



THE VOXAIR

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Accidental Milestone at 17 Wing



402 Squadron took flight on 16 March 2016 with an aircrew where 6 out of 8 members were female. Please see complete story on page 2.

1st Row: Capt Melissa Couturier, 2Lt Karina Dabolins, 2Lt Paige Campbell, 2Lt Abigail Edwards, Capt Jennifer Finateri, Capt Geneviève Dussault. 2nd Row: Capt Hooman Shirazi, 2Lt Chris MacKnight. Photo: Capt Geneviève Dussault

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Cvet's Pets Help Veterans With PTSD

Martin Zeilig, Voxair Photojournalist

Sergeant Bill Nachuk credits his dog, a blue heeler named Gambler, with saving his life, just another reason *Canis lupus familiaris* has earned the title of "Man's best friend."

Sgt Nachuk and Gambler, currently based at CFB Gagetown, were present at the Canadian Armed Forces Appreciation Night at the MTS Centre on March 6 for the Winnipeg Jets vs. Edmonton Oilers hockey game. They were present at a table which was sponsored by Cvet's Pets in the lobby during both intermissions.

"Cvet's Pets is proud to partner with Canadian programs connecting military veterans and Canadian first responders diagnosed with post-traumatic stress disorder (PTSD) with highly trained medical-service dogs," says the organization's website.

"At Cvet's Pets, we believe that we should support the men and women who have given so much for our country. While we assist any service-dog handler who reaches out to us, our focus is on furthering the training of service dogs that are rescued from animal shelters, trained by volunteers, and donated to the individuals who need them."

Former Canadian Football League lineman Chris Cvetkovic founded Cvet's Pets four years ago when he was a long snapper with the Winnipeg Blue Bombers.

"I'm a big animal guy," Cvetkovic, who runs a contracting company, said during a telephone interview. "We geared most of our efforts toward military vets and First Responder PTSD. We provide them with all the supplies they need to own a dog. We do everything possible to supply them with a canine first aid kit, crate to transport the dogs, leash, collars and everything they need to own a dog. We provide it all for free. It is a way of serving those that have served our country."

Each year in the spring, Cvet's Pets hosts Ball for the Brave, a fundraising gala in support of the Cvet's

Pets Helping Vets program. Money raised is used to provide soldiers with a the service-animal starter kit. In 2014, over \$20,000 was raised at Ball for the Brave, says the organization's website,

They also raise awareness and are working to provide additional housing for veterans coming to Winnipeg to train with service dogs.

"We're not just a one shot organization," said Cvetkovic, commenting that Cvet's Pets, which has a three person board of directors, donates 90 percent of every dollar raised towards its programs.

He emphasized that Sgt Nachuk is a big reason why he continues to do what he does with Cvet's Pets.

"He's one of the guys who have given me the privilege of listening to his story, and doing what I can. Bill educated me on what PTSD is and what it does. He's a good person and a strong advocate for using service dogs to help those with PTSD. He's a very selfless person."

Sgt Nachuk, who's in transition to be released from the CAF, noted that Gambler is the first PTSD service dog ever recognized by the CAF.

"He's been certified since 2011," he said during the first intermission.

"He's saved my life," Sgt Nachuk said of Gambler. "He's allowed me to get back into the public again, and get back to normal living."

Many people approached the Cvet's Pets table while the interview was being conducted, curious about Sgt Nachuk and Gambler, who sat calmly at his owner's side. They also had an opportunity to converse with CFL players Kito Poblah, Carly Volny, and Eddie Steele. Jayme Galloway (Top 10 Canada's Hot & Fit Team Canada Bikini and winner of the 2009 Arnold Amateur Figure) and Chris Cvetkovic were also on hand to talk about the program.



Sergeant Bill Nachuk with Gambler, the first PTSD service dog to be recognized by the CAF, manning the Cvet's Pets for Vets booth at the MTS Arena on March 6, 2016. Photo: Broose Tulloch, Voixair

Women Take Flight with the RCAF at 402 Squadron

Captain Geneviève Dussault

On 16 March 2016, 402 Squadron (Sqn) conducted a special flight! Only once the crew list was finalized did someone realize how special this flight was going to be. Why you may ask? This was because the crew list was comprised of three female students, two female instructors and one female pilot. Consequently, there was going to be a total of six female crew members on a flight of eight aircrew! We could not have planned it better, given the fact that it happened the week following International Women's day. The aircraft captain position was the only aircrew seat that could not be filled by a



A Dash-8, similar to the one flown by 402 Squadron, takes to the air. Photo: Supplied

woman, which is an astounding accomplishment for 402 Sqn. March 16th, 2016 thus marked an important milestone for women in the RCAF.

This particular flight was the first opportunity for the students to showcase their tactical knowledge and skills, important aspects in the development of Air Combat System Officer (ACSO). The seven attributes of an ACSO are the following: Air Leadership, Decisiveness, Information Management, Problem Solving, Risk Management, Spatial Awareness and Tactical Awareness. On this flight, students were asked to prepare and execute a Tactical Air Navigation (TAN) mission designed to introduce the tactical concepts of mission planning, low-level navigation, tactical communications, and tactical leadership utilizing the seven attributes of an ACSO. There is no doubt that all tactics flights at 402 Sqn are very challenging! The students are employed in two different crew positions, Tactical Navigator and Navigator-Communicator in the tactics phase. This phase is their last one prior to the graduation and instructors are making sure that they have what it takes to become ACSO. This training mission on 16 March 2015 was extremely successful and all four ACSO students passed. They now have only 12 training missions remaining before graduation.

