

CANEX
NO INTEREST CREDIT PLAN
 CONVENIENT
 12 Month Plan
 24 Month Plan
 36 Month Plan
NO MONEY DOWN NOT EVEN THE TAXES!
 *An approved credit on the CANEX No Interest Credit Plan.
 See brochure for details.
 CFB Shilo SuperMart Tel: 204-765-2343



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

May 22, 2013

VOLUME 62, ISSUE 10

FREE

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

IN THIS ISSUE:

17 WING/AFTC COMMANDER TAKES FINAL FLIGHT

PAGE 2

A VISIT WITH 17 FIELD AMBULANCE

PAGE 4

17 WING SPORTS AWARDS PRESENTED

PAGE 8

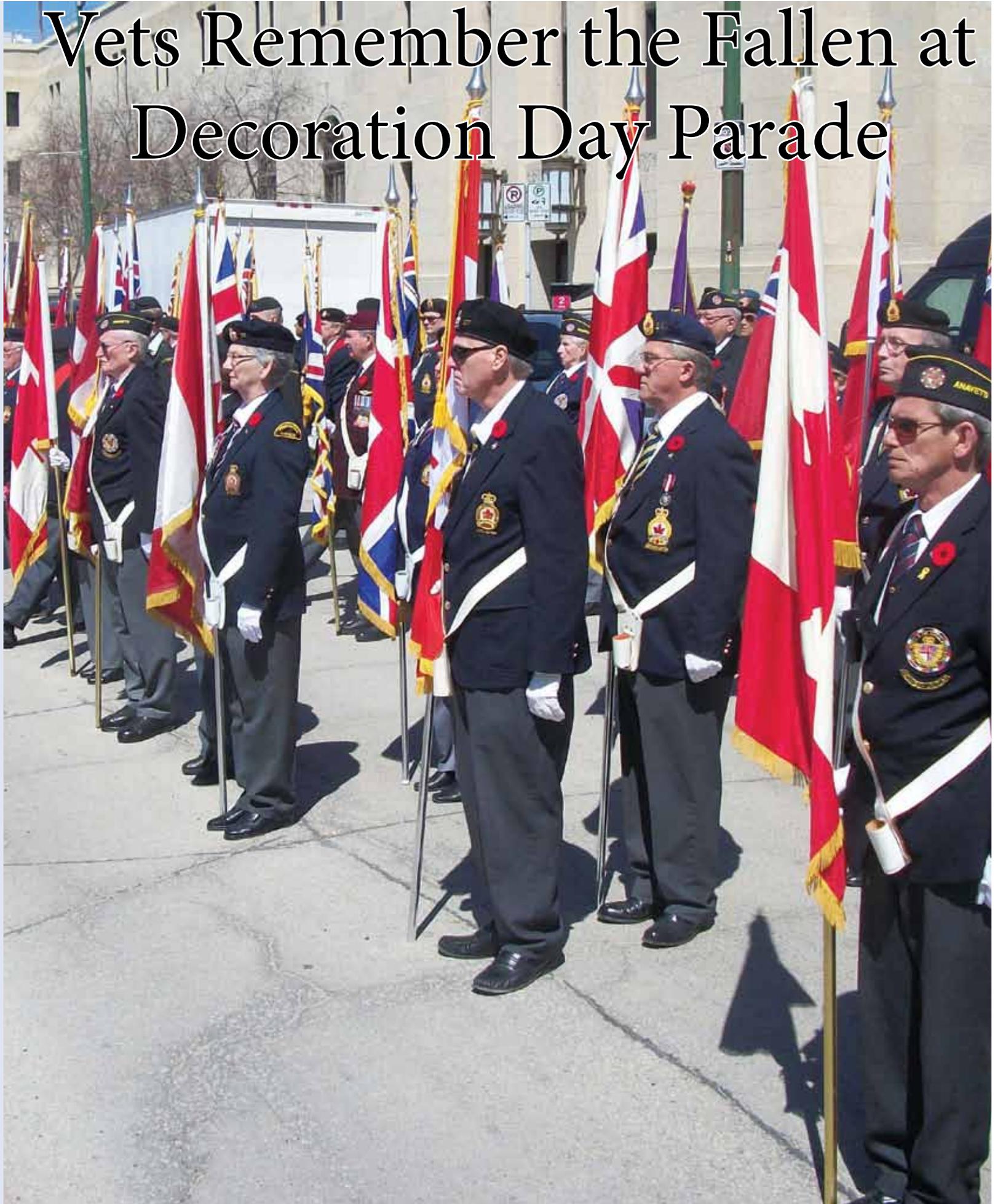
THE 2013 RCAF RUN IS JUST AROUND THE CORNER

PAGE 9

AFGHANISTAN II: A PERSONAL RETROSPECT

PAGE 14

Vets Remember the Fallen at Decoration Day Parade



A large Colour Party made up of representatives of various Veterans organization led the parade to the Cenotaph. This year's Decoration Day Parade took place on Sunday, May 6th, and was attended by numerous veterans as well as local Winnipeg luminaries. Photo: Submitted.



PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

Steven Fletcher,
Member of Parliament

Charleswood-St.James-Assiniboia

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

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

Millennium
Auto Service Ltd.



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

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

Canadian NORAD Region Earns High Marks for Readiness



From L to R: Capt Francis Galway, Maj Robert Murphy, LCol Loren Hollinger (U.S. Army), Sgt Stephane Bourdages, Maj Laura Laycock, Maj Miguel Bernard, Maj Ross Graham (U.S. Army), LCol Brian Towell (USAF), Col Michael Alford (USAF), Capt Eugenia Zdorova, LCol Jean-Marc Brzezinski, Maj Steve Neta, Mr. Brian Smith, Maj John Cowen, Maj Michael Krak, Sgt Norman Mayo and SSgt Phillip Rangel (USAF). Photo: Capt Wright Eruebi.

By: Captain Wright Eruebi

They passed with flying colours!

The RAFE is one of a series of assessments that NORAD conducts to ensure each of its three regions – and their supporting units – remain capable and ready to conduct the vital NORAD mission in the defence of North America. The evaluation, which consisted of a month-long planning phase followed by a live-fly exercise, concluded on May 2, 2013.

Major-General Pierre St-Amand, the commander of 1 Canadian Air Division and CANR, congratulated CANR's Canadian and American personnel who participated in the evaluation.

"I am very proud to tell you that we surpassed the minimum standards by a wide margin, for what has turned out to be a very successful RAFE," he said following the exercise.

Nine participants were recognized as superior performers for their hard work and diligence: Lieutenant-Colonel Loren Hollinger (U.S. Army), Major Laura Laycock, Major Robert Murphy, Major John Cowen, Major Steve Neta, Major Michael Krak, Captain Eugenia Zdorova, Captain Francis Galway and Sergeant Norman Mayo. Each received the NORAD Inspector General's coin for a job well-done.

Lieutenant-General Alain Parent, deputy commander of NORAD, headquartered in Colorado Springs, attended the post-evaluation debriefing in Winnipeg. He praised everyone's efforts that led to such a successful conclusion.

"I tell you; you guys make me very proud in Colorado Springs with the quality of work you put out everyday. This RAFE outcome is not a surprise to me at all."

Wing Commander's Last Flight at 17 Wing



17 Wing/Air Force Training Centre Commander Colonel Blaise Frawley takes the controls of a 435 (Transport and Rescue) Squadron CC-130 Hercules during transit to an operational refuelling mission on 15 May. As a pilot and a Wing Commander Col Frawley has had the opportunity during his tour to fly every aircraft in the squadrons under his command, including the CC-138 Twin Otter flown by 440 Sqn in Yellowknife and the CT-142 Dash 8 flown by 402 Sqn. The 15 May flight will likely be Col Frawley's last with the units under his command as he will be moving to a new job this summer. Photo: Sgt Bill McLeod

Our Apologies



Happy Birthday to the best boss a staff could ask for! Our apologies to MFRC Director, Don Brennan for the mistake in our last issue! We hope you had a great celebration!

VOXAIR

OFFICE HOURS

Monday to Friday
0830 - 1500 hrs

CONTACT

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

Accounting
(204) 833-2500 ext 4121

Submissions/Reporter
(204) 833-2500 ext 6976

voxair@mts.net
+VOXAIR@PersSvc@Winnipeg

VOXAIR STAFF

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

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

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

Alison Boates
Production Coordinator/
Photojournalist

Maureen Walls
Sales Coordinator
(204) 895-8191

Misra Yakut
Accounting
Traci Wright
Proofreading

Capt Jordan Woodman
Wing Public Affairs
Officer

Sgt Bill McLeod
Wing Public Affairs
Photojournalist

Printed By
Derksen Printers
204-326-3421

Visit Us Online: www.voxair.ca

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

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

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



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

HOUSEWATCH

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

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

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

CF Members Get A 10% Discount

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

COMMISSIONAIRES
TRUSTED. EVERYDAY. EVERYWHERE.
www.commissionaires.mb.ca
942-9553 ext 2300

1 CFFTS Welcomes New Honourary Colonel Doug Brown



Lieutenant-Colonel (LCol) Bradley Baker (L), the Canadian Forces School of Aerospace Studies (CFSAS) Commander, presents a Honorary Colonel (HCol) scroll to the incoming HCol, Doug Brown (R). Photo: Cpl Jean Archambault

Sgt Bill McLeod 17 Wing Photojournalist

The Canadian Forces School of Aerospace Studies (CFSAS) welcomed their new Honorary Colonel (HCol), former Winnipeg Blue Bomber Doug Brown, and said goodbye to the outgoing HCol, Dr James Fergusson, at a ceremony held at the 17 Wing Officer's Mess on 30 April 2013.

