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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

February 8, 2012

VOLUME 61, ISSUE 03

FREE

Slam Dunk

Winnipeg places second in the P/R Basketball championships



Photo: Cpl Beverley Dunbar

Winnipeg's Pte L Burns (#24), and Cpl B Hines (#7) take a shot at the Shilo net in the 2012 Prairie Region Basketball Championships. For more on the tournament see page 9.

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Wing goes over the top for charity

Annual GCWCC fundraising campaign raises \$149,576

Sgt Bill McLeod
17 Wing Public Affairs

"I'm thrilled beyond belief," said Heather Harding, civilian co-chair of the 17 Wing campaign, "It can be a little tense wondering if we are going to reach our goal. Until the casual Friday money comes in we don't know where we stand."

The final fundraising total of \$149,476.31 proves once again that Team Winnipeg has a big heart. The Government of Canada Workplace Charitable Campaign (GCWCC) for 17 Wing reached 120% of its goal for the year again despite it being raised to \$130,000, \$5000 over last year's goal of \$125,000.

For the second year in a row, Team Winnipeg—comprised of Military and civilian members from 17 Wing, 1 and 2 Canadian Air Divisions, Joint Task Force West, and 38 Canadian Brigade Group, surpassed their main rival, the Winnipeg Tax Centre, to become the number one fundraiser of the federal division in the city. This year the Tax Centre raised \$148,535.

Canvassing Team Winnipeg raised the majority of the money but events like the Herc Pull, Toonie Walk and Run, TEME breakfast, Chilli Cook Off, Ball Hockey Tournament and Book Sales helped put Team Winnipeg over the top.

GCWCC canvassers reached almost 92% of Team Winnipeg personnel face to face, an amazing feat in itself considering the amount of the Winnipeg military community's continuing deployments, temporary duty, courses and shift work.

"It's really due to the generosity of the people on the Wing and the hard work of the volunteers that make this happen," said Heather Harding.

"There is no question that results such as these would not have been possible without the support of the Winnipeg Defence Team through your participation at GCWCC fundraising events and your generous contributions," said 17 Wing Commander Colonel Blaise Frawley. He also congratulated and thanked civilian and military co-chairs Heather Harding and Captain Melissa Dawe.

For more information about the Government of Canada Workplace Charities Campaign (GCWCC), please visit <http://17wing.winnipeg.mil.ca/WAdmin/GCWCC/index.htm>

For more information about 17 Wing please visit:

<http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>



Participants in the 2012 GCWCC Herc Pull strain to move the giant aircraft. Photo: Cpl Dunbar

Voxair hires new newspaper manager

Hello, I'd like to take this opportunity to introduce myself. My name is Michael Sherby, and I've recently been appointed as the new manager of The Voxair. I may be familiar to some of you, as I've been the Layout and Production coordinator on the paper for the last two years, and for those of you I haven't met, I look forward to doing so soon.

From working on base for the past 2 years, I've had a chance to learn a lot about what a great military community Manitoba has, and I can't wait.

I have a diploma in Communications

from Red River College, and my background is in journalism. In the four years since graduating I've written for many different publications, and I look forward to my new challenge in managing the paper.

There are lots of exciting changes that will be taking place at The Voxair over the coming months, including getting our new and improved website up and running, and I welcome any feedback about the paper. I can be reached at my office through local 4120 or via email at michael.sherby@forces.gc.ca.



Michael Sherby, The Voxair's new manager. Photo: Misra Yakut

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Gliding Thru Barriers

SAR Tech undertakes grueling journey to raise awareness of diabetes

Sgt Bill McLeod
17 Wing Public Affairs

Sergeant Ernie Whelan, a Search and Rescue Technician (SAR Tech) instructing on the Survival, Evasion, Resistance and Escape course at the Canadian Forces School of Survival and Aeromedical Training (CFSSAT) will attempt a gruelling 100 kilometre trek across Lake Winnipeg starting 23 February to raise money for and increase awareness of diabetes.

This is the second year he will make the trek he has named Gliding Thru Barriers. Last year he completed a solo trek on the lake, this year he will be joined by 7 other friends and co-workers.

"There will definitely be more conversation this year," said a grinning Sgt Whelan. "We have a good crew and one of the main goals will be to have some fun."

Sgt Whelan's idea of fun may not be the same as most people. "I talked to the meteorologist on the Wing and he said it's trending for high winds from the south with temperatures from -15 to -25 degrees without the wind chill. Last year I only had one good day with 40 knot winds at minus 40," he said.

Out in the middle of Lake Winnipeg there is no cover for miles. "The snow is like hard dunes on the ice," he says. "There is the occasional pressure ridge to cross and I saw some open water in some big cracks last year, but mainly it's just snow," he said.

Sgt Whelan will be joined on the trek this year by a mixed group. There will be a newlywed couple consisting of a female pharmacist Captain from 8 Wing in Trenton, Ontario, and a Private in Winnipeg on his Airborne Electronic Sensor Operator (AESOP) course, a second

Private from the AESOP course, two SAR Techs, and a RCMP officer. One of the SAR Techs will be Warrant Officer Darcy St-Laurent, who skied to the North Pole a few years ago.

"Darcy helped set the schedule from his experience in the Arctic," says Sgt Whelan. The group will average around 3 kilometres an hour and will ski for one hour and rest for 10 minutes at a time. They have had two training sessions so far. During the last one on 29 January, the group skied for 5 hours and practised setting up camp afterwards. The Captain from Trenton has been training on her own and is ready to go.

Being a SAR Tech, Sgt Whelan is a trained paramedic who recognized his own diabetic symptoms 7 years ago. "When I talk to military and civilian people there isn't much understanding that diabetes is unique to every individual," he said. "Diabetes is a serious disease and is pandemic in our country. Over 3 million people in Canada are diabetic and to date, there is no cure."

