



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

February 09 2011

VOLUME 60, ISSUE 03

FREE

IN THIS ISSUE:

SELKIRK LEGION
MAKES
DONATION TO
THE MFRC

PAGE 2

ARCTIC
TRAINING ON
LAKE WINNIPEG

PAGE 4

CHANGES
COMING TO
VETERANS
AFFAIRS
PROGRAMS

PAGE 5

Hanging out with the MND



The Honourable Peter MacKay, Minister of National Defence paid a visit to 17 Wing on January 25th and made some very big announcements. Find out what this will mean for the base on page 2.

Photo: Sgt Bill McLeod



WING WINTER
FESTIVAL A BIG
HIT

PAGE 10

DOMENICA'S
FLORAL DESIGN
Valentine's Special



2255-G Ness Avenue (at Whytefold Rd.)
Ph.: 885-3665 or 832-6978

1 dozen Coloured Roses / Baby's
Breath and Greens - \$38

DAILY
SPECIALS

City Wide Delivery



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

MFRC scores a hole in one Legion donates proceeds of charity golf tournament



Brian Wilson of the Selkirk Branch of the Royal Canadian Legion (left), presents a cheque for \$1,500 to Barbara Thuen, Coordinator of Volunteer Services for the MFRC (right) at the MFRC Coffee Break on 3 February 2011. Photo: Shane Gibson

Shane Gibson

Voxair Photojournalist

Community support is important for the Winnipeg MFRC

The Winnipeg MFRC relies on support from the military and civilian communities to raise awareness of its programs and services.

Part of the support comes in the form of monetary donations from businesses and other organizations that help the MFRC provide programs for military families.

Recently, the Selkirk Branch of the Royal Canadian Legion made a contribution to the MFRC, which was accepted by Barbara Thuen, Coordinator of Volunteers. The presentation, which took place at the MFRC's monthly Coffee Break on February 3, was made by Branch President Brian Wilson. The funds were raised at the Branch's annual golf tournament.

"It was just awesome," said Ms. Thuen. "We get a lot of support from Legions. It's an important partnership, because Legion members have an understanding of the unique military lifestyle and we share common experiences."

The MFRC offers programs and services to strengthen the resiliency of military families, including newcomer support, deployment services, volunteer opportunities, and programs for children, youth and adults as well as the Francophone community.

In order to ensure the quality of programs, the Winnipeg MFRC raises funds through a variety of activities, including the annual Yellow Ribbon Gala.

This year's Gala will be held February 19 at the Delta Winnipeg. Tickets are \$100 each and are available until Thursday, February 10. Tickets may be purchased at the Winnipeg MFRC or online at www.yellow-ribbon-gala.ca. This year's guest speaker is Senator Mike Duffy. The Air Command Band Show Band will be performing.

This year also marks the Winnipeg MFRC's 20th anniversary. Events will be taking place throughout the year. For more information about the anniversary celebrations, be sure to check out the Community Connections newsletter, the MFRC's website www.mfrc.mb.ca or www.familyforce.ca, or the MFRC's Facebook page – search Winnipeg Military Family Resource Centre.

Register now for the 2011 Air Force Run



If you haven't already taken the opportunity to register for the 2011 Air Force Run, then do it NOW!

The price for the Early Bird is \$65 for the half marathon, \$40 for the 5/10km, and \$40 for the family fun run. After March 15th the prices climb to \$75 for the half marathon, \$45 for the 5/10km but good news, the family fun run price will remain \$40.

Remember there are three ways to register. 1- You can register online with your credit card. 2- You can download a registration form and mail it in with a cheque. 3- You can register at the Fitness and Recreation building on May 27th - 28th from 1600-2100 and again on May 29th from 1000-1600. There will be no race day registration.

If you choose to register with the printed registration form, please indicate whether you would like to run in the 5km, 10km or half marathon. You can click on the "Registration" tab on the Air Force Run website to download the form.

**For more information and the latest updates on the Air Force Run go to <http://www.airforcerun.ca>



Soldier On National Communication Tour

When - 15 February 2011

Where - Bldg 90 Theatre
1000 hrs



Come out to hear WO Andrew McLean presenting on all aspects of the Soldier On program and answering your questions.

VOXAIR

OFFICE HOURS

Monday to Thursday
0830 - 1600 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@PersSvcs@Winnipeg

VOXAIR STAFF

LCol JR Zuorro
Editor-In-Chief
(204) 833-2500 ext 5281

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

Maureen Walls
VOXAIR Manager

Michael Sherby
Production
Coordinator / Layout

Misra Yakut
Accounting

Shane Gibson
Photojournalist

Traci Wright
Proofreading

Printed By
The Winkler Times
(204) 325-4771

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 Y. Boilard. 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 Str 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.

Do your part...
recycle
or pass along
this newspaper
when
you're
done.



Minister of National Defence makes big announcement at 17 Wing

Sgt Bill McLeod
Wing Public Affairs Photojournalist

The Honourable Peter MacKay, Minister of National Defence, announced a total of \$ 62.8 million worth of investment in Air Force equipment and infrastructure at a press conference held during his visit to 17 Wing Winnipeg on Monday, 25 January.

The investment includes \$55.6 million for the acquisition of two deployable tactical control radars from Thales Canada, \$5.6 million for fourteen aircraft cargo loaders from TLD America, and \$1.6 million for a waste water management upgrade at 17 Wing to be undertaken by two Winnipeg firms – Al-San Underground Ltd and ABCO Supply Ltd.

One of the high capacity aircraft cargo loaders which support the Air Force's tactical and strategic life fleets located at various Wings across the country will be located at 17 Wing which is not only the home base of 435 'Chinthe' Transport and Rescue Squadron but is also a key airlift hub for military operations in the Canadian Arctic. Delivery of these loaders to the Wings is expected to commence in spring 2011 with the final one being operational this fall.

The sewer system upgrade project, which will replace current aging waste water management infrastructure at 17 Wing, will permit the Wing to continue to meet today's stringent environmental protection standards.

The new tactical control radars will be installed at 4 Wing Cold Lake and 3 Wing Bagotville so the Wing will not immediately benefit from them. The radars will assist and protect all members of the Air Force, however, because they are deployable units that can be used for long range air surveillance and aerospace control.

"Our government's investments are helping to ensure



Defence Minister Peter Mackay announced more than \$80 million in funding for mobile radar units, aircraft loaders and infrastructure improvement at 17 Wing Winnipeg, Man. Credit: Sgt Bill McLeod.

that our airmen and airwomen have the up-to-date equipment and infrastructure needed to perform their missions and build on their remarkable successes," said Minister MacKay.

"We continue to demonstrate our commitment to providing the Canadian Forces the right equipment and facilities to do their jobs effectively."



(l to r) 17 Wing Commander Colonel Yvan Boilard, Major General Yvan Blondin, Commander 1 Canadian Air Division, Minister of Democratic Reform, the Hon. Steven Fletcher, Minister of National Defence, the Hon. Peter Mackay, MP for St Boniface and Parliamentary Secretary for Indian and Northern Affairs, Shelly Glover, Conrad Bellehumeur, Vice President of Thales Canada, Major Paul Guy, Project Manager for Tactical Control Radar Modernization, Major Dario Dozzi, Project Director of Omnibus Support Vehicle Replacement, Robbie Ayres, Omnibus Support Vehicle Project, and Mr Don Bundick, Director of Defence Programs for TLD America pose for a group photo after the announcement of the projects. Photo: Sgt Bill McLeod



Minister of National Defence, the Hon. Peter Mackay, takes a look at the Winnipeg Police Services helicopter during his tour of 16 Hangar with Colonel Yvan Boilard, 17 Wing Commander. Photo: Sgt Bill McLeod

Professional & Business Directory

RUTLEDGE LAW OFFICE

R.F. RUTLEDGE, B.A., LL.B.

COUNTRY CLUB PLAZA

310-3025 Portage Ave.

Phone: 987-7575 Fax: 837-3638

BALDWINSON INSURANCE

Rec Centre (Whytefold Rd.)

Drivers Licences &

autopac 889-2204



mmm.
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering



1245 Inkster Blvd
2591 Portage Ave
1380 Ellice Ave
718 Osborne St

Truckers, gunners and snowshoes at Exercise Arctic Guide

Cpl Bill Gomm
Photojournalist, 38 CBG HQ

"So, the troops are doing basically doing winter indoctrination training," said Captain John Baker, Battery Commander, 116 Independent Field Battery and composite platoon commander.

"We came out here on snowshoes, pulling sleds, with all of our gear, prepared to live in this environment which is about -20 to -35 for next 24 hours."

38 Service Battalion and 116 Independent Field Battery conducted Exercise ARCTIC GUIDE in and around Eagle Lake, Ontario 21-23 January 2011. The intent of the Exercise was to develop basic winter survival skills.

Soldiers traveled from Saskatchewan, Manitoba and North-western Ontario to take part in the training. The majority of the

soldiers arrived late Friday night and went to ground (to sleep) in 10-person tents that had been set up by the advance party.

The soldiers from Saskatoon and Regina arrived Saturday morning around 0700 hours after a 12-hour trip and immediately began setting up their tent.

With all the troops on the ground, orders were given by Capt Baker. Soldiers then packed up their tents, strapped on snowshoes and prepared to march across Eagle Lake to a small island.

"It was about 1800 meters that we marched," said Master Corporal David Goertzen, 16 Service Company Detachment. "We marched to the island on our snowshoes, pulling our toboggans."