During the signing ceremony the incoming HCol Doug Brown got a few laughs when he asked the Commandant of CFSAS, Lieutenant-Colonel Bradley Baker, "Do I put my number at the end of my signature?"

Following the signing ceremony Dr Fergusson spoke to the guests at the ceremony.

"I've been involved with the Canadian Forces School of Aerospace Studies, as many of you know, for many years through the academic connection, through the Air Force Officer Development Course, through the Aerospace Systems Course, and that was always enjoyable," he said. "But it was much different becoming Honorary Colonel."

After describing how he was initially uncomfortable with putting on a uniform he didn't feel he had earned the right to wear, Dr Fergusson explained how he be-

came very comfortable with it.

"I felt that I became part of a community, a very special community of hard working and dedicated officers and NCMs (non-commissioned members) of the Canadian Forces and Royal Canadian Air Force," he said. "I can't thank all of you enough for making me feel so comfortable and so at home."

Dr Fergusson is the Director of the Centre for Defence and Security Studies, a Professor in the Department of Political Studies at the University of Manitoba, and a Senior Research Fellow with the Canadian Defence and Foreign Affairs Institute.

Following Dr Fergusson's remarks LCol Baker spoke to the guests. "During his 4 plus years as Honorary Colonel, Dr Fergusson has been an exceptional representative for the unit and in particular the RCAF," he said.

LCol Baker talked about how the relationship with Dr Fergusson would continue in the future and then presented him with a token of the school's appreciation for the work done on behalf of the school.

The incoming HCol, Doug Brown, then took the podium. "I'm very happy to be here. It's a tremendous honour to be here with so many old friends and new friends and all the officers I've spent some time with over the last 6 months during this entire process," said HCol

Brown. "After I listened to the padre there are some big expectations I don't know if I'm going to be able to fill but I will do my very best," he said.

HCol Doug Brown is a retired 15 year veteran of the National Football League and the Canadian Football League. He was an 8 time CFL all-star during his time as a Winnipeg Blue Bomber. He has written a sports column for the Winnipeg Free Press for the last 11 years and does colour commentary for the CJOB radio station which owns the broadcast rights for Blue Bomber games. HCol Brown also is a guest panelist on TSN and is involved in a number of charities in Winnipeg.

The role of an Honorary Colonel in the Royal Canadian Air Force is to work behind the scenes and provide a much needed connection between the community and the Canadian Armed Forces. Some of their duties are to foster esprit de corps, develop strong community support for the unit, establish and maintain liaisons with unit causes, assist with unit functions, and maintain a close liaison with the Commandant and other honoraries in the area.

The rank is "honorary and advisory" and does not confer authority or command function.

Professional & Business Directory

BALDWINSON INSURANCE

Rec Centre (Whytefold Rd.)

Drivers Licences & autopac

204-889-2204

Soldiers First Professional Medal Mounting

Court Mounting
Full and Miniature Medals

Contact Dan at (204) 504-8869 or
e-mail sfpmedalmounting@gmail.com

17 Field Ambulance: Training the Next Generation of Field Medics



Capt MJ McLean (C) shows off the 17 Field Ambulance clinic at Minto Armouries with the help of Lt Mark Barrett on the left and Capt Joe Tyson on the right. Photo: Alison Boates

By: Alison Boates
Voxair Photojournalist

17 Field Ambulance is a Reservist unit located at Minto Armouries in Winnipeg and for people wondering what they do in general, most would describe it as, "setting up MASH," the television show.

Capt MJ McLean is one of the Health Care Administrators (HCA's) for the unit and took over the financial and adjunct roles. She has been a reservist for 23 years and says, "It started out as a summer job but I'm still here!"

Most of the members of 17 Field Ambulance are Class A Reservists and are usually students who are working to complete a nursing degree or perhaps even going on to medical school. Tuition assistance is available with the hope that when they're completed their training, they'll stick with the Canadian Forces.

"The goal of 17 Field Ambulance is to get better training for our troops here at Minto Armouries by teaming up with 23 health services located at 17 Wing," explained Capt McLean. "That way they can work in the clinic during the daytime in order to give them that much more hands on experience," she added.

Evenings and weekends from September until approximately May, you might notice quite a few cars parked over at the Armouries. Normally, they start at 19:00 and do their start-up parade and then get their orders and split their time between classroom learning and hands-on scenarios, after which they're dismissed around 22:00.

The other part of their job is to go on courses and different taskings during the



Members from 1 Platoon practiced extracting an injured patient after a crash on May 7th. Photo: Alison Boates

summer months. In fact, 2 Platoon was getting ready to do just that, "They are a unit of people who are just entering the Canadian Forces and we get them ready for their trade training," said 2 Platoon Commander, 2Lt Hunt who was preparing his platoon for the QL3 course in Borden, Ontario this summer.

Currently, the unit is at the culmination of their training for the entire year but Tuesdays are usually dedicated to specific kinds of training and on May 7th that training was to extricate an injured person from varying types of vehicles after a crash. In this scenario, the patient had a mid-shaft femur fracture with a pneumothorax as a result of a broken collar bone and was unconscious.

"On an active parade night we'll have between 27 and 35 people here but our total strength is actually 92 at the moment and means we only have three openings right now, which is great because we're almost fully manned," said McLean.

Another important service they offer is the Family Field Ambulance Medical Link Team which cares for Reserve members and helps in transferring from military care to civilian care when a member either leaves or retires from the unit.

17 Field Ambulance works hard to maintain a lot of ties with the local community with organizations like St. Johns Ambulance, the Winnipeg Police Department and with a Cadet unit in Cross Lake.

Their next project will be fixing the boobos of hurt teddy bears at this year's Teddy Bear Picnic being held at Assiniboine Park on May 25th.

If you're interested in more information on joining 17 Field Ambulance, contact Recruiting NCO, Sgt Daquigan at 204-786-4300 extn 3458.

5th Annual Military Police Motorcycle Relay Ride

Submitted

Once again, Military Police, volunteers, and civilian supporters of our troops are gearing up for the 5th Annual Military Police National Motorcycle Relay Ride, which is due to hit the open road in St. John's, NL on August 2.

On April 23, Major Bob Edwards, the 2012 Ontario Ride Captain, accompanied by other riders, presented a \$75,000 cheque to the Children's Wish Foundation and the Military Police Fund for Blind Children. These funds were raised during the 2012 coast-to-coast ride, which set a new record for the ride's fundraising initiatives.

"We are extremely proud of the significant contribution made by the MPNMRR to the Military Police Fund for Blind Children," said LCol Gilles Sansterre, Chair of the fund, "The lives of many visually impaired children

across this country are enriched by this generous donation."

The MPNMRR is the longest annual motorcycle relay in the world with our National Riders covering in excess of 10,000 kilometers during the event. On August 2, the 5th Annual MPNMRR kicks off on "The Rock" where motorcycle enthusiasts will roll their throttles out of St. John's, NL and will visit all of the major military establishments across Canada, arriving in beautiful Victoria, BC on August 25. Courageous riders will also venture south from the frigid conditions of the Northwest Territories for the second year in a row, riding a whopping 3,459 kilometers.

Since riders rolled out of St John's, NL for the first ride in 2009, over \$170,000 has been raised for numerous charities. This year funds raised will support the Military Police Fund for Blind Children nationwide and

the Children's Wish Foundation in select provinces.

Lamont French, the MPNMRR National Chairperson, has been involved in the ride since its initial launch in 2009 and is very passionate about fundraising for kids stating, "The privilege of paying it forward to children is an honour."

Join the 5th Annual Military Police National Motorcycle Relay Ride, as it rolls through your area between August 2 and 25. All motorcycle enthusiasts are welcome to participate, whether it is as a national, provincial or local rider. For more information on the ride, how to register, become a sponsor, donate, or participate in our online auctions, visit the MPNMRR website at: www.mpnmrr.ca. For more information on the charities the MPNMRR represents, visit www.mpfbc.com and www.childrenswish.ca.



MONDAY – THURSDAY

Lunch 1130 – 1300 hrs
Afternoon 1500 – 1900 hrs

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

FRIDAY

Lunch 1130 – 1330 hrs
Afternoon 1500 – 2400 hrs

SATURDAY – SUNDAY

CLOSED

Hours will fluctuate on nights with scheduled events

Pool Tables Air Hockey Foosball

Cable TV Shuffleboard

WIFI Internet WII Games TGIF's

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

440 Squadron Change of Command



440 Squadron welcomed its new Commander earlier this month. From left to right: LCol Wawryk, Col Blaise Frawley and outgoing CO Desmond Brophy sign the change of command scrolls. Photo: Submitted

Leading New Leaders



PO2 Rob Templeman observes students as they participate on the Leadership Potential Assessment Course during the Basic Military Officers Qualification course. Photo: Submitted

Submitted by: Slt David Lewis

The famous coach, Vince Lombardi, once said "Leaders aren't born they are made. And they are made just like anything else, through hard work". Mr. Lombardi's comment was in reference to football, but it holds true for the military, the Canadian Armed Forces, and the Naval Reserve.

