



THE VOXAIR

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FREE

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A Smashing Victory



Pte Lucas Enns from 17 Wing Winnipeg spikes the ball past the Cold Lake defender in the Prairie Region Men's Championship final. For more on the game see page 3.

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Pillows for Troops

Campaign Marks 3,900 Deliveries

2Lt Gregory Kuhn
WING PUBLIC AFFAIRS

On Friday, November 20th, J.S. Furniture Gallery kicked off their "Pillows for Troops" campaign in memory of Corporal (Cpl) James Arnal, a Winnipeg soldier killed by a roadside bomb in Afghanistan on July 18, 2008.

"All this is to honour Jimmy (Arnal) and the role he was trying to do in Afghanistan," said Mr. James Lopes, vice-president of J.S. Furniture Gallery.

Prior to each tour in Afghanistan, Cpl Arnal would stop into J.S. Furniture Gallery and purchase a Natura-brand travel pillow that he would store in a side pouch, making it handy for rests on long patrols.

"Our goal is to send each member of the Canadian Forces serving in Afghanistan the same travel pillow that Jimmy (Arnal) said made night patrols bearable," said Mr. Lopes, "but it's not just about the pillows;

it's about Canadians sending a message of support to our troops."

The foundation, which includes Natura World, the City of Winnipeg, CJOB, Winnipeg Free Press, Envisage Design Group and WA Print Management, is looking for individual donations of \$5, enough to cover the cost of a single pillow;

"I know it was a piece of home for James every time he laid his head on it," said Mrs. Wendy Hayward-Miskiewicz, Cpl Arnal's mother.

Following the current drive, Lopes said the campaign's next objective will be to raise \$167,000 to build a school in Afghanistan in honour of Arnal and the other Canadian troops killed in action.

As of April a total of 3,900 pillows have been purchased for donation to Canadian troops overseas.

For more information on the Pillows for Troops Campaign please visit www.pillowsfortroops.com



The first Canadian troops get their travel pillow at Kandahar Airfield in Afghanistan. Pictured (L to R) are Warrant Officer Tod Sinclair, Allen Baldwin of Canadian Forces Personnel Support Agency and Master Corporal Gregory Slate. 3900 pillows have been delivered so far with 4000 more to go. Photo Credit: Submitted.

CFSSAT Honourary Colonel Change of Appointment Ceremony



(L to R): HCol Bryk, Col Boilard, and HCol Vandewater at Change of Appointment Ceremony. Photo Credit: Cpl Colin Aitken

2Lt Richard Rheume
CFSSAT

On March 22nd, the Canadian Forces School of Survival and Aeromedical Training held a Change of Appointment Ceremony at the Officers' Mess to welcome aboard their new Honourary Colonel Thomas A. Bryk as HLCol Bob Vandewater handed over the appointment after seven years in the position.

HCol Bryk is a graduate of the University of Manitoba B. Comm Honours Program, a Chartered Accountant, and Fellow to the Institute of Chartered Accountants of Manitoba.

Since 1999, HCol Bryk has been President and CEO of the Winnipeg based Cambrian Credit Union with assets in excess of \$1.7 billion. He continues to be involved with many local organizations, some of the most notable include: the

Board of Directors of the Winnipeg Airport Authority and Chair of its Audit Committee, the Board of Directors of The Associates of the Asper School of Business, the Board of the Manitoba Chartered Accountants Foundation Inc., the Board of the CUMIS Group, and the 2005 United Way Winnipeg Campaign Chair which

raised \$17.1 million.

As a prominent member of the Winnipeg community, HCol Bryk is well suited for the task of promoting the image and relationship of the Canadian Forces within the local civilian community.

The members of CFSSAT look forward to introducing HCol Bryk to the unit and its operations.

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17 Wing Winnipeg Men's Volleyball Team Hits Gold at the Prairie Region Volleyball Championships

Chris Merrithew
17 WING SPORTS COORDINATOR

CF members could be seen in a different kind of uniform 16-18 APR 10 at the Bldg 90 gymnasium, where the Prairie Region Men's and Women's Volleyball Championships were held. Ten teams from across the region came to compete to earn the right to represent the Prairies at the Canadian Forces National Volleyball Championships in May.

In the Men's finals, Winnipeg defeated Edmonton 26-24 in a tight first set and then dominated the remainder of the match, defeating CFB Edmonton 25-18 and 25-13, making them PR Men's Champions. The 17 Wing Winnipeg Men's team showed their skill, power and team chemistry as they overpowered the Edmonton squad with little difficulty.

At the end of men's round robin play, Edmonton was 1st place, followed by Moose Jaw, Winnipeg, Shilo and Cold Lake respectively. Edmonton defeated Shilo in the semi-finals, earning their spot in the second semi-final. "Edmonton went undefeated throughout the whole tournament until that final game," said Chris Merrithew, 17Wing Sports Coordinator. "Winnipeg just kept getting stronger as the tournament went along." "They have definitely come a long way from the beginning of the season to where they are now a force to be reckoned with."

In the women's final, arguably the most exciting match of the tournament, Winnipeg and Cold Lake took turns alternately win-

ning sets. At the end of the fourth set, the teams were tied with two sets each, and the final 15 point rally match would determine the winner. After two hours of high intensity action, Cold Lake pulled ahead to win the set, the game, and the tournament with a 16-14 victory over Winnipeg.

Teams from Winnipeg, Moose Jaw, Cold Lake, Edmonton and Calgary participated in the women's round robin. On the women's side, one semi-final was three-zero match and the other match was three-one with Winnipeg defeating Moose Jaw and Cold Lake defeating Edmonton.

"The women's championship was an exciting final," said Chris Merrithew.

"Cold Lake pushed our women's team to the limits and it was anyone's contest but Cold Lake narrowly won defeating Winnipeg 16-14 in the 5th and deciding set to be crowned the Prairie Region women's volleyball champions. Both teams left everything on the court and it was a real crowd pleaser. You couldn't ask for a better Championship final."

The winning teams now head to the CF National M&W Volleyball Championships to be held 1-5 May 10 in Borden. The 17 Wing Winnipeg Men's team has picked up two CISM players from the Prairie Region as augmentees so they will be entering a strong team at the CF National Volleyball Championships. Congratulations to both our 17 Wing teams on a great PR Volleyball tournament and best of luck to the Men's team at the CF National Volleyball Championships.

DFS to Visit 17 Wing Annual Visit is Highlight of Flight Safety Year

The annual Director of Flight Safety (DFS) briefings and visit by the DFS Colonel Doiron and CWO McCoy will take place 11 - 12 May 10. This visit is always the highlight of the flight safety year. The visit allows DFS to meet with 17 Wing personnel, and to deliver a series of educational Flight Safety presentations to personnel. As in previous years, the briefing will review the past year's significant incidents and accidents providing some analysis

of trends and highlighting concerns in our flying operations.

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

remain essential elements of our operational effectiveness. The Wing Commander, Colonel Y Boilard, and the Wing Flight Safety Team, highly encourage all personnel to attend one of the briefings. So please make the effort to take in one of the briefs and meet the DFS team.