With the temperature staying around -35 Celsius, there was some concern about the soldiers overheating during the march and not cooling down properly. The instruc-

tors decided that the troops would pull toboggans minus their rucksacks, to lower the risk of hypothermia.

The lower temperatures also meant the soldiers had to work in shifts 30 minutes on 30 mins off so they wouldn't overheat.

Arriving at the island, they set up their tents and the second part of the days' training began.

"The troops are working on snow defences," said Capt Baker. "Each section has been allocated a certain area of the shoreline to defend against an enemy that would approach from the south."

"Simultaneously, the sections have been allocated different grids that they have to march to, away from the hide to measure the depth of the ice. They have an ice auger and they will drill a hole in the ice to measure how thick the ice is. The idea behind that is we're testing to see where the thickest part of the ice is around our position so if we had to, we could deploy an artillery

battery."

Following the construction of snow defences and test holes in the ice, the soldiers began their tent routine and roving sentries.

Early the next day, the Saskatchewan soldiers had to take down and pack up their tents, march back to main camp, turn in their gear and get back on the bus which left at 0700 for the 12-hour return trip.

Since 38 Canadian Brigade Group is spread over three provinces, travel time is always an issue for the units. The Brigade normally trains in areas such as Canadian Forces Detachment Dundurn or Canadian Forces Base Shilo. When one Saskatchewan soldier was asked about traveling 12 hours to train in Eagle Lake, they were enthusiastic;

"It's great, it's not Shilo. In Shilo I always know where I am, this is completely different."



Soldiers begin pulling their toboggans across Eagle Lake to a small island where they will set up their tents. Photo: Cpl Bill Gomm

Air Force maintains focus on support to military families

**One Canadian Air Division
Public Affairs**

Canada's Air Force is working to become a stronger family – a caring force. This has been demonstrated by the efforts of Wing Commanders across Canada to improve family support services in the areas of childcare, health care and housing over the past 18 months.

The challenges of facilitating consistent family services vary from Wing to Wing, but the measures of success are the same – to be able to assure newly posted families that they will be able to find a family doctor, re-enrol their children in childcare and have acceptable housing on any Wing.

Through partnerships with local communities, Military Family Resource Centres (MFRC), the Canadian Forces Housing Agency (CFHA), and many others, the Air Force planned, funded and executed several projects and initiatives in 2010. Major-General Yvan Blondin, Commander 1 Canadian Air Division (1 Cdn Air Div), is seeking valuable feedback from families through a formal Needs Assessment (14-25 February, 2011) to verify if efforts are proceeding in the right direction this year, in all three of the priority areas, across all Wings.

Feedback directly from our families will help shape the second annual Family Support Conference that is being planned to take place in Winnipeg 10-11 May, 2011, hosted by the Commander of 1 Cdn Air Div with the aim of bringing all the major players involved in this initiative together. The Chief of the Air Staff, the Commander of 2 Cdn Air Div, Wing Commanders, other Senior AF officers, CFHA members and many more will be there discussing lessons learned, best practices and the way forward.

"The effectiveness of our Air Force in continuing to stand on guard for Canadians depends on strong Air Force families," said MGen Blondin. "I know we can do more to support our families, and with the full commitment of leadership at our Wings and with the essential involvement of our DND/CF partners and communities, we will continue to make progress."

Improvements always can be made and, if recent history is any indication of the Air Force's progress, the family support initia-

tive is headed in the right direction. Here are some recent examples of how your Air Force is working for you and yours.

Priority: Childcare

Affordable quality childcare is a main concern for parents. The aim is for parents to have the required childcare in place no longer than three months after identifying the need.

There is an ever-increasing demand for childcare in Canada and an ever-increasing shortage of available childcare spaces. Most provinces are experiencing a shortage of daycare spaces and long waiting lists. The military's unpredictable schedules coupled with the issue of mobility can cause issues for parents finding suitable daycare. To target these unique issues military leadership has been forging partnerships with the greater community to help address these requirements - for example, the ability to hold spots for future need.

9 Wing at Gander, Newfoundland, which is considered a semi-isolated location, is expected to have fewer services available compared with most wings or bases near urban centres. However, that has not limited the Wing in working with their MFRC to establish a Transition Coordinator, who has the responsibility of soliciting and establishing daycare slots for newly posted families. Efforts have been so successful that 9 Wing now has a waiting list of vacant daycare positions as opposed to a waiting list of children!

At 14 Wing in Greenwood, Nova Scotia, they have identified a great need for a full-day casual childcare centre and under the direction of the 14 Wing Commander and in coordination with the Greenwood MFRC the facility was able to open its doors for business on November 29, 2010. The goals of the Full Day Casual Childcare Service include casual, affordable, flexible, and inclusive quality care to military families. It provides a service to parents so they may run errands, attend appointments, be able to participate in community activities, and to assist the MFRC's Emergency Childcare Service. The centre has a licensed capacity of 25 spaces for children aged 3 months to 12 years, with developmentally age-appropriate programming, and provides a safe and happy atmosphere in which children to learn and play.

Continued on page 7.

award winning
**Assiniboia
Animal
Hospital**

Gentle with
Pets & Prices

889-5570
3050 Portage Avenue

Minister visits Veterans

Changes at Veterans Affairs discussed



The Honourable Jean-Pierre Blackburn, Minister of Veteran Affairs and Minister of State (Agriculture) (left), joined by the Honourable Steven Fletcher, Minister of State (Democratic Reform), announces changes to the Veterans Affairs Program at a press conference. Photo: Shane Gibson

Shane Gibson

Voxair Photojournalist

The Honourable Jean-Pierre Blackburn, Minister of Veterans Affairs and Minister of State (Agriculture) was in Winnipeg late last month to explain how the Government of Canada is enhancing programs and benefits for Veterans and improving the service they receive from Veterans Affairs Canada.

"The Government of Canada has taken important steps in recent months to ensure that Veterans and their families receive all the care and support they deserve," said the Minister at a press conference held at Deer Lodge Centre on 27 January 2011, where he was joined by the Honourable Steven Fletcher, Minister of State (Democratic Reform). "We are listening to Veterans' concerns, we are changing the culture of the department, and we are modernizing the way the department operates to serve Veterans and their families better."

Minister Blackburn's stop in Winnipeg was part of his cross-country tour to share with Canadians the recent changes occurring within the department. These changes include reducing the standard turnaround time for decisions on rehabilitation eligibility from four weeks down to two, adding 20 more case managers in areas of high demand across the country to deliver one-on-one service and direct access for Veterans, and cutting back the amount of paperwork to be completed when applying for the Veterans

Independence Program (VIP) which helps Veterans remain in their own homes for as long as possible.

After having announced several new measures supporting Veterans this fall under the New Veterans Charter, the Government of Canada is now addressing the quality of services that are offered to them. It will also ensure that more Veterans are hired at the department in order to serve Veterans better.

"Progress is clearly being made in the Department of Veterans Affairs — specifically as it relates to reducing turnaround times and red tape," said Minister Blackburn.

While on his tour, the Minister stopped in several cities across Canada to visit with veteran's organizations, Canadian Forces personnel, operational stress injury clinics and departmental regional and district offices.

While in Winnipeg, the Minister toured the district office of Veterans Affairs Canada to meet with staff to discuss recent improvements within the department and answer questions. Afterward, the Minister traveled to Deer Lodge Centre with the Honourable Steven Fletcher to visit with Veterans, tour the Operational Stress Injury (OSI) Clinic located at the centre, and enjoy a lunch with Veterans and senior military officials.

For more information on the ways Veterans Affairs Canada is changing and to see online photo galleries from Minister Blackburn's various stops across Canada, visit Veterans.gc.ca.

1-800-665-3320

flowers | gifts | events | decor

Inspiration in Bloom

Ann's Flowers & Gifts

1885 PORTAGE AVE. 150-2025 CORYDON AVE
PHONE - 953-5599 PHONE - 984-9998

www.anns-flowers.com

Cell: (204) 461-1279 Phone: (204) 886-2343
(204) 461-3797

INTERLAKE
DOG BOARDING KENNELS

Julie & David MacDonald
P.O. Box 981 Teulon, Manitoba R0C 3B0

MILITARY PERSONNEL

Volunteers Needed for Research Study



University of Manitoba research group in collaboration with the Veterans Affairs of Canada Operational Stress Injury Clinic in Winnipeg, MB is seeking volunteers to participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

Your role: participate in an interview, complete questionnaires, and may or may not take part in a functional Magnetic Resonance Imaging (fMRI) picture viewing assessment.

Benefits: You will help us understand emotional processing in the brain as well as receive a research stipend and travel expenses for out-of-towners.

If interested please call the study coordinator at
204-975-7728



Health Sciences Centre
Winnipeg



UNIVERSITY
OF MANITOBA

Register now for the

2011 Air Force Run

29 May 2011

Register early and save money

airforcerun.ca

17 Wing Provides a DND First

Mark Dettman
17 Wing Environment Officer

In mid-summer 2007, the maintenance building at the St. Charles Rifle Range (SCRR) was to undergo renovations, which included major insulation improvements to the building envelope and an updated design layout. Upon learning of this project, 17 Wing Environment & Hazmat saw an opportunity for a "First" not only within the Department of National Defence but perhaps within the entire federal government. This first, a pilot project, was to use the natural heat storage capacity of the earth to heat and cool the structure, which is more commonly known as geothermal.

