took a step deeper into investigation of drones, it just worked out that there were more and more opportunities.”

The industry is growing rapidly in Canada and worldwide because drones are useful for many different commercial enterprises, among other areas.

“They’re great for doing jobs that are dull, dirty and dangerous, such as inspecting wind turbines,” Capt Johnson said.

The eBee is made mostly of foam and plastic with a carbon fibre attachment, while the Phantom is all plastic construction.

“It’s the technology you pay for when purchasing



A miniature infrared sensor that can be attached to the DJI Phantom drone. Photo: Martin Zeilig.

them,” Capt Johnson said, noting that the eBee is made in Switzerland, and the Phantom is manufactured by a Chinese company. “I sell drones for a company called Sentera out of Minneapolis, Minnesota. I’m a dealer for them. The company provides training all across Canada. We’re developing a network of pilots who can perform services for us.”

By the end of March, 2018, he will have trained 85 people in Saskatoon, Saskatchewan, and 250 in total across Canada, he added.

“It’s more the package I sell that gives greater value,” continued Capt Johnson, explaining that what he teaches is similar to an airplane pilot having to take ground school training. “That includes batteries, training, and the (carrying) case, along with the drone.”

His business is booming.

“We’ve trained the first person in Canada, a farmer in Elie, Manitoba, to spray crops using a drone,” Capt Johnson observed.

For further information, contact M3 Aerial Productions Inc. Tel: (204) 800-0220; 1-866-814-4855 email: m3aerial@gmail.com web: www.m3aerial.com

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INTRO TO DRONE WORKSHOP

FREE!



GRATUIT!

INTRODUCTION AUX DRONES ATELIER

Capt Matthew Johnson (17 FD Amb), President of M3 Aerial Productions will discuss his experiences in the UAV industry. The workshop will introduce the rapidly developing drone industry, where it is, where it's going and current opportunities for commercial UAV operators. (View live demonstrations!)

Capt Matthew Johnson (17 FD Amb), Président des Productions Aériennes M3 discutera ses expériences dans l'industrie UAV. Cet atelier présentera l'industrie rapidement développante des drones, son état actuel, où elle s'en va, ainsi que les opportunités courantes pour les opérateurs commerciaux des UAV. (Voir les démonstrations en direct!)

Monday, March 12th

1830 to 2130 hrs

Bldg. 90 – Theatre

Lundi, le 12 Mars

18 h 30 au 21 h 30

Bât. 90 – Théâtre

TO REGISTER:

On-line: www.caconnection.ca/Winnipeg
or in-person at Bldg 90

INSCRIVEZ-VOUS :

En ligne à : www.connexioncaf.ca/Winnipeg
ou en personne au Bât. 90

Any questions, please call:

Pour toute question, veuillez communiquer avec :

Capt Matthew Johnson @ 204-800-0220

www.pspwinnipeg.ca

17 WG COM REC WINTER 2018 FITNESS SCHEDULE							
REGULAR CLASSES RUN MON 15 JAN TO THU 29 MAR 2018							
FITNESS PASS \$100 Military Personnel and with Recreation Membership (includes unlimited class access)		\$140 Without Membership (includes unlimited class access)					
DAILY DROP-IN \$9 Military Personnel and with Recreation Membership		\$11 Without Membership					
TIMES	MON	TUE	WED	THU	FRI	SAT	SUN
	8 Jan - 26 Mar	9 Jan - 27 Mar	10 Jan - 28 Mar	11 Jan - 29 Mar	12 Jan - 23 Mar	13 Jan - 24 Mar	14 Jan - 25 Mar
0630-0715	Sunrise Yoga free for military & DND B90 MPR Cris			Sunrise Tabata free for military & DND B90 MPR Cris			
0930-1030	Fusion Fitness B90 Gym Jillian	Weight Rm Circuit B90 MPR Bruce	Pilates B90 MPR Alan	20-20-20 B90 MPR Bruce		Muscle Boot Camp B90 East Gym Tricia	Ball & Weights B90 East Gym Laura
1045-1145						Indoor Cycle B90 Spin Room Tricia	
1330-1430							Yoga for Active Living B33 Activity Room LeAnne
1500-1600							Aqua-Fit B90 Pool Natalia
1700-1800	Indoor Cycle B90 Spin Rm Jo	Fusion Fitness B90 MPR Bruce	Indoor Cycle B90 Spin Room Jo	Fusion Fitness B90 West Gym Bruce	20-20-20 B90 MPR Bruce		
1730-1830				Pilates (Beginners) B90 MPR Alan			
1800-1900	Kick Box Cardio B90 West Gym Laura						
1815-1915		Yoga Beginner Vinyasa B90 MPR Tricia					
1830-1930				Pilates (Advanced) B90 MPR Alan			