Although he has his own barriers to work on, he wants people to understand that his military issues are separate from raising awareness about the disease.

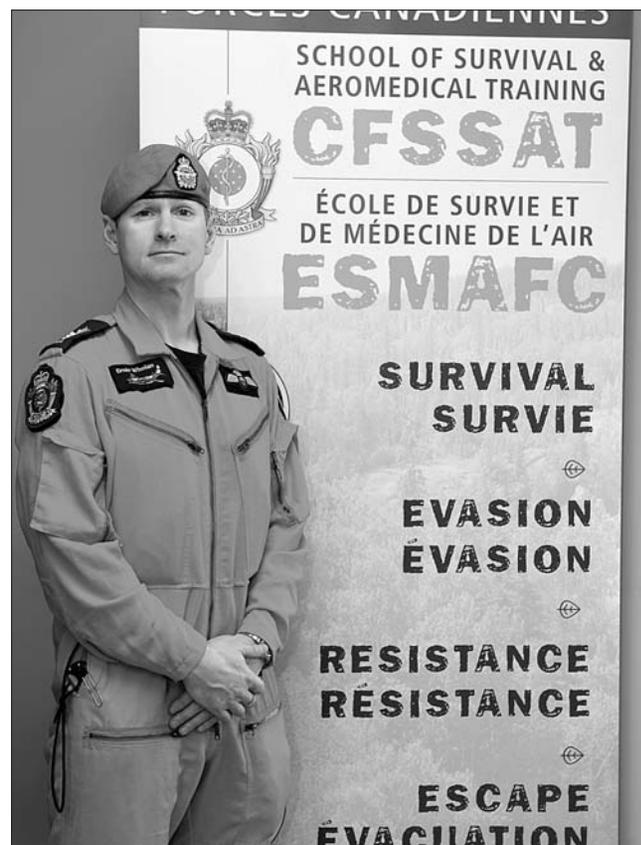
His first trek last year was the second largest individual initiative fundraiser for the Canadian Diabetes Association. "Raising money is not necessarily the main goal," he said. "We have to raise awareness of this disease."

For more information about Gliding Thru Barriers 2012 please visit:

<http://www.facebook.com/GlidingThruBarriers>

For information on how to donate please visit:

<http://my.erm.com/personalPage.aspx?registrationID=1328321>



Sergeant Ernie Whelan, a Survival, Evasion, Resistance and Escape instructor at the Canadian Forces School of Survival and Aeromedical Training, is preparing for his Gliding Thru Barriers 2012 trek on Lake Winnipeg this month. Photo: Sgt Bill McLeod

HMCS CHIPPAWA OP Lustre commendations



Commodore David Craig (I), Commander Naval Reserve Presents the Canada Command Commendation to LCdr Dan W. Smith (r), HMCS CHIPPAWA Executive Officer. Photo: Cpl Archambault

"LCdr Smith is commended for his unwavering leadership and devotion to duty during OPERATION LUSTRE – a major joint and interagency domestic operation to bring flood relief to Manitoba. LCdr Smith brought great recognition and efficiency of operations to OPERATION LUSTRE as Commander Regional Maritime Coordination Element of the Maritime Component. His tireless efforts and outstanding professionalism contributed significantly to averting a natural disaster and the protection of property and livelihoods."



Commodore David Craig (I), Commander Naval Reserve Presents the Commander Royal Canadian Navy Commendation to LCdr W. Paul Stiff (r), HMCS CHIPPAWA Commanding Officer. Photo: Cpl Archambault

"LCdr Stiff is commended for his role in expertly overseeing infrastructure support to the Regional Maritime Coordination Support Element during Operation LUSTRE – a major joint and interagency domestic operation to bring flood relief to Manitoba. Under his exemplary leadership and tireless efforts, all infrastructure and accommodation support requirements for the Regional Maritime Coordination were met with meticulous precision enabling mission success."



Commodore David Craig (I), Commander Naval Reserve Presents the Commander Royal Canadian Navy Commendation to MS Kurt Swanson (r), HMCS CHIPPAWA Supply Technician. Photo: Cpl Archambault

"Master Seaman Swanson is commended for his role expertly managing logistics support to the Regional Maritime Component Element and HMCS CHIPPAWA during Operation LUSTRE – a major inter-agency domestic operation to bring flood relief in Manitoba. As a direct result of his superlative individual action, all supply and materiel requirements for the maritime element were met, enabling mission success."

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Ex Running Cold, an inside look

Sgt Trevor Fakes
4CRPG

Having just released from the Regular Force, I was fortunate to have this great opportunity to join the 4th Canadian Ranger Patrol Group, Manitoba Company as a Canadian Ranger Instructor. I was eager to go out and see a patrol in action and I finally got my chance in January 2012 to the Lynn Lake Patrol on Exercise Cold Running. They were ready for training and well prepared to show me what they can do.

For the first night of training, we covered all the required administration and the issuing/returning of supplies and equipment. In the evenings to follow, we had classroom lectures on GPS operation and route planning, map and compass refresher, and other ranger skills for

Logistics Branch celebrates 44th Anniversary



Pte Young (left) and LCol Clouter (right) cut the cake at the Logistics Branch's birthday celebration. Photo: Mike Sherby

On February 1st, the Wing Logistics Branch celebrated its 44th year of operations with a party in the Jr Ranks Mess Red River Lounge. Before the cake was cut, LCol Clouter gave a speech to the assembled members praising them for their hard work here and overseas, and reminding everyone of the Branch's motto "Servitium Nulli Secundus", "Service Second to None".

the upcoming exercise. The Patrol Commander Sgt Doug Holmes also issued his orders for the exercise and tasked his patrol members with their jobs.