To ensure maximum participation and to meet personnel schedules, DFS will be providing five separate briefs as scheduled below:

May 11th:

1000 - 1200: Sqn Ldr Glen Elwood Theatre Hilly Brown Bldg, Portage la Prairie
1430 - 1630: Sqn Ldr Glen Elwood Theatre Hilly Brown Bldg, Portage la Prairie

May 12th:

0930 - 1130: Netherlands Theatre (Bldg 135), Winnipeg Learning and Career Centre, CFB Winnipeg
1330 - 1530: Netherlands Theatre (Bldg 135), Winnipeg Learning and Career Centre, CFB Winnipeg
1830 - 2000: 435 Sqn Brf Rm (Namao Hall), 16 Hgr 3rd floor, CFB Winnipeg



The 17 Wing Winnipeg Men's Volleyball team spiked their way to a gold medal at the Prairie Region Volleyball Championship.

First row (L to R): Capt Michael Gauthier (#8), Cpl Dennis Gowen (#1), 2Lt Nicolas Fortin (#13), MCpl Paul Keeping (#2), Team Captain 2Lt Joseph Antle (#3)
Second row, (L to R): Coach and player, Capt Guillaume Tremblay (#3), Capt Dave Foyers (#11), 2Lt Daniel Powell (#10), Cpl Chris Esser (#6), Cpl Benjamin Day (#14), Pte Lucas Enns (#5).



The 17 Wing Winnipeg Women's team finished with a silver medal in an exciting final. Back Row (L to R): Capt Andrea Keeping, Sgt Stacey Kohanski, Sgt Tara-Lee Taylor, Maj Heather Ewing, Lt Julia Rantz, Lt Emmanuelle Gratton, MCpl Maria Toone
Front Row (L to R): Capt Dianne Hanley, Lt Nicole Pye, Capt Crystal Boone, Capt Tammy Durnett

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Congratulations 'Chinthes' Members of 435 Squadron Receive Awards and Commendations

Capt Jeff Noel
WING PUBLIC AFFAIRS OFFICER

In spite of the high operational tempo that 435 'Chinthe' Transport and Rescue (T&R) Squadron based here has been maintaining since the start of the year, they managed to take a brief pause to recognize the outstanding achievements of several Squadron members recently during a Wing Commander's Awards Ceremony.

Awarded a Wing Commander's Commendation for his professionalism and attention to detail by 17 Wing's Commander, Colonel Yvan Boilard was former 'Chinthe' and current 431 Squadron 'Snowbirds' technician, Master Corporal (MCpl) Luc Nadeau.

On 24 April 2009, while serving with 435 Squadron, MCpl Nadeau's keen attention to detail and profound understanding of Air Force safety regulations permitted him to not only identify a potentially life-threatening issue involving the Life Preserver Survival Vests carried aboard the Squadron's aircraft, but to immediately take action to rectify the danger and ensure a further reoccurrence of the situation was prevented.

Receiving a Canadian Forces Flight Safety award for his ceaseless efforts to forward the goals of both 435 Squadron and 17 Wing's Flight Safety Program's was Sergeant (Sgt) Andy Dyck.

"In the short time Sgt Dyck has been the Squadron's Flight Safety Non-Commis-

sioned Member his incredible positive attitude and ceaseless efforts has paid dividends in forwarding the goals of both 435 Squadron and 17 Wing's Flight Safety Programs," said Major Mike Wolters, 17 Wing's Flight Safety Officer.

Additional recognition of Squadron members 'Can-Do' attitude was further highlighted by the presentation of Wing Commander's Coins to 'Chinthes' Corporals (Cpls) Marc Charlebois and Danylo Mykeyey for their outstanding service to the Squadron, the Wing and the country.

When a Squadron aircraft was required to land in Brandon, Manitoba, due to a defective switch in the fall of 2009, Cpls Charlebois and Mykeyey (who were on

post-deployment leave following a tour in Afghanistan), volunteered to join the team when not enough duty personnel were immediately available due to the Squadron's high operational tempo. It was this extraordinary dedication, professionalism, and willingness to put the Squadron and Air Force before themselves that make them role models.

For additional information about 435 Transport and Rescue (T&R) Squadron, please visit

<http://www.airforce.forces.gc.ca/17w-17e/sqns-escs/page-eng.asp?id=412>

For additional information about 17 Wing Winnipeg, please visit <http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>



Col Boilard presents Cpl Charlebois with his Wing Commander's Coin. Cpl Mykeyey received his at an event held previously. Photo Credit: Cpl L McDonald



Col Boilard presents Sgt Dyck with his Wing Commander's Coin. Photo Credit: Cpl L McDonald



Col Boilard presents MCpl Nadeau with his Wing Commander's Commendation. Photo Credit: Cpl L McDonald



(L to R) Col Boilard, Cpls Mykeyey and Charlebois, Sgt Dyck, MCpl Nadeau, and 435 Squadron Commanding Officer LCol Pamplin. Photo Credit: Cpl L McDonald

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Good for the World, and Good for the Soul

Lt Donna Riguidel
ASSISTANT WING PUBLIC AFFAIRS OFFICER

Members of Team Winnipeg have a reputation for volunteering – but what about people posted to the Wing from other countries?

One of those individuals is Major Geoff Young, a U.S. Air Force Exchange Officer serving as an instructor at the Canadian Forces School of Aerospace Studies (CFSAS).

Since arriving here from Omaha, NE (U.S.A.), Maj Young has been fortunate to have had the time and resources to volunteer as a member and Team Leader with Habitat for Humanity's Global Village Program.

"I spent over 1000 days deployed in various operations from 2001-2006, so I used my leave balance and set aside funds," Maj Young says.

The Global Village Program, according to the Habitat for Humanity website, is an opportunity to experience another culture while making a difference in the lives of others.

It is also important to note that volunteers pay for their own trip, accommodations and building costs.

As a volunteer, they work with members of that community, including the family that will benefit from the

new house.

"Habitat for Humanity has the 'sweat equity' program, so the family that will live in the house ends up working with you on the house. I didn't speak the language, but there are lots of smiles and friendly gestures," says Maj Young.

His first trip to Thailand was a unique experience, given the special help afforded to the build team.

"We used elephants to help us on the job site; here I am sitting on an elephant to help clear debris. She didn't like me sitting on her back, talking to her in English," he says.

In Macedonia, the construction area was close to Lake Ohrid, near the border for Albania and some historic ruins.

"You do get some time after work to soak it all in and relax," he says.

Although Maj Young has been making the trips on his own, he often sees families volunteering as a group.

"It's good for young people, especially teenagers to see that the entire world doesn't live like you," Maj Young says.

As a Team Leader, he is responsible for leading the build and offering some expertise.

"I usually end up doing the things

that are precarious, I have no fear of heights," he says.

Maj Young doesn't only volunteer for the far reaches of the globe – he also volunteers at home.

"I do some English Second Language instruction with the University of Winnipeg. Volunteering is in the fabric of my being," he says.

Even so, Maj Young is particular about how he spends his time volunteering.

"I look for volunteer opportunities that have a lasting impact. It's good to put your time and hard earned dollars to work for as long as possible," said Maj Young.

So, other than a deep sense of satisfaction and a chance to experience a culture from the inside, does Maj Young get anything else out of it?

"Volunteering is its own reward," he says.

For more information about the Canadian Forces School of Aerospace Studies, please visit <http://www.airforce.forces.gc.ca/17w-17e/schools-ecoles/page-eng.asp?id=458>

For more information on 17 Wing Winnipeg, please visit: <http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>



Major Geoff Young putting the final nail in the roof for a home in Romania. Photo Credit: submitted.