Despite the fact that commercial geothermal systems were first used as early as the 1950s, more widespread acceptance of geothermal and other "green" technologies has been extremely slow, which has resulted in minimal consideration and numerous "missed opportunities" over the last decade for its use within both DND and other federal government projects. While somewhat puzzling, the extra upfront costs associated with installation (generally 10-15% of total project costs) as well as an overall lack of familiarity with the technology by project managers and decision makers may be the primary reasons. It was for these reasons that 17 Wing Environment & Hazmat pursued the opportunity for such a pilot project.

The proposed plan for the use of a geothermal system started off by having an engineering consultant, experienced with geothermal systems, complete a feasibility study to determine the cost/benefit of installing such a system at the SCRR. The



The new heat exchanger unit. The plain design shows that geothermal technology doesn't use anything overly special. Photo: Supplied

study examined the heating costs associated with the pre-renovated building as well as projections of heating and cooling costs for a post renovated building system. Having developed several different options for the heating/cooling of the building, each with their own pros and cons, the option chosen by 17 Wing Environment & Hazmat was a geothermal system with an electric heat backup with an estimated payback period of 5.73 years.

The project finally commenced in mid-summer 2008 with a design to install a vertical ground loop in order to minimize the amount of space used. It was soon dis-

covered that high bedrock in the localized area would significantly increase the costs of achieving the 40-45 ft minimum depth required for the vertical loop. With the goal of minimizing extra costs, the engineering team was quick to respond to re-design the system using a horizontal loop. Upon completion of the installation, commissioning of the system continued for approximately 2 months to ensure minor deficiencies were addressed and the building was fully functional for the upcoming winter.

Reflecting back on the overall project, it is clear that this pilot project provided some "lessons learned" for any future geothermal

projects, notably, the challenges resulting from the building's existing concrete slab on-grade. While the geothermal system works as designed, the cooling affect of the concrete slab was underestimated and as a result, its "ground-up" cooling affect has been quite significant in the winter. This impact on the building's environment could have been minimized had the slab been insulated during the building's original construction or had the geothermal system been incorporated into the building via in-floor heating. However, seeing as it was a pilot project, the extra cost was seen as unnecessary.

Overall, the outcome of the SCRR pilot project was a success. Even with its initial challenges and "lessons learned", this project has ultimately proven that while the initial costs of integrating such "green" technologies are typically higher, the overall long-term operating costs will decrease over time and will undeniably provide the federal government, DND and Canadian tax payers the best value for their money. While there has been a noticeable shift as of late within both the department and federal government regarding "green" buildings, no significant projects have yet been designed/completed. As such, while the use of geothermal or other "green" technologies may not be suitable for every project, it remains uncertain whether or not the aforementioned benefits of sustainable design will be enough to continue the current trend or whether construction/renovation projects within both the department and federal government will revert back to the unsustainable designs of the past.

La 17^e Escadre réalise une première au MDN

Mark Dettman
17 Wing Environment Officer

Au milieu de l'été 2007, le bâtiment d'entretien au champ de tir St. Charles devait faire l'objet d'une rénovation, qui visait notamment à améliorer l'isolation de l'enveloppe du bâtiment et à moderniser l'aménagement. Après avoir été mis au courant de ce projet, la section Environnement et matières dangereuses de la 17^e Escadre a profité de l'occasion pour réaliser une première, non seulement au sein du MDN, mais peut-être au sein du gouvernement fédéral entier. Dans le cadre de ce projet pilote, on utiliserait la capacité de stockage thermique naturel de la terre pour assurer le chauffage et la climatisation du bâtiment, pratique plus connue sous le nom de géothermie.

Malgré que les systèmes géothermiques soient été utilisés depuis les années 1950, les techniques géothermiques et écologiques obtiennent très lentement l'approbation générale. Ce fait a entraîné une considération minimale et de nombreuses « occasions ratées » au cours de la dernière décennie pour les projets du MDN et du gouvernement fédéral. Cette réalité laisse perplexe; les coûts initiaux liés à l'installation (en général, de 10 à 15 % du coût total du projet) ainsi qu'un manque global de connaissances des gestionnaires de projet et des décideurs sur la technologie pourraient en constituer les raisons principales. C'est pourquoi la section Environnement et matières dangereuses de la 17^e Escadre a profité de l'occasion pour réaliser ce projet pilote.

Pendant la première étape du plan proposé, un ingénieur-conseil expérimenté en systèmes géothermiques a effectué une étude de faisabilité afin de déterminer les coûts-avantages de monter un tel système au champ de tir St. Charles. L'étude a permis d'examiner les coûts associés au chauffage du bâtiment avant la rénovation ainsi que les prévisions en matière de chauffage et de climatisation, selon divers facteurs, du bâtiment rénové. Plusieurs options ont été envisagées en ce qui concerne le chauffage et la climatisation du bâtiment, chacune comportant des avan-

tages et des inconvénients; parmi ces options, la section Environnement et matières dangereuses a choisi un système géothermique muni d'un système auxiliaire de chauffage électrique, dont la période de récupération est de 5,73 ans.

On a enfin entrepris le projet au milieu de l'été 2008, qui visait à installer une boucle souterraine verticale afin de minimiser la superficie nécessaire. Cependant, on a rapidement découvert que le substratum était proche de la surface dans la zone choisie, ce qui ferait augmenter considérablement les coûts afin d'atteindre la profondeur minimale de 40 à 45 pieds exigée pour la boucle verticale. Ayant comme objectif de minimiser les coûts supplémentaires, l'équipe d'ingénierie a rapidement reconçu le système en adoptant une boucle horizontale. Une fois l'installation terminée, on a consacré environ deux mois à la mise en service du système afin de s'assurer que les petits problèmes étaient réglés et que le bâtiment était en état de marche pour l'hiver.

Rétrospectivement, il va sans dire que les leçons tirées de ce projet pilote serviront à d'autres projets géothermiques, notamment en ce qui concerne les difficultés liées à la dalle de béton actuelle du bâtiment. Malgré que le système géothermique fonctionne tel qu'il a été conçu, l'effet refroidissant de la dalle de béton a été sous-estimé et, en conséquence, le refroidissement du sol a eu des répercussions considérables sur le bâtiment pendant l'hiver. Ces répercussions auraient pu être minimisées si la dalle avait été isolée lors de la construction du bâtiment ou si le système géothermique avait été incorporé au bâtiment au moyen d'un système de chauffage intégré au plancher. Toutefois, étant donné qu'il s'agissait d'un projet pilote, on a déterminé que le coût supplémentaire n'était pas nécessaire.

Dans l'ensemble, le projet pilote du champ de tir St. Charles a été un succès. En dépit des problèmes initiaux et des leçons retenues, ce projet a permis de prouver que malgré le coût initial élevé lié à l'intégration de technologies vertes, les coûts d'exploitation à long terme baissent au cours des années. Il est donc incontestable qu'elles offrent au gouvernement fédéral, au MDN et aux contribuables canadiens le meilleur rapport qualité-prix. Bien qu'on con-

state tant au Ministère qu'au gouvernement fédéral une transition vers les bâtiments écologiques, on n'a pas encore conçu/effectués de projets importants à cet égard. Ainsi, l'utilisation des technologies géothermiques ou des autres technologies écologiques ne convient pas nécessairement à chaque projet. Il est donc incertain si les avantages de la conception durable mentionnés ci-dessus seront suffisants pour pouvoir maintenir la tendance actuelle ou si on continuera d'utiliser les conceptions non durables et archaïques pour les projets de construction et de rénovation au sein du Ministère et du gouvernement fédéral.

A LONG STANDING TRADITION

Arifbjorn 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

Air Force maintains focus on support to military families (Continued)

Recently, a 19 Wing Comox, BC survey clearly identified a deficiency in the provision of childcare services to infants and toddlers; 25% of respondents said they required daycare. The entire Comox Valley is lacking in daycare spaces and there are currently 12 military families on a waitlist at Kinnikinnik Daycare centre.

Three organizations—Wing Administration, Construction Engineering and the MFRC—are closing in on a solution to build a new childcare shelter; in the meantime, there is a new temporary facility (modular building) scheduled to open March/April 2011, located near the Fitness and Community Centre. It will have the capacity to house a maximum of 16 infant/toddlers, 12 multi-age children, and 40 personnel for multi-purpose use. The modular unit will house the existing children's programs and will accommodate a full-time infant and toddler daycare program as well as other family and youth activities.

Emergency childcare, respite services and care for shift workers was also a concern and the MFRC provided emergency daycare and respite services to 18 families in 2010. Daycare for shift workers is more complicated, but many personnel have exercised their own family care plan.

Priority: Health Care

The aim is for each Wing to have in place a Family Medical Centre with access to dependant medical care.

The shortage of family doctors in Canada also affects military communities. In many provinces, a shortage of family doctors necessitates a wait time for anyone new moving into the area. This complication is exacerbated further by the number of times a military family may move over the length of a member's career, causing them to start over in their search for medical care. These shortages, coupled with differing provincial regulations have made it necessary for military leadership to look to alternative ways of providing medical care for our families, such as clinics on Wings and/or partnerships with local clinics.

The 3 Wing Medical Family Health Services clinic opened its doors in October 2005 within the MFRC in Bagotville. The doctors work part-time and provide medical services, by appointment only, to the military community. Their mandate and mission is to improve and promote the health and well-being of family members within 3 Wing Bagotville's community. More precisely, the targeted clientele are those that are in transition and who frequently deal with postings. The Medical Family Health Services was created to serve clients who are temporarily in the region for example: spouse of a regular force member posted to Bagotville from another base, dependant child of a regular force member (moved from another base) or even reserve members (up to three years).