Also, all the women on that training mission are

part of the 17 Wing Womens Volleyball team!

There have been remarkable milestones in the last few years regarding women in the RCAF. To name a few, here are some recent memorable moments:

In 1995, Chief Warrant Officer Linda Smith became the first woman in the CAF to be named Wing Chief Warrant Officer. It was at 17 Wing Winnipeg.

In 2006, Lieutenant-Colonel Tammy Harris became the first woman Wing Commander in the RCAF, assuming command 9 Wing Gander in Newfoundland.

In April 2014, Major-General Christine Whitecross became Canada's first female "three-leaf" air force general. She started her career as a Construction Engineer. She was the first female Commanding Officer of 1 Construction Engineering Unit in Moncton, NB and also the first female Commander of Joint Task Force North in 2006.

In May 2015, Brigadier-General Lise Bourgon assumed command of Joint Task Force-Iraq (JTF-I). She is a RCAF maritime helicopter pilot who broke many barriers in her long career. She was the first female Commanding Officer of 406 Maritime Operational Training Squadron and became the first female Wing Commander at 12 Wing Shearwater, N.S. in 2013.

In the summer of 2015, Lieutenant-Colonel Marie-Claude Osmond was promoted to her current rank. Not only is she the first female to reach that rank in the Long Range Patrol community, but she will also assume Command of 405 (LRP) Squadron in the summer of 2016. She is an ACSO that received her Wings from CFANS (now 402 Sqn) in 1993.

As of January 2014, the percentage of women in the CAF (Regular Force and Primary Reserve) was 14.8%. The RCAF comprises the highest percentage of women at 18.7 percent (RCN-18.4%, CA-12.4%). The flight on 16 March 2016 was really out of proportion when we look at those statistics, with 75% of the crew being women. Be they men or women, 402 Sqn shares a common goal – to generate wings-qualified ACSOs and AES Ops to support RCAF operations at home and abroad.

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FlightPro Scheduling Software Installed at 402 Squadron

Major David Dunwoody

402 Squadron reached a milestone on 11 March 2016 becoming the first Squadron in the RCAF to install Ocean Software's FlightPro scheduling tool on the Defence Wide Area Network (DWAN). While many squadrons in the RCAF use FlightPro all versions are located on the classified network. The unclassified FlightPro version allows 402 to better track the qualifications of instructors, currencies of aircrew, the progress of ab initio Airborne Electronic Sensor Operator (AES Op) and Air Combat System Officer (ACSO) students and manage the scheduling of classrooms, trainers and flights.

FlightPro is a versatile tool that allows the staff and students at 402 Squadron to review their schedules for flights, trainers and classrooms. FlightPro tracks the currencies of aircrew, allows supervisors and schedulers to see availabilities and qualifications of all members and sends updates to aircrew on critical notices, missions and documents. Instructors use FlightPro to enter and monitor student progress and assessment. What makes it truly powerful is all of this information is linked and tracked in one tool. The system will immediately notify the scheduler if they select an instructor without the proper qualification for the mission. Instructors with appointments are quickly identified if they are unavailable. Course directors can review the progress of their students and note anyone whose currency may expire in the near future. All of this data is displayed in real time.

The FlightPro implementation began in early

The screenshot displays the FlightPro software interface. At the top, it shows the date 'Monday, February 22, 2016' and 'Sunday, February 28, 2016'. Below this is a table titled 'Weekly Flying Program (Times Lock)' with columns for 'Monday (08:00-10:00)', 'Tuesday (08:00-10:00)', 'Wednesday (08:00-10:00)', 'Friday (08:00-10:00)', and 'Saturday (08:00-10:00)'. The table contains various entries for flight operations, including aircraft types like 'C-130' and 'C-119', and instructor names like 'Major Dunwoody'.

FlightPro – Weekly Flying Program

2015 at 1 Canadian Forces Flying Training School (1 CFFTS). At the time, 1 CFFTS was using multiple Excel spreadsheets, separate documents and an Access database to track leave, appointments, qualifications, student progress and course flow. To build a schedule, multiple programs had to be opened and information copied and pasted into new documents prior to publishing the schedule. The challenge was in tracking any changes. If a member made a change to one document while another was being updated, the change would not be captured. Furthermore, much of the information was not captured electronically, including student progress and aircrew information files. To add to the complexity was that 1 CFFTS managed three separate ab initio courses: Basic AES Op Qualification Course, Intermediate AES Op Qualification Course and the ACSO Course. A proposal was submitted in early 2015 to acquire FlightPro to combine and improve all of these tools into one.

In August 2015, 1 CFFTS amalgamated with 402 Squadron. The amalgamation presented new challenges as information had to be shared between two different buildings. 402 Squadron had different processes and tools to schedule flights and aircrew. With the amalgamation there became one merged Operation Section and even more documents to track information.

Change is opportunity to improve upon the way things were done. 402 Squadron received approval for FlightPro in September 2015. The FlightPro Team arrived from Ottawa in November to assess our requirements and processes. They interviewed staff, observed training and learned our procedures. Their goal was to design a product that worked with and did not replace our processes. They were extremely careful to capture our requirements and build us the product we needed.

One of the most challenging aspects of the implementation was installing FlightPro on the DWAN. This would be the first time the software would be installed on an unclassified network within the RCAF. As a training squadron, 402 does not contain classified information regarding schedules and currencies. Through vigilance and hard work on the part of the FlightPro team, 402 Squadron and other agencies the installation on DWAN was a success.