If leaders are made then somewhere, someone is making them. That somewhere is the Basic Military Officer Qualification (BMOQ) course at Canadian Forces Fleet School Esquimalt and two of those 'someones' are MS Mia Lynch and PO2 Robert Templeman.

MS Lynch from HMCS Queen Charlotte in Charlottown, PEI, is in her 2nd year instructing BMOQ. "It's a lot of work," she says, "but it is so rewarding seeing them on the parade square for their graduation and seeing the transformation."

As the students practice drill in the distance Mia adds, "At first the students don't understand our insistence on the little things such as tucking in your shoe laces or not having threads hanging on your uniform. We're helping them create a mindset of paying attention to details."

A smile crosses her face as she says, "If you can't handle the little things, you're not going to be able to lead a group of subordinates in a mission."

This is the first year instructing on BMOQ for PO2 Templeman. Rob is member of HMCS Nonesuch in Edmonton who

is taking a break from his civilian job as an electrician. A 16 year veteran of the Naval Reserve, Rob has served on ship and participated in domestic operations such as assisting Manitoba flood victims on OP LUSTRE.

"Instructing young naval officers who are just beginning their careers is a definite change of pace," smiles Rob, "you really have to lead by example. I wouldn't expect or demand they do something I wouldn't or couldn't do myself. If I'm inspecting their uniform then mine better be flawless."

Both Mia and Rob agree that the most fundamental aspect of their job is honestly and legitimately caring about the individuals in their charge.

"Most of these kids are students who have given up their entire summer to be here," adds MS Lynch, "they've sworn allegiance to Canada and are redirecting their lives. We owe them the best, our best."

In 11 short weeks, the NRDs will receive back the raw materials they sent. The apprehensive civilian will return as a fit, knowledgeable, and capable officer in the Canadian Armed Forces.

MS Lynch, PO2 Templeman, and all the other BMOQ instructors who work so hard, and care so much, will have done their job. Their results will be measured in the lives they have changed. The unseen residuals of their efforts will continue. Vince Lombardi would definitely be proud of this team.

170 St. James Royal Canadian Air Cadet Squadron Presents A Danny's Whole Hog BBQ Fundraiser

170 RCACS will have a BBQ Fundraiser, taking place at 17 Wing Jr. Ranks Mess on May 25, 2013, featuring Danny's Whole Hog. Please join us for BBQ Pork, BBQ Chicken, Baked Potatoes, Caesar Salad, Baked Beans and more.

For Tickets, please contact:
Diana Earle
Chairperson
170 RCACS SSC
204-223-1491

Ticket prices are 1/\$25.00 or 2/\$40.00
Please help support and amazing program for amazing kids.

Posted to PETAWAWA?
You'll need to change your License & Registration
Visit our **Chatroom @ MurphyFord.com** for more information.
Call us to book your FREE safety inspections.

Ford MURPHY
613-735-6861 • 1341 Pembroke St. W., Pembroke
www.murphyford.com

A LONG STANDING TRADITION

Agnbjorn S. Bardal Njall O. Bardal Neil O. Bardal Eirik L. Bardal

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

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

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

neil bardal Funeral Centre
THE ONLY FUNERAL HOME OWNED AND OPERATED BY THE BARDAL FAMILY

HOOK & SMITH
Barristers, Solicitors & Notaries Public
201-3111 Portage Ave, Winnipeg, Manitoba R3K 0W4
Dennis A. Smith, Winston F. Smith, Q.C., Grant W. Davis and Bernard Toews

Telephone - (204) 885-4520 Fax - (204) 837-9846
Email: general@hookandsmith.com

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

RCAF Athletes Set New Records at Canadian Powerlifting Competition

By: Holly Bridges

An impressive showing at the Canadian Powerlifting Union 2013 Championships in March has proven once again that Canadian military members are a force to be reckoned with when it comes to fitness.

Major Shelly Colter, Sergeant John Beres, Warrant Officer Gary Lacoursiere, all of Ottawa, and Corporal Jonathan Simard of 3 Wing Bagotville, Que., competed in the championships because of their shared passion for the sport and ended up with medal-winning performances.

Maj Colter lifted in the 84+ kilograms (185+ pounds) in the M2 category (Master Class 2 for ages 50-59), finishing first in her division. She also set five national records (squat, bench, deadlift, total and bench). "It was an amazing achievement for me personally," says Maj Colter. "It is confirmation not just as a lifter, but as someone with post traumatic stress disorder that I can make it through the injuries a different person with a better future than I would never have imagined. As a member with PTSD, lifting has become part of my personal self-care program. I estimate that each hour that I spend lifting or in a gym is an hour saved in therapy." (Maj Colter was diagnosed with PTSD in 2007 after a deployment to Africa.)

Sgt Beres lifted in the 120+ kilograms (265+ pounds) in the M1 category (Master Class 1 for ages 40-49), placing third overall. He also having coached three gold medal winners. "Competing at a national level meant the world to me," says Sgt Beres. "I have never considered myself a top class athlete as the military's main focus for measuring physical fitness has always been some form of cardiovascular exercise, never a strength sport. Powerlifting has given me the chance to showcase the sport to the military and get better recognition for it as well." Sgt Beres was also diagnosed with PTSD in 2002 after multiple tours and finds powerlifting a great way to help him cope. "Powerlifting gives me a way to cope when my PTSD flares up."

WO Lacoursiere lifted in the 74+ kilograms (163+ pounds) in the M1 category, finishing first and breaking his own national bench press record. "The competition was part of my ongoing quest to hold all five national records for my age and weight class," says WO Lacoursiere. "I currently hold three of them. It is also a prerequisite to compete at the international level."

Cpl Simard lifted in the 93 kilograms (205 pounds) in the Open Class (ages 23 to 39).

What all four members seem to have in common is the goal of pushing themselves to achieve their personal



Sergeant John Beres participates in the Canadian Powerlifting Union 2013 Championships last March. Photo: Submitted

best, helping their fellow competitors and inspiring others to join the sport.

"I enjoy competitive sports and seeing how I perform against my peers," says Maj Colter. "At my first meet in 2009, I was pleasantly surprised to learn that this sport is one of the most supportive communities, with lifters helping each other [and] cheering each other on even while a meet is happening. I have seen lifters ask their own coaches to help someone else who is lifting by themselves. In essence, each lifter helps his or her competition make it through to the next round of lifts, instead of taking advantage of the opportunity to eliminate the position."

WO Lacoursiere, who recently sailed through the

new Canadian Armed Forces FORCE fitness test in early April without any cardiovascular training, loves helping other military members of all ages to get in shape and consider joining the sport.

"I have been approached by aging master warrant officers for help with their training for physical fitness testing. I have been approached by younger members to help them develop their strength training programs and I have even been asked by personnel support programs staff to help develop and present strength training workshops."

Sgt Beres, who works in the area of military intelligence, says powerlifting not only keeps his body in shape, it also keeps his mind sharp, something he needs in his job.

"Powerlifting gives me the skills I need to focus on the task at hand. Being military intelligence, I am required to have a sharp mind and the ability to focus under tremendously stressful times and the training I do helps. It also gives me the opportunity to help others I work with prepare themselves for their upcoming fitness tests as many look to me for advice on fitness related issues," he says.

All four winners are not resting on their laurels after their recent wins. They're already busy preparing for international competitions, hoping once again to better their finishes, surpass their personal bests and set new powerlifting records.

ENTER TO WIN A FAMILY FUN WEEKEND GETAWAY!

From Fountain Tire and Quesnel Lake Caribou Lodge.

You could win 3 nights accommodation for two at Quesnel Lake Caribou Lodge, including a private cabin, free introductory guiding, one day free boat rental and unlimited use of "Sauna Quesnel." You'll also be entered to win one of three grand prizes:

- [A Quesnel Lake Caribou Lodge Kayak Fishing Adventure Vacation for Four]
- [A Quesnel Lake Caribou Lodge Family Fishing Vacation for Six]
- [A Quesnel Lake Caribou Lodge Pontoon Fishing Adventure Vacation for Six]



Enter at your nearest Manitoba Fountain Tire retailer today!



Enter to win at any Manitoba Fountain Tire retailer between April 22 - June 28, 2013. Three prize packages consisting of 3 nights accommodation for two at Quesnel Lake Caribou Lodge will be awarded per participant. Fountain Tire retailer (STI) will be awarded. Grand prizes awarded by June 28, 2013 and final draw on July 12, 2013. All prizes awarded unless otherwise specified. Prizes are subject to availability. Void where prohibited. Cash prizes may not be included. No purchase necessary. Open to legal residents of Manitoba. For more information visit FountainTire.com. ©2013 Fountain Tire. All rights reserved.



Contributing to the financial well-being of the Canadian Forces community!



Nous contribuons au bien-être financier de la communauté des Forces canadiennes !



Life Insurance • Financial Planning • Financial Counselling • Financial Education
Assurance vie • Planification financière • Counselling financier • Éducation financière

1-800-267-6681 • www.sisip.com • Winnipeg: 204-984-3222

GPRC
Fairview Campus

1942 WLC
Harley-Davidson®
Motorcycle

Technical training for motorcycle, Harley-Davidson®, ATV, snowmobile, marine and small engine technicians.