It was a cool Friday evening, around -27c, when we started out for the exercise area. The first item in the agenda was a night navigation exercise and practice on convoy movement and discipline. It was also a good chance to get the sleds out for a shake to ensure their reliability. We travelled about 60 km that night across lakes, through some narrow portages and slushy spots on the lakes, and ended up at Ranger Connie Cockerill's cabin on Burge Lake. Our first night out was great, we had some normal issues, like visors fogging up, but with the temperature where it was at it was to be expected.

On the second day, we went out to Little Brightsand Lake to conduct Ground Search and Rescue (GSAR) and first aid training. When the mock call came in about the missing persons, Sgt Doug Holmes jumped into action and displayed his abilities to lead and control his patrol. He quickly developed a plan breaking into three search teams and designated their areas of responsibilities to cover. I followed them out to the lake where the teams were able to quickly locate the two casualties. The first casualty, located on the south end of the lake, had spinal head injuries. The patrol members immobilized his neck utilizing their wilderness first aid training and materials available, both man-made and natural. The second casualty, located on an island in the middle of the lake, suffered from broken bones in the right forearm and lower leg and because of the temperature, cold weather injuries were becoming a major concern, but again other patrol members quickly immobilized the injuries and transported the casualty back to a safe area for recovery

to medical facilities.

In the evening on the second day, Ranger Floyd Olsen showed the patrol how to put in a gill net in the lake. This was very interesting as I always wondered how they can get the net from one hole to the other and spread it out evenly to be effective. A prairie ice jigger was used to move along the underside of the ice and it made a sound that could be easily heard above the ice. Once it was far enough out, the person following the sound of the jigger, cut a hole in the ice and pulled it out. It is an ingenious yet simple invention and it was great to see how it worked.

We had sunshine for the final day of the exercise while conducting the annual ranger qualification shoot. We travelled out to isolated area of Zed Lake where the patrol members showed CSM WO Rob Hillman a suitable area for a range shoot. The banks were high and composed of sand. The patrol started to set up for the day. They used the light over snow vehicles (LOSVs) to make lanes for the rifle shoot and to pack down an area for the patrol tent to be set up in the admin area. They set up the targets against the sandy bank and placed a tarp down at the 100 metre firing line, while another ranger went out to set up the warning signs down the lake. The range shoot went well despite the cold temperature that day.

Wrapping up the exercise with post ex drills and final administration, we said our good-byes and the Rangers went back to their other lives outside that of the military. It was a great experience and the patrol worked very well as a team. I cannot wait to carry on with my next patrol visit.

Philatelist's Corner with Alf Brooks

The Year of the Dragon

Monday, January 23 was the first day of the Year of the Dragon in the lunar calendar, and the month of January saw many postal authorities issue commemorative stamps. The stamp issued by China caused controversy. Many thought that the dragon looked too fierce, some said they were "scared to death." The response by China Post stated that "Among everyday people, the dragon is thought to exorcise evil spirits, avert disasters and give blessings, so we need a tough image."

Under the Chinese Zodiac calendar the dragon is the most powerful animal and for many Chinese this year is considered to be the luckiest of the 12-year cycle.



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Royal Winnipeg Rifles Cadet Corps presented with new unit flag

On January 19th, The No. 2295 Royal Winnipeg Rifles Army Cadet Corps, founded in June, 1947, accepted a new unit flag at a special ceremony at Minto Armoury.

The new flag, designed and commissioned by Robert Vandewater, the Honourary Lieutenant-Colonel of the Queen's Own Cameron Highlanders of Canada Infantry Regiment, was presented to the Cadet Corps by Lieutenant-Colonel Brett Takeuchi, the Commander of The Winnipeg Infantry Tactical Group.

The new flag replaces the original unit flag that was showing wear and tear after more than 65 years of service. The old flag still carried the British Ensign in one corner. The Ensign has been replaced by the Canadian flag on the new edition which was created by Winnipeg's Flag Works company.

In attendance at the ceremony were members of the Royal Winnipeg Rifles and the Queen's Own Cameron Highlanders of Canada Infantry Regiments as well as representatives of the Royal Canadian Army Cadet League, members of the Royal Winnipeg Rifles Senate and veterans of a number of other military units based in Winnipeg.

More than 35 officers and other ranks from the Cadet Corps turned out for the ceremony.



Holding the new Royal Winnipeg Rifles Cadet Corps flag are, left to right: Lieutenant Colonel, John Robins of the Canadian Forces Liaison Council; Captain Angela Brass, Commanding Officer of the Rifles Cadet Corps; Honourary Lieutenant Colonel Bob Vandewater, presenter of the flag; and Kenneth McCuaig, Lieutenant Colonel (Ret'd) of the Army Cadet League of Canada. Photo: Submitted

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Archery competition hits its target



Maj Ron Cooney, the President of the Archery Club, explains how scoring is kept at the 2nd Annual Indoor 3D Tournament, which was held on January 29th. Photo: Alison Dickey

Alison Dickey
Voxair Photojournalist

The 17 Wing Archery Club held its 2nd Annual Indoor 3D Tournament in Building 21 on January 29th. This year was quite successful as they had 58 shooters come out to participate in the tournament, including 20 children.

The course includes life size animal targets that are set up at unknown distances to the archers and they must estimate how far away they are in order to hit their target. They get one shot at each

animal with 20 targets per round.

"We're planning on making this a annual event because of the success we've had hosting it," says President of the club, Maj Ron Cooney.

The targets are expensive and the club owns 12 of them and was able to borrow the rest from the Provincial Association. There were just over 40 targets set up for this particular tournament.