The FlightPro team returned in late February to train 402 and install FlightPro. On 11 March 2016, FlightPro went live and became the single tool for scheduling missions, authorizing flights and tracking all currencies, qualifications and appointments. All information is now linked and coordinated through FlightPro and accessible on the DWAN. Student performance and information files are now digitized. This is proving to be a time saver as instructors can review student progress and confirm all currencies prior to a flight from their desks.

The FlightPro team continues to provide support and assistance as 402 Squadron works through the transition with FlightPro. Since the launch, trainers, classrooms and missions have all been authorized and approved through FlightPro. Qualifications are quickly updated. Instructors have immediate access to the student's current progress and assessments.



LCpl Kyle Rosenlund, CO 402 Sqn, Signing FlightPro Acceptance Certificate. Photo: Supplied

402 Squadron is proud to be the first unit in the RCAF to use FlightPro on the DWAN and to continue finding innovative ways to modernize training and generate wings qualified AES Ops and ACSOs to support RCAF operations at home and abroad.

April Fool's Sports Trivia

Tom Thomson and Stephen Stone

1. Which player was red-carded and sent off for head-butting an opponent in the final of the 2006 FIFA World Cup?
2. Which player received a nine-match suspension for biting an opponent in the 2014 FIFA World Cup?
3. What is the greatest number of own goals ever scored in a single soccer match?
4. Which golfer submitted an incorrect scorecard costing him the opportunity of a playoff in the 1968 Masters Tournament?
5. At the 2008 LPGA State Farm Classic, this player shot 67, 65, and 67 in her first three rounds. She forgot to sign her scorecard and was disqualified. Who was she?
6. Which golfer was leading the 1985 U.S. Open on the final day by four strokes, double-hit a chip shot on the fifth hole scoring a quadruple bogey eight and lost the tournament by one stroke?
7. Which LPGA golfer had to make a one-foot putt on the 72nd hole to seal her first major title at the 2012 Kraft Nabisco Championship, had the putt lip out, and lost the title in a playoff?
8. Which golfer's infidelity is estimated to have cost shareholders in companies he endorsed between 5 and 12 billion dollars in lost share value?
9. Which golfer needed a double bogey six to win the 1999 Open Championship at Carnoustie, Scotland to become the first Frenchman to win the tournament since 1907?
10. This Dallas Cowboys defensive tackle really goofed in the Super Bowl XXVII. He recovered a fumble on the Dallas 38 and rumbled toward the Buffalo Bills end zone for an apparent 62-yard touchdown. He held the ball straight out to the side as he approached the goal line. The ball was swatted out of his hand by Buffalo receiver before he could score. Who was the Dallas tackle and the Buffalo receiver?
11. This first base umpire's blown call in the ninth inning of game six of the 1985 World Series gave the Kansas City Royals a chance to win the game and play in game seven. The Royals beat the St. Louis Cardinals in game seven to win their first ever World Series title. Who was the umpire?
12. In the 1992 World Series, Dion Sanders of the Atlanta Braves was tagged by Kelly Gruber of the Toronto Blue Jays to complete a triple play. Although video replay (on TV as it was not in use by MLB until 2015) showed the tag was made, the second base umpire called Sanders safe. Who was the umpire?
13. On June 2, 2010, Detroit Tigers pitcher Armando Galarraga was robbed of a perfect game with two out in the ninth inning against the Cleveland Indians by the first base umpire. Who made that bonehead call?
14. Which pitcher gave up Joe Carter's come-from-behind home run in game six of the 1993 World Series, which gave the Toronto Blue Jays victory in both the game and the Series?
15. This MLB player was caught twice in the 1989 season with the hidden ball trick at first base – once by Greg Brock of the Milwaukee Brewers and the second time by Dave Bergman of the Detroit Tigers.
16. On August 10, 1995, a game was forfeited to the St. Louis Cardinals because unruly fans threw souvenir baseballs on the field. Who was the manager and the team which forfeited the game?
17. Which heavyweight boxer was disqualified from a world title fight for biting his opponent on both ears?
18. In the 2013 Stanley Cup playoffs, this Los Angeles Kings goalie mishandled the puck giving it to a St. Louis Blues player who was killing a penalty in overtime. The St. Louis player scored, giving the Blues a 2-1 victory. Who was the goalie and who scored the goal?
19. In 2008, which Toronto Maple Leafs goalie allowed Rob Davidson of the New York Islanders to score a short-handed goal on a 197-foot shot from behind his own goal?
20. Just to show even the best can have a brain cramp, which Chicago Black Hawks star scored an empty net own goal?

April Fool's Sports Trivia Answers on page 14

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

Drop us a line at 204-833-2500 (ext. 6976) or
send us an e-mail at voxair@mymts.net

Clothing Stores Dresses the Wing



Sergeant Colette Van Berkel replaces inventory to the stores manually. Photo: Martin Zeilig

Martin Zeilig, Voxair Photojournalist

A tour through the back aisles of the 17 Wing Clothing Stores (CS), located in Building 129 (Wing Logistics and Engineering), reveals rows upon rows of high metal shelving stuffed with stock-- everything from long sleeved fire retardant Naval unisex shirts wrapped in plastic, to suspenders, waist belts, boots, boxer shorts, berets, T-shirts for Army, Air Force and Navy, Kit Ear Defenders for Aural Protection, and much, much more.

They outfit the CAF, at least those military personnel in the area and the USA.