Reserve Service Support Units Amalgamate

Cpl Bill Gomm
38 CBG PUBLIC AFFAIRS

"This is a historic day for the Service Battalion," said Lieutenant-Colonel Barbara McManus, the Commanding Officer of 38 Service Battalion (38 Svc Bn).

38 Canadian Brigade Group's three Service Battalion units marked the official stand up of 38 Svc Bn—the new name given to the now amalgamated units during a ceremonial parade at Minto Armoury on 10 April, 2010.

Formerly 16 (Saskatchewan) Service Battalion, 17 (Winnipeg) Service Battalion, and 18 (Thunder Bay) Service Battalion, the three independent battalions have now been realigned under one battalion construct as part of the Army Reserve's Combat Service Support Optimization Plan. The final result will see 10 viable Army Reserve service battal-

ions across the Army.

Colonel Robert Poirier, Commander of 38 Canadian Brigade Group, reviewed the parade and spoke about this change to the newly amalgamated battalion.

"It's a good thing from our point of view," said Col Poirier. "It follows what we did a couple of years ago when we tactically grouped the service battalions under one commanding officer. That command relationship has now been formalized. There will be one unit with one Commanding Officer."

Col Poirier would like to see the three units' history maintained meaning each company would retain its original unit number designation. For example, the former 16 (Saskatchewan) Service Battalion would now, under the amalgamated 38 Service Battalion, be named 16 (Saskatchewan) Service Company.

"All three units come with a lineage as service battalions. Sixteen, 17 and 18 go back to, I believe, 1968," Col Poirier said. "Of course, they have lineages that go back before that, because at that time, they were an amalgamation of the Royal Canadian Army Service Corp Companies, Royal Electrical and Mechanical Engineer Squadrons, Workshops and a variety of other things that actually went into the making up of the Service Battalions."

As the Commanding Officer of 38 Svc Bn, LCol McManus stated the amalgamation will improve how the unit operates.

"The amalgamation should allow for easier selection of priorities in addition to better management of resources and an ability to ensure that all Brigade units are properly covered by all Service Support people," she said.



Group photo of 38 Service Battalion. Photo Credit: Cpl Bill Gomm

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Vimy Ridge Made Canada a Nation

Veterans and Public Gather to Observe the 93rd Anniversary of The Battle Of Vimy Ridge

Holly Bridges
CAS PUBLIC AFFAIRS

It was another opportunity to say thank you to Canadian veterans – those who have passed on and those who soldier on, the oldest of whom are now well into their 80s and 90s. Many of those veterans braved bone-chilling temperatures and drizzling rain at the National War Memorial and Tomb of the Unknown Soldier in downtown Ottawa last Friday. Thousands lined the streets to commemorate the 93rd anniversary of the Battle of Vimy Ridge, and to honour the passing of Canada's last known veteran of the First World War – John "Jack" Babcock who died on February 18, 2010 at the age of 109.

"John Babcock was the last Canadian soldier who could tell us about that war, the First World War," said Governor General Michaëlle Jean. "It was a war known for its killing fields. It was a brutal and perilous war fought in the trenches, one in which an entire generation of young people courageously

braved gunfire and cannons, often at great peril to their lives."

The event was dubbed "The End of an Era". It included a 21-gun salute, military sentries dressed in First World War uniforms, musical performances, the release of 65 doves, each commemorating 10,000 Canadians killed in the "war to end all wars", and a flypast by four CF-18 fighter jets in the famous "missing man" formation; an aerial salute in memory of fallen soldiers.

Major J-P of 425 (Tactical Fighter) Squadron, 3 Wing Bagotville, Que. led the flypast to "honour the service, commitment and sacrifice of all veterans past and present."

Among the veterans who attended the event was Edward Vance, a Canadian Second World War pilot who served with the Royal Air Force's Coastal Command and who is currently a member of 410 Wing, Air Force Association of Canada, (AFAC) in Ottawa.

"Wonderful event, great turnout," Mr. Vance, who was proudly wearing his medals pinned on his blazer, said after the event.

Fellow 410 Wing AFAC member, John Newell, served as a flying instructor in Canada during the Second World War with the British Commonwealth Air Training Plan. Wearing his war-time medals as well as two Vimy Pilgrimage Medals for previous visits to the Canadian National Vimy Memorial in France, Mr. Newell spoke proudly of the sacrifices Canadian soldiers made during the famous battle.

"Vimy Ridge made Canada a nation in the eyes of the rest of the world," he said, echoing what historians have also called the defining moment in Canadian history.

The battle of Vimy Ridge took place on April 9, 1917 when four Canadian Army units fought together as one for the first time. Three thousand five hundred and ninety eight Canadian soldiers were killed during the battle, which saw Canadians capture a strategic area, driving German forces out.

More than 650,000 Canadians and Newfoundlanders served during the First World War, 170,000 of whom were injured with another 68,000 killed.



John Newell served as a flying instructor in Canada during the Second World War with the British Commonwealth Air Training Plan.
Photo Credit: Holly Bridges.



A sentry wearing a First World War uniform stands vigil at the Tomb of the Unknown Soldier in Ottawa.
Photo Credit: MCpl Serge Tremblay.

Operation Recovery

Cpl Bill Gomm
38 CBG PUBLIC AFFAIRS

"Recovery in the Reserves is a specialized course," said Sergeant Dwight Anderson.

38 Canadian Brigade Group's Combat Service Support Tactical Group (CSS TG) took part in Exercise ROLLING DART around Lake Winnipeg's provincially maintained ice roads 27 February.

During the road move to the bivouac, a Light Support Vehicle Wheeled (LSVW) became stuck in the deep snow next to the highway.

Sgt Anderson was the only member on the exercise qualified in recovery operations so he immediately went to work deciding to use an alternate recovery technique.

"I used front-end recovery with the nose of the wrecker instead of a typical rear

chain pull, so that I could keep full control of the situation from the driver's seat (of the LSVW), while the recovery was in progress," said Sgt Anderson.

During the recovery task, Sgt Anderson had the lead and rear vehicles park on the highway for traffic control to keep civilians out of the recovery zone. Once the area was secure, Sgt Anderson and his driver, Corporal Devon Sexstone, began pulling the vehicle from the snow.

After hooking up a heavy chain from the front pintle hook of the wrecker to one of the tow hooks on the front of the LSVW, Sgt Anderson, while sitting in the cab of the stuck LSVW, motioned to the driver of the wrecker to begin backing up.

At first the LSVW wouldn't budge;

however, once Sgt Anderson gained sufficient traction with the help of a Heavy Logistics Vehicle Wheeled, he was able to drive the LSVW out of the ditch.

"The recovery went well," said Sgt Anderson. "Overall, it was a very simple recovery; it went without incident...you need to keep control over these things so they don't go astray on you."

Not many soldiers hold the recovery qualification within the Army Reserve.

"In general, the only recovery-qualified personnel within the reserves are those with past regular force experience; that they have been previously trained at the Electrical Mechanical Engineering School at Canadian

Forces Base Borden," said Master Warrant Officer Paul Desrosiers, G4 Maintenance for 38 Canadian Brigade Group.

Currently, the Recovery Course is four to five weeks long and includes the Qualification Level 3, 4 and 5 (Developmental Period 1-2 [DP1-2]). The Reserve vehicle technician training is being rewritten. Starting in 2011, the Recovery Course will be part of the core DP2 training.