As for members of the club, almost all of them shoot the newer style compound bows but there are still a few that shoot with the traditional recurve bow.

"This is our fourth year running the archery club here at 17 Wing, so we're still a relatively young club and this was the first time we've run one of these tournaments all on our own," added Maj Cooney.

The club meets every Wednesday evening between 7pm and 9pm and Sunday between 9am and 11am in Building 21.

"Come and join us one evening to see what archery is all about, we have three bows that can be used by novices and have a few instructors. It's a great way to see if you enjoy the sport before spending a lot of money on equipment," says

Maj Cooney.

Next up for the club is hosting The Provincial Indoor Target Championships which will take place on March 25th in Building 21 here at 17 Wing. Last year the event drew 88 shooters and many spectators.

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

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

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CFB Edmonton edges out Winnipeg in P/R Basketball Championships



The 17 Wing Basketball Team members: back row (l to r) #5 Sergeant (Sgt) S Osztian - Wing Foods, #4 Corporal (Cpl) B. Nymeon - 402 Squadron, #7 Cpl B. Hines - 402 Squadron, #24 Private (Pte) L Burns - 435 Squadron, #11 Captain (Capt) D Prescott - 1 CFFTS, #12 Sgt J Kerr - SAR 435 Squadron, #14 Pte D Trommelen - 435 Squadron. Front row: #6 Cpl D Gowen - Wing Supply, #9 Pte G Kowalchuk - 402 Squadron, # TJ Baker - Wing Supply and #15 Pte A Carpio - 435 Squadron. Photo: Cpl Beverley Dunbar



Winnipeg's Cpl Nymeon makes a break for it with Cpl Hines against the Edmonton defence in the gold medal game of the P/R Basketball Championships. Photo: Cpl Beverley Dunbar

Chris Merrithew
PSP Sports Coordinator

The 2012 Prairie Region Basketball Championships, held at Winnipeg's 17 Wing, wrapped up in dramatic fashion last Thursday with CFB Edmonton edging out the host Winnipeg team by just eight points in the tournament's gold medal game.

The championship was held at the Bldg 90 Gymnasium from 30 Jan - 2 Feb 2012, and saw teams from Winnipeg, Ed-

monton, Shilo and Moose Jaw compete to decide who would move on to represent the Prairie Region at the Canadian Forces National Basketball Championships.

The 17 Wing Winnipeg basketball team took advantage of their home court by going through the round robin with only 1 loss to finish 2nd overall after the completion of the round robin. In semi-final action Winnipeg defeated Shilo by a final score of 74-57 to secure their spot in the finals.

Edmonton made it into the big game

after getting through robin-robin play in first place and defeating Moose Jaw 95-55 in their semi-final game.

In the Prairie Region basketball gold medal game, both teams came out firing as both teams were determined to take an early lead in the Championship game. Winnipeg worked up a 40-35 lead at half-time but their lead was reduced to just one point by the end of the third quarter. The final frame was end to end action with the lead changing many times, and although both teams battled hard

through the final frame, Edmonton ended up taking the championships by a final of 77-69.

Following the final game both teams were awarded their medals during the tournament's closing ceremonies, and CFB Edmonton will now represent the Prairie Region at the upcoming CF National Basketball Championships held in Borden, ON 14-20 April 2012. Congratulations to the 17 Wing Winnipeg Basketball team on an outstanding tournament.

17 Wing holds its own at 2012 Prairie Region Hockey Championships

Capt Jordan Woodman
17 Wing Public Affairs Officer

The 17 Wing Falcons Hockey team recently took part in the 2012 Prairie Region Hockey Championships (PRHC) at CFB Wainwright from January 23-27th.

17 Wing started the tournament out strong, posting

an 8-2 victory over the host team from Wainwright. The following morning, the Falcons were once again on top, posting an impressive 5-2 win over the team from CFB Edmonton. Starting the tournament 2-0 had the team looking at the playoffs and beyond.

However, that same afternoon 17 Wing suffered its first setback, losing a close game to Cold Lake 8-6. The next day, the team from CFB Shilo gave 17 Wing its

second loss. With a record of 2-2, 17 Wing finished the round robin in 3rd place, which meant a date with Cold Lake in the semi-final.

17 Wing was forced to play uphill early on, after a number a penalties put them on the penalty-kill for much of the first period. After falling behind 4-0 early, the deficit proved too difficult to come back from, and the final score saw 17 Wing trailing 6-2. Cold Lake would go on to win the Championship Game over CFB Edmonton.

17 Wing improved on last year's performance, where they were unable to notch a single victory in the tournament. With much of the team returning next year, things are looking up for the 17 Wing Falcons.

The 17 Wing Falcons would like to thank their coach, MWO Greg King, for his hard work and dedication.



A Winnipeg Falcons player goes to the Edmonton net in the Prairie Regional Hockey Tournament. Photo: Cpl Tina Gilles

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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 February 29, 2012 can be claimed either on your 2011 or your 2012 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 2011 contribution and what you would like to contribute in 2012. 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 savings plan.

4. Determine your investment objective and investment choices

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) Certified Financial Planner (CFP) assist you in determining your investment objective and the appropriate investment vehicle; professional advice can really pay off. Visit your local SISIP FS office, call 1-800-267-6681 or visit us 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 et jusqu'au 29 février 2012, inclusivement, peut être réclamée dans votre déclaration de revenus de 2011 ou dans celle de 2012.

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 2011 et de prévoir celui de 2012. 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. Déterminez vos objectifs pour vos investissements

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 certifié (CFP) (Pl. Fin. Au Québec) des Services financiers du RARM

(SF RARM) peut vous aider à déterminer vos objectifs pour vos investissements et à choisir le véhicule de placement correspondant; les conseils professionnels peuvent être très rentables. Rendez-vous au bureau des SF RARM le plus proche, composez le 1-800-267-6681 ou visitez-nous au www.sisip.com.