"When people are coming in for more than half a dozen or so items, they make an appointment in advance," said Sergeant Colette Van Berkel, the NCO IC of clothing stores, during an interview amongst the apparel stocked shelving. "We put them on our computerized calendar and then we deal with them as they come in for their appointment. We definitely take care of all the walk-ins too. They may require an exchange or the initial issue of a piece of kit. Perhaps they are exchanging a pair of boots or combat pants or maybe they have come in for their yearly issue of T-shirts."

It's a fun place to work, according to civilian employee Randy MacDonald, a former long-time member of the 2nd Battalion Princess Patricia's Canadian Light Infantry, and one of several front counter personnel out of a total staff of 10, including rear warehouse workers and a full time tailor, Chiara Maffiola.

"I've been here for five years now," he said with a broad toothy smile while attending to the needs of a CAF member who required some clothing apparel. "I like meeting new people all the time, and making jokes with the customers and having a good rapport with them."

Aviator Alex Holloway, who was posted here recently for a week of training, said working at the front counter was a "big change" from working in the adjacent warehouse where a lot of bulkier items, such as barrack boxes and sleeping bags, are stored.

"It's a lot of fun here because I'm dealing with customers one on one," said the slim, fresh faced young man.

All front counter staff have their own computerized work stations.

Sgt Van Berkel, whose 2 IC is Master Corporal Jen Inman, noted that when people lose an item of their kit, they have to fill out a Miscellaneous Loss Report.

"When someone comes in whether they're getting something issued for the first time or it's an exchange, we bring up their individual account," she explained. "They're identified by their service number, and then we're able to do the return or issue the item right on the spot."

Sgt Van Berkel has to make sure there are enough people on the front counter to, as she said, deal adequately with the customers.

"I don't want people waiting any longer than they need to wait," she emphasized. "When people on the base think of Supply, they think of Clothing Stores. But, it's important to note that there are many other sections that make up the WLE Supply section. We are only one segment. What I instill my staff with is that we're here to provide customer support."

They're the face of supply to personnel on 17 Wing.

JOINT TASK FORCE X (JTF X) RECRUITING AND INFORMATION CAMPAIGN 2016

Throughout 2016, Joint Task Force X (JTF X) will conduct a cross-country recruiting and information campaign, visiting various units and formations.

RECRUITMENT AND INFORMATION BRIEFING – TEC Bldg 135 Netherlands Theatre, 20 April 2016, 1400hrs-1600hrs, and 1900hrs-2100hrs

The aim of the recruitment and information briefing is:

- To provide information to prospective candidates interested to become Source Handlers or Interrogators, as well as CAF members interested to be posted within the varied supporting positions within the unit;
- The application, selection and training process; and,
- Broad overview of the Human Intelligence function and activities; and,
- Personal and professional advantages of a posting to JTF X

If you have any questions about the briefing/venue/timings, please contact:

Capt J.Y.A. Bilodeau
JTF X Recruiting and Selection Officer
613-541-5010 ext 7803
alain.bilodeau3@forces.gc.ca

The briefing is for military personnel only. All present are to provide a valid military ID Card and sign the attendance registry too attend the briefing.

CAMPAGNE DE RECRUTMENT ET D'INFORMATION - FORCE OPÉRATIONELLE INTERARMÉES X (FOI X)

Durant 2016, la Force Opérationnelle Interarmées X (FOI X) conduira une campagne de recrutement et d'information, visitant plusieurs unités et formations.

BRIEFING DE RECRUTEMENT ET D'INFORMATION – édifice 135 Théâtre Netherlands, 20 avril 2016, 1400h à 1600h, et 1900r à 2100h

Le but du briefing de recrutement et d'information est de:

- Donner de l'information aux candidats prospectifs intéressés à devenir des Spécialistes d'Exploitation de Sources ou Interrogateurs, ainsi que tous membres des FAC intéressés à être mutés dans un des postes de support variés;
- Le processus d'application, sélection et d'entraînement;
- Aperçu général de la fonction et activités de Renseignements Humains; et
- Avantages personnels et professionnels d'une mutation à la FOI X.

Si vous avez des questions à propos du briefing/location ou temps, SVP veuillez contacter :

Capt J.Y.A. Bilodeau
Officier de Recrutement et de Sélection FOI X
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Research in the High Arctic



Tim McCagherty, Acting Chief of Arctic Logistics Polar Continental Shelf Program, displaying two fossils, Titaalik and Puijila darwini, both of which were discovered by palaeontologists in the high Arctic within the past decade. Photo: Claire Lussier

ing Centre (ATC) which opened in early 2014.

The ATC facilities include accommodations for up to 140 DND/CAF personnel, a dining and recreation building, 1100 square metres of warehouse space for mechanical work, vehicle storage, classrooms, briefing rooms and an Operations Centre.

The ATC was developed through a partnership that came into being in 2010 between the Canadian Army and Natural Resources Canada, which had an existing facility housing its Polar Continental Shelf Program. The ATC is an expansion of that facility, which NRCan will continue to own and maintain.

In accordance with Natural Resources Canada's legislative authorities, the PCSP coordinates field logistics in support of advancing scientific knowledge and management of Canada's lands and natural resources, Tim McCagherty, Acting Chief of Arctic Logistics PCSP explained during an interview in the Operations Centre, attached via a connecting enclosed walkway to the PCSP's large central warehouse.

"The PCSP was initiated nearly 60 years ago as a request from the U.S Government," he said. "After sputnik was launched the Americans realized in a very large way that they had to get into the space race so they actually came to the Canadian government to look for geomagnetic details and information. So, the Polar Continental Shelf Program was initiated. It started doing scientific research in the Canadian Arctic in 1958."