1.888.999.7882
gprc.ab.ca

Twin Otter Proves Vital to Operation NUNALIVUT 2013



A Royal Canadian Air Force CC-138 Twin Otter, from 440 (Transport) Squadron based in Yellowknife, Northwest Territories, flies over a Canadian Ranger patrol on the sea ice of Barrow Strait, Nunavut, during Operation NUNALIVUT, on 23 April, 2013. Photo: Cpl Pierre Letourneau, 19 Wing Imagery Comox.



A Royal Canadian Air Force CC-138 Twin Otter delivers supplies to a Canadian Ranger patrol on Sherard Osborn Island, Nunavut during Operation NUNALIVUT on 14 April, 2013. Photo by: Cpl Aydyn Neifer

**By: Lieutenant Paul Pendergast
Joint Task Force (North)
Public Affairs**

The Royal Canadian Air Force plays an important role in exercising Canadian sovereignty, operating in the North throughout the year, conducting reconnaissance and surveillance patrols, carrying out search and rescue operations, and enabling the various operations conducted by Joint Task Force (North).

During Operation NUNALIVUT 2013, the premiere winter sovereignty operation conducted in the High Arctic, four separate Canadian Ranger snowmobile patrols ventured up to 700 kilometers from Task Force NUNALIVUT headquarters in Resolute Bay, Nunavut. In this vast and remote region with few roads, all re-supply and sustainment of ground operations had to be done by air. With very few airstrips in the High Arctic Archipelago, an aircraft with ski-landing

capability was essential.

The Royal Canadian Air Force provided that capability with two CC-138 Twin Otters from 440 Transport Squadron, based in Yellowknife, Northwest Territories. Able to take off and land on snow and sea ice, these Canadian designed and built twin engine turbo-props provided an essential lifeline to Ranger patrols, delivering fuel, food and replacement parts, as well as passenger transport. The ability to land next to a patrol, deliver their cargo, then take off and return to Resolute Bay, proved to be vital to the success of Operation NUNALIVUT 2013.

“Having the Twin Otter on the operation increases the range of the patrols, enabling them to go farther and reach more remote areas,” said Captain Rich Layden, Operations Officer at 1st Canadian Ranger Patrol Group.

Rapidly changing weather is the most challenging aspect of air operations in the Arctic. High pressure and low pres-

sure systems move quickly through the region, causing the weather to change suddenly without warning. In addition, a long flight may pass through several different weather systems before reaching its destination.

“The presence patrol to Mould Bay, N.W.T. was ready to launch for five days, but due to low ceilings and poor visibility the mission was on hold until favourable weather was forecast across the entire 675 km flight path,” said Major Bob Mitchell, Air Component Command Element (NUNALIVUT) Director. “We wanted to ensure that the air crew would be able to land when they arrived in Mould Bay, so they could complete their mission on the first attempt and return successfully to Resolute Bay.”

A presence patrol was also conducted to Tanquary Fiord, a distance of 830 kilometres north of Resolute Bay, near the top of Elles-

mere Island. “That’s one of the most rewarding aspects of flying the Twin Otter, the opportunity to land in the most isolated parts of Northern Canada,” said Captain Lee Burrows, a pilot with 440 Transport Squadron. “The landscape was spectacular, something very few people get to experience first hand.”

Exercising Canada’s Arctic sovereignty is a key element of the Canada First Defence Strategy, and Operation NUNALIVUT 2013 demonstrated the Canadian Armed Forces ability to operate effectively in the High Arctic archipelago. The CC-138 Twin Otter showed once again why it is known as “the workhorse of the North.”

NEW ARRIVALS

Puzzled about Manitoba Driver Licences and Plates?



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

autopac
A Manitoba Public Insurance product

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

Call us or drop in to:

BALDWINSON INSURANCE

BLDG 90 (REC CENTRE) • WHYTEWOLD RD

MONDAY TO FRIDAY: 8:30 AM TO 5:00 PM

Phone: 889-2204

Fax: 885-1964

HABING LAW

BARRISTERS, SOLICITORS & NOTARIES



RONALD HABING
BA. LL.B.

and

SIDNEY LAVIOLETTE
BA. LL.B.

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

2643 Portage Avenue

Phone: (204) 832.8322

Fax: 832.3906

ONCALL
SOFTWARE

WEBSITE DESIGN & DEVELOPMENT

WEB & MOBILE APP DESIGN & DEVELOPMENT

COMPUTER AND NETWORK SUPPORT

PREMIUM HOSTING

CUSTOM SOFTWARE

WEBSITE SUPPORT

WEBSITE HOSTING

TRAINING

WEBSITE CUSTOMIZATION

WWW.ONCALLSOFTWARE.NET

PHONE: (204) 480.8673

EMAIL: INFO@ONCALLSOFTWARE.NET

Time to Tee-Off at the 17 Wing Winnipeg Golf Club



From L to R: Bob Paul, Don Sullivan and John Pittman watch as Dennis Wilson teed-off on May 16th at the 17 Wing Golf Course. Photo: Alison Boates.

By: Mike Sherby
Voxair Manager

After a winter that stuck around far longer than it was welcome, the weather has finally let up enough, and golf season is now in full swing at the CFB Winnipeg Golf Club.

After opening in mid-April, the golfers have been lining up at one of Winnipeg's best kept secrets to play a nice relaxing game of golf. Golf club manager Darlyne Fathers says that there has been a steady pace of golfers coming through. And with the course all cleaned up after the May 18th clean-up day, it looks like the start of another great season for the club.

This year, membership fees for the club are \$305 for a Regular Membership, \$330 for an Ordinary Membership and \$350 for an Associate Membership, including GST. New members for 2013 get a 10% discount on the membership fees.

As an added bonus, the club is offering an additional discount of 10% for each new member that a current member signs up, up to 50%.

The club also offers monthly, family, and junior memberships, so there's an option for everyone from duffers to pros.

For more information about the club, visit their website at 17wingwpggolf.ca or call Darlyne at local 6909 or at 204-832-8436.

Sports Award Ceremony



LCol Spott and attendees thanked Sport Coordinator, Chris Merrithew for another successful Sports Award Banquet for 2013. Photo: Alison Boates



Capt Chad Chipchase received multiple awards at the ceremony on May 17th. Here he received the Sgt Glen MacLeod Memorial Award from CWO Sandra Spragg. Photo: Alison Boates

By: Alison Boates
Voxair Photojournalist

The 17 Wing Sports Award Banquet was held on May 17th at the Officer's Mess in order to recognize those members whose performance both on and off the field embodied the qualities of professionalism and sportsmanship. Whether it was through individual achievements or a concentrated team effort, each recipient clearly displayed outstanding talents in each of their respective sports.

The base sports recognized at this year's event included:

Golf, men's and women's Slo-Pitch, men's and women's soccer, running, basketball, curling, men's and women's hockey and squash/badminton.

New to the awards ceremony this year were contributions to the Wing HP Program. 1CFFTS was acknowledged for its outstanding support to the Wing HP Program, while WO Ritchot from 435 squadron was recognized for his efforts as his units Strengthening the Forces Representative.

In the Intersection Sports category the following were recognized:

I/S golf, I/S Slo-Pitch, I/S Hockey, I/S Volleyball and I/S Curling.

Next, it was on to the members who have reached the pinnacle of the CF

Sports program by representing the Canadian Forces and competing against the best athletes in the world at various competitions:

Capt Stephanie Bigelow - CISM Swimming
Capt Alex Bronson - CISM Swimming
2lt Jacinda Smit - CISM Swimming
Joanna Jarrett - Trainer CISM Swimming
MWO Greg King - Official CISM Swimming
Capt Dom Drouin - CISM Men's Soccer
Cpl Ayres - CISM Men's Soccer
LS Laura Imhoff - Women's Soccer
LS Stephanie Imhoff - Women's Soccer
Capt Natalie Jones - CISM Fencing
Sgt Jeremy Kerr - CISM Basketball
Mr. Don Mills - Trainer CISM BB program.

This year the top honours went to:
Capt Chad Chipchase - Male Athlete of the Year and Sgt Glen MacLeod Memorial Award Recipient
Capt Audrey Jordan - Female Athlete of the Year
Mr. Tom Dillon - Coach of the Year
Maj (Ret'd) Alex Lloyd - Official of the Year
17 Wing Winnipeg Men's Slo-Pitch Team - Team of the Year

École francophone

Maternelle à 8^e année

Programme sports-arts-études

École la plus près de la 17^e Escadre

Transport scolaire

Garderie francophone

Centre de la petite enfance
et de la famille



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

(204) 885-8000



Time to Lace Up Those Running Shoes for the 5th Annual RCAF Run on May 26th!



All participants in this year's run are probably keeping a close eye on the forecast for the weekend in hopes mother nature will cooperate with some nicer weather and perhaps even some sunshine. Photo: Alison Boates



A group of people who took part in the family fun run and walk cross the finish line at last year's RCAF Run at 17 Wing Winnipeg. Photo: Alison Boates

The RCAF Run is upon us once again. This weekend, May 26th, hundreds of men and women from the RCAF as well as civilians, will be running to help support some deserving military charities. Registration is now closed, but that doesn't mean you

can't come down and cheer on the runners as they cross the finish line on what promises to be a beautiful morning. The Voxair will be on hand taking pictures, so be sure to stop by and say hello.