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

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CDS visits 440 Sqn in Yellowknife



General Walter Natynczyk, Chief of Defence Staff, and General Charles Jacoby Jr, Comd NORAD/US NORTHCOM, stop by 440(T) Sqn during their visit to Yellowknife from 30 Jan-1 Feb, 2012. During the visit General Jacoby Jr, presented the squadron with a NORAD plaque of appreciation for their commitment and dedication to the ongoing and vital presence of the Royal Canadian Air Force in Canada's North. Photo: Sgt F.J. Hudec, Canada Command



Colonel Blaise Frawley, 17 Wing Commander welcomes Chief of Defence Staff, General Walter Natynczyk to Yellowknife during his recent visit. Photo: Sgt F.J. Hudec, Canada Command

Lt Jennifer Wright
440(T) Squadron, Yellowknife

Chief of Defence Staff, General Walter Natynczyk, conducted a three-day visit from 30 January to 1 February with American colleague, General Charles Jacoby Jr, Commander of the North American Aerospace Defense Command (NORAD) and United States Northern Com-

mand (USNORTHCOM). The purpose of the visit was to familiarize General Jacoby Jr with the challenges of operating in the Canadian Arctic.

Close in proximity, Canada and the United States share an unwavering commitment to protect and defend their citizens. In recognition of their shared interest to ensure the safety, security and defence of North America, General Natynczyk invited General Jacoby Jr for a breath of fresh Arctic air.

During the three-day visit the group had the opportunity to visit with members of 440(T) Sqn and toured the NORAD Forward Operation Location (FOL) in Yellowknife. Several deserving members were presented with coins and decorations for their hard work and dedication to the Royal Canadian Air Force. 440 (T) Sqn is Canada's only permanent full-time Royal Canadian Air Force (RCAF) unit North of 60.

Canadian Forces Leadership Institute
Institut de leadership des Forces canadiennes

ONE DAY ONLY!

17 Wing Base Gym
Tuesday, February 21st, 0800 - 1500hrs

The Canadian Forces Leadership Institute (CFLI) invites you to visit them where they will be offering numerous publications. Subjects include Leadership doctrine, The Profession of Arms, Lessons learned, Cultural intelligence, Strategic leadership, etc.

Books | DVDs

Publications and media will be made available at no cost.

UN JOUR SEULEMENT!

Gymnase de la BFC Esquimalt
Mardi 21 Février, 0800 - 1500hrs

Le leadership des Forces canadiennes Institut (FCIL) vous invite à les visiter, où ils seront offrant de nombreuses publications. Les sujets comprennent la doctrine du leadership, la profession des armes, leçons apprises, l'intelligence culturelle, le leadership stratégique, etc.

Livres | DVDs

Les publications sont disponibles sans frais.

www.cda.forces.gc.ca/cfli-ilfc

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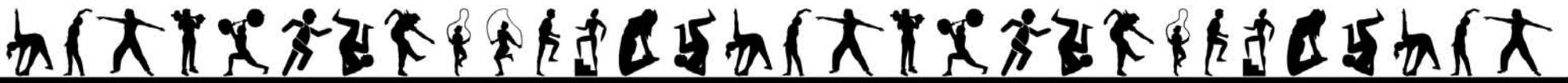
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Take a deep breath

How the Butt Out program helped one woman quit smoking for good

MCpl Tracey Pettie

After 29 years of smoking and many failed attempts at quitting, I found myself wondering, "Why is it so hard to quit?" I had read all the articles on "Smoking is bad for your health." This behaviour that used to be the "in thing" to do while socializing with friends was now an activity of the past. I struggled with the physical addiction but also with the emotional addiction. I knew I was at the point where I really didn't want to smoke anymore, however, when I would sit and think about giving it up "forever", I would become overwhelmed with excuses or irrational thoughts.

The process that leads to the final decision in quitting was almost as difficult as actually going through the quit itself. When I had quit in the past I spent very little time mentally preparing myself. This time I figured, "If I do it, I am going to do it right." I thought of all the reasons I wanted to quit and found the list was very easy to create. I found that a lot of my reasons for smoking were also a lot of my reasons for wanting to quit. I used to find it relaxing just to go outside and light up, but towards the end I found it stressful to find the time and the appropriate place. You could no longer smoke anywhere and instead of socializing I found myself on many occasions being alone.

I talked to my husband who had never smoked and told him I wanted to quit again as I needed to know he was on board as it would ultimately affect his life too. He was very supportive and told me just try. We spent weeks talking about the "what if's." There were days I had myself convinced this would be too hard and I would fail, and then other days I was confident I could do it. I needed to figure out what things made me feel unsure; it was the word "forever," along with the concern about weight gain and the enjoyment I got from smoking.

I was familiar with the Butt Out program as I had done it once before. I had lasted 6 months when I did the program and I knew it would help me with the initial quit, but to stay quit I was going to have to look within. I contacted Health Promotion and met with Kathy. At the appointment I felt comfortable talking about my goals and concerns and I didn't feel judged. We discussed what support I thought would be appropriate for me along with selecting the quitting aid most suitable for me. I chose the patch; I'd used them in the past and knew they worked for me. Patches in hand, I selected a "Quit" day. With Quit Day approaching I could feel my stress level rising. I questioned myself again, "Why quit?" I knew the answer, I just had to go through the steps and spend time on myself preparing. The day I put my patch on I remember getting into my car and immediately looking for a cigarette. It seemed as though everyone I saw that day was smoking. I wasn't craving the cigarette; it was the thought of not having it and the routine I had associated with smoking causing me anxiety. I picked up a pen and held it long enough to take the edge off. I found myself through out the day thinking about that cigarette. I received an email from Kathy asking how I was doing, and offering support. She gave me the little pep talk I needed and although I still thought about that smoke, I was reminded that I had people rooting for me.