At one point during his talk, McCagherty brought out two fossils, Titaalik and Puijila darwini, from a cabinet drawer.

Puijila, which was related to modern day seals, was discovered on Devon Island by Dr. Natalia Rybczynski a paleontologist at the Canadian Museum of Nature in Ottawa.

Titaalik, which lived 375 million years ago, was discovered by scientists from institutions in the U.S. on Ellesmere Island. It was a transition species between fish and four legged land animals, McCagherty observed. Both of those creatures lived at a time when the Arctic was a warm and swampy environment centered on the equator.

Besides paleontology, the PCSP, which also has a full size "state-of-the art" laboratory on site, supports a wide range of other scientific research throughout Canada's Arctic (and subarctic) regions.

For example, a study called "Climate change im-

pacts on the health and productivity of Lake Hazen, Ellesmere Island" is headed by Kyra St. Pierre and Lisa Strostek (University of Alberta). Dr. Steve Ferguson (Fisheries and Oceans Canada out of Winnipeg) is the lead investigator in a Cumberland Sound beluga survey. Meanwhile, Mark Ednie (NRCan) is looking at the "State and evolution of Canada's Glaciers- Mass Balance of the Penny Ice Cap" on Baffin Island.

These and numerous other ongoing projects are described in the glossy, illustrated pages of the 2014 PCSP Science Report.



Lieutenant-Colonel Luc St.-Denis explaining the relationship between the ATC and the PCSP during a press conference in the PCSP main office at Resolute. St.-Denis is with the Canadian Army Doctrine and Training Centre at CFB Kingston and was the construction project manager for the Arctic Training Centre. Photo: Claire Lussier

Meanwhile, the PCSP will coordinate terrestrial field logistics for the CHARS science and technology program. CHARS- supported scientists will have access to the PCSP's logistical services and field equipment, McCagherty noted.

"Looking to the end of the twenty-first century, it is highly likely that climate change will transform the North's physical and economic world," Robert M. Bone, professor emeritus in the Department of Geography at the University of Saskatchewan, writes in *The Canadian North: Issues and Challenges* (Oxford University Press 2016).

That is something understood by Prime Minister Justin Trudeau and U.S. President Barack Obama.

"Canada and the U.S. will work to develop this year a shared and science-based standard for considering the life-cycle impacts of commercial activities in the Arctic," said the U.S.-Canada Joint Statement on Climate, Energy, and Arctic Leadership announced by both leaders during their summit in Washington, D.C. on March 10. It also calls for, among other things, conserving Arctic biodiversity through science-based decision making.

The scientific research that has been taking place for years now throughout the Canadian Arctic is helping us better understand what we must do to manage the future in that fragile and rapidly changing region.

Martin Zeilig, Voxair Photojournalist

Cambridge Bay was selected as the site for the new "world class" Canadian High Arctic Research Station (CHARS), a \$142.4 million project scheduled to open in 2017, said a government media release two years ago.

The Canadian High Arctic Research Station Act, which came into force on June 1, 2015, established Polar Knowledge Canada, a new federal research organization that combines the mandate and functions of the Canadian Polar Commission and the Canadian High Arctic Research Station program at Aboriginal Affairs and Northern Development Canada.

This new organization is responsible for "advancing Canada's knowledge of the Arctic and strengthening Canadian leadership" in polar science and technology.

But, on a trip to Resolute Bay, Nunavut, February 13-18, 2016, a group of journalists from Winnipeg and Edmonton discovered that science research has been happening in the high Arctic for decades now.

There to cover the Canadian Armed Forces Exercise Arctic Ram, we were housed at the CAF's Arctic Train-



The Inuit hamlet of Resolute (Pop) on Cornwallis Island in Nunavut is located at the northern end of Resolute Bay and the Northwest Passage. The Poilar Continental Shelf Program / Arctic Training Centre is several kilometres inland from the community. Photo: Master Corporal Louis Brunet

<p>17 WING JUNIOR RANKS</p>	MONDAY – THURSDAY	SATURDAY – SUNDAY
	Lunch 1130 – 1300 hrs	CLOSED
	Afternoon 1500 – 1900 hrs	Hours will fluctuate on nights with scheduled events
	<i>(Hours may be extended to 2200 hrs depending on attendance)</i>	Pool Tables Air Hockey Foosball Cable TV Shuffleboard WIFI Internet WII Games TGIF's
	FRIDAY	
Lunch 1130 – 1330 hrs		
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Air Show Returns

Nadya Baspaly

This year's Manitoba Airshow 2016 will seek to promote the education and passion of flight to the next generation. Given that there has not been an airshow in Manitoba of this magnitude for almost a decade, the opportunities to do so are seemingly limitless! Led by the passion and drive of the Manitoba 99's, a chapter of the International 99s Organization of Female Pilots, and fuelled by a desire to ignite the spark of aviation in the hearts of our young people, our airshow is sure not to disappoint. Educational tents and exhibits will be prevalent throughout the show, where young people can learn the basics of aviation and have an opportunity to sign on the learn more.

This year's airshow will feature exciting aerobatics displays by the Snowbirds and our own Canadian Forces CF-18 Demo Team. As well, spectators will be treated to invigorating and adrenaline pumping demonstrations by the Sky Hawks Parachute Team and a search and rescue demonstration involving our Canadian Forces Search and Rescue Technicians along with a CC-130 Hercules. In addition to these heart stopping displays of aviation and military excellence, the airshow will also feature a variety of static and cultural displays that are sure to create excitement at any age.