At 8 Wing the Family Medical Clinic at Trenton, Ontario is now a reality thanks to a collaborative effort between the Wing and the local community. An interim clinic currently in place since 2007 houses two doctors and 8 Wing is working with the community to bring in a third. The extended facility is expected to open in early 2011 and will allow the staff to provide much needed medical care for military families to a maximum of 2,500 patients. A unique benefit to the local community is that 8 Wing Construction Engineering tradespeople are building the clinic entirely in-house with the assistance of 16 trainees from the Union of National Defence Employees (UNDE) Apprenticeship and Operational Development Program integrating local apprentices with experienced veteran trades personnel.

In September 2010, a temporary family health clinic was set up in the existing military medical facilities at 22 Wing North Bay to provide medical services to 22 Wing's Canadian and American Regular Force families beginning 1 September when families could first call to sign up as clinic

patients.

In November 2010, the base's MFRC officially opened a Family Medical Clinic comprised of two new trailers located next to the existing military medical facilities at 22 Wing, which now administers and facilitates healthcare to 22 Wing's families. The construction of the clinic, costing approximately \$265 000, was facilitated with the use of both 22 Wing in-house resources as well as through contracting with RCM Modulaire (Quebec), who provided the trailers and their installation. Funding for the first two years, excluding technical services such as telephone and computer capabilities, will be provided by 1 Cdn Air Div, and 22 Wing will start to absorb more of the costs in the clinic's third year and beyond.



The new clinic provides medical services to Canadian and American regular force families, Class B Reservists' families and DND civilian employees in the North Bay and surrounding community. The new clinic has adopted the usage of Electronic Medical Records processing and maintenance, which allows families to take their records with them to their next postings, particularly beneficial given the itinerant lifestyle of Canadian Forces families.

Currently, over 520 patients are registered and services are offered from Monday to Friday, where four physicians provide medical services totalling approximately 35 to 40 hours a week. They are not doctors from the local community, and the clinic's establishment is reducing the patient load on medical service providers in the city.

The next year will assist the MFRC in determining how many patients the Clinic can effectively sustain. Depending on the results, the Clinic may expand its client base to members of the public.

Priority: Housing

The aim is for each wing to have a sustainable plan in order to be able to provide a variety of housing supports to members and their families.

The reality of military housing differs across the country in terms of cost, availability and condition. Wing Commanders are working closely with the CFHA team, within the boundaries of imposed guidelines, to help ensure that scarce resources are allocated appropriately to ensure that Residential Housing Units (RHUs) are in the best possible condition for occupancy.

The ever-increasing cost of real estate and the availability of suitable, affordable rental housing across the country have affected greatly a number of members, challenging Wings to provide a variety of housing options to their members. Enrolment demographics have also shifted and we are seeing a greater range of ages for our new recruits, in various family configurations, increasing the need for flexible housing options at each Wing.

Families located at Wings located in major geographic centres may face fewer challenges in accessing services; however, demand for services provided through the Canadian Forces may outstrip supply in those areas, particularly where the quality is high. The major challenge at

CFB Halifax, which provides support to 12 Wing Shearwater, is the availability of military housing noting that there are civilian options available. That said, Halifax has rebuilt and continues to renovate and modernize existing homes, and in 2010 Halifax Housing Services Centre received the DND Assistant Deputy Minister (Infrastructure and Environment) Director General's Special Award for its work on retrofitting housing for accessibility for members receiving treatment for injuries sustained in theatre and disabled family members.

A very different reality faces 5 Wing at Happy Valley-Goose Bay, Newfoundland, where military housing is expected in this remote location. During the past year, the Wing has made progress in all areas of family support services. The 5 Wing Community Council is closely linking its efforts and activities with those of the local MFRC and is concentrating resources to support military families and integrating local civilian medical services with Wing family needs. 5 Wing has also been working with the Canadian Forces Housing Association to continue improvements and renovations to military housing, and consolidating housing to capitalize on limited project funding and concentrate it where it will do the most good.

15 Wing Moose Jaw, Saskatchewan, should be getting some new housing for our members living in the PMQs in Bushell Park in the coming years when the Effective Project Approval is finalized in February. Currently, a total of 34 new RHUs are slated to be built by the 2014-2015 timeframe with eight of those units likely to start construction either in the fall of 2011 or spring of 2012.

The multimillion-dollar project is being designed by Northern Sky Architecture Inc. of Winnipeg. Northern Sky has been awarded previous DND review and assessment projects at CFB Shilo and the Minto and McGregor Armouries in Winnipeg.

The Air Force is working hard to improve its families' quality of life by improving the level of and access to services. Both Commanders of 1 and 2 Cdn Air Divs and their Wing Commanders have made it a priority for the last 18 months to transform AF Wings into welcoming communities that current residents—as well as those newly posted in—can be proud to call home.

The challenges of offering consistent family services vary from Wing to Wing, but the measures of success are the same: the ability of newly posted families to find a family doctor, (re-)enrol their children in childcare and have access to suitable housing. By prioritising these support services, families will know how important they are to the Air Force and how important their well-being is for us to accomplish our mission.

The AF is a caring force - we care about our missions, our resources, our recruiting and retention. Most of all, we care about our people and their families. On 14 February, the Family Support Needs Assessment will be launched; stay tuned for more information about the online assessment and please take a few moments to fill it out. We look forward to hearing from you!

Canada's Leading Security Company
is Looking for People Like
YOU

GREAT PEOPLE
REWARDING JOB
EXCELLENT BENEFITS

Call 942-5993 or go to
commissionaires.mb.ca for more info

COMMISSIONAIRES
TRUSTED · EVERYDAY · EVERYWHERE

Full-time, Part-time and Bi-lingual positions available

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.

2011 Wing Winter Festival a hit!

Healthy Pets for Happy Families



**Charleswood
Veterinary
Hospital**
889-3110

3717 Roblin Blvd.
(Just East of the Charleswood Bridge)

**Crestview
Veterinary
Hospital**
888-7463



3025 Ness Ave.
(Corner of Ness and Sturgeon Rd.)

Associated Veterinary Hospitals

- ◆ **Medicine** ◆ **Surgery**
- ◆ **Ultrasound**
- ◆ **Dentistry** ◆ **Vaccinations**

 **The Mortgage Centre**



- A military spouse specializing in DND mortgages
- 120 days rate hold on pre-approvals
- Competitive rates and unmatched services

Mobile: 204.451.5408

Fax: 204.478.5474

ymarandi@durhammortgage.com
www.durhammortgage.com/ymarandi

Yass Marandi
Mortgage Broker
Lic.#M10000449

Shane Gibson
Voxair Photojournalist

The frigid temperatures in the late January cold snap did little to keep people away from the fun of 17 Wing Winnipeg's first Winter Festival.

The festival, held 29 January 2011 at the Westwin Community Centre, saw approximately 70 people come out to take part in a number of winter events and enjoy a hot meal.

"It went very well," says Tina Bailey, Community Recreation Director with the PSP. "We had a lot of families and some really young children.

"Everyone seemed to be having a great time, even though it was minus thirty something out there."

Activities at the festival included a toboggan run, a hockey shoot-out, ice skating, arts and crafts, snow-shoing and even a story teller inside a large warm teepee erected in the parking lot of bldg 33.

The Winter Festival was organized jointly by Winnipeg MFRC, the 17 Wing Community Council and the PSP, and Bailey says the three groups wanted to give families something fun to do during the cold winter months.

"We recognize that there was a gap between events taking place... and this was really something to bring everyone together during the winter months," she explains.

Bailey says the MFRC, the 17 Wing Community Council and the PSP are hoping to make the Winter Festival an annual event.



Attendees of the 17 Wing Winter Festival stop to warm themselves by a fire. Photo: Cpl Piotr Figiel

Put a little faith in your child's education.



- All day, every day kindergarten
- Before and after school care programs
- Academy Kids Daycare on premises
- FAST/BARTON literacy programs
- Violin enrichment program
- Optional Private Music Lessons
- Arts and drama
- Competitive sports
- Hockey program
- K-8 French

K-8 General Open House
Thursday, February 24th, 6:30 p.m.

Afternoon Open House
Thursday, March 17th, 1:00 p.m

Quality education that is intellectually challenging and faith filled

331 St. Charles Street,
Winnipeg, MB R3K 1T6
Ph: 204 837-1520
Fx: 204 837-2326
E-mail: sec@stccs.ca
www.stccs.ca



**Saint Charles
Catholic School**



A family examines the horses at the first 17 Wing Winter Festival, hosted by the MFRC and PSP. Photo: Cpl Piotr Figiel

**HOUSE GUARD
HOUSESITTERS**
BONDED • PROFESSIONAL • FULL SERVICE CARE

- PET SITTING
- HOME SECURITY
- PLANT CARE



**BBB Accredited
Since 1993**

**"Winner BBB 2010 Market
Place Excellence Award"**

**We are the Bonded
Professionals to Trust with
your Pets, Plants and Home!**

Bus: (204) 668-3900
www.houseguard.tel
E-Mail: info@houseguard.ca

THE VOXAIR
Your 17
Wing
Community
Newspaper





YOUR MEMBERS OF THE LEGISLATIVE ASSEMBLY

Understand What Matters to You and Your Family

GREG SELINGER
MLA FOR ST. BONIFACE
PREMIER OF MANITOBA
237-9247
gselingermla@mts.net



FLOR MARCELINO
MLA FOR WELLINGTON
788-0800
wellington.constit@shaw.ca



JIM RONDEAU
MLA FOR ASSINIBOIA
888-7722
assiniboia@shaw.ca



DAVE CHOMIAK
MLA FOR KILDONAN
334-5060
kildonanmla@mts.net



DARYL REID
MLA FOR TRANSCONA
222-0040
darylreidmla@shaw.ca



NANCY ALLAN
MLA FOR ST. VITAL
237-8771
nallan-mla@shaw.ca



JENNIFER HOWARD
MLA FOR FORT ROUGE
946-0272
fortrouge@mts.net



PETER BJORNSON
MLA FOR GIMLI
642-4977
gimlimla@mts.net



SHARON BLADY
MLA FOR KIRKFIELD PARK
832-2318
Kirkfieldpark@mts.net



ANDREW SWAN
MLA FOR MINTO
783-9860
ajswan@mts.net



THERESA OSWALD
MLA FOR SEINE RIVER
255-7840
theresaoswald@mts.net



Andy Kloppenborg

RE/MAX Performance Realty

942 St Marys Road
Winnipeg, Mb

andy@andykloppenborg

Ph: (204) 255-4204
Cell: (204) 999-4455

- Whether your posting is away from or to Winnipeg, I want to help you find your home.
- Taking a HHT? Contact me.
- I'm your relocation specialist.
- I'm trained to facilitate your move.