For the next two weeks it was more of the same. I had to work through my urges. Then I started to notice things like food started to taste different, for the better; I was accomplishing more at work and I could smell when someone had just had a cigarette. I asked my co workers, "Did I smell like that?" Unfortunately I had, and the smell was not one I enjoyed. I had bad days where I found I would be angry because I just wanted one puff and knew I couldn't. When I went off the patch I still had to consciously re-

mind myself why I quit. I felt better, my clothes smelt better, saving money was a big perk and I no longer had to stand in -20 weather to have a smoke. After 6 months I was secure with the fact I was quit "forever." I started to focus on getting rid of that extra weight I put on from quitting; I was able to shed these extra pounds. I continue to have contact with Kathy for on going support and feel amazing! It has now been over a year and I have to tell you, being a quitter in this case was a wonderful thing!

For more information on the Butt Out Program please contact Health Promotion at local 4150 or join us Monday mornings, 800-1000 hrs, Bldg 63, Rm 110 for drop-in Butt Out sessions.

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22 February 2012
0800 hrs - 1600 hrs
Bldg. #135 Room #132

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

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CANFORGEN 043/09

For more information or to register contact
Health Promotion local 4150

Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif: formation des superviseurs
22 février 2012
0800h à 1600h
bâtiment 135, chambre 132

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

Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code.
CANFORGEN 043/09

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

National Défense nationale

We all have our
(ANGRY)
moments.

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

Managing Angry Moments
27 February & 5 March 2012
(MAM)

(Must attend both days.)
0800 hours to 1600 hours
Building #135, Room #132

MAM is neither a counselling nor a treatment program. Through education, it aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

For more information or to register contact Health Promotion local 4150

Gérer les moments de colère
27 février & 5 mars 2012
(GMC)

(Doivent assister aux deux jours.)
0800h à 1600h
bâtiment 135, chambre 132

GMC n'est ni une thérapie ni une thérapie ni un traitement. Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptation qui vous conviennent.

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

National Défense nationale

Nous avons tous nos moments
(DE COLÈRE).

Health Promotion in the Canadian Forces
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National Défense nationale

Top Fuel
FOR Performance

STRENGTHENING THE FORCES
Canada

Top Fuel for Top Performance
Workshop
7 & 8 March 2012
0800—1600 hrs
Bldg. #135, Room #132

Find out when, what and how much to eat to get the most out of your food and activity!

For more information or to register contact
Health Promotion
local 4150

Bouffe-santé pour un rendement assuré
7 & 8 mars 2012
0800h à 1600h
bâtiment 135, chambre 132

Venez découvrir quand, quoi et quelle quantité manger pour retirer le maximum de vos aliments et de vos activités!

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MFRC toy lending library

The Winnipeg MFRC has a toy lending library. For \$20 for a 12-month membership you have access to all kinds of toys and books, as well as passes for the Manitoba Museum and to Fort Whyte Alive. It's a wonderful way to explore the world of play with your child! For details on the toy lending library and other programs for children, call the MFRC at 833-2500 ext 4500

Playing with your child and not just observing your child at play, promotes your child's growth and your own in so many ways. Just a few reasons why it's important to promote interactive play between you and your child:

1. It promotes a sense of partnership that is both meaningful and bonding, for you both. Sometimes your child directs the play, sometimes your role is to expand on the play your child has started, it's important to follow their lead, your child knows where his/her interests lie and it's important for you as well to learn to trust what your child likes and not fall into the trap of directing the play where you want it to go.

2. An important part of play is the social aspect, your child will only get so much enjoyment out of play if playing alone and while peer interaction is a valuable part of the play dynamic, it is

just as valuable to have mom or dad, or both, join in on the play as well. Sometimes it is very easy to get caught up in our daily lives and we assume that we ARE involved in our children's routines, when really we are a passive observer vs. interactive player. By actually joining in the play with our children we are showing them that they are a priority and as much a part of our world as that load of laundry, hockey practice, or even coffee with the neighbour.

3. Play is a great way to build on life lessons, your child is at an age where play IS learning. They learn so much through play and there are so many teachings that can be passed on through play time interactions. This is a wonderful opportunity to experience the world around them, why wouldn't you want to be a part of that experience. You might be surprised not so much by what your child is learning during these experiences as what you, yourself, might take away from it.

These are just a few reasons why interactive play is important, feel free to add some reasons of your own.

Above information was provided by the High Level Toy Library website.

Upcoming MFRC Programs

CREATIVITY CAFE

Tuesday, February 28 10 am to 11:30 a.m. \$5 per person

Register and pay by February 21

This month, you'll be able to make your choice of a keychain or pendant. Come create one of a kind works of art with a little bit of ink and plastic. A sample will be available for viewing. Care is available for children 12 months and older. Please advise if it is needed when registering.

MOM'S NIGHT OUT

Tuesday, February 7 6:30 to 9:30 p.m.

Register by February 3

Come out to our first Mom's Night out of 2012.

This month the theme is chocolate! Chocolate!

Chocolate! Please bring in a chocolate dessert to share with the group.

There will be other food provided to combat the sugar rush! We will also be watching a movie. We will have some fun, food and lots of laughter.

ADVENTURE TO THE CHILDREN'S MUSEUM

Saturday, February 25 9:30 a.m.