Through these exhibits, our passion, and of course the excitement created by the whoosh of CF18s and Snowbirds overhead, our airshow will live our mission: to educate, inspire, and promote the passion of flight! The Manitoba Airshow is June 4th, in Portage la Prairie Manitoba. Tickets and further information is available at www.MBAirshow.com



What's in a Box? A lot if it is Box 43 of your T4!

Pierre S. Goulet, Associate VP, SISIP Financial

Back in 2004, legislation was passed awarding tax exemptions to Canadian Armed Forces (CAF) members on hazardous and moderate to high-risk missions. At the time of its introduction, some 3,000 CAF members and police officers qualified for this tax break; the goal being to improve "quality of life" for those who risk theirs, in defence of Canadian interests... A noteworthy and altruistic goal, for sure!

For personnel deployed on high-risk missions (those assessed by the Department of National Defence as carrying a risk score between 2.50 and 4.00), tax relief is automatically provided for the period during which the mission is assessed as being "high-risk".

For moderate-risk missions (carrying a risk score between 2.00 and 2.49) tax relief is provided when the mission has been designated as such by the Minister of Finance, and only for the period during which the mission is assessed as being "moderate-risk".

For eligible CAF members (those who fit either of these two mission categories) this means that they may claim a deduction against their taxable income in respect of income earned. In other words, the income earned during the members at risk mission is deemed non-taxable (tax-free). As such, the amount shown in Box 43 of your T4 slips will be deducted from earned income and therefore they will have less income tax to pay. For Quebec residents, the same amount should appear in Box A-7 of your RL-1 slip.

The resulting surplus in funds is a great boon and provides members with considerable savings opportunities to plan for their future... For planning strategies to fit your financial needs, consider a visit to your on-base/wing SISIP Financial advisor or online at www.sisip.com

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2 CAD Honours and Awards



Brigadier-General David Cochrane presents Major Philip Dawes the 2nd Clasp of the Canadian Forces Decoration with Chief Warrant Officer Pierrot Jette during the 2 CAD Honours and Awards ceremony held at 17 Wing, Winnipeg on February 29, 2016.
Photo: Corporal Paul Shapka



Brigadier-General David Cochrane presents Master Warrant Officer Miina Piir the 2nd Clasp of the Canadian Forces Decoration with Chief Warrant Officer Pierrot Jette during the 2 CAD Honours and Awards ceremony held at 17 Wing, Winnipeg on February 29, 2016.
Photo: Corporal Paul Shapka



Brigadier-General David Cochrane presents Lieutenant-Colonel Todd Murphy the 1st Clasp of the Canadian Forces Decoration with Chief Warrant Officer Pierrot Jette, during the 2 CAD Honours and Awards ceremony held at 17 Wing, Winnipeg on February 29, 2016.
Photo: Corporal Paul Shapka

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Brigadier-General David Cochrane presents Master Warrant Officer Randy Reisch (with wife) a RCAF Commanders Commendation with Chief Warrant Officer Pierrot Jette during the 2 CAD Honours and Awards ceremony held at 17 Wing, Winnipeg on February 29, 2016.
Photo: Corporal Paul Shapka



Brigadier-General David Cochrane presents Capt Kyla Josephson the 1st Clasp of the Canadian Forces Decoration with Chief Warrant Officer Pierrot Jette during the 2 CAD Honours and Awards ceremony held at 17 Wing, Winnipeg on February 29, 2016.
Photo: Corporal Paul Shapka

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Portuguese Veterans Association Banquet



Martin Zeilig, Voxair Photojournalist

As he slowly flipped through the protective plastic wrapped pages of a photo album, Luis Vicente, Vice President of the Portuguese War Veterans Association (PWVA), reflected on a time over 40 years ago as revealed in the black and white and colour snapshots.

There were other such albums and related memorabilia, including medals and military citations, as well as the crossed flags of Canada and Portugal, set up on covered tables by the stage on March 19 at the annual dinner in support of the PWVA held at the Portuguese Association of Manitoba hall at 659 Young Street.

Over 350 people, including representatives of 17 Wing, the Winnipeg Police, the RCMP, a table of former Canadian Forces U.N. Peacekeepers, Andrew Swan, MLA Minto, Special Envoy for Military Affairs of Mani-

toba, and numerous others were in attendance. Musical entertainment prior to the dinner was provided by the RCAF Band jazz combo.

Mr. Vicente was a paratrooper with the Portuguese Air Force in Angola during the Portuguese Colonial War (Guerra Colonial Portuguesa), also known as the Overseas War (Guerra do Ultramar) or in the former colonies as the War of Liberation (Guerra de Libertação).

"The prevalent Portuguese and international historical approach considers the Portuguese Colonial War as a single conflict fought in three separate theatres of operations (Angola, Portuguese Guinea, and Mozambique)," says online information.

"Everything was different then," said Mr. Vicente, who works for Manitoba Hydro as an underground cable installer, and moved to Winnipeg with his wife, Teresa, in 1979. "I was young, 18, years old. I left at age 24. Everybody had to join the Portuguese army because of conscription."

Archbishop Richard Gagnon, who along with Captain Padre Paul Gemmiti, from 17 Wing, gave the pre-dinner blessing, mentioned that the entire hall was "full of memories." He also praised the dedication of people serving their country now, and those who have served in the past.