Working for your family



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



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



Theresa Oswald
MLA for Seine River
204-255-7840
TheresaOswald.ca



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



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



Deanne Crothers
MLA for St. James
204-415-0883
DeanneCrothers.ca

Sudoku

My Sudoku

Rated: Beginner

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

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

Crossword

Canadiana Crossword

A Raft of Rivers

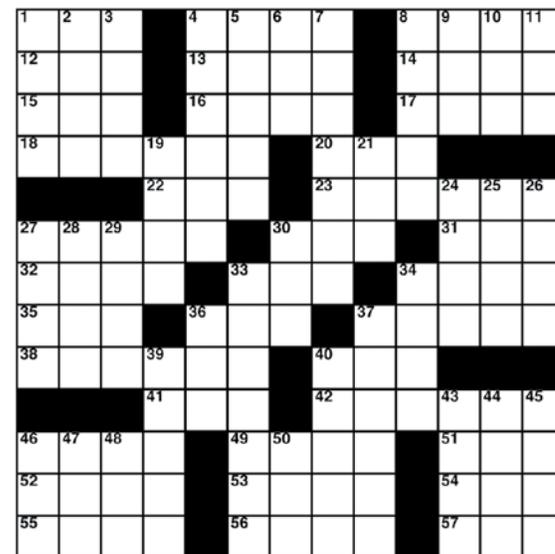
By Bernice Rosella and James Kilner

ACROSS

- 1 Winnipeg's river
- 4 British machine gun
- 8 Parched
- 12 First lady
- 13 Swiss river
- 14 Mexican currency
- 15 Chart genre
- 16 Atomic number 30
- 17 Drudge
- 18 Lethbridge's river
- 20 Ballard to buds
- 22 Spring month
- 23 Representatives
- 27 Anaesthetic
- 30 Rocker Turner
- 31 Cereal grain
- 32 Gazelles
- 33 Magnon preceder
- 34 Israeli dance
- 35 Deity
- 36 Oriental fryer
- 37 Whitehorse's river
- 38 Frederickton's river
- 40 Giant ISP
- 41 Obtained
- 42 Vancouver's river
- 46 Telephone inventor
- 49 ___ spumanti
- 51 Summer drink
- 52 Double curve
- 53 Gator's cousin
- 54 Born as
- 55 Timber
- 56 Sherman or Patton e.g.
- 57 Terminate

DOWN

- 1 Used car, sometimes
- 2 Sin
- 3 Feat



- 4 Flea market
- 5 Fort Frances' river
- 6 Sea eagle
- 7 Prince George's river
- 8 Mac maker
- 9 Female Ruff
- 10 Tope or gram preceder
- 11 Toronto's river
- 19 Women of Fr.
- 21 Mature
- 24 Kitchen space
- 25 Starchy root
- 26 Mikita, for one
- 27 Ova
- 28 Bender
- 29 Muslim pilgrimage
- 30 Annoy
- 33 Touch, in a way
- 34 Polynesian dance
- 36 One of the five Ws
- 37 Hamlet character
- 39 Stared
- 40 Flow gently sweet ____
- 43 Of sound mind
- 44 Early garden
- 45 Rider rusher George
- 46 Calgary's river
- 47 Sense of self
- 48 Lion sign
- 50 Senorita in Sp.

Philatelist's Corner with Alf Brooks

USA Civil War, 1863



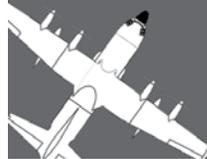
The USA Postal Service issues on May 23 the third pair of stamps to mark the one hundred and fiftieth anniversary of the Civil War with stamps that picture two battles, both Union victories.

In June 1863 General Robert E. Lee led the Confederate Army in an invasion of Pennsylvania that culminated in the Battle of Gettysburg, July 1-3. The bat-

tle is often called "the high water-mark of the Rebellion," leading to Lee's retreat and his ultimate surrender in April 1865.

Union forces led by General U.S. Grant captured Vicksburg, the last bastion of the South on the Mississippi River, in a siege from May 18 to July 4. The victory gave the Union complete control of the River.

THE VOXAIR



Give us a call and find out the benefits of advertising with us
833-2500 ext 4120

Help Wanted:

Are you looking to earn a few extra dollars while getting some exercise? Then join the Voxair team as a paper carrier. The Voxair is published bi-weekly, year round. If you're interested, please forward your information to: voxair@mts.net or call us at: 204-833-2500 ext. 4120.



The PSP Community Recreation Spring guide is now available.

Visit www.cfcommunitygateway.com for more information.

Have you got a story you'd like to share with us?

Drop us a line at 833-2500 (ext. 6976) or send us an e-mail at voxair@mymts.net

Air Force Intake and Liaison Team Wants You!

The Air Force Intake & Liaison Team (AFI<) is working with Canadian Forces Recruiting Group (CFRG) to get the word out that the Air Force is actively seeking ex-military members of the Canadian Forces who were fully trained in an Air Force occupation.

The AFI<, which is based in Ottawa, works to identify and staff initiatives aimed at improving the re-enrollment of Air Force personnel into the Canadian Forces (CF). Due to manning shortages, personnel from Air Force occupations are being sought.

In an effort to reduce waiting times the AFI< is working closely with CFRG and the career managers to expedite re-enrollment.

There are many advantages to re-enrolling fully qualified personnel. The Air Force recognizes the qualities of leadership, maturity, and experience that former personnel bring with them. We have found that these personnel can immediately contribute to aerospace capability. Those returning are an indicator to serving personnel that the CF remains an employer of choice.

Persons interested in receiving more information on this initiative are asked to contact the AFI< via email or through one of its toll free numbers.

For re-enrollment:

Officers:

Please contact: AFILT-EALFA@forces.gc.ca or 1 866-355-8195

Non Commissioned Members:

Please contact: AFILT-EALFA@forces.gc.ca or 1-877-877-2741

For general information on how to join the Canadian Forces go to <http://www.forces.ca>

Visit the Air Force Re-enrolment website <<http://www.airforce.forces.gc.ca/v2/page-eng.asp?id=968>>

Visiter le site de Ré-enrollement de la Force aérienne <<http://www.airforce.forces.gc.ca/v2/page-fra.asp?id=968>>

Promotion to Lieutenant



Lieutenant Katelynn Hodges is promoted to that rank by Lieutenant-Colonel Aaron Spott, 17 Wing Administration Officer in the 17 Wing Commander's Conference Room on 25 April 2013. Photo: Sgt Bill McLeod.


National
Défense
Défense
nationale



CANSOFCOM  COMFOSCAN

CANADIAN SPECIAL OPERATIONS FORCES COMMAND | COMMANDEMENT DES FORCES D'OPÉRATIONS SPÉCIALES DU CANADA

WE WILL FIND A WAY | NOUS TROUVERONS UN MOYEN

427 50A5/427 EDSA | CSOR/ROSC | JTF2/FOI2 | CJIRU/UIIC


Canada

John Dick's Landscaping and Lawn Care

Residential and Commercial • City Wide • Licensed and Insured •

WCB and BBB accredited • Spring Clean Ups • Weekly Grass Cutting •

Aerations and Lawn Fertilization Programs Offered

Call: 204.291.7778 • Email: j-dick@shaw.ca



www.pspwinnipeg.ca



HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

Health and Wellness Challenge

We are well into the Health & Wellness Challenge now, and hopefully you find yourself tracking your achievements daily. Maybe you have noticed that some of these items are every day habits for you, well that's the point; to give yourself recognition for the healthy lifestyle you are living, and to give you some new ideas on how to enhance it.

Include breakfast everyday

Most of us would agree that breakfast is the most important meal of the day yet almost 40% of all Canadians don't eat breakfast regularly. Here are a few reasons why it's important.

- **Weight Management:** those who eat breakfast regularly are more successful at losing weight and maintaining their weight over the long term.
- Helps to "wake up" your body systems (metabolism) and replenishes the energy that your body has used up over night.

Do you eat breakfast? Try eating a healthy breakfast everyday which includes at least 3 of the 4 food groups.

For more information visit:

<http://www.hc-sc.gc.ca>

Breathe faster for health

Participate in physical activities that make you breathe faster and double your chances to win health points!

Recent research supports you doing a minimum of 150 – 180 minutes/week of moderate physical activity (i.e. fast walk) or 90 minutes a week of vigorous training (i.e. swimming lanes, running)

By achieving these minimum activity recommendations you will train the

heart, lungs and blood circulation and reduce your risk of heart disease (40%), stroke (27%), high blood pressure (50%), diabetes (50%), breast cancer (50%), colon cancer (60%), Alzheimer's disease (33%), and depression.

You still benefit when you exercise without breathing harder but benefits just aren't as great. Take pleasure in breathing harder few minutes a day! Be proud to be short of breath after an effort!

<http://www.winnipegmotion.ca>

Laugh out loud

Laughter boosts our immune system. Learn to differentiate between what is serious and what is not. You can incorporate laughter into your day by actively seeking out humour. What tickles your funny bone? Old movies? Stand-up comedy? Indulge yourself and share the laughter.

<http://www.cmhawpg.mb.ca>

How much alcohol is too much?