Sergeant Dwight Anderson, in the driver's seat of the Light Support Vehicle Wheeled (LSVW), controls the recovery of the LSVW, while Cpl Devon Sexstone slowly pulls the LSVW out of the snow using a Heavy Logistics Vehicle Wheeled Wrecker.
Photo Credit: Cpl Bill Gomm.



Sergeant Dwight Anderson inserts the cotter pin into the pintle hook after attaching a towing chain to the front of the Heavy Logistics Vehicle Wheeled Wrecker.
Photo Credit: Cpl Bill Gomm.

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Eliminating Racism Through Celebration

Primrose Knazan
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Fifty years ago at a peaceful demonstration against apartheid in Sharpeville, South African police opened fire and killed 69 people. To remember this tragedy, the United Nations proclaimed March 21st as the International Day for the Elimination of Racial Discrimination.

All over the world, March 21st is now recognized not only as a day to stand up against racism, but as a day to appreciate differences and celebrate diversity. While education and awareness are ways to fight racism, so is cultural pride.

On Thursday, March 18, 2010, the 17 Wing Employment Equity Committee – Visible Minority Sub-Committee presented a lunch hour event at Mynarki Hall in 1 Canadian Air Division in to commemorate the International Day for the Elimination of Racial Discrimination.

At this event, PO1 Andre Sheppard bravely shared his experiences growing up as a black Canadian in Nova Scotia and his experiences in the military. He began his presentation with the saying “Sticks and stones may hurt my bones, but names will never hurt me.”

He spoke about how name-calling and bigoted remarks followed him through his youth and career. When the ground-breaking mini-series Roots came out, children in his class suddenly forgot his name and referred to him by the name of a slave in the series. While serving on the HMCS Annapolis, for a time he couldn’t walk into the Senior NCO’s Mess without being called the ‘N-word’.

With an honest and thought provoking presentation, he encouraged us to make a difference by starting with ourselves. His final slide ended with “Sticks and stones will break my bones, but names will ALWAYS hurt me!”

PO1 Sheppard experiences have given

him the strength to take an active role in the promotion of diversity and the fight against racism. He has been recently named the military co-chair of the Defence Diversity Advisory Group (DDAG) and has been the main figure promoting Black History Month in the military and Winnipeg community.

For more information on DDAG, see the Diversity Advisory Group link on the right side of the 17 Wing home page or the link on the Pop Up message board.

After PO1 Sheppard’s presentation, the audience moved to form a circle around special guests, Viva Capoeira from the Brazilian Pavilion at Folklorama. With a backdrop of pulsing rhythms and hypnotic music, Viva Capoeira gave a dynamic performance of martial arts and acrobatics.

The collective art form of Capoeira was created more than four centuries ago by African slaves and natives in their struggle for freedom and survival. In order to hide their fighting abilities, they disguised the martial

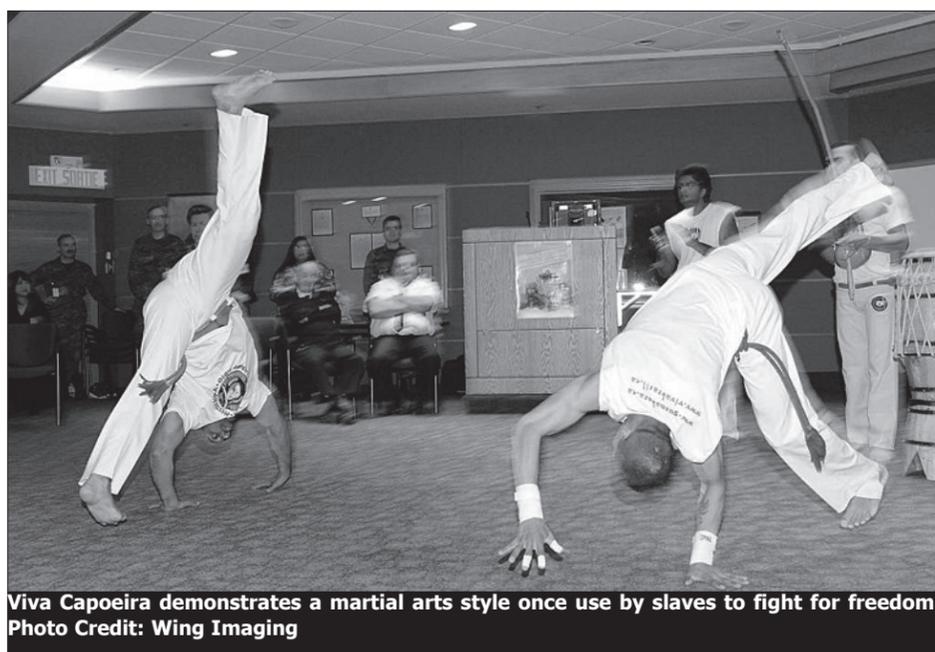
arts form with dance and hypnotic rhythm. For more information about Capoeira, see <http://www.vivacapoeira.com>

The committee members ended the event by recalling the message from CANFOR-GEN 050/10 regarding the International Day for the Elimination of Racism: “DND/CF must especially remain vigilant and intolerant to racist behaviour not only because it undermines team cohesion and jeopardizes mission success but also because it counters everything we stand for.”

To learn more about DND’s commitment to Employment Equity, the Learning and Career Centre will present the course Diversity and Employment Equity on Tuesday, June 22, 2010, open to all military and civilian personnel. E-mail LCCshare@forces.gc.ca for more info or visit the LCC website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>.



PO1 Sheppard shares his experiences with racism. Photo Credit: Wing Imaging.



Viva Capoeira demonstrates a martial arts style once used by slaves to fight for freedom. Photo Credit: Wing Imaging



Capoeira is a hypnotic martial arts form disguised with dance and rhythm techniques. Photo Credit: Wing Imaging.

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Fifth Annual Manitoba Moose Military Appreciation



Winnipeg CF members, along with their families and members of the Manitoba Moose line up at centre ice for a group shot following the 5th Annual Manitoba Moose Military Appreciation Night at the MTS Centre. Photo Credit: Wing Imaging.



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Night is a Huge Success at the MTS Centre



Left to Right: Rockford Icehogs Captain Jake Howell, Col Yvan Boilard, MGen Yvan Blondin, Maj Dave Proteau, HCol Jim Ludlow, and Manitoba Moose Captain Mike Keane line up for the puck drop. Photo Credit: Wing Imaging.



Maj Dave Proteau (Left) receiving the first annual Manitoba Moose Canadian Forces Community Service Award from HCol of 1 CFFTS Jim Ludlow. Photo Credit: Wing Imaging.

Capt Geoff St. Germaine

1 CFFTS

Winnipeg's American Hockey League team, the Manitoba Moose, honoured the Canadian Forces on Saturday, March 13 in their fifth annual Manitoba Moose Military Appreciation Night (MMMAN).

The evening's events included the awarding of the first annual Manitoba Moose Canadian Forces Community Service Award. This award will be presented annually to a member of the Canadian Forces who has displayed outstanding service and dedication to the Province of Manitoba through volunteer participation in community organizations, government sponsored activities or humanitarian work. Jim Ludlow, HCol of 1 CFFTS and CEO of True North Sports & Entertainment Ltd., which owns the Manitoba Moose, MGen Yvan Blondin, Comd 1 Cdn Air Div/CANR, and Col Yvan Boilard, Comd 17 Wing, presented the award at centre ice. This year's recipient was Maj David Proteau, a flight commander at 1 CFFTS for initiating the first MMMAN five years ago and continuing to contribute to its success each year.