Manitoba Children's Museum, Forks Market. \$5 per child, adults free

Register and pay by February 16

Let's bust those winter blues by keeping warm and having fun inside at the Manitoba Children's Museum. They're celebrating 'I love to read month' with special crafts and activities. If you haven't been to see the new redesigned museum, now's your chance!

DATE NIGHT CHILDCARE

WESTWIN CHILDREN'S CENTRE

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

\$8 per family

Register by February 10

Leave the kids with us while you and your valentine celebrate the day. Children 1 to 6 years old. Please call 833-2500 ext 2491 to register.

SATURDAY MOTHER GOOSE

WESTWIN CHILDREN'S CENTRE

Saturday February 4, 11, 18, 25

10 to 11 a.m.

Mother Goose is aimed at parents and their young children. (infant-5 years old) It explores the power and pleasure of rhyme, song and story along with an opportunity for some free play and socialization.

ALPHABET SOUP

MFRC, 102 COMET

Wednesdays, Feb 1, 8, 15, 22, 29 March 7, 14 9:30-11 a.m.

Register by January 26

Songs stories and Food! Parents and children will share some rhyme time then parents will prepare food and gain recipe ideas while children play. We'll come together to eat and have another story or two. The program will promote literacy, nutrition and fun!

ONGOING PROGRAMS

A PARENT COMMUNITY

Friday, February 3, 10, 17, 24 10 a.m. - 12 p.m.

A community of parents will discuss topics related to parenting children of all ages. Socialize while your children socialize with others. Childcare is provided for children 18 months and older.

DROP-IN COFFEE AND CONVERSATION

Tuesday, February 7, 14, 21, 28 at 2 p.m.

This event is designed to enable volunteers, members of the community and MFRC staff to know one another better and discuss programs and services offered by the MFRC.

CASUAL CHILDCARE

WESTWIN CHILDREN'S CENTRE

Tuesday 9 to 11:30 a.m.

Thursday 1 to 3:30

Children under 2 \$10, children over 2 \$8. Half price for each additional child from the same family. Must book 24 hours in advance. Call 833-2500 ext 2491. Need a break? This program provides care for children while you take some time for yourself. Children must be at least 1 year old to attend the Tuesday session and 18 months for the Thursday Session. Peanut free snacks and diaper supplies should be sent.

MOTHER GOOSE

300 CARPATHIA RD

Tuesdays January 17-March 20 9:30-11 a.m.

This program is for parents/caregivers and their young children (infant -5 years) Discover the pleasure and power of rhyme and song in a casual friendly setting. Parent participation required. For more information call 833-2500 extension 2491.

LET'S GO!

WESTWIN CHILDREN'S CENTRE

Tuesdays January 17- March 20 1:15-2:15 p.m.

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

CREATIVE TOTS

WESTWIN CHILDREN'S CENTRE

Thursdays, February 2, 9, 16, 23 9:30 to 11 a.m.

Parents/caregivers and children 0-5 come and join us for free play, art, songs and stories. This free drop in program is a great way to meet others and introduce your child to a group setting. Please bring a peanut free snack for your child. For more information, call 833-2500 extension 2491.

WinterFest Saturday, March 3, 2012 12 to 3 p.m.	Fête de l'hiver Samedi le 3 mars 2012 de 12 h à 15 h
Westwin Community Centre	Centre communautaire de Westwin
Activities include*: sleigh rides, snowshoeing, children's activities, ice skating, swimming, and much more!	Activités offertes*: promenades en traîneau, raquette, activités pour enfants, patinage, baignade à la piscine, et encore plus!
* weather dependent	* si la température le permet
Refreshments provided	Collation comprise
Defence team: \$2 per person \$6 per family	Équipe de la défense: 2 \$ par personne 6 \$ par famille
Public: \$3 per person \$10 per family	Public: 3 \$ par personne 10 \$ par famille
Tickets are available at the MFRC and Building 90.	Les billets sont en vente au CRFM et à l'édifice 90.
Tickets must be presented at time of entry. Tickets available for sale at the door.	Les billets doivent être présentés à l'entrée. Des billets seront également en vente à l'entrée.
For more information, contact Dana at extension 4507 or Tina at extension 2059	Pour de plus amples informations, contactez Dana au poste 4507 ou Tina au 2059.
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Royal Regina Rifles welcome their 10th Honourary Colonel

Sarah Ferguson
38 CBG

A fresh chapter was added to the history of the Royal Regina Rifles on Saturday when a new Honourary Colonel was appointed to the unit, Honourary Colonel Dumur. Honourary Colonel (HCol) Robert Cade, handed over his position of Honourary Colonel to Robert James Dumur in a ceremony presided over by Colonel Nic Stanton, Commander of 38 Canadian Brigade Group. HCol Dumur is the Regiment's tenth Honourary Colonel.

The change of command parade, attended by past and current serving members of the unit, as well as family and friends, was conducted at the Regina Armouries.

"It's been a great day so far," said a beaming Colonel Stanton after addressing the troops. "We are proud to welcome Colonel Dumur to the military family."

HCol Dumur's connection to the Canadian military began with his father, who volunteered to serve in the Canadian Forces as a tank driver when he was 16 years old. HCol Dumur's father was also involved in the liberation of Holland during the Second World War. "My connection to the Canadian military and my family's tradition of being involved with the military were what made me decide to become an Honourary Colonel," Dumur said.

"I was given the opportunity and I decided, in light of that tradition, to accept the position."

In civilian life, HCol Dumur operates Dumur Industries, a manufacturing company based in his hometown of White City, Saskatchewan. The 26-year-old company, founded by Dumur, employs 130 people. Dumur Industries also has a connection to the forces, it supplies components for the Canadian and US military related to Canadian LAV and US Stryker Brigades ground vehicles.