SERVICE DES LOISIRS COMMUNAUTAIRES DE LA 17 ERE - HORAIRE DES COURS DE CONDITIONNEMENT PHYSIQUE - HIVER 2018							
COURS REGULIERS DU LUNDI 15 JANVIER AU JEUDI 29 MARS 2018							
LAISSEZ-PASSER D'ENTRAINEMENT 100 \$ - Militaires et membres du programme des loisirs (donne un accès illimité aux cours)							
140 \$ - Non-membres (donne un accès illimité aux cours)							
TARIF JOURNALIER		9 \$ - Militaires et membres du programme des loisirs			11 \$ - Non-membres		
HEURES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	8 janv. au 26 mars	9 janv. au 27 mars	10 janv. au 28 mars	11 janv. au 29 mars	12 janv. au 23 mars	13 janv. au 24 mars	14 janv. au 25 mars
6 h 30 à 7 h 15	Yoga au lever du soleil Gratuit pour les militaires et les employés du MDN B90 - salle polyvalente Cris			Tabata au lever du soleil Gratuit pour les militaires et les employés du MDN B90 - salle polyvalente Cris			
9 h 30 à 10 h 30	Conditionnement physique combiné B90 - gymnase Jillian	Série d'exercices dans la salle de musculation B90 - salle polyvalente Bruce	Pilates B90 - salle polyvalente Alan	20-20-20 B90 - salle polyvalente Bruce		Exercices de musculation style camp militaire B90 - gymnase est Tricia	Ballon et poids B90 gymnase ouest Laura
10 h 45 à 11 h 45						Vélo stationnaire B90 salle de cardio-velo Tricia	
13 h 30 à 14 h 30							Yoga vitalité B33 - salle des activités LeAnne
15 h à 16 h							Aquaforme B90 - piscine Natalia
17 h à 18 h	Vélo stationnaire B90 - salle de cardio-velo Jo	Conditionnement physique combiné B90 - salle polyvalente Bruce	Vélo stationnaire B90 - salle de cardio-velo Jo	Conditionnement physique combiné B90 - gymnase ouest Bruce	20-20-20 B90 - salle polyvalente Bruce		
17 h 30 à 18 h 30				Pilates (débutant) B90 - salle polyvalente Alan			
18 h à 19 h	Kickboxing cardiovasculaire B90 - gymnase ouest Laura						
18 h 15 à 19 h 15		Yoga de base Vinyasa B90 - salle polyvalente Tricia					
18 h 30 à 19 h 30				Pilates (avancé) B90 - salle polyvalente Alan			

2018 MARCH BREAK PROGRAMS

DAY CAMP

FUN-FILLED DAYS OF GYM, SWIM, MOVIE, HOT LUNCH, ACTIVITIES AND A TRIP
MONDAY, MARCH 26 to THURSDAY, MARCH 29

DROPOFF 7:30 am - 9:00 am • PICK-UP 4:00 pm - 5:15 pm

Membership \$120/child • Non-Membership \$140/child

Ages 6 to 13 yrs

Youth 10 to 14 yrs

JUNIOR LIFEGUARD CAMP

MONDAY, MARCH 26 to THURSDAY, MARCH 29

DROPOFF: 7:30 am - 9:00 am CAMP DAY 9:00 am - 4:00 pm PICK UP: 4:00 pm - 5:15 pm

Membership: \$120 per child • Non-Membership: \$140 per child

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15 & 16 March

0830-1600 hrs

15 et 16 mars

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 ou (204) 833-2500 4150, Ou par courriel health.promo@forces.gc.ca

WEIGHT wellness

Lifestyle Program

Combine good nutrition and physical activity for a healthy lifestyle!