Other events included the performance of the Canadian and American National Anthems by the HMCS CHIPPAWA Band escorted by the HMCS CHIPPAWA colour party, in recognition of the Canadian Naval Centennial. Several video montages were shown on the big screen of the Canadian Forces work at home and abroad. Gen Walt Natynchyk, Chief

of the Defence Staff, provided a light-hearted video thanking the Manitoba Moose for their support of the Canadian Forces and thanking the Canadian Forces members and families in attendance for all of their hard work.

The main concourse of the MTS Centre provided a venue for displays from the Canadian Forces Recruiting Centre, the Canadian Forces School of Survival and Aeromedical Training, 435 Squadron, HMCS CHIPPAWA, the Air Force Run, 17 Service Battalion, the Military Family Resource Centre and the Air Cadets. The Air Command Band's Brass Quartet and Saxophone Quintet provided entertainment on the South Stage during the pre-game and intermissions and the 402 Sqn Pipes and Drums provided entertainment on the 300-level during the pre-game.

Despite the Moose's 6-3 loss at the hands of the Rockford IceHogs, the evening was an overwhelming success with more than 1100 Canadian Forces members and their families in attendance. The CF members were warmly re-

ceived in their uniforms with many fans individually thanking them for their service to Canada.

The Manitoba Moose wore special Canadian Forces themed jerseys for the game, featuring the Canadian Forces Crest, Support Our Troops Yellow Ribbon and the Canadian Naval Centennial Crest in a striking white, black and silver colour scheme.

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Top Of The World Welcomes CC-177 Globemaster III First Flight to CFS Alert Touches Down

On Wednesday, April 14 a CC-177 Globemaster III of 429 (Transport) Squadron conducted its first flight to CFS Alert, the most northerly, permanently inhabited location in the world.

The crew, led by aircraft commander Major Jean Maisonneuve of the Transport and Rescue Standardization and Evaluation Team based out of 8 Wing Trenton, Ont. brought the aircraft in just before 8:30 a.m. local time and was greet-

ed by CFS Alert Commanding Officer Major Steve Power.

The CC-177 Globemaster III, which came into service in the Canadian Forces in 2007-2008, is used for a wide range of strategic and tactical missions for Canada's Air Force. It provides everything from the rapid delivery of troops and cargo transport, to oversized combat equipment from coast to coast to coast and to anywhere else worldwide.

"This flight assures greater ability to operate in and re-

supply the far North," said Peter MacKay, Minister of National Defence. "The CC-177s have proven their strategic value to the Canadian Forces over and over again, first internationally and now domestically."

CFS Alert provides support to Environment Canada and Arctic researchers, maintains signals intelligence facilities, and geolocation and High Frequency and Direction Finding facilities to support search and rescue and other operations.



The first Air Force crew to land the giant airlifter at CFS Alert. Photo Credit: Capt Trevor Henderson.



A CC-177 Globemaster III lands at CFS Alert on April 14 for the first time. Credit: Capt Trevor Henderson.

ARE YOU A VETERAN OF THE SECOND WORLD WAR AND WOULD LIKE TO SHARE YOUR STORY OF SERVICE?

THE MEMORY PROJECT: STORIES OF THE SECOND WORLD WAR is providing every living Second World War veteran with the opportunity to share their memories through interviews and digitized memorabilia. These stories will be shared with Canadians through an extensive online digital archive at:

WWW.THEMEMORYPROJECT.COM

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If you're interested, or know a veteran who would be interested in this project, please contact us toll free at:

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or by email: memory@historica-dominion.ca



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National Day of Mourning 28 April 2010

The National Day of Mourning, observed on the 28th of April of each year, is a day to commemorate those who have been injured or who have lost their lives in the workplace. Flags must be half-masted on all federal government buildings, including the Peace Tower, from sunrise to sunset that day, and a moment of silence may also be observed at 11:00 that morning. Injuries and deaths in the workplace continue to be an issue deserving of attention across Canada. Though the Department of National Defence and the Canadian Forces take many steps to maintain safe workplaces, accidents do still happen. It is important to remember these tragic events in order to learn from them and strive to prevent similar incidents in the future.

Jour de Deuil National 28 avril 2010

Le Jour de deuil national est observé chaque année, le 28 avril, en mémoire des travailleurs qui ont perdu la vie ou se sont blessés sur leur lieu travail. Le 28 avril prochain, les drapeaux de tous les immeubles du gouvernement fédéral, y compris la Tour de la Paix, seront mis en berne du lever au coucher du soleil. Un moment de silence pourra également être observé à 11 h du matin. Les blessures et les décès en milieu de travail demeurent un sujet digne d'intérêt à la grandeur du Canada. Le ministère de la Défense nationale et les Forces canadiennes multiplient les mesures visant à assurer la sécurité des lieux de travail, mais il se produit quand même parfois des accidents. Il est important que l'on se souvienne de ces tragédies afin d'en tirer des leçons et de faire en sorte que ce genre d'incident ne se reproduise plus.

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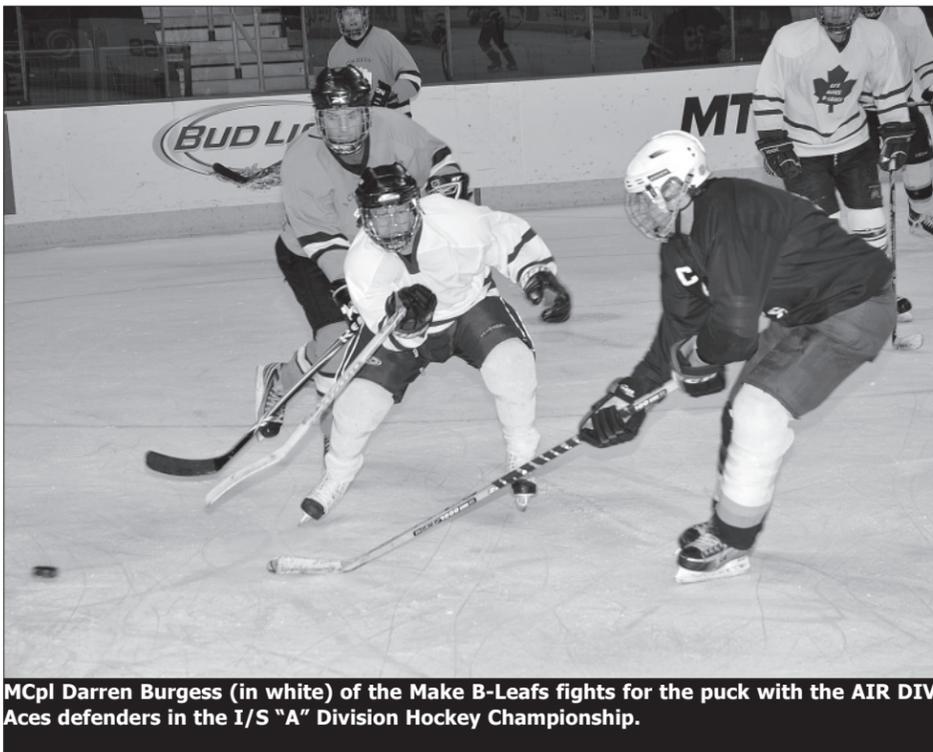
The Make B-Leafs
 Back Row (L-R) MCpl Lance Browne, Cpl Paul Vielfaure, MWO Guy Pelletier, Cpl Kenny Keating, Cpl Jamie Upshall, Sgt Brent Mason, Sgt Scott Ballam
 Front Row (L-R) Cpl Kyle Webber, MCpl Darren Burgess, Sgt Bob Komosky, Sgt Stacey Kohanski, Cpl Mike Quirion, Lt Dany Gonthier