The rebirth of the Beaufighter

2Lt Trevor Reid

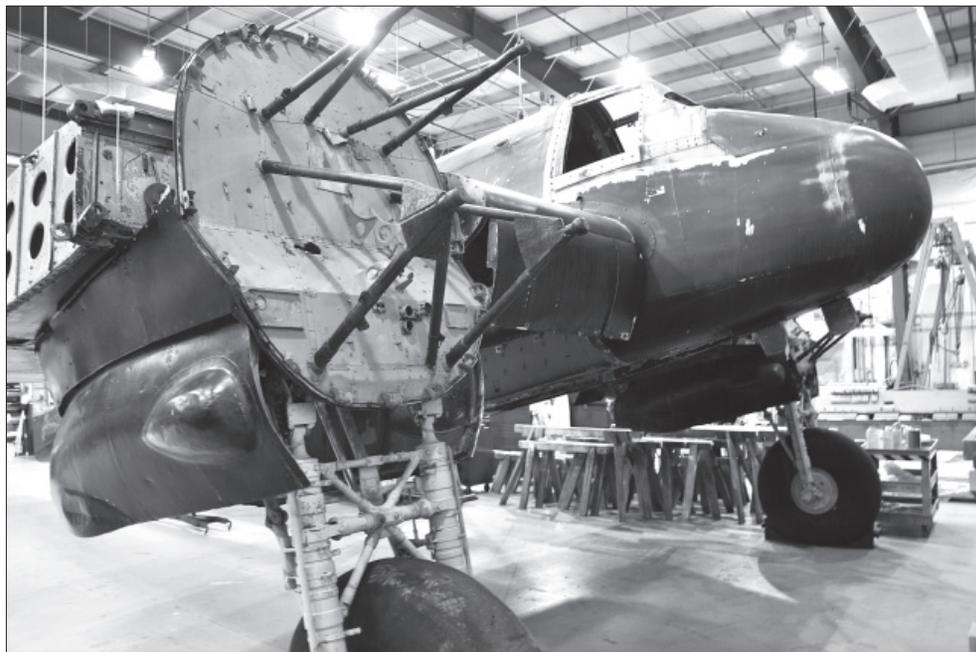
Basic Public Affairs Officer Course 1002,
Candidate

“Every artefact has a story and it soaks up history like a sponge,” says Stephen Quick, Director General of the Canadian Aviation and Space Museum, as he sits next to the tail section of a weathered World War II-era Bristol Beaufighter. “You can squeeze that sponge and show the history in an artefact, or you can use it to interpret other stories. We want to interpret Canadian history with this aircraft.”

Engine-less, paint-chipped and seemingly trapped in a small hanger at Ottawa’s Rockcliffe Airport, Bristol Beaufighter #RD867 looks like a half-finished, gigantic plastic model kit. Aircraft restoration is a complicated business and since 1969, when the plane was donated to Canada by the Royal Air Force (RAF) Museum, the Beaufighter has sat wanting.

Yet in 2010, the Beaufighter is being rediscovered by a new team of aircraft restorers and historians for a generation of Canadians, the majority of which will never meet a veteran of the Second World War. “Why do we restore aircraft?” asks Quick. “Why would we try to reconstruct an old manor house that is crumbling into the countryside? Because that plane, that house, are artefacts that are important to the history of this country, we can restore them to give life to history, or we can simply put up a signpost to say they once existed.”

The Beaufighter played a major role in the history of the Canadian Air Force. During the Second World War, crews of the Royal Canadian Air Force (RCAF) 404 Coastal Fighter Squadron used them as surface attack strike fighters over the North Atlantic and fjords of Norway on dangerous anti-ship missions. With four nose cannons, a torpedo below the fuselage or wing-mounted rockets, they terrorized German



Beaufighter #RD867 under restoration at the Canadian Aviation and Space Museum.
Photo: 2Lt Trevor Reid



A Bristol Beaufighter of RCAF 404 Squadron with wing-mounted rockets, at Davidstow Moor, UK, August 1944. Photo: Canadian Forces/Department of National Defence

shipping efforts throughout the Second World War.

Ironically, the Beaufighter at the Canadian Aviation and Space Museum never actually flew in the markings of the RCAF. It was built in 1945 for the RAF but never served during the war. Post-war, it was converted to serve as a target-tug; a plane used to tow aerial gunnery targets. The airplane’s non-combat history can be seen by the plated-over ports where the Hispano cannons once protruded below the bulbous cockpit. However, the curators have realized that the historical value in the aircraft lay in what it could be made to represent.

For the past 40 years, museum staff have analyzed the plane, catalogued missing parts, most prominently a missing engine, and inspected the airframe’s structural integrity. Only recently was Quick able to find a set of the Bristol Hercules engines that gave the Beaufighter its 490 km/h top

speed. “It was this aircraft’s time [to be restored]. There are a number of Beaufighter projects around the world right now in places like Scotland and Australia and this has produced a critical mass of artefacts and parts that go into restoring these planes—we can all learn from each other as well.”

Quick expects the team of four aircraft maintenance engineers to take another eight years to bring the airplane to life as a 404 Squadron machine. “We’re restoring it and we’re learning about it at the same time. It’s fascinating to see how these planes were made,” says Quick running his hand over the wooden leading edge of a wing sitting in a plywood cradle, waiting to be remounted.

“Forty years from now, people will come here, see this aircraft, and have some idea of what it must have been like to be a crew-member, flying fifty feet above the cold Atlantic waves on a torpedo run; I think that’s better than a signpost.”

**Proud to offer a
10% MILITARY DISCOUNT
on all retail parts & services**



Sales • Leasing • Service • Parts •
Collision & Glass Repairs for all makes & models

St. James



670 Century Street Phone: (204) 788-1100

stjamesvw.com stjamesaudi.com



DIVISION • SCOLAIRE
FRANCO-MANITOBAINE

☎ 204 878-9399

✉ dsfm@atrium.ca

www.dsfm.mb.ca

St-Laurent	646-2392	École communautaire Aurèle-Lemoine
St-Vital	255-2081	École Christine-Lespérance
Ile-des-Chênes	878-2147	École Gabrielle-Roy
St-Claude	379-2177	École communautaire Gilbert-Rosset
Thompson	778-8699	École communautaire La Voie du Nord
Laurier	447-3364	École Jours de Plaine
Shilo	765-5050	École La Source
St-Boniface	256-4384	École Lacerte
Lorette	878-3621	École Lagimodière
St-Norbert	261-0380	École Noël-Ritchot
Notre-Dame-de-Lourdes	248-2147	École élémentaire Notre-Dame-de-Lourdes
St-Anne	422-5505	École Pointe-des-Chênes*
St-Boniface	233-4327	École Précieux-Sang
St-Pierre-Jolys	433-7706	École communautaire Réal-Bérard
Winnipeg	885-8000	École Roméo-Dallaire
St-Georges	367-4224	École communautaire Saint-Georges
St-Jean-Baptiste	758-3501	École régionale Saint-Jean-Baptiste
La Broquerie	424-5287	École Saint-Joachim
St-Lazare	683-2251	École Saint-Lazare
St-Agathe	882-2275	École Sainte-Agathe
St-Boniface	233-8735	École Taché

Inscriptions à la maternelle 2011-2012

Les inscriptions à la maternelle auront lieu dans nos écoles du **lundi 7 au vendredi 11 février 2011**. Les enfants qui auront cinq (5) ans avant le 31 décembre 2011 sont admissibles. Veuillez apporter un certificat de naissance lors de votre inscription.

Admissibilité

Les écoles françaises sont ouvertes à tous les ayants droit. Un « ayant droit » est un résident du Manitoba dont la première langue qu’il a apprise et qu’il comprend encore est le français ou un résident du Manitoba qui a reçu au moins quatre ans d’enseignement scolaire dans le cadre d’un programme français au Canada ou est le père ou la mère d’un enfant qui reçoit de l’enseignement scolaire dans le cadre d’un programme de français ou qui a reçu un tel enseignement pendant au moins quatre ans.

Questions?

Pour toute question, communiquez avec la direction de l’école de votre région.

* Les inscriptions à la maternelle pour l’école Pointe-des-Chênes auront lieu du lundi 14 au vendredi 18 février 2011.

It's RRSP Time Again...