Wednesday's

7 March—26 April

1300-1600 hrs

- Real life eating for real people
- Set realistic goals
- Manage hunger & food cravings
- Look beyond the fads
- Incorporate physical activity
- Find community resources
- Maintain motivation

Free! Free for military members, DND employees and their adult family members! For more information or to register please contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca

2018 PROGRAMMES DE RELÂCHE DE MARS

CAMP DE JOUR

UNE JOURNÉE PLEINE D'AMUSEMENT DE GYMNASE, UN FILM, LE DÎNER CHAUD, LES ACTIVITÉS, ET UNE EXCURSION !
LE LUNDI, 26 MARS au JEUDI, 29 MARS

HEURE D'ARRIVÉE: 7 h 30 à 9 h • HEURE DE DÉPART 16 h à 17 h 15

Membre 120 \$ par enfant • Non-membre 140 \$ par enfant

Âgés de 6 à 13 ans

Pour les jeunes de 10-14 ans

CAMP DE JEUNES SAUVETEURS

LE LUNDI, 26 MARS au JEUDI, 29 MARS

HEURE D'ARRIVÉE: 7 h 30 à 9 h HEURES DE LA JOURNÉE DE CAMP 9 h à 16 h SERVICE DE GARDE APRÈS: 16 h à 17 h 30

Membre 120 \$ par enfant • Non-membre 140 \$ par enfant

Le Camp aquatique de jeunes sauveteurs est dirigé par des instructeurs/sauveteurs accrédités par la Société de sauvetage

LE CLUB DES JEUNES SAUVETEURS SE VERT EN DEFI AQUATIQUE REMPLI D'ACTION POUR LES JEUNES QUI AIMENT L'EAU!

INSCRIVEZ-VOUS MAINTENANT !

www.connexionfac.ca/Winnipeg

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 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.



Sensibilisation à la santé mentale et au suicide

Health Promotion in the Canadian Forces
SANTÉ ET BIEN-ÊTRE
DES FORCES ARMÉES
ENGLISH LES FORCES
Promotion de la santé dans les Forces canadiennes

POIDS-santé

Programme Style de vie

Une bonne alimentation et de l'activité physique pour un mode de vie sain!

Les mercredi

7 mars—26 avril

De 13h00 à 16h00

- Bien manger pour bien vivre
- Se fixer des objectifs réalistes
- Intégrer l'activité physique
- Ne faites pas attention aux modes du jour
- Gérer votre faim et vos envies d'alimentation
- Trouver des ressources communautaires
- Maintien de la motivation

C'est gratuit pour les militaires, les employés du MDN et les membres adultes de leur famille! Pour de plus amples renseignements ou pour vous inscrire, communiquez avec la Promotion de la santé en composant le (204) 833-2500, poste 4150 ou écrivez à l'adresse healthpromo@forces.gc.ca



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

Aviation Museum Sleepover

958 Ferry Rd.
Join us for a fantastic evening adventure. The children will get a hands-on experience with science experiments and activities. There will be a flashlight tour of the museum and a movie before bed. The museum provides a light breakfast before pick up the next morning. Friday, March 16 6:30 p.m. to Saturday, March 17 8:30 a.m.

\$25 per participant

Registration deadline: March 2, 2018

Une nuit au Musée de l'aviation

958, ch. Ferry
Venez nous rejoindre pour une aventure nocturne amusante ! Les enfants auront une expérience pratique avec des expériences scientifiques et des activités. Ils auront l'occasion de participer à une visite guidée du musée après les heures d'ouverture et de regarder un film avant de se coucher. Un petit déjeuner sera fourni aux enfants avant leur départ.

Du vendredi 16 mars à 18 h 30 au samedi 17 mars à 8 h 30

25 \$ par personne

Winter Festival

The annual WinterFest will include sleigh rides, snowshoeing, Prairie Exotics, chili, bannock, crafts, s'mores and much more.

Saturday, March 3

11:00 to 2:00 p.m.

Building 90, 680 Wihuri Rd.

Defence team: \$3/person, \$9/family

Public: \$4 per person, \$12/family

Festival de l'hiver

Le Festival annuel de l'hiver vous offre des promenades en traîneau, de la raquette, Prairie Exotics, du chili, de la bannique, du bricolage, des S'mores et bien plus encore.