Congratulations to the Make B-Leafs hockey team who defeated the Air Div Aces 3-2 in a shootout to be crowned the 2009-10 I/S "A" Hockey Champions. The Championship final was played on Fri 26 Mar 10 at the MTS Centre. The "Moose Player of the Game" was awarded to the Make B-Leafs goaltender, Cpl Mike Quirion. Thanks to Jeff Mager from the Manitoba Moose for allowing us this great opportunity at the MTS Centre.



The WTISS Hockey Team
 Back Row (L-R) Capt Kim Bowie, Lt Patrick Camire, Capt Rob Snow, WO Neil Laviolette, Mr Rick Franklin, MWO Lyndon Crowder, Capt Clint Legg, Cpl Darin Lampman.
 Front Row (L-R) MWO Sean Gould, Maj Dave Sexstone, Maj Blair Baker, Sgt Eric Bilodeau, Maj Patrick Falardeau, Mr Chris Ellis.

Congratulations to the WTISS hockey team that defeated the Geriatric Jets 3-2 in an exciting I/S "B" Hockey Championship final.



MCpl Darren Burgess (in white) of the Make B-Leafs fights for the puck with the AIR DIV Aces defenders in the I/S "A" Division Hockey Championship.



The I/S Hockey "B" Div Championship Game MVP, Maj Blair Baker tries to elude the Geriatric Jet players in the Championship final.



Sgt Stacey Kohanski (white #68) rifles a slap shot from the point at the AIR DIV Aces goaltender.

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

I Quit! Contest Winners

The 2010 "March 1st I Quit!" contest was a success on 17 Wing. A total of forty-seven participants registered for the contest. This year's local winners include:

- 1st Place:** Cpl James Reid
2nd Place: Maj Paul Lascelle
3rd Place: MCpl Marilyn Vallis
Supporter winner: Capt James Munn

MCpl Vallis enrolled in the Butt Out program in January and her quit date was 24 January. Prior to enrolment in the Butt Out program she was a little skeptical of the group method of quitting. It was the fear of being lectured, similar to what she'd received from non-smokers, health professionals and the media. "Butt Out was not like that at all," she states. Prior to quit date she reports being given smoke breaks and information on the process was provided, participants were not criticised for smoking!

Recent changes to the way in which Butt Out is facilitated have proven to be helpful for participants. The sessions provide necessary information to start the process and then are not "dragged out" over an extended period of time. MCpl Vallis recommends the Butt Out program to anyone who truly feels they are ready to quit smoking.

Congratulations to all winners and those that were tobacco free as a result of the March 1st I Quit Campaign!

If you would like more information on the "March 1st, I Quit" Contest or the BUTT OUT Program, please contact the Health Promotion Team:

Kathy Godfrey, Health Promotion Director, local 4160
 Dawn Harmer, Health Promotion Manager, local 4995
 Penny Wawrzyniak, Administrative Assistant, local 4150, In building 63 rooms 147 / 148 / 103.

Health Promotion in the Canadian Forces
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 Promotion de la santé dans les Forces canadiennes



Victoria Day Hours

For your convenience, building 90 will be open from 10.00 a.m. - 3.00 p.m. on Victoria day, Monday May 24th.

Spring Recreation Menu 2010

April 5 to June 21 (11 Weeks)

Adult Recreation Programs (18+)

All skill levels are welcome to come learn play or improve your skills. Have fun while working out and meeting new friends. Teams and Matches are arranged each week.

Free for Members, Non-Member Drop-In: \$7

NEW Pick-Up Squash Mondays @1900-2100

NEW Pick-Up Floor Hockey Tuesdays @1930-2100

NEW Drop-In Badminton Thursdays @ 1800-1900

Adult Fitness Classes (16+)

Ultimate Cycling Mondays @ 1700-1800 :Cycling with speed zones, hills, intervals, drills and sprints

Aqua-Fit Mondays @ 1800-1900 :A low impact water work-out class for all ages

Yoga – Multi-level (Traditional) Tuesdays @ 1915-2015 :Develop strength, balance and flexibility while learning to relax and re-energize. Open to all levels of yoga experience

Circuit Class Wednesdays @ 1800-1900 :Intervals of weight resistance and cardio exercises in the gym

Zumba Thursday @ 1645-1745: An effective fitness system to Latin and International music

Pilates Thursday @ 1800-1900:Decrease spinal tension, increase flexibility, & strengthen the body.

Bodyblast Saturday @ 1015-1115 :Full body work-out using a variety of techniques and equipment.

Some classes will be outside, weather dependant.

Contact Community Recreation (Loc 5139), building 90 for more info

Activités récréatives - printemps

Du 5 avril au 21 juin (11 semaines)

Programme de sports pour adultes (18+)

Les joueurs de tous les niveaux sont invités à venir apprendre à jouer ou à perfectionner leur jeu. Amusez-vous tout en faisant de l'exercice et en faisant la connaissance de nouveaux amis. Chaque semaine, des parties sont organisées entre de nouvelles équipes.

Membres : gratuit; participants de passage non membres : 7 \$

NOUVEAU Squash improvisé Lundi, de 19 h à 21 h

NOUVEAU Hockey en salle improvisé Mardi, de 19 h 30 à 21 h

NOUVEAU Badminton à l'improviste Jeudi, de 18 h à 19 h

Cours de conditionnement physique pour adultes (16+)

Cyclisme extrême Lundi, de 1630 à 17 h 15: Circuit comportant des zones de vitesse, des collines, des intervalles, des séries et des sprints.

Aquaforme Lundi, de 18 h à 19 h :Séances de mise en forme douce en milieu aquatique pour participants de tous âges.

Yoga – multiniveau (traditionnel) Mardi, de 16 h 30 à 17 h 15: Permet de développer la force musculaire, l'équilibre et la souplesse, tout en se détendant et en reprenant ses énergies. Ces cours sont ouverts aux participants de tous les niveaux.

Conditionnement « à la ronde » Mercredi, de 18 h à 19 h: Alternance d'exercices de résistance avec des poids et d'exercices cardiovasculaires au gymnase.

Exercices Zumba Jeudi, 16 h 45 à 17 h 45: Un régime d'exercice efficace aux rythmes de musiques latines et internationales.

Pilates Jeudi, de 18 h à 19 h: Aide à réaligner la colonne vertébrale afin de diminuer la tension, augmenter la flexibilité, et de renforcer le corps de l'intérieur

Bodyblast Samedis, de 10 h 15 à 11 h 15: Exercice corporel complet qui utilise une variété de techniques de formation et d'équipement. Certaines classes seront à l'extérieur selon la température. Tous les niveaux de compétence sont les bienvenus

Pour obtenir plus de renseignements, communiquez avec le personnel des Loisirs communautaire (bâtiment 90), au poste 5139.