The delicious four course dinner, prepared in the centre's kitchen by volunteer chefs Manuel and Arminda Domingues, consisted of creamy spinach soup, fresh garden salad, roast beef and chicken with roasted potatoes and steamed carrots and broccoli with gravy, and a dessert of a delicate lemon cake with white icing topped with chopped walnuts.

During the entire evening a series of slides showing scenes of Portuguese military personnel, including some members of the local PWVA, from years ago in Africa were shown simultaneously on opposite walls.

After dinner entertainment included two student dancers from the Mulvey School Pow Wow Club, young violinist Katie Bazin, singer Joao Pimentel, Henrique Dutra & Sebastiao Vieira, a cultural performance (Portuguese folk dances) by APM Ranch Juventude, plus a power point slide show from the Portuguese Armed Forces (Forças Armadas Portuguesas).

"The Portuguese community has been like a family to me since I've been here," said former 17 Wing Commander Colonel Joël Roy, who works at 1 Canadian Air Division.

"I'm really glad to be invited here."

He was presented with a framed citation in recognition of his efforts in promoting friendship with the PWVA over the years.

"It's a great honour to be here and to bring greetings on behalf of 17 Wing," said 17 Wing Commander Col Andy Cook during a formal presentation after dinner. "I hope to continue the strong ties between 17 Wing and the Portuguese War Veterans Association."

He also mentioned that Portugal is one of the "most beautiful" countries he's ever visited.

"The military community has benefitted greatly from their support," Col Cook, who was with his wife, Tracy, at the event, said in a brief interview later. "I hope to see their (continued) involvement at 17 Wing."

435 Squadron Change of Command



Incoming 435 Sqn Commanding Officer Maj M.R Sampson, 17 Wing Commander Colonel Andy Cook and outgoing 435 Sqn CO Lieutenant-Colonel Brent Andrews, sign the Change of Command Certificates during the ceremony on March 24th, 2015, at the 17 Wing Officers' Mess. Photo: Cpl Darryl Hepner.

Bill McLeod, Voxair Manager

Major Michael Sampson assumed command of 435 (Transport and Rescue) Squadron from Lieutenant-Colonel Brent Andrews at a small ceremony in the 17 Wing Officers' Mess on the afternoon of 24 March 2016.

The Reviewing Officer for the CoC was 17 Wing Commander Colonel Andy Cook, a former pilot of 435 Sqn himself with 1800 flying hours on the CC-130 Hercules.

Following the national anthem and the benediction by Chaplain Capt Leslie Fox the ceremony began with the handing over of the sqn colours from LCol Andrews to Maj Sampson. The Commanding Officers and the Wing Commander then signed the certificates.

(continued on page 10)



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435 Squadron Change of Command

(continued from page 8)

"This is probably the most efficient and quick Change of Command parade I've seen in a long time," said Colonel Cook. "While most of us military folks love efficiency and we like getting right to the point and accomplishing the mission... I'm making light of some of the issues that we face today."

"The most notable thing is, we're not on parade today. And why are we not on parade today?" Col Cook continued. "The reason we're not on parade today is because 435 Squadron is one of the most operational squadrons in the Royal Canadian Air Force and there really aren't enough people to mount a proper parade."

Col Cook went on to talk about some of the challenges that 435 Sqn is presently facing and will be facing in the future and to thank LCol Andrews for his leadership of the squadron and welcomed Maj Sampson to his new command.

"The past 20 months have been challenging," LCol Andrews said when spoke to the assembled guests in the Officers' Mess. "Having command of an operational squadron is truly the pinnacle of my air force career. It's not an easy job and it's not always a fun job, but it is an immense source of pride."

LCol Andrews reminisced about his speech from the parade when he first assumed command of 435 Sqn. He said he told all the squadron members on parade at that time that they would never remember what he said.

"In the past 20 months I went to several members of 435 Squadron and guess what? Nobody remembered what I said," LCol Andrews said, getting a laugh from the guests.

LCol Andrews said when he sat down to write his speech for this CoC he only wanted people to remember one thing, that he said thank you to the squadron. He then thanked the armament flight, the maintenance team, the SAR Techs, the loadmasters, flight engineers, pilots, air combat systems officers, and the RMS clerks in the orderly room.

Maj Sampson addressed the guests last.

"This position is truly an honour and not one that I take lightly," he said. "I never foresaw myself being in this position at this particular time."

"I have seen the outstanding proficiency and professionalism that exists and resides in the members at 435 Squadron," said Maj Sampson. "I have experienced this first-hand while traveling and working with the various aircrew and ground crew on the missions I have been on. I have witnessed the drive, determination, and commendable ethics that I've seen, even during sporting and social events."

1 CAD A4 CE Infrastructure Stand Down

Martin Zeilig, Voxair Photojournalist

After more than 50 years of service, the 1 CAD A4 Construction Engineering Infrastructure (A4 CE Infrastructure) section stood down within the RCAF. On 1 April 2016, the mandate and methods of the former A4 CE Infrastructure shifted to a new paradigm.

ADM(Infrastructure & Environment), (ADM(IE)), as the sole custodian of DND infrastructure, perpetuates the infrastructure support mission through its various Directorates, and the personnel of A4 CE Infrastructure followed their individual functions to new homes across a much larger organisation.

All staff will continue in their current locations however, to maintain synergies with local staff on RCAF interests, and the new team will collectively be known as ADM (IE) Detachment Winnipeg. The largest part of the former A4CE Infrastructure team was reborn as a new 'Aerodrome Engineering Section', within the Directorate of Architecture and Engineering Services of ADM(IE).