Pierre Goulet, CFP, FMA, FCSI

Practice Manager - Financial Planning and Insurance Services,
SISIP Financial Services

January and February are typically the time of year when many Canadians make their Registered Retirement Savings Plans (RRSPs) contributions. The first sixty days of each new year gives us the time to top-up contributions, borrow to make contributions if we haven't done so throughout the year, or to start a new contribution plan. All contributions made up to and including March 1, 2011 can be claimed either on your 2010 or your 2011 tax return.

1. Don't wait until the last minute.

You work hard for twelve months of the year to earn your money. Don't wait until the deadline to seek out your investment options. It's easier to invest in small doses. Try making your investment decisions throughout the year, when you will have more time to reflect on these decisions, and you can avoid the February rush.

2. How much to contribute?

When contributing to a RRSP, time is money! However, because we can carry over our unused contributions for an indefinite period, some of us have a lot of contribution room. Decide how much effort you want to make towards your 2010 contribution and what you would like to contrib-

ute in 2011. Be reasonable, do not invest every dollar of your surplus cash or borrow too much through a RRSP loan. This could cause you financial difficulties and prevent you from properly planning future contributions.

If you do not have surplus cash and you do not want to borrow, it is better to simply focus on the year ahead and start a monthly contribution plan into a RRSP. Doing so will put you ahead of the game at this time next year.

3. Whose RRSP to contribute to?

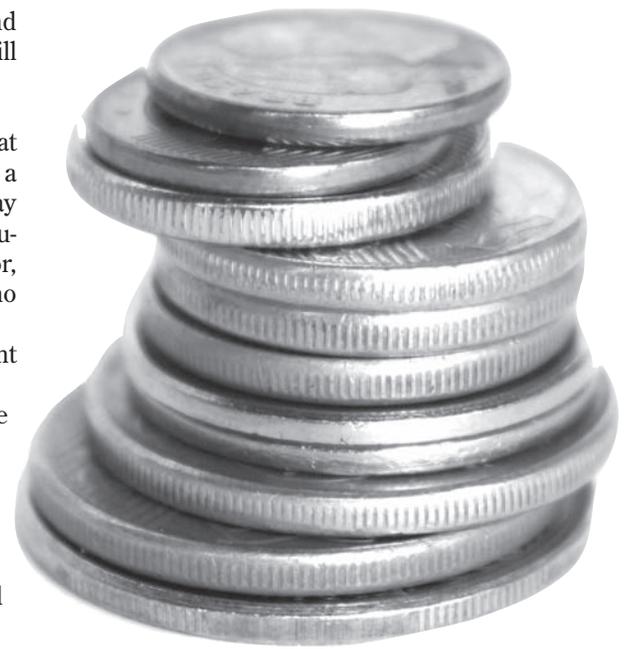
Generally, the purpose of a RRSP is to build savings that will provide a source of income at retirement. If you have a retirement savings plan and your spouse does not, you may wish to make spousal RRSP contributions. Such contributions are still deducted from the income of the contributor, but help build a retirement income for the spouse with no retirement savings plan.

4. Determine your risk tolerance and RRSP investment choice.

An understanding of your objectives and risk tolerance is crucial to your investment success. You may be considering a Tax Free Savings Account (TFSA) which allows up to \$5,000 every year into an account that grows tax free. Let a SISIP Financial Services (SISIP FS) financial planner assist you in determining your risk tolerance level and the appropriate investment vehicle; professional

advice can really pay off. Visit your local SISIP FS office, call 1-800-680-8177 or online at www.sisip.com.

This article is for general information purposes only and reflects solely the opinion of the writer.



La saison des REER bat son plein...

Pierre Goulet, CFP, CGF, FICVM

Gestionnaire spécialisé en planification financière et en assurance,
Services financiers du RARM

Les Canadiens cotisent typiquement à leur régime enregistré d'épargne-retraite (REER) au mois de janvier et février. Pendant les soixante premiers jours de la nouvelle année, vous pouvez effectuer des versements supplémentaires pour combler vos cotisations, emprunter en vue de cotiser – si vous ne l'avez pas déjà fait au cours de l'année – ou contribuer à un nouveau REER. Toute cotisation versée avant le 1^{er} mars 2011, inclusivement, peut être réclamée dans votre déclaration de revenus de 2010 ou dans celle de 2011.

1. N'attendez pas à la dernière minute.

Vous travaillez fort pendant douze mois de l'année pour gagner de l'argent. N'attendez pas jusqu'à la date limite pour vous renseigner sur vos options de placement. Il est plus facile d'investir à petites doses. Si vous prenez des

décisions sur vos placements tout au long de l'année, vous aurez plus de temps pour y réfléchir, évitant ainsi la folie furieuse du mois de février.

2. Combien devriez-vous cotiser?

Lorsque vous contribuez à un REER, le temps, c'est de l'argent! Toutefois, étant donné qu'il est possible de reporter indéfiniment le montant des cotisations inutilisées, certains d'entre nous ont énormément de droits de cotisation. Il s'agit de délimiter le montant que vous voulez cotiser en 2010 et de prévoir celui de 2011. Faites preuve de bon jugement... n'investissez pas tout votre argent excédentaire et n'empruntez pas un montant trop élevé au moyen d'un prêt REER. Autrement, vous pourriez éprouver des difficultés financières, ce qui vous empêcherait de bien planifier vos cotisations ultérieures.

Si vous ne disposez pas de fonds excédentaires et ne voulez pas emprunter, il vaut mieux vous concentrer sur l'année à venir et établir un plan de cotisation mensuel à un REER. Vous aurez ainsi de l'avance à cette même période l'an prochain.

3. À quel REER devriez-vous cotiser?

En règle générale, le but d'un REER est d'accroître les épargnes afin de fournir une source de revenus au moment de la retraite. Si vous avez un REER, mais votre conjoint(e) n'en possède pas, vous pourriez songer à cotiser à un REER de conjoint. Ces cotisations sont tout de même prélevées du revenu du contributeur, mais servent à constituer un revenu de retraite pour le conjoint sans régime d'épargne-retraite.

4. Connaissez votre tolérance au risque et vos options de placement.

Pour réussir en matière de placement, il faut bien connaître ses objectifs et sa tolérance au risque. Vous songez peut-être à un Compte d'épargne libre d'impôt (CELI), qui vous permet de déposer un maximum de 5 000 \$ par année dans un compte à l'abri de l'impôt. Un planificateur financier des Services financiers du RARM (SF RARM) peut vous aider à prendre connaissance de votre seuil de tolérance au risque et à choisir le véhicule de placement correspondant; les conseils professionnels peuvent être très rentables. Rendez-vous au bureau des SF RARM le plus près, composez le 1-800-680-8177 ou visitez le www.sisip.com.

Cet article est publié à titre informatif et représente uniquement l'opinion de l'auteur.



Experience the benefits of contributing to a RRSP

Our financial planners' expertise working toward your financial growth and independence!

Découvrez l'avantage de cotiser à un REER

Mettez à profit l'expertise de nos planificateurs financiers pour faire croître votre portefeuille de placements et votre indépendance financière !

CALL NOW!

RRSP loans available on approved credit.

Mutual Funds provided through
FundEX Investments Inc.

TÉLÉPHONEZ-NOUS
AUJOURD'HUI !

Prêts REER disponibles sur approbation de crédit.

Les fonds mutuels sont offerts par l'intermédiaire
de FundEX Investments Inc.

Deadline for RRSP contributions March 1st, 2011.

La date limite pour cotiser à un REER est le 1^{er} mars 2011. FundEX

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

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



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

Another reason to get off your duff!

Leeona Bond
PSP Winnipeg

Most of us are aware of the health risks associated with too little physical activity. Too much time in front of the computer or TV, and too little time getting acquainted with the bike or treadmill, can elevate the risk of heart disease and metabolic disorders, and decrease life expectancy.

Guidelines for physical activity set by the Canadian Society of Exercise Physiologists (CSEP) recommend that adults accumulate 150 minutes of moderate-to-vigorous physical activity per week. Many of us aim to achieve this goal by diligently hitting the gym over the lunch hour, or spending an hour in the evening in recreational sports leagues. We put in a good sweat, and figure we are immune to the negative health effects associated with sedentary behaviour.

Not necessarily so.

A recent study in Medicine and Science in Sports and Exercise (May 2010) examined the health effect of prolonged sitting, including in individuals who also performed regular exercise. They found that despite being regularly active, those who sat for long hours (in front of a computer at work, the TV at home, or in the car) still had a greater chance of dying from heart disease. While their associated risks were not as high as individuals who performed no regular exercise, the workouts did not fully counteract the ill effects of prolonged sitting.

How long is too long? The Medicine and Science in Sports and Exercise review found that men who sat the most had the greatest risk of heart problems. Those who spent more than 23 hours a week watching TV and sitting in their cars had a 64 percent greater chance of dying from heart disease than those men who sat for

11 hours a week or less. If you add up the commute in the car, time spent in front of a computer at work, and TV or PC time at home, the hours can add up quickly.

What does this mean? Firstly, DO keep up your regular exercise routine! You are still receiving a host of health benefits including increased strength, decreased bodyfat, lower blood pressure, and decreased risk osteoporosis, diabetes, and colon cancer. But you should also look for ways to decrease or break up the amount of time you spend parked in front of the TV and computer screen, or sitting in the car.

If your job is mainly sedentary, find ways to sneak in more movement throughout the day. Try to get up at least every hour, even if just to pace around the office. You can set an alert on your computer to remind you. Stand up and move around during phone calls. When you can, get up to visit with colleagues

face to face instead of picking up the phone or sending an email. Make your meetings "walking meetings" instead of sitting. At home, try to limit the amount of total time you spend in front of the TV. When you do watch, get up to move around or stretch during commercials.