Samedi 3 mars

De 11 h à 14 h

Bâtiment 90

680, ch. Wihuri

Équipe de la défense :

3 \$ par personne, 9 \$ par famille

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

Date limite d'inscription : 2 mars

Présenté en anglais

Special Needs Discussion Group

This discussion group is open to those who are managing their own special needs, supporting someone else's or who is interested in learning more. We will be exploring and discussing a variety of special needs, through film screenings and book club discussion.

Thursday, March 1

Autism: The Musical: This documentary follows five children with autism as they work together to create and perform a live musical production.

6:30 to 9:30 p.m.

Free

Registration deadline: February 26

Please contact Sherri Pierce at ext. 4056 to discuss childcare needs at least two weeks in advance.

Groupe de discussion – Besoins particuliers

Ce groupe de discussion est ouvert à ceux qui gèrent leurs propres besoins particuliers, qui soutiennent quelqu'un d'autre ou qui sont intéressés à en apprendre davantage ! Nous explorerons et discuterons d'une variété de besoins spéciaux, à travers de projections de films et de discussions de clubs de lecture.

« Autism: The Musical »

Ce documentaire suit cinq enfants autistes qui travaillent ensemble pour créer et interpréter une production musicale en direct

Jeudi 1er mars

« Autism: The Musical »

De 18 h 30 à 21 h 30

Gratuit

Date limite d'inscription : 26 février

Veillez communiquer avec Sherri Pierce au 4056 pour discuter de vos besoins en matière de garde d'enfants, au moins deux semaines à l'avance.

Présenté en anglais

International Women's Day Celebration!

Friday 9 March
5:30 pm - 10 pm
DINNER AT 5:30 PM
OFFICERS MESS – BLDG 76

Join us for a wonderful evening of self-care, painting, relaxation and fun!

Maxine Holmqvist will be talking about sleep and sleep-wellness.

Kissa MacIsaac is back to conduct another fabulous paint nite!

Bring your girlfriends, sister, aunt, mother or neighbor for a fun filled night full of a sleep wellness talk, a paint nite where you can let your creative side go, food, friends and of course a take away bag filled with goodies!!

COST: \$20

REGISTER EARLY, SPACE IS LIMITED!
REGISTRATION DEADLINE MARCH 2ND

FOR DETAILS CONTACT THE MFRC AT 204-833-2500 EXT. 4500

Célébration de la Journée internationale de la femme!

vendredi 9 mars
de 17 h 30 à 22 h
DÎNER À 17 H 30
MESS DES OFFICIERS – BÂT. 76

Joignez-vous à nous pour une merveilleuse soirée d'auto-soins, de peinture, de détente et de plaisir !

Maxine Holmqvist parlera du sommeil et le bien-être qu'il vous apporte.

Kissa MacIsaac est de retour pour une autre soirée de peinture.

Amenez vos copines, sœurs, tantes, mère ou voisines pour une soirée informative et divertissante remplie de créativité, nourriture, amitié et n'oubliez pas le sac à surprise !

COÛT : 20 \$

INSCRIVEZ-VOUS DÈS AUJOURD'HUI, LES PLACES SONT LIMITÉES !
DATE LIMITE D'INSCRIPTION : 2 MARS

CONTACTEZ LE CRFM POUR PLUS DE DÉTAILS AU 204-833-2500, POSTE 4500

The Winnipeg Military Family Resource Centre is proud to present **new rates** in our Occasional Child Care Centre for our Military Families.

Military Family Rates

Age	½ Day 0730-1200hr or 1230-1700hr	Full Day 0730-1700hr	Hourly
6 months-23 months	\$25.00	\$40.00	\$7.00
23 months-5 years	\$20.00	\$30.00	\$5.00

Civilian Rates

Age	½ Day 0730-1200hr or 1230-1700hr	Full Day 0730-1700hr	Hourly
6 months-23 months	\$25.00	\$50.00	\$7.00
23 months-5 years	\$20.00	\$40.00	\$5.00

Prices in effect beginning February 12, 2018

Occasional Child Care takes place at 630 Wihuri Road in the back of the MFRC daycare building. We are open Monday-Friday from 0730-1700hr. We offer quality child care to children ages 6 months-5 years in age. Our program is run by qualified Early Childhood Educators and Child Care Assistants. For more information or to register for care please call Meagan Noonan at 204-833-2500 x2491 or email Meagan.noonan@forces.gc.ca.