- Men: 2-3 drinks per day and no more than 15 per week
 - Women: 0-2 drinks per day and no more than 10 per week
- What is a standard alcoholic drink?
- Shot of hard liquor (1.5 oz at 40%)
 - Glass of wine (5oz at 12%)
 - Bottle of beer (12oz at 5%)

For more information visit:

<http://www.ccsa.ca/Eng/Priorities/Alcohol/Canada-Low-Risk-Alcohol-Drinking-Guidelines/Pages/default.aspx>

Don't forget to send in your tracking sheets by June 7th for the opportunity to win some great prizes!

17 Wing Soccer Camp August 19th - 23rd at 17 Wing Winnipeg

Camp includes FREE ball & t-shirt
PLUS – Sign up 'online' 45 days before camp and receive a Free Replica Jersey

8.00am – 9.30am	Mini Soccer:	ages 3-6yrs	\$127
9.30am – 12.30pm	Half Day:	ages 7-10yrs	\$167
1.30pm – 4.30pm	Half Day:	ages 11-16yrs	\$167
9.30am – 4.30pm	Full Day:	ages 8-16yrs	\$225

All DND employees receive a \$20 discount!!

Sign up @ www.challengersports.com

"Online Registration Only"

"FREE online jersey offer deadlines July 5th"

For More Information – Please contact: **Christina Bailey**

Tel: 204 833 2500 x 2059 or email: christina.bailey@forces.gc.ca

ANNUAL SISIP VOLUNTEER APPRECIATION
ÉVÉNEMENT ANNUEL DE RECONNAISSANCE DES BÉNÉVOLES DU RARM

17 WING WINNIPEG VOLUNTEER CELEBRATION CÉLÉBRONS LES BÉNÉVOLES 17^E ESCADRE WINNIPEG

DO YOU KNOW SOMEONE WHO VOLUNTEERS AT 17 WING?
CONNaissez-vous quelqu'un qui fait du bénévolat à la 17^e Escadre ?

ARE YOU A VOLUNTEER AT 17 WING?
ÊTES-VOUS UN BÉNÉVOLE À LA 17^E ESCADRE ?

WE WILL NEED... NOUS AVONS BESOIN DE...
NAME / NOM
PHONE NUMBER / NUMÉRO DE TÉL.
E-MAIL / COURRIEL

PLEASE SEND US CONTACT INFORMATION SO WE CAN INVITE YOU OR A VOLUNTEER THAT YOU KNOW TO THIS SPECIAL EVENT!
Veuillez SVP nous faire parvenir vos coordonnées, ou celles d'un bénévole que vous connaissez, afin que nous puissions vous inviter à cet événement spécial.

CONTACT / COMMUNIQUER AVEC:
MFRC/CRFM : 204.833.2500 ext/poste 4500 * barb.volunteercoord@gmail.com
PSP Community Recreation/Centre récréatif PSP : 204.833.2500 ext/poste 5139 * christina.bailey@forces.gc.ca



Bike To Work Day

www.biketoworkdaywinnipeg.org

Friday, June 21

Join us on the Yellow Ribbon Trail @ Whytewold & Silver 0630 – 0900 hours

Journée "Au travail à vélo"

Vendredi le 21 juin
Joignez-vous à nous sur la piste «Yellow Ribbon Greenway», @ Whytewold & Silver de 6h 30 à 9h



Big Bike Live Big

Put your heart into it Join "WINGIN' IT"

Date: Thursday, 20 June 2013 Time: 1400 Where: Legislative Bldg

Mettez-y du Coeur Joignez-vous à l'équipe "WINGIN' IT"

Date: Jeudi, 20 Juin 2013 Heure : de 14 h 00 Endroit : Palis législatif du Manitoba

All it takes is a minimum fundraising commitment of \$50 per rider to participate. Each Big Bike ride takes only 20 minutes to complete, but it is an experience you won't forget!

Il suffit de s'engager à verser une somme minimale de 50 \$ pour prendre place à bord du Grand Vélo dans le cadre de cette activité de collecte de fonds. Chaque tour de vélo ne dure que 20 minutes, mais on vous promet une expérience inoubliable.

Ride Big. Live Big. Win Big.
For every \$100 raised, receive one ballot for the CanadaOne Travel grand prize – return airfare and accommodation for two in stunning Vancouver.

MANITOBA LIQUOR & LOTTERIES HEART & STROKE FOUNDATION

Managing Angry Moments (MAM)

12 & 19 June 2013 0830 - 1600 hrs

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

Gérer les moments de colère

12 et 19 juin 2013 0830h à 1600h

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

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

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



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

Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

Moving with Children Goldeyes Ticket Draws!

Relocating to a new community can be a fun and adventurous time for you and your family. There are new places to explore and new friends to be made. With the military, you may be moving every few years. This can be tough on children – whether they are experiencing their first or their fifth move. Even though you have a lot of other things on your mind during this period, a little time from you at each step of the way can make a big difference in how well your children cope with the move and adjust to their new home. Let your children know that you see moving as an adventure for the whole family and chances are that they will share your feelings.

Whether you're moving across the country or around the world, you can make the trip easier with a little advance planning.

1. Make sure that all family members take part in the move. – If you send your children to a relative's house on moving day, they may fail to grasp the reality of the move.

2. Keep favourite toys or belongings where children can get them during the move. – After your children have packed their special travel bags or boxes, keep these in an accessible place during the move – in the car you'll drive or as carry on luggage on the plane.

3. Plan to have some new toys, games or activities for the trip. – Depending on the ages of your children and you are traveling, these might include: audio books, books, markers and paper, a journal, a magnetic board game, binoculars and simple sitting still toys like magnets, magic tricks or dolls.

4. Ask a child to play navigator. – Mark the route beforehand and let a child lead the way. Encourage all your children to help you look for landmarks that will help them get to know their new community – a park, a statue, a funny sign or billboard.

5. Pack some healthy snacks to eat along the way. – It can be hard to find fresh fruit, raisins, nuts, cheese, or even juice when you're on a long car trip

6. Make the trip fun. – If your move involves a long car trip, plan for fun stops along the way – a visit to a museum, a theme park, or some other attraction that's on your route.

Unpacking and setting up your new household can be stressful for parents and children alike. Here are some things you can do to ease the tension:

1. Unpack some of your children's belongings first. – You will need to get the kitchen and living room set up too, but it will be easier on you in the long run if your children can be settling into their rooms at the same time.

2. Unpack the TV and DVD player promptly. – Unloading a moving van can take hours, so you're probably going to need more than a few toys and games to keep your children busy on moving day. If you unpack the TV and DVD player right away they can watch their favourite movie while they're waiting for the rest of their belongings to be unloaded.

3. Encourage your school aged children to unpack some of their own belongings. – This can them a sense of control over the move, especially if you let them make some decision about

how to arrange their toys or books.

4. Celebrate your family's arrival. – You probably won't be able to unpack in a single day. So after you've taken care of a few basics, ask your children to suggest a way to celebrate your arrival in your new home. Getting a pizza or going to a movie might reassure your children that everything doesn't change just because you've moved.

5. Make sure your home is safe. – If you have an infant or a toddler, make sure that electrical outlets are covered and that small objects are put out of reach as you unpack. Put up gates or keep doors closed at the bottoms and bottoms of stairways and put dangerous objects like knives away in drawers or cabinets with safety locks. As you unpack, keep safety in mind, and put dangerous chemicals in locked cabinets or up high and out of reach. Make sure that you have carbon monoxide detectors and that you replace smoke detector batteries as soon as you move in. Also, set the hot water heater at 120-125 degrees to avoid serious scalds from the faucet.

After you've arrived, your children may still have some big adjustments ahead of them. Here are ways to make their lives easier:

1. Keep up the children's favourite rituals. – Think about the you always try to do together as a family such as reading a bedtime story, watching a favourite TV program, or making pancakes on Saturday morning. Make a special effort to keep doing these things in your new home. Keeping up family rituals can your children a sense of comfort and security when a lot of other things in their lives are changing.

2. Let your children know any rules you've made for your new home. – These might include rules about streets in the neighbourhood, where and when they can go outside and what parts of the community are off limits (train tracks, highways and so on).

3. Help your children, call, write or e-mail old friends. – They'll probably be eager to stay in touch over the first few weeks, and less so as time goes by. For school age children, you may want to establish a phone allowance so that they understand the limits of time and phone bills but have the opportunity to stay in touch.

4. Give your children time to adjust. – It will take time for all of you to settle in and feel comfortable. It's normal for children to be moody after a move, even to have spells of unhappiness months later. Children are often nostalgic about their old home or neighbourhood and may say things like, 'I want to live in our old home again'. These feelings are part of the process of adjustment. If you can see them in that light and not take them as criticism of the move, you'll be better able to give the reassurance and security your children need.

After you've settled in, try to keep up some links to the past as you become part of a new community. It's normal for children to take six months or more to adjust to a new home. Spend time with your children – listening, explaining, and reassuring – and the adjustment will go more smoothly for your entire family.



Shannon Bisson, MFRC Board chair (centre) accepts the tickets from Dan Chase, Director, Sales and Marketing Winnipeg Goldeyes (left) and Don Cataford, Vice President Business Development Westoba Credit Union.

The Winnipeg MFRC is pleased to announce that Westoba Credit Union has donated four tickets to 25 select Winnipeg Goldeyes home games for use by military families.

The MFRC will be holding regular draws for the tickets throughout the season. The draw will be on-going and ballots will be carried over for each draw. May 27 is the team's home opener and the September 2 game is Fan Appreciation.