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Registration:
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Extraordinary Race - July 5th to 9th
Make it to the finish line in this action-packed week of challenges, obstacle courses, brain teasers, water races, scavenger hunts and more.

Golf - July 12th to 16th
Learn the basics of golf and enjoy spending several days practicing your skills.

Ball Hockey & Football - July 19th to 23rd
Score big in these exciting co-ed sports that are fast-paced and full of action. Equipment is provided. We will be taking a field trip to see a Winnipeg Blue Bomber Football practice.

Dance & Cheerleading - July 19th to 23rd
During this lively week of classes, your child uses their creativity and imagination as dance and cheerleading are combined. We will be taking a field trip to the fringe festival.

Triathlon - July 26th to 30th
This week will consist of swimming, biking and running activities. Children will receive swimming development classes along with swim workouts. They will learn how to do bike to run combos, transitions, the importance of good eating habits and good sportsmanship. And of course, we will have fun swimming, biking and running! All participants need to bring a bicycle.

SportsJam - August 3rd to 6th
Learn the rules, strategies, scoring and skills needed to play volleyball, basketball, team handball, cricket, bowling and much more!. Progressive skills, game play and co-operative games are included each day. Emphasis is on having fun!

Softball & Soccer - August 9th to 13th
Spend a week learning the rules and skills of softball and soccer. Skill development includes foundation skills, drills and game strategy.

Ultimate Frisbee - 16th to 20th
Com try your hand at these two popular sports. Focus will be on learning how to play and participating. A great way to introduce new sports or work on existing skills.

Racquet Sports - August 23rd to 27th
Come out and try your hand at some of the world's fastest sports. Badminton, Squash, racquetball, pickle ball and tennis will be included. This camp focuses on skill development in serving, shot making and game strategy..

Extreme Sports & Outdoor Adventures - August 30th to Sept 3rd
A week of exploring the outdoors and adventure through a various activities. Participants will enjoy several activities which may include biking, ultimate Frisbee, rugby, rock climbing, canoeing and wilderness survival skills. All participants need to bring a bicycle.



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MFRC helps people wanting to run licensed home-based childcare

**Andrea Estensen
Winnipeg MFRC**

For military families, finding quality childcare can be a challenge. The childcare crisis is a national issue that is currently dealt with on a province-to-province basis. To help increase the opportunity for childcare in Winnipeg, the MFRC is providing assistance to individuals wanting to open licensed home-based childcare. Working in conjunction with 17 Wing, the MFRC Childcare Centre staff was asked to come up with solutions for waitlists experienced by military families. One of the suggestions was to create licensed home-based care, said Lois Johnson, Childcare Centre Director. The licensing process for home-based care is beneficial to everyone involved. Providing care opens employment opportunities for military spouses, and gives them transferable skills they can use on subsequent postings, said Johnson. It also benefits families seek-

ing care, because it opens venues for a variety of care, including short-term, long-term and overnight. The person providing the care is able to decide the type of care they would like to deliver, and it offers families choices, based on their needs. Another benefit to running a licensed versus non-licensed in-home care is that the Winnipeg MFRC Childcare Centre can help the caregivers advertise their services to families, as well as distribute the caregiver's name to people who are currently on the MFRC Childcare Centre's waitlist.

Starting a program to assist people in starting a licensed home-based childcare business can be less expensive than expanding current childcare centre spaces, however, it can take a long time for it to get off the ground, because people interested in offering care have to go through the provincial licensing process. The process of opening a licensed home-based childcare centre can be daunt-

ing for some, and Johnson said that the MFRC is willing to help along the way. "The process can appear to be very overwhelming, that's why the MFRC is offering assistance to people wanting to open home-based licensed care," she said. "We can work with people to help them fill out their forms, to help set up distance education courses or to access first aid and CPR training." While the licensing process is provincially run, the MFRC can assist individuals through the process, organize an orientation session with the province and provide ongoing pro-

fessional development. The timeline from expressing interest in running home-based licensed childcare to becoming licensed can vary depending on the speed in which the information is provided, and the timelines for training and meeting licensing requirements are completed. For more information, or to find out how you can run a home-based childcare business, contact Lois Johnson at 837-3626 or email loisjohnson@mts.net. For more information about the Winnipeg MFRC, please visit www.mfrc.mb.ca

MFRC marks National Volunteer Appreciation Week



To mark National Volunteer Appreciation Week April 18 to 24, the Winnipeg MFRC held several events to acknowledge the hard work and dedication of our volunteers. Volunteer Appreciation Week kicked off with a breakfast for volunteers at the MFRC. Other events included a coffee and conversation, a dessert party, and a thank you party.

Kidventures registration starts soon

Kidventures registration starts May 3 at the MFRC, 102 Comet Street. Program descriptions are available at the Centre. Join us for a summer of fun. Registrations are taken on a first come, first served basis. Register soon to avoid disappointment!

Comedy night a success

The Winnipeg MFRC held its first Stand-up for Families comedy event at the Red River Lounge on Thursday, April 1. Winnipeg comedians Heather Witherden, Rob Bruneau and Jason Beck performed for the crowd of more than 100.

Photos by MCpl Kenneth Dean.



From left to right, Hether Witherden, Jason Beck and Rob Bruneau perform at the MFRC's Stand-up for Families event.

Something to think about...

"All of us are born for a reason, but all of us don't discover why. Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others." - **Danny Thomas**

"People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them make them." - **George Bernard Shaw**

"Look at each day as a chance to invest life into life. A chance to share your experience and deposit it into someone else's conscience. Each day is a chance to work miracles in the lives of others." - **Jim Rohn**

"Never forget that you are one of a kind. Never forget that if there weren't any need for you in all your uniqueness to be on this earth, you wouldn't be here in the first place. And never forget, no matter how overwhelming life's challenges and problems seem to be, that one person can make a difference in the world. In fact, it is always because of one person that all the changes that matter in the world come about. So be that one person." - **Buckminster Fuller**

As I read the above quotes, it is very clear to me that they could easily be about volunteering. Each one talks about the benefits of and reasons to help others. Volunteering is just that, helping others. It takes many forms and functions, and involves activities as varied as the people who volunteer for them. If you would like to bring out the volunteer inside of you, the MFRC can help by finding a volunteer position. Please call Barbara, the Coordinator of Volunteers at 833-2500 local 4519 or e-mail Barbara.thuen@forces.gc.ca to get more information.

What's a Volunteer?

There is a job to be done,
could be lots of fun.
Just give us a call,
and we'll have a ball.
You must have a big heart.
It's always a help to be sorta smart.
The money is rare,
but the rewards are big in compare.
-Pat Boyes

Why Be A Volunteer

It's not for fortune
It's not for fame
It's not for only personal gain
It's not for love of fellowman
Or just to lend a helping hand
It's not for medals worn with pride
It's for the feeling deep inside
Of helping others far and near
That makes you want to volunteer!
--By Ann Myhre, Age 15

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Chaplain's Corner

The Calling to Protect and the Prayer of Protection

Padre Gordon Mintz
HANGAR LINE CHAPLAIN

As I was thinking about what I would write in this article I was aware that this edition of the Voxair would be the closest to the commemoration of the Battle of the Atlantic. It seems all the more appropriate to remember this great contribution of the Navy in its Centennial Year of celebrations. Historians note that one of the central aspects of the six-year long Battle of the Atlantic was *protection*. The main mission was the protection of the vital lifeline of transportation of supplies and men across the Atlantic. Convoys were established of merchant and military vessels and escorts provided in the air and on the sea to protect the precious cargo. Those engaged in this battle accepted a calling to offer protection with everything they had some offering even their lives.