Le Centre de Ressource pour les familles de militaires de Winnipeg est fier d'offrir de **nouveaux tarifs** pour nos familles de militaires qui utilisent le service de garde occasionnelle.

Tarifs pour les familles de militaires

Age	Demi-journée 7 h 30 à 12 h ou 12 h 30 à 17 h r	Journée complète 7 h 30 à 17 h	Taux horaire
6 mois-23 mois	25 \$	40 \$	7 \$
23 mois-5 ans	20 \$	30 \$	5 \$

Tarifs pour les familles civiles

Age	Demi-journée 7 h 30 à 12 h ou 12 h 30 à 17 h	Journée complète 7 h 30 à 17 h	Taux horaire
6 mois-23 mois	25 \$	50 \$	7 \$
23 mois-5 ans	20 \$	40 \$	5 \$

* prix en vigueur à compter du 12 février 2018 *

Le service de garde occasionnel pour enfant a lieu au 630, chemin Wihuri, à l'arrière du bâtiment de la garderie du CRFM. Nous sommes ouverts du lundi au vendredi de 7 h 30 à 17 h. Nous offrons des services de garde de qualité aux enfants âgés de 6 mois à 5 ans. Notre programme est géré par des éducatrices de la petite enfance qualifiées et des assistantes de garde d'enfants. Pour de plus amples renseignements ou pour vous inscrire aux soins, veuillez appeler le 204-833-2500, poste 2491 ou envoyer un courriel à meagan.noonan@forces.gc.ca.

Sports Trivia Answers

1. Gaetan Boucher from Charlesbourg, Quebec City. Boucher won two golds and a bronze in 1984 at Sarajevo.
2. Matti Nykanen of Finland who won three gold medals in ski jumping.
3. Yvonne van Gennip of the Netherlands who won three gold medals in speed skating.
4. The Jamaican bobsleigh team subject of "Cool Runnings" and British ski jumper Michael "Eddie the Eagle" Edwards subject of "Eddie the Eagle".
5. 18,000 kilometres and lasted 88 days.
6. Figure skating gold medalist (1948) Barbara Ann Scott and former race walker Ferd Hayward of St. John's who competed in 1952 at Helsinki. They were chosen to represent past Olympians.
7. The identity of the final torchbearer who turned out to be 12-year-old Robyn Perry, an aspiring figure skater who was chosen to represent future Olympians.
8. Alpine skier Ken Read and silver medal (1972) speed skater Cathy Priestner, representing Canada's current Olympians, carried the torch into McMahon Stadium, site of the opening and closing ceremonies. They handed the torch to Rick Hansen who had just completed his "Man in Motion" tour. Hansen raised the torch in the air, handed it back to Read and Priestner who handed it off to Perry.
9. You can see it at Canada's Sports Hall of Fame located at Canada Olympic Park in Calgary.
10. Short track speed skating with one gold and two silver medals.
11. Kerrin Lee-Gartner of Trail, BC in 1992 at Albertville, France.
12. Myriam Bedard from Loretteville, Quebec won two gold medals in biathlon, the only North American to do so.
13. Freestyle skiing with one gold, one silver and one bronze to top the freestyle medal table.
14. Jean-Luc Brassard of Salaberry-de-Valleyfield, Quebec in moguls.
15. Phillippe LaRoche won silver and Lloyd Langlois won bronze, both in aericals. Other notable Canadian performances in aericals were Andrew Capicik who finished fourth and Nicolas Fontaine who finished sixth.
16. Fifteen - six gold, five silver, four bronze.
17. Ross Rebagliati of Vancouver won gold in giant slalom snowboarding and became an instant icon when he appeared on the Tonight Show with Jay Leno.
18. Pierre Lueders of Edmonton and Dave MacEachern of Charlottetown.
19. Sandra Schmirler of Biggar, Saskatchewan. "Schmirler the Curler" is thought to be the only athlete whose name rhymed with the sport she played.
20. Two gold in short track speed skating, one gold in long track speed skating.