The take home message seems to be that despite our hard work in the gym, we still have to be conscious of our activity levels for the other 23 hours of the day. The good news is that we can reduce the dangers of inactivity significantly. And it all begins with a few simple steps – literally.

No School? No Problem No-School Day Camp

Bring your children (Kindergarten to Grade 6) for a fun filled day of gym activities, swimming, movies and more!

Upcoming dates:

Friday, February 25th – Behind the Magic

Friday, March 4th – Multi-Sport

Friday, March 18th – Mad Science

Spring Break Camp

March 28 - April 1

Please note enrolment may only be done for the entire week of spring break.
Pizza Lunch for Spring break is only available on Friday April 1.

Drop-Off / Pick-Up Times: 0715-0900 and 1600-1730

Location: Bldg 90 Fitness and Recreation Centre

Cost: \$18 Members / \$21 Non-Members

PIZZA LUNCH AVAILABLE FOR \$5

To register call Community Recreation Coordinator at (204)833-2500 ext 2057 or ext 5139
deanne.bennett@forces.gc.ca

Managing Angry Moments

11 & 23 February 0800-1600 Hrs
Bldg 135, room 132
To register call: 4150 or visit
www.pspwinnipeg.ca

Gérer les moments de colère

Février 11 & 23, 0800-1600h
Bâtiment 135, chambre 132
Pour s'inscrire, composez le 4150 ou
visitez www.pspwinnipeg.ca

March 1st Le 1^{er} mars

I QUIT! J'ARRÊTE!

Take the challenge!
Relevez le défi!

Register online at (DIN)
<http://hr.ottawa-hull.mil.ca/health-sante/iqut-jarrete/>
Inscrivez-vous en ligne à (RID)
<http://hr.ottawa-hull.mil.ca/health-sante/iqut-jarrete/>

\$18 000* in prizes en prix

1 \$3 000*	1 \$1 250*	1 \$750*
27 \$200*	27 \$100*	27 \$75*

Prizes are provided by CANEX and SISIP Financial Services /
Les prix sont offerts par CANEX et les Services financiers du RARM

You're a non-user of tobacco?
Support a tobacco user to take the challenge and you could win CANEX Gift Cards:
\$1 500 \$50 per Base/Wing
For more information contact your Strengthening the Forces health promotion office.

Vous ne consommez pas du tabac?
Pariez une personne qui a renoncé au tabac et relevez le défi. Vous pourriez gagner une des cartes-cadeaux CANEX suivantes:
1 500 \$ 50 \$ par Base/Escadre
Pour obtenir des renseignements supplémentaires veuillez téléphoner au bureau de promotion de la santé – Énergiser les forces.

For more information contact:
Health Promotion
(204) 833 2500 local 4150
www.pspwinnipeg.ca

A-102-080719-04-0001 - All Donations by ACPM/PAU, DRNPS / Donations acceptées par DRN/PAU, DRSP/CP 0804

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes



www.mfrc.mb.ca

204.833.2500 ext. 4500



Childcare at the MFRC Childcare Centre

Have you ever noticed a group of children walking down the sidewalk beside the base on their way to Westwin Community Centre?

How about a number of children moving the plane during the Herc Pull?

Perhaps you have had to wait patiently as a group of children board the school bus on Wihuri road.

Maybe you have seen a person taking a walk with an extraordinarily large stroller.

All these children attend the MFRC Childcare Centre. Our centre was established in January 2000 to meet the child care needs of the military community in Winnipeg. The initial funding for this project was received from the 17 Wing Quality of Life budget.

The MFRC Childcare Centre is a non-profit, licensed child care facility under the auspices of the Winnipeg Military Family Resource Centre. Non-profit you ask? This basically means that we are not a facility that makes profit from any of the fees charged and any surplus goes back into the program.

Licensed? Manitoba created regulations under the Community Child Care Standards Act. These regulations guide licensed centers in meeting the criteria for quality childcare. Centres are monitored by Manitoba Government employees (Childcare Coordinators) to be sure that all regulations are being conformed to.

Auspices? The centre is

governed by a Parent Advisory Group (PAG) with a representative sitting on the Winnipeg MFRC Board of Directors. The PAG meets quarterly to receive reports from the Centre as well as discuss any issues that may occur. They also make recommendation to the MFRC Board of Directors for any policy changes. The PAG Chair also sits on the Board of Directors and reports monthly to the board regarding financial statements and any other information that needs to be shared. The Board makes the final decision regarding the Center's annual budget.

We are fortunate to have a lovely facility, as the site was designed specifically for childcare. We are located in a protected Oak Savannah area near the base which creates easy access for parents to drop off and pick up their children as well as provide a lovely outdoor setting for children to play in.

We offer various age-appropriate programs and follow an emergent curriculum style of teaching.

We believe that every child, of all abilities, has the right to be treated with respect in a safe, secure and stimulating environment where they will have the opportunity to develop physically, mentally, socially and emotionally through high quality and inclusive programming.

We accept and welcome children of all abilities, making changes to our daily program to meet the needs of each child. We strive to provide developmentally appropriate experiences and opportunities for all children to participate in social free play and the daily routines of the centre. We believe that every child and their family deserve the opportunity to grow and develop to the best of their individual potential and respect and value input from parents. We strive to develop a working collaboration between other partners at the centre including early intervention professionals, schools, partnering centers and other MFRC staff and parents.

The centre has an enrollment of 103 children. This number is broken down into various ages of care. Presently the centre has: 12 infant spaces, 18 toddler spaces, 32 pre-school spaces, 10 morning kindergarten spaces and 31 school age spaces.

This is a far reach from the 12 children that were initially cared for in January 2000.

Unfortunately, care for children is still a premium in the province and the MFRC Childcare Centre is challenged for space in the same way that any other centre in the city of Winnipeg is. Waitlists are long and many parents can be disappointed and frustrated when their need for care cannot be met.

not be met.

The MFRC, in conjunction with 17 Wing, works very hard to problem solve and try to meet as many parental needs as they can. This is an ongoing challenge.

For more information regarding Childcare please contact 837-3626 or e-mail loisjohnson@mts.net. We will be able to assist you in applying for our waitlist as well as help you in your search for childcare throughout the city.

UPCOMING ACTIVITIES AT THE WINNIPEG MFRC

ADULT PROGRAMS

• COFFEE AND CONVERSATION VOLUNTEER DROP-IN

Tuesdays at 2 p.m.

• A PARENT GROUP Second and fourth Wednesday of each month, 10 a.m. to 12 p.m.

• CARDMAKING

Saturday, February 26 9 a.m. to 12 p.m.

Register by February 18 \$20 per person, due by Feb 25

• A PARENT COMMUNITY Fridays 10 a.m. to 12 p.m.

• PEER DEPLOYMENT SUPPORT

Tuesday, February 22 7:30 p.m.

Register by February 17

• ENGLISH CONVERSATION FOR BEGINNERS

Thursday, February 17 6 to 7:30 p.m.

• MUNCH AROUND MANITOBA- HU'S ASIAN BISTRO

Wednesday, February 16 Register by Friday, February 11

CHILDREN'S PROGRAMS

• SATURDAY CASUAL CARE MFRC, 102 COMET STREET

Saturday, February 26 9 a.m. to 12 p.m.

Register by February 23. Call 833-2500 ext 2491.

• ABC PROGRAM COME PLAY WITH US

Program starts Wednesday, February 2

and runs for 10 weeks. 10 to 11 a.m.

This program is delivered in French

For more information about these programs, please call the MFRC at 833-2500 extension 4500 or check out the latest edition of the Community Connections newsletter, available online at www.mfrc.mb.ca or check our Facebook page (Winnipeg Military Family Resource Centre).

Bison Award Recipient



At the MFRC Community Coffee Break on February 3, 2011, the MFRC Order of the Bison was presented to Marie-Ange Girouard in recognition of her outstanding support of the Winnipeg MFRC. Marie-Ange is the Publicity Chair of Elmwood Legion Branch #9, and has ensured that information about the MFRC is included in their newsletter. She is also a faithful attendee at the monthly MFRC Coffee Breaks, and regularly donates prizes for the door prize draw. Marie-Ange loves to help out whenever she can, and we appreciate her support. Photo: Shane Gibson

Winnipeg MFRC

Travel Raffle

Draw 1– Round-trip tickets for four to Edmonton on VIA Rail and a three-night stay at the Delta Edmonton South.

Valued at \$2235

Draw 2– Weekend family getaway to Grand Forks, including hotel stay, water park passes, gas gift card, shopping and restaurant gift cards. Valued at \$650.

Draw 3– Weekend getaway to Fargo, ND including hotel stay, attraction passes and shopping gift card. Valued at \$220.

1500 tickets printed

Licence no MLCC 4519 RF

To be drawn February 19, 2011

Tickets 3 for \$10

Tickets are available at the MFRC

Military Family Services Program Participant Survey



Tell us about your experiences. Provide your feedback to the Director Military Family Services and your local Canadian/Military Family Resource Centre.

Contact your local Canadian/Military Family Resource Centre to obtain your copy of the survey.

YOUR PARTICIPATION IS VOLUNTARY, VALUED AND CONFIDENTIAL!

Surveys are available at the MFRC until March 14, 2011



National
Défense

Défense
nationale



Canada

Canada

Your feedback is important. It helps us plan the programs and services we offer to our military families. Be sure to return your completed survey before March 14, 2011 for a chance to win a \$100 gift certificate.