HCol Dumur has also served the forces in other civilian capacities. For the past two years, he was Vice President of Royal United Services Institute (RUSI) in Regina, and was on the planning committee for the Support Our Troops Gala in October 2010. He has also been a member of the Canadian Forces Liaison Council (CFLC) for over four years.

The Canadian tradition of appointing Honoraries to units originated with the British military and has been in practice for over a century. Honourary Colonels are responsible for a variety of tasks related to regimental traditions, but their main responsibility is to serve as a liaison to the civilian community, said Chief Warrant Officer Albert Boucher, Regimental Sergeant Major (RSM) for the Royal Regina Rifles.

"The Honourary Colonel of a unit serves as that unit's link to the community," Boucher said. "They make people in the community aware of who we are as soldiers, and can talk to community personnel and levels of government, and raise our concerns to those individuals in a way that we cannot. The position is an important part of our Regiment," said Boucher.

Lieutenant Colonel Dan Whittaker, Commanding Officer of the Royal Regina Rifles said that the HCol Dumur will also play a role in insuring that the unit's regimental traditions--such as ensuring that parade routes are safe before soldiers march onto the parade square-- are followed.

"Those historical traditions will be one thing that HCol Dumur will be helping the unit with; we have not had the opportunity to follow all of our regimental traditions in the past, and we plan to reinstitute those traditions with HCol Dumur's help," Whittaker said.

-Sarah Ferguson is a U or R journalism student working with the 38 CBG



HCol Dumur and Company: (left to right) CWO Albert Boucher RSM RRR; Col Nic Stanton, Commander 38 CBG; HCol Robert Dumur and LCpl Dan Whittaker CO RRR after the parade at the Regina Armouries.
Photo: Sarah Ferguson.

Together in Church

CATHOLIC

CHAPLAINS

Padre Mark Mawson (Wing Chaplain)

Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudenorio

Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

Ms Catherine Landry

W Chap Admin Assistant

Office: 833-2500 ext 5087

Masses (English only)

Tues, Weds, Thurs 1210 hrs

Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Frank Staples (UCC)

Det. Dundurn. Office 833-2500 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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

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

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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



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Taroscopes

BY NANCY

Aries (March 21 - April 19):

To determine the action to take and the route to use to get to your goal, don't automatically follow the obvious. Consider your own interests and what motivates you. A quick start fuels your resolve, and believing it is possible motivates you. Use what you have learned.

Taurus (April 20 - May 20):

You're optimistic because you've taken the ups and downs in stride and your efforts usually paid off. Look objectively at the future as you navigate through the complexities that lie ahead. Things are going to get more convoluted. Have a backup plan ready.

Gemini (May 21 - June 21):

Get a handle on what's happening in your world. Set a goal and determine how you will reach it. A sense of pressure and unhappiness grows if you don't deal with something. Heed the signs. If someone seems secretive they probably are up to something.

Cancer (June 22 - July 22):

You've learned the hard way and now you realize there are some things you can't change. Still you're free to make up your mind about how you'll proceed in future. Regain control over what is most important to you. Re-connect with a loved one.

Leo (July 23 - August 22):

Great ideas often need structure to be developed fully. Do you have all the necessary skills to "get the job done?" Those in charge may be evaluating you and tightening control of the money. If you have relied too much on luck your plans may not go the way you expect.

Virgo (August 23 - September 22):

Honor all aspects of yourself equally: physical, mental, emotional and spiritual. Explore how you can finance some of your more novel ideas. Write out a list that includes both the sensible and the more exotic. Playful problem solving will reveal solutions.

Libra (September 23 - October 23):

You've been burning the candle at both ends for so long you can no longer keep up with the people you want to impress. Focus on one or two things so your life isn't fragmented. Build in some flex time to cut down on the constant sense of urgency.

Scorpio (October 24 - November 21):

Pay attention to the physical realities in which you live. Review your finances. Do a background-check on possible partners to avoid a nasty wake-up call. Read all contracts carefully especially if you're considering a long term commitment.

Sagittarius (November 22 - December 21):

Things are not as black and white as you originally thought. In pushing yourself to grasp all the experiences you possibly could you may have lost something important. In future, consider tempering the urge to judge and act so swiftly with a bit of reserve.

Capricorn (December 22 - January 19):

If you feel in your gut that you're moving too quickly, you probably are. When you're focused you expect to reach the goals you envision. Life is rarely linear. You may be surprised at how things turn out. Still surprises can be fun. Double check your assumptions.

Aquarius (January 20 - February 18):

You're full of excitement, fired up and passionate about a creative endeavor. Be willing to stretch beyond your comfort zone. Do something new and different. Expand your repertoire. It's worth it to try and provide more of what the people want now.

Pisces (February 19 - March 20):

You're entering a time of love and peace. Relax and allow things to gently unfold. Pick the direction you want to go; then emulate the hawk who soars on the currents. Do things that contribute to a sense of wellbeing and joy and see where this takes you.

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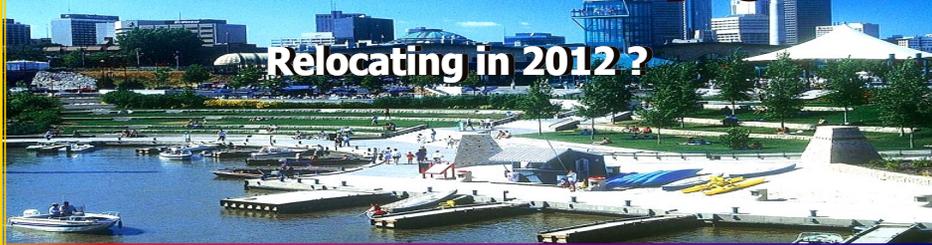
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