Winter Olympics Sport Trivia wraps up next issue with part three. Go Team Canada!

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Expect good news. Spend quality time with family and friends. Focus on the positives and look to the future with hope and optimism. Where your mind goes your life flows. Worry is a waste of time. Being informed about the facts helps curb an overactive imagination.

Taurus (April 20 – May 20): Aim at being constructive and productive. Manage your time so you'll meet key goals. Be realistic; you can't do everything. Prioritize. Schedule challenging tasks when you know you have more energy. When you're relaxed you have the clarity and patience to do deal with details.

Gemini (May 21 – June 21): Note what you are avoiding. It can show you a lot about yourself. How can you shift your way of dealing with what worries you? Learning and being informed is one way to deal with a feeling of being stuck. There is no need to figure everything out by yourself. Ask for assistance.

Cancer (June 22 – July 22): Focus on your career and your creativity. Others will assist and support your efforts. Mentoring someone who needs some guidance is like a refresher course for you. Let the success of others motivate you. Get organized. Expect good news. The benefits of self-care become obvious.

Leo (July 23 – August 22): Strike a balance between being generous and being practical. Discuss your vision for the future with others and listen to their ideas and opinions. Embrace change. Relax and trust that things are moving along at the appropriate pace. Conserve your energy by avoiding drama.

Virgo (August 23 – September 22): Just when you think all is going smoothly something comes up to put everything on hold. You will reach your goal but it may take longer than you'd hoped. Make small changes and better choices. Putting everyone else's needs ahead of your own comes with a cost.

Libra (September 23 – October 23): You can make work fun and still get stuff done. Watch out for people who sabotage your efforts. If you have conflicting feelings about something give yourself a time out. You don't have to decide everything instantly. Be methodical. Take breaks. Know your limits.

Scorpio (October 24 – November 21): If you don't feel you can honor a contract explain yourself and/or apologize. Ask to be released and or try renegotiating. If there is leeway to do things in a creative, unconventional way it may be possible to stay involved. Be true to yourself and your own needs.

Sagittarius (November 22 – December 21): Once you become clear on what you really want it's easier to make choices that fit for you. Be honest about when you are procrastinating and when you are taking a time out with purpose or to ponder. Let go of limiting beliefs. What makes your heart sing? Do it.

Capricorn (December 22 – January 19): Listen to the advice of someone who really cares about you. It's time to move on. Shift your focus away from who you thought you would be and what you expected from life. Create a new you based on your current reality. You have so much potential. Shoot for the stars.

Aquarius (January 20 – February 18): Be willing to meet someone half way. Compromise and caring solve many problems. Don't let what others say influence where you want to go and what you want to do. Define your own definition of success. Make changes that increase your chance of meeting your goals.

Pisces (February 19 – March 20): Lead with your intuition. Listen to your heart and soul. Let go of regrets, fears and self-doubt. Forgiving others doesn't mean you forget the lessons. Focus on the future. Be ready for success. Make choices that lead to greater opportunities. Network and market your skills.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

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MEAT DRAWS

Friday Night — 7:00 PM • Saturday Afternoon — 3:30 PM

FEBRUARY 23 & 24 – The Urgez

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Every Saturday 7-11 pm

MEAT DRAWS

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Saturday 2-5 pm

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Your 17 Wing Chaplain Team

Chaplain's Corner

Exercise Resilient Warrior Spirit/Exercice Guerrier Résilient

by Corporal/Caporal Carolyn Abgral

Participating in the International Military Pilgrimage (IMP) 2017 was an amazing experience. Held in Lourdes in southern France, the pilgrimage included military members from 40 countries totalling 9,000 people. Canada's contingent consisted of 65 personnel from the Regular Force, Reserve and Veterans.

Travel from Canada was long. The organizers allowed leave to be added to the journey, and I took advantage of that using two days leave prior to the event and five days afterwards. I flew in and out of Toulouse which is a two hour train ride from Lourdes. We were allowed one day short leave for the outbound travel, however I recommend two days short leave for members departing Canada. It takes two days to travel if you do not live in Toronto or Montreal.