Fax: 204.489.8587 • Email: wpgmfrc@autobahn.mb.ca

102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5

Understanding Your Leadership Style

Primrose Knazan
Learning Assistant

Understand yourself, understand your leadership style.

Every leader leads differently. One's leadership style is highly dependent upon personality. How do they communicate? How do they assess situations? How do they work with others? How do they handle conflict? Are they predictable? Are they a workaholic? Do they take risks?

By understanding your own personality, you can learn more about your own leadership style. The Winnipeg Learning and Career Centre offers the course Understanding My Leadership Style as part of the Leadership for Supervisors series of courses. The next session is scheduled for February 24 & 25, 2011.

Understanding My Leadership Style uses the Myers-Briggs Type Indicator (MBTI) to give participants the opportunity to gain an understanding of how their personal preferences influence their own leadership style. In addition, participants will become aware of the different types of resources available to further develop their leadership competencies.

According to various psychology associations, the MBTI is one of the most widely used personality inventories in history with millions across the world taking the test each year. Many businesses and organizations use the MBTI to help increase productivity, improve communication, identify leadership profiles and improve work relationships.

Understanding My Leadership Style requires participants to complete the MBTI with an in-depth analysis of the different psychological types. Using hands-on activities, theory and discussions, this interactive course allows participants an introspective look at their own personalities and how they interact with others.

Understanding My Leadership Style requires a mini-



imum number of at least twelve participants, with a larger number of registrations preferred. The success of the course is largely dependent upon the ability to interact with a diverse group of different personality types. The larger the group, the more likely the variety of personalities represented.

In addition to Understanding My Leadership Style, the Leadership for Supervisors series of courses include Communication for Leadership and Building Excellence in Teams. These courses focus on team building, communication in groups and one-on-one situations, presentation skills, and problem solving.

Personnel can also consult the Defence Leadership Curriculum to identify learning activities for employees at all levels to achieve their leadership goals. The direct link to the DLC is: http://hr.ottawa-hull.mil.ca/hrciv/dglpd/dodlri/leadership/en/home_e.asp

If units and work teams are interested in using the MBTI, the LCC can also offer Professional Development sessions with almost any size group. The Learning Advisor can tailor the session to the group's specific needs to aid in team building, enhance work relationships, improve communication, and explore career development. The session can take place at the work place or at our location. Contact the LCC for more details.

By understanding their own personality and how they connect with others, current and potential leaders can better understand how they can relate to different personalities and adapt to different situations. Knowing oneself is the first step in improving oneself.

To register or get more information about Understanding My Leadership Style or any of the Leadership for Supervisors series of courses, please contact the Learning and Career Centre at local 4636, e-mail LCCshare@forces.gc.ca or visit our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

Chaplain's Corner

Together in Church

CATHOLIC

CHAPLAINS

Padre R. Laudenorio

Roman Catholic Office 833-2500 ext. 5272

Padre Mark Mawson

Roman Catholic Office 833-2500 ext 5956

Masses (English only)

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 Bonnie Mason

(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm

(Mennonite Brethren) Office 833-2500 ext 4277

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Curtis Duclos (Baptist)

Det Dundurn Office (306) 492-2135 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'.

INTERFAITH PRAYER ROOM

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.



CLASSIFIEDS

Westwood Income Tax Service

Tax Returns prepared in the comfort of your own home.

Satisfaction Guaranteed.

Call Terry Turnbull. 837-8618
e-mail: terry63turnbull@yahoo.ca

Wanted: Young professional female looking for a room to rent. Close to base, preferably female roommate. Call: 1-506-977-0714, and ask for Malorie, or e-mail: maloriecampbellx0@gmail.com

Carpool: Looking for someone to carpool with from South St. Vital to 17 Wing. Flexible on days and times, does not have to be everyday. Have own vehicle, non-smoker. Contact Tim at tcary@hotmail.ca or 254-7381.

Wanted: Looking for a babysitter for two sets of twins that are ages 10 and 11 for 10 hours a week, Saturday evenings, and some Friday evenings. May also consist of one night during the week. Please contact Lorelee Finnie @ canorask@hotmail.com or call me at 416-5339

Men's Ring for sale: Band style with design. Asking \$100.00 OBO. Please call or e-mail Lorelee Finnie at canorask@hotmail.com or call 416-5339

Place your FREE classified ad.
Send us an email: voxair@mts.net

Taroscopes

BY NANCY

Aries (March 21 - April 19):

Wishing won't make it so. Determine what needs to be done, how much you can do yourself, and what you must delegate. Make a plan to get yourself on solid ground physically, financially and emotionally. Balance is the key. You're smart enough to figure out how to do it.

Taurus (April 20 - May 20):

If you are trying hard but can't seem to get ahead, it's because circumstances are such that there isn't enough time, energy, money and/or knowhow at this time. Be frugal. Work with what you have. Defend your right to do things your way in your own good time.

Gemini (May 21 - June 21):

You are willing now to take the risk to get what you want. Though you may win some and lose some, the experience of living life on your own terms is worth it. You don't have to conform to other people's values or limit your options based on their assumptions about reality.

Cancer (June 22 - July 22):

Eat drink and be merry, in moderation. Addressing health concerns in a relaxing, enjoyable, steady way ensures you can sustain new habits. Your energy improves, you feel stronger and more confident. Take things one step at a time and make adjustments as necessary.

Leo (July 23 - August 22):

You're feeling very confident that all you've done has been with a purpose. Mostly it is a commitment to your own happiness that drives you at this time. You want to share in the fun of doing things together. Sharing your feelings and being with others brings you joy.

Virgo (August 23 - September 22):

Take care of what needs to be done. You're the only one that can deal with some things. Others may be surprised at how well you manage. But you've known for a while that you needed to be prepared for upcoming realities. Schedule fun too - you'll need a break sometimes.

Libra (September 23 - October 23):

Follow protocol or you'll pay the price. There's a time to bend the rules and a time to heed them. Take pride in your skills. Respect other's skills and abilities too. Step up to the plate and let people know you are willing to do what needs to be done in an assertive, honest way.

Scorpio (October 24 - November 21):

Wear off extra energy in a constructive way. This helps you deal with the frustration you feel when dealing with overly competitive people. Still be careful that you stay honest in your assessments and decisions. Especially guard against taking another's opinion as fact.

Sagittarius (November 22 - December 21):

Show your strengths. If you see something you like - go for it. This is a time to appreciate what others do for you as well. Cooperation and working as part of a team assists you in gaining your goals quickly. Focus on one thing at a time. Don't fragment your energy.

Capricorn (December 22 - January 19):

Someone's advice will be more important than you initially thought. You've been keeping your thoughts to yourself. Others are concerned about you and show it now. Family celebrations highlight the value of close connections. People around you are changing.

Aquarius (January 20 - February 18):

It's time to push yourself. You'll be amazed at what you can achieve. Keep the tools of your trade in good working order so they are ready when you need them. Take care of your health and well-being. With projects and relationships the results reflect the effort put in.

Pisces (February 19 - March 20):

Show people what you believe by your actions. Keep your goals and standards high. Someone is thankful for your words of wisdom. Do more of what you love. Enhance your surroundings with things that have meaning for you. If it lifts your spirit, it belongs where you can see it.

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

FOR APPOINTMENTS CALL 775-8368



THE VOXAIR

Your 17 Wing Community Newspaper



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 Spactzle
 - 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

GRANT CLEMENTS

CD, FRI, SRES

website: www.buywinnipegohomes.com
 email: clements@buywinnipegohomes.com
kellyandgrant@remax-clements.mb.ca

Toll free: 1-877-778-3388
 Business: (204) 987-9808
 Fax: (204) 987-9844

Re/Max Executives Realty
 3505 Roblin Blvd, Winnipeg, MB R3R 0C6

PROUDLY SERVING OUR MILITARY FAMILIES WITH:

- 26 years of military service
- Complimentary Relocation Package couriered to you within 24 hours
- Personal prospecting web site – get up to the minute listings emailed to you daily
- Thorough knowledge of the Winnipeg and surrounding areas market
- Assisted more than 3,800 buyers and sellers



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

KELLY CLEMENTS

SRES, CERC



Father and daughter team

- Registered Relocation Specialists
- Seniors' Real Estate Specialists
- Canadian Employee Relocation Council

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.
 Alan R. Goddard
 Donna G. Kagan

Kelly P. Land
 Michael J. Law
 Almer N. Jacksteit

Lorraine M. Scollin
 Calla T. Coughlan
 Serge B. Couture

Our fees conform to the ERS guideline

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

"Rock Solid Service"



Al Bernier

Realtor®

204.255.4204

albernier@remax.net

www.rocksolidservice.ca



RE/MAX Lifetime Achievement Award

MOVING THIS YEAR ?



www.homesinwinnipeg.com



TERIE LANGEN

relocation specialist

Re/max Executives Realty
 3505 roblin blvd wpg mb r3r 0c6



779-7000

terie@homesinwinnipeg.com

MAXIMUM Realty Ltd.

Serving Winnipeg & Surrounding Areas
 Residential - New Homes - Condos - Relocation - Referrals



Fred Levesque CD
 (204) 777-5555
maximumrealty@shaw.ca



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



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



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

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



CONTACT A PROFESSIONAL REALTOR

987-9800

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

Linda van den Broek

7 YEAR AWARD WINNER



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"



The Strength of Teamwork . . .
 The Reputation of Results

Dan Vermette

17 YEARS = The Sign
 of Experience!

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

28 Years Experience
 in the Winnipeg
 Real Estate Market

www.joannegebauer.com
joanne@joannegebauer.com
 Toll Free: 1-877-778-3388