Protection - it is a concept that is near and dear to our Lord.

As a Chaplain I have had the privilege to spend some very sacred moments with people. Moments when birth is celebrated through baptism, love is celebrated through marriage; and moments when lives are celebrated and mourned through memorial services and funerals. However, the most sacred of all moments for me have been the moments shared with people who know that death is very near to them. When time is short people try to make good use of it and say what they really want to say and do what they need to do. This Easter as I was remembering

again the last sacred moments of Jesus life and his resurrection it stuck out to me that in his last moments Jesus prayed for the *protection* of the disciples in what is known as the high priestly prayer.

In Jesus' prayer, just prior to his arrest, his words take on a pleading tone as he prays for the Father to protect the disciples. If we were to portray this in a movie would this would be a close up with very dramatic music. It is an intimate and personal moment in some of the last hours Jesus would spend on earth, where Jesus is talking to his father and our Father. He is praying for his disciples and for us.

He prays: "*And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, PROTECT THEM in your name that you have given me, so that they may be one, as we are one.*" (John 17.11)

Those words suggest how difficult it must have been for Jesus to leave the disciples. He had lived with them and led them for a long time. He had tried to teach them everything that they would need to know, but for the most part they had not understood. After his ascension, Jesus would need them to carry on his work, and there was no hint thus far that they would be able to do that.

But what really hit me as I read this prayer was how much Jesus loved the disciples and wanted the best for them. He was going to leave them -- and it was wrenching for him to do so. And so he prayed, "Holy Father, PROTECT THEM!" Any parent who has said

goodbye to a son or daughter -- especially if the son or daughter were going away to college or on a trip, or especially off to war -- can imagine Jesus' deep feelings for the disciples as he prays God's protection for them.

It is that job of deeply caring protection that the Battle of the Atlantic was all about and is the task that we carry on in various parts of the world today.

Time is the great equalizer. We all have exactly 24 hours in each day. It is up to us how we spend that time. We can only spend it once so we should spend our time wisely. Offering the time we have in the service and protection of others is a high calling indeed and one in which we all share. That makes me proud to be a member of the CF. It also unites us to the men and women who served in the Battle of Atlantic and every battle borne by Canadian soldiers who give their precious resource of time in the protection and service of others. The fact that it was so important to Jesus that he would spend his last moments praying this prayer for the protection of his disciples and by extension us, gives us an idea of the high value of our mission.

So in no small way we too are connected to the Battle of the Atlantic and this shared mission of protection and deeply caring for the well-being of others. Not only do we stand in good company when we choose to spend our time in this manner, but we stand united with the heart cry of God who wants to offer us loving protection from harm and protection from far more than just the physical dangers of this world.

In Memoriam



Private Tyler William Todd was killed by an improvised explosive device that detonated during a dismounted security patrol in Dand district at approximately 7:30 a.m. Kandahar time on 11 April 2010. The incident occurred in the vicinity of Belanday, Dand district, approximately eight-kilometres southwest of Kandahar City.

Pte Todd was from the 1st Battalion Princess Patricia's Canadian Light Infantry, based in Edmonton, Alberta. He was serving as a member with Task Force 3-09 Battle Group.

At this sad time, our thoughts and prayers are with the family and friends of our fallen Canadian comrade. The commitment and sacrifice of our soldiers and their loved ones are helping to make a difference in the lives of the people of Kandahar Province.

Together in Church

CATHOLIC

CHAPLAINS

Padre Lance Magdziak
Roman Catholic Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

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

Chaplain Bonnie Mason
(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm
(Mennonite Brethren) Office 833-2500 ext 4885

Padre Will Hubbard
(Anglican) Office 833-2500 ext 5349

Padre Ken MacRae
(Presbyterian) Office 833-2500 ext 4277

Padre Gord Mintz
(Anglican) Office 833-2500 ext 5785

Padre Curtis Duclos (Baptist)
Det Dundurn Office (306) 492-2135 ext 4299

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

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.



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The Deadline for the next issue is April 16

TAROSCOPES

BY
NANCY

Aries (March 21 - April 19)

You may be great at slaying dragons, but you are bogged down by boredom. If some of your dragons are getting long in the tooth, take yourself off for a mini-adventure to recapture your zest for life. You'll deal with the old issues more effectively when you return.

Taurus (April 20 - May 20)

If you're inclined to make assumptions, a random, impulsive action could lead to regrets. Someone is strongly influenced by the past. Communicate sincerely. Surface connections won't stand the test of time. Authenticity is important. Follow through if you say you will do something.

Gemini (May 21 - June 2)

Someone shows their appreciation. Still something is bothering you. You may feel a sense of futility as if time is passing and you can't change the course your life is taking. Combat this by taking action. Even if it feels like you keep coming up empty – keep going. Change is in the air.

Cancer (June 22 - July 22)

Trust your instincts. Your hunches are correct. What you don't know is less likely to hurt you if you've taken precautions to prepare for a number of eventualities. Have faith in yourself and others. Accept help if it ensures you move closer to a desired outcome.

Leo (July 23 - August 22)

Pondering the course you've been on may reveal that even though it's not brought you the expected results, this isn't all bad. You've learned a lot. Instead of hoping to be rescued from difficult situations, find a way to solve your own problems. You can make better choices.

Virgo (August 23 - September 22)

An unconventional idea might pop into your head. Don't discount it right away. Play with it. Originality is very important. A unique opportunity presents itself. Look beyond the obvious. A sense of purpose prevails; but also a sense of wonder and possibilities.

Libra (September 23 - October 23)

Healing a rift takes time. If you can get to the root of the problem you can resolve some tough stuff because you have the skills and maturity now. Be willing to accept that your efforts may not be successful though because compromise is required from both sides.

Scorpio (October 24 - November 21)

Pay attention to what you say. Your words reveal a lot about you to yourself and others; especially if you are talking about other people. If you are dwelling on "what ifs" use this as a guide when planning for your future. Explore realistic options for fulfilling your desires.

Sagittarius (November 22- December 21)

The weight of your responsibilities makes you feel isolated from others. Focusing on past actions won't help. Rebuilding trust takes time. Integrity counts – If you send mixed messages continually – people will start to see the pattern and respond accordingly.

Capricorn (December 22 - January 19)

You receive an unexpected message. Something special is coming your way. Don't let self-doubts hold you back from enjoying this special experience. Things are not as scary as they seem. Everyone must learn as they go in this school called Life.

Aquarius (January 20 - February 18)

Don't get caught up in drama, especially if it is other people's stuff. Stay away from people who encourage you to narrow down your scope or limit your dreams. Instead face the challenge of finding your own way. Take the road less travelled – it's worth the trip.

Pisces (February 19 - March 20)

If you want something – work for it. Persevere. Take a logical approach and stay the course no matter how difficult. Face the fears that have held you back. You can learn ways to manage your own doubts and the situations that give rise to them. Knowledge is power.

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