The draw is free to enter. One entry per person and you must be 18 or older. Ballots are available at the MFRC during regular office hours starting Monday, May 6. The draw is open to military families in Winnipeg and Southport.

Game dates
May 27 and 31
June 1 and 2
June 10, 14 and 16
June 21 and 22
July 3, 5 and 7
July 23, 26 and 27
July 28, 30 and August 1
August 7 and 10
August 17
August 27 and 30
September 1 and 2

Draw date
May 21
May 27
June 3
June 17
June 26
July 16
July 22
July 31
August 12
August 20
August 26

Thank you to Westoba Credit Union for supporting military families in Winnipeg and Southport. For more information please contact the MFRC at 204-833-2500 ext 4507 or 4506.

MFRC Annual General Meeting

The Winnipeg MFRC's annual general meeting will take place June 12, 2013 starting at 7 p.m. All members of the military community are welcome to attend

the AGM and are invited to stay for coffee at the end of the meeting. Childcare will be provided.

Community Needs Assessment

The Winnipeg MFRC is conducting a COMMUNITY NEEDS ASSESSMENT (CNA) from May 15 to June 7, 2013. Everyone's feedback is valuable. The online CNA will take about 20 minutes of your time. It is confidential, and no identifying information will be associated with the survey. Please visit <http://fluidsurveys.com/s/WinnipegMFRC2013/>.

Évaluation Des Besoins Communautaires

Le CRFM de Winnipeg procède à une évaluation des besoins communautaires (ÉBC) du 15 mai au 7 juin 2013. La rétroaction de chacun est précieuse. L'ÉBC en ligne prendra environ 20 minutes de votre temps à compléter. Il est confidentiel et aucune information d'identification ne sera associée au sondage. Veuillez visiter <http://fluidsurveys.com/s/WinnipegMFRC2013/>.

Kids Care Casual Care

The Military Family Resource Centre offers child care on a casual basis for children 6 months - 5 years old. If you need some time for yourself to work out/run errands/etc, we can help.

Hours: Tuesday & Thursday 9 a.m. to 12 p.m. ~ 9 a.m. to 4 p.m. ~ 1 to 4 p.m. ~
Hourly Fees: \$5/hour or: children under

2 years: \$12/3hours; \$28/7 hours;
 siblings ½ price children over 2 years:
 \$10/3 hours; \$24/7 hours; siblings half price.

Location: 630 Wihuri Rd
Register: 204 833-2500 extension 2491
 (min 24 hours in advance)

Chaplain's Corner

In the Beginning

By: **LCdr Padre Jack Barrett**
Wing Chaplain

Posting season is fast approaching and for some it has already arrived. For all, even those whose anchor is firmly placed here (for this APS) it is a time of renewal, change and new beginnings. But it is also a time of chaos, upset and farewells. Change, of course, is nothing new to humanity – much less the Canadian Armed Forces. This struggle with understanding beginnings is evident in some well known clichés such as the following: 'In the beginning...' (Hebrew and Christian Scriptures); 'Once upon a time...' (typical fairy tale); 'A long time ago, in a galaxy far, far away ...' (Starwars®); and 'When did the big bang happen?' (science); are all examples of humanity's desire to connect with beginnings.

From the social side of Beginnings we also need to recognise that it also frequently comes as the result of an ending of some sort. While it may be difficult getting to a Beginning point especially around postings (really who truly enjoys saying good-bye and packing up to move house and home) it is important to remember that Beginnings bring new opportunities, experiences and adventures. Almost invariably 'Beginnings' are times of personal growth where we are able to spread our wings a little further than we could have in the past. Yet the future also holds much uncertainty. So, what does one do? Hold onto the familiar past with its limitations and missed opportunities; or does one strive towards the future to embrace opportunity and personal growth?

The apostle Paul in the letter to the Hebrews addresses the uncertainty which many have in trying to let go

of the past in favour of embracing the future. "Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us." NRSV Heb 12:1

While the context of these few words was to encourage new Christians, the essence of the passage holds just as true for us today. The witnesses we are surrounded by are those who share our ideals and ethos and have taken the same oath of allegiance. In essence, while we may go forward to new postings with fear and trepidation, we will still be surrounded by those who share the same understanding of life and commitment to serve our country before self albeit in a new location. Therefore, as Paul encouraged his followers to 'run with perseverance' so also should we, in our military lives, do all we can to run the course of our careers with perseverance and dedication, with a willingness to take on new opportunities. In so doing, we open ourselves to learn new skills from others and likewise share with others that which we have learned in the past.

As the posting season grinds towards its apex, let us each endure with humour the chaos of packing up and saying good-bye and embrace the opportunity for our own New Beginnings.

Many blessings from your new Wing Chaplain – LCdr Padre Jack Barrett.

Note: Padre Jack Barrett joined the 17 Wing Chaplain staff in April 2013 when he was posted in from CFS St. John's, NL. Padre Mark Mawson has made his way to CFB Petawawa.

Afghanistan II: A Personal Retrospect

By: **Padre Roy Laudenerio**
Chaplain Team Leader, OP Attention Roto-1

It amazes me how culture and ethnicity plays such a dramatic part in fulfilling our roles and responsibilities! I wish to share with you an experience that adds meaning to this truth. In addition to looking after the pastoral needs of our own troops and the NATO comrades in camp, I was also responsible as an advisor for the Religious and Cultural Affairs (RCA) Officers at the Kabul Military Training Center (KMTTC).

They thought I was a Hazara. Apart from wearing the Canadian cadpat, I strongly sensed that my Afghan counterparts, the RCA Officers, were trying to figure out something deeper about me. With the help of Mir, my language interpreter, I found out that the RCA Officers, whom I was tasked to liaise with and advise on all matters related to religious and cultural affairs, were trying to determine my ethnic background. Upon discovering their curiosity on this matter, I shared with them my ethnicity which is Filipino. Since that issue was addressed immediately, the dynamic of our working relationship gradually but positively unfolded. What is it about identity and ethnicity that comforts or causes angst?

Being an advisor required that I shadow and provide feedback to our counterparts. As an RCA Advisor, I had regular meetings and interactions with them. Given that there were at least twenty RCA Officers and staff members that I needed to visit regularly, time management was paramount. During my initial visits, I found myself helpless especially when they

shared with me their expectations of providing their logistical needs, something they were used to from the previous US mentors. I had to be up front with them and told them that I had no material resources that I could provide to them. However, I made it clear that there is a system of doing things, an SOP that has been established for them to place their logistic and ministry requests. Apparently, this



Padre Roy Laudenerio (3rd from L) poses with RCA Officers at the KMTTC. Photo: Submitted.

was something new to them and they were not sure what to make of it. In hindsight, it was a wonderful way to learn and listen to each other.

Hospitality softened tensions and opened up guarded hearts. Sharing and sipping chai tea was a conduit of grace. It was through this shared experience that conversations flowed and trust developed. Conversation pieces during these visits touched on our common humanity. Topics ranged from family, our common roots in faith, culture, value system, the presence of NATO-ISAF forces, the Christian Scriptures and the Quran. What stood out, for me, from these visits was their common passion for rebuilding their country. While listening to them I heard a collective voice from mothers and fathers articulating their concerns, fears, hopes and dreams for their country. The RCA Officers facili-

tate that dream. I was moved when they shared with me their fears everytime they addressed their soldiers about the Taliban. By openly talking about the Taliban in public potentially places them and their families at risk. What is sad about this situation is that there is no protection or security for them! Yet, they strongly feel they have the moral responsibility to speak the truth and risk for a future in which they plant seeds.

Time flew by and the time to bring closure and say good bye was near. I realized I became good friends with my ANA counterparts. This may sound odd to hear but I did have a very positive experience during this second deployment in Afghanistan. Initially, when I was told to prepare to deploy for OP Attention Roto-1, I was not excited at all. I was not looking forward to go through the challenges that I experienced during the combat mission in Kandahar. Thankfully, being with new found friends, both in the NATO community and the ANA from this tour, and being able to share in ministry with Padre Laurel Callaghan, Padre Mike Gibbons, Padre Richard Larsen and Padre Glen Davis made this a truly positive experience. I was open and ready to build relationships.

During the period of my hand over with Padre Philippe Boudreau, I told my Afghan colleagues that hopefully one day I will be able to return to their country in civilian clothes, celebrate our friendship,

and enjoy their hospitality. Tears welled up in my eyes as the plane ascended over Kabul International Airport. As part of the last chalk for OP Attention Roto-1 to leave Afghanistan, I was aware that all of us will be going home safely. That for me brought more closure from my first deployment. I know I could have captured and shared more experiences in detail but I will save them for other avenues. Building community and trust are what modern day warfare is all about. We learned that together in Afghanistan.

Together in Church

CATHOLIC

CHAPLAINS

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

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

Masses (English only)

Tues, Weds, Thurs 1210 hrs

Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

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

Padre 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

HOUSE FOR SALE!

Perfect family 3 bedroom bungalow just minutes from 17 Wing with double unattached garage in quiet St James/Crestview on a 124 X 60 foot lot. This 1152 sq ft, smoke free and pet free home features, 3 bedrooms on the upper floor and 1 in the basement, 2 full baths with walk in shower and jacuzzi tub, master bedroom with 2 pc ensuite, finished basement with fireplace and workshop. For more information or a showing call Christine at 204-803-9204. List price \$309,000.

For Sale!