Held over the May long weekend, the three day event consisted of the opening ceremony, parades, various masses and a candlelight procession. Additional events included the healing bath, sports challenge and concerts. With so many activities to participate in, the challenge for me was to balance them with private time for thought, prayer and reflection. Our hotel had a back garden which was an ideal place for quiet time. There were also quiet streets away from the hotel to go for a walk.

Lourdes is breath taking. The hotel has a view of the Pyrenees Mountains; green in the fore ground with looming snow-capped rock mountains behind. A crystal clear river flows in front of the hotel next to the street lined with trees blooming with pink flowers. Such a warm and cold contrast in one view! And to make it post-card perfect, there is a 1,200 year old stone fortress with the French flag flying from the tower.

We shared the Hotel Christina with the delegations from the Ivory Coast and Croatia. All meals were provided at the hotel and we had the opportunity to mingle with the members of the other delegations. I shared some laughs with a member of the Ivory Coast military police. I had a short chat with a Croatian man whose face had a striking resemblance to my brother. Sadly, this gentleman was missing an arm and a leg.

The atmosphere in Lourdes was an interesting mix of deep spirituality contrasted by a type of "Octoberfest/Mardi Gras" celebration with music & singing carrying on late into the night. Many times I wished my hotel room didn't face the street! But when I opened the old metal European shutters in the morning and saw the magnificent view, I couldn't complain!

The three days went by too quickly! I'm someone who feels closest to God in nature and solitude. In Lourdes, I was surprised to feel this closeness while surrounded by so many people. I was deeply moved seeing the number of disabled civilians participating

in events.

I feel grateful to have had the opportunity to participate in the IMP. The goal was to help build spiritual resiliency in military members. I believe the pilgrimage can contribute to that. It also provides much more; fellowship, support, growth and encouragement to name a few.

Lourdes is known as a place of healing. I believe it is also a place of acceptance. Accepting others and accepting yourself.



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 Noteh Glogauer
(Rabbi)
ext 6914



17 Wing Military Community Chapel
2235 Silver Ave
(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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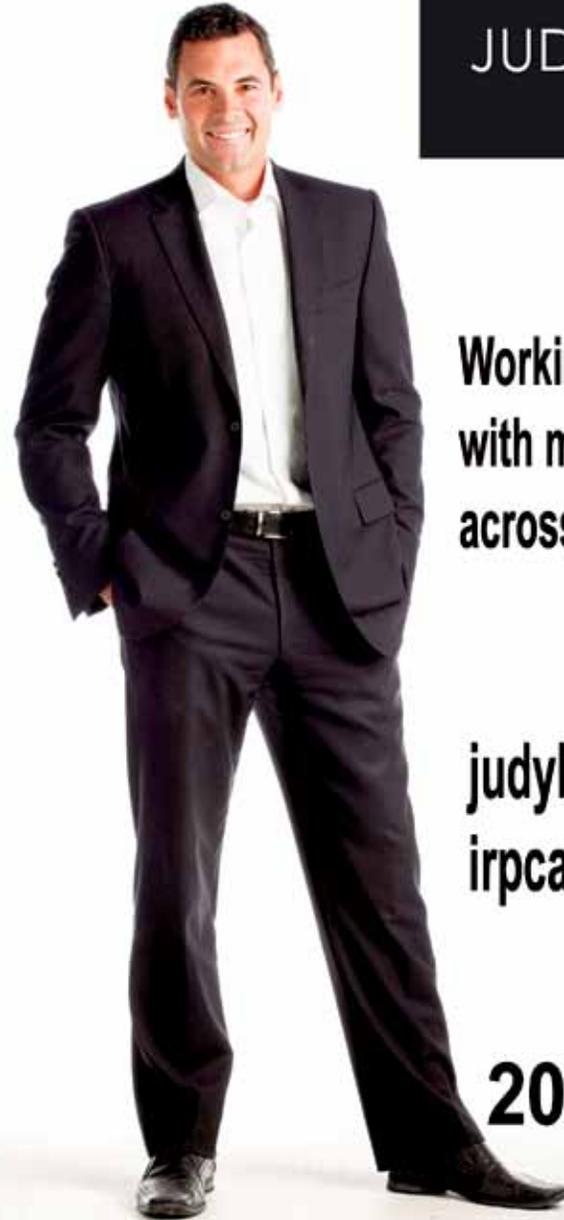
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