Two present Air Force uniforms - Tunic & Trousers Tunic size 7346 and Trouser size 6740 Tunic size 7648 and Trouser size 7040 Both have Sgt stripes and are in like new condition. \$25 each or both for \$40 One pair of Air Force work dress pants size 6734. Like new. \$5 Phone: 204-885-2905

House For Sale!

1680 sq ft 2 storey, 4 bedroom. Huge pie shaped lot in one of the best neighborhoods in Winnipeg, 10 minutes to 17 Wing, walking distance to all levels of school. Please call Chantalle at 1-204-720-4858 for a showing. See comfree ad 416927 for 302 Whitegates Cr.

For Sale!

2012 Coachmen Freedom Express Maple Leaf Edition RV! Excellent Condition as it was only used for two months! Fully transferable 6 year extended warranty. For more info. Call: (204) 999-4148.

Send us an e-mail today to place your FREE Classified ad at: voxair@mymts.net

Taroscopes

BY NANCY

Aries (March 21 – April 19): When faced with situations that seem new and different remember you have a wealth of experience to draw on. Relax and go with the flow. Treat this time as an adventure. Explore your options. Enthusiastically consider general concepts and someone will help you work out the details.

Taurus (April 20 – May 20): You'll need to be mindful of maintaining a balance. This isn't the time for extremes or getting carried away to the point that you forget your surroundings, obligations and current realities. Others may see a new side of you when you are out enjoying yourself.

Gemini (May 21 – June 21): Focus now on the "big picture." What does your soul crave? Short term solutions won't solve the issue. Don't settle for less than the best. Be systematic in assessing your own stellar qualities and what is right for you. Embrace change. Entertain unexpected ideas.

Cancer (June 22 – July 22): Don't be defined by mistakes or what you see as your failings. There is more to you than meets the eye. Stretch and grow in new directions that allow you to stand out from the crowd. Even if something doesn't pan out you'll have learned something. Set a new course and keep going.

Leo (July 23 – August 22): Change how you see the past and it will change the future. If you are feeling unfulfilled, identify what it is you really like doing by volunteering, taking a trial position, or a night job. If you already know, then find ways to spend more time doing it. It will be worth the extra effort.

Virgo (August 23 – September 22): If you feel overburdened by work, expectations and situations it's because these make you feel as if you've lost your freedom of choice. Don't waste time worrying. Find peace of mind by "accepting what you can't change and changing what you can."

Libra (September 23 – October 23): A life of ease often requires a lot of work. Though you like the feeling of financial success it comes with a price. If you're working so hard that you're burning out, then what's the point? It's not about what you own or drive – you're valuable because of who you are inside.

Scorpio (October 24 – November 21): There is a time to rest and a time to push. This is how we give birth to what brings us the greatest joy. Review things before acting. Re-calculate if necessary to avoid backtracking to make corrections. You'll get the "go ahead" on a project you're passionate about.

Sagittarius (November 22 – December 21): Connections you've worked to establish are eroding at this time. The best thing to do is to let go and allow life to take its course. Continue to network and ask for assistance from those you've helped. Help those who helped you. Remain calm and avoid drama.

Capricorn (December 22 – January 19): You can only con yourself or be conned by another for so long. Question any actions that don't seem sincere. What you label as stress or fear may be excitement and vice versa. A past relationship provided you with many valuable experiences. Learn from them.

Aquarius (January 20 – February 18): Good things happen quickly. Enjoy the prosperity that results. Have fun. Get involved in groups. Spend time doing things that bring pleasure and make the time fly by. There are infinite possibilities in current relationships. Get to know people at a deeper level.

Pisces (February 19 – March 20): You may find your "inner demons" are driving you right now. Action will help to keep them contained. Determine what is important to you and try to focus on these aspects of your life. You have what it takes. Take care of your body. Show consideration for yourself and others.

FOR APPOINTMENTS CALL 775-8368

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

mmmm. . .
MARIGOLD
chinese restaurant & lounge
Great Lunches, Great Dinners
Cantonese & Szechuan Cuisine
Dine In • Take Out • Catering
Serving since '62 Winnipeg
1245 Inkster Blvd
2591 Portage Ave
1380 Ellice Ave
718 Osborne St

Posted to CFB Trenton?
I'm a Realtor in the Trenton area and a proud dad of three family members in the Canadian Forces.
See what I can do for you at:
www.bobfoster.ca
Century 21 Lanthorn R.E. Ltd.
Office: 1-877-752-5558 or Cell: 613-921-3933

Barala Kennels
YOUR PET'S HOME AWAY FROM HOME
• BOARDING ALL BREEDS OF CATS & DOGS
• INDIVIDUAL QUARTERS AND OUTDOOR RUN
• PET EXERCISE AND PLAY AREA • SEPARATE CAT FACILITIES
• CENTRAL AIR CONDITIONED AND HEATED KENNELS
• AIRPORT PICKUP & DELIVERY
OWNERS: GARTH AND SARA GRANT
barala@mts.net www.baralakennels.com 633-2629

PROUD OF OUR PAST

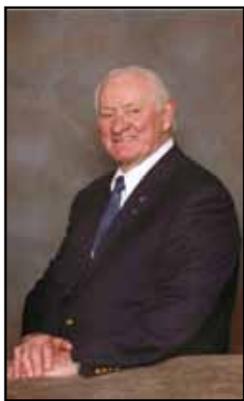
PROTECTING OUR FUTURE
Welcome...
ST. JAMES LEGION
Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba
Texas Hold'em
Tues 7 p.m.
Line Dancing
Every Tues & Wed
8 to 10 p.m.
Dancing To Live Bands
Fri & Sat
9 p.m. - 1 a.m.
Meat Draws
Every Fri 5 - 7 p.m.
Every Sat 2 - 4 pm

ASSINIBOIA UNIT NO. 283
Army, Navy & Air Force Veterans in Canada
3584 Portage Avenue Winnipeg, MB
Club rooms: 837-6708
BINGO: Monday, Wednesday & Friday at 7:30 pm
Early Bird starts at 7:00 pm
SENIOR'S BINGO: Thursdays at 1:30 pm
CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday & Saturday evening 8:00-12:00 pm
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm
WELCOME ALL MILITARY PERSONNEL

GASTHAUS GUTENBERGER
GERMAN RESTAURANT
• Authentic German & Continental Cuisine
• Schnitzel • Beef Rouladen • Homemade Spatzle
• Fine German Desserts • Fine Wines and German Beer
Open Daily Monday - Friday 11 am - 11 pm Saturday 4:30 pm - Midnight Sunday 11 am - 10 pm
2583 Portage Avenue (1 block west of the Moray bridge)
Phone: 888-3133 for reservations
Catering Service Available

Dr. Philip S. Pass B.S.C., D.M.D.
Complete Family Dentistry
Preventative/Cosmetics/Orthodontics
Crowns/Dentures/Root Canals
Extractions/Emergency Care
Evening and Saturday Appointments Available
420-3025 Portage Ave. ph: 987-8490
ALL DENTAL PLANS ACCEPTED

**BUYING OR SELLING...
MAKE IT A STRESS FREE MOVE WITH THE CLEMENTS**



Grant Clements & Kelly Clements
CD, FRI, SRES SRES, CERC

- Registered Relocation Specialists
- Senior's Real Estate Specialists
- Canadian Employee Relocation Council

**Proudly serving our
Military Families with:**

- 26 years of military service
- Complimentary relocation package couriered to you within 24 hours

Toll free: 1-877-778-3388
Business: (204) 987-9808



ReMax Executives Realty

Contact us Online:

clements@buywinnipeg.com

www.buywinnipeg.com

Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 888-7973 FAX: 832-3461

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

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

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

Our fees conform to the ERS guideline

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

Leigh Nanton & Kristen Bilodeau

Family Helping Families



Winnipeg's Mother Daughter Team
info@leighnanton.com

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

989-5000
www.leighnanton.com



Relocating in 2013?

I look forward to assisting you with your real estate needs to obtain the best value for the sale or purchase of your home this year

www.HomesInWinnipeg.com



terie langen

- Experienced Military Relocation specialist with 20+ years
- Accredited Buyer Representative

877.778.3388
204.779.7000

terie@homesinwinnipeg.com

- Moved extensively throughout North America & Europe as a military family and have special empathy for family concerns.
- Resident of Winnipeg 30+ years, working in the city & surrounding areas.
- Member of a network of professional Realtors at every base/wing. Call for a referral to a professional contact at your destination.



Bringing Homes & Families Together

Professional "know how"
...doesn't cost you more!

CONTACT A PROFESSIONAL REALTOR
987-9800

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

7-YEAR AWARD WINNER
Linda
van den Broek



Trudy M. Johnson, B.A. Relocation Specialist

30 Years of Professional Success in the Winnipeg Real Estate Market

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

"spirited energy"



MAXIMUM Realty Ltd. Serving Winnipeg & Surrounding Areas

Residential - New Homes - Condos - Relocation - Referrals



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



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



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

The Strength of Teamwork . . .
The Reputation of Results

Dan Vermette

Service en
Français

THE DAN VERMETTE
Home Selling TEAM

255-4204

danvermette.com



Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service



**Proud to Assist Military Families
Relocation Specialist**

29 Years Experience
in the Winnipeg
Real Estate Market

www.joannegebauer.com

joanne@joannegebauer.com

Toll Free: 1-877-778-3388