The new Aerodrome section will continue to provide engineering, architectural, and professional level technical support for RCAF aerodromes, but it will now also encompass responsibility for Canadian Army and Royal Canadian Navy aerodromes as well.

"If it's on or about a flight line within DND, there is an excellent chance the technical buck stops here," said LCol Wayne Watson, the new Chief Aerodrome Engineer.

Over the decades of its existence, A4 CE Infrastructure has been much more than 'the technical experts', and they have collectively conceived, developed, and delivered, billions of dollars of RCAF infrastructure across Canada, and around the globe.

In one example, as part of the Airlift Capability Project in 8 Wing Trenton to house the new CC130J and CC117 fleets, the announced infrastructure work was \$860M, rolled out over nearly a decade of sustained effort – and the program is still underway.

In support of global deployments, A4 CE Infrastructure has mobilised into Albania, Haiti, and Afghanistan. The conceptualization, design, and construction of ramps and hangers at Kandahar airfield, for instance, was so skillfully and efficiently done that it proved a model example to NATO allies of 'Canadian capability'.

In the domestic realm, completely new airfields have been constructed in the wilderness for various exercises, and ice runways have been constructed for the first time in decades under A4 CE Infrastructure's technical supervision.

Beyond their work on aerodromes, the Section has been responsible for virtually all RCAF infrastructure over the years. Office buildings, military accommodations, fuel farms, even award winning sewage treatment systems in the Arctic, have all been created from the minds and desks of this dynamic and professional group.

Annual section budgets have varied greatly according to government priorities over the years, but an annual range of \$25-\$100 million suggests the magnitude of work pushed through this outfit at any given time.

From planning and programming, working with the Wing CE sections, designing, developing, project managing, contracting, and implementing projects with Defence Construction Canada partners, this team has done what was necessary to support infrastructure projects for the RCAF.

Organisations evolve over time according to the priorities of the day, but the mission and tasks required to support multigenerational assets like infrastructure actually remain relatively constant. The people of A4 CE Infrastructure have always been dedicated to supporting the infrastructure of the RCAF, and now they will lend their expertise to support a wider scope of infrastructure assets across all of DND.

Their skills, experience, and capacity will strengthen the custodian's effort in accomplishing the Department's Vision... "To build and manage an affordable and integrated portfolio of DND Real Property assets..."

The A4CE personnel were officially welcomed as part of the ADM (IE) branch at a stand down ceremony held at 1 Canadian Air Division Headquarters, in Winnipeg, on 25 March 2016.

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New E Fit Program

Martin Zeilig, Voxair Photojournalist

With new tablets in hand, PSP Sports and Fitness staff marked down the names and training times of 30 volunteers from Wing Logistics and Engineering branch in a mock test of the new Canadian Armed Forces new E-Fit system in Building 21 on the morning of March 21.

“It’s a learning curve,” said Fitness Instructor David Chung.

He was following the actions of volunteers in the drag test who were simultaneously pulling and carrying 180 pounds of sand filled bags 20 metres without stopping along a series of mats placed along the gym floor. The sandbag drag is one of four FORCE Evaluation test components, each designed to measure different physical capabilities.

As of April 1 2016 the new E-Fit system and introduction of the Incentive Program will be used by PSP staff to complete all Regular Member FORCE evaluations.

Following the Armed Forces Council decision in 2012 to approve the Force Evaluation, it was expected that PSP would develop a program that encourages performance beyond operation standard, explained Tina Bailey, PSP Manager, Fitness, Sports & Recreation during an earlier telephone interview.

“PSP developed a new E-fit system which consists of a laptop with its own Wi-Fi system combined with seven iPads,” she said.

“What happens is when we test the members, we use iPads to complete the whole test, including timing and waist circumference. All the data goes into the laptops and then the members’ test the results are uploaded to Ottawa. So, we’re no longer doing paper (to mark down results) as of April 1, 2016.”

Besides doing the Force evaluation, the waist circumference is taken to measure health related fitness, Bailey added.

“As part of that, we show a graph on the screen to the member to show what they achieved,” she said.

The Force Fitness profile will provide members with an accurate assessment of their overall fitness after their annual FORCE Evaluation, Bailey emphasized.

There will also be an incentive program for those who go above basic operationally fit levels. The incentives will consist of Bronze, Silver, Gold and Platinum levels. For 2016 those levels will show on the E-Fit system but will not add points at merit boards, although this may change in coming years.

It will also enable evaluators to add data such as age, gender and waist circumference which will provide individuals, their commands, and, PSP staff with useful information about overall fitness, says a DND press release.

“Individual test results and information will remain confidential and will only be provided to the member,” it continues. “Commanding officers will receive unit or command data that may help them tailor fitness programs for their unit or command. Rigorous scientific analysis has been conducted to ensure that the Force Fitness Profile will provide credible information about cardiovascular fitness and body composition.”

PSP Staff Brief the New E-Fit Program to Wing Members



PSP sports fitness instructor Stefan Dowhayko monitors a participant's progress with E-Fit on his tablet. Photo: Martin Zeilig

Martin Zeilig, Voxair Photojournalist

In the words of Master Warrant Officer Dan Long, who works at Wing TISS, the new E-Fit and Incentive Program will act as a motivating influence for CAF members to “stay in shape.”

MWO Long was one of about 40 military personnel in attendance at a briefing on the E-Fit Program in the theatre of Building 90 (Fitness and Recreation Centre) on March 29. The presentation was given by James Follette, PSP Fitness Coordinator, with assistance from other PSP Fitness and Sports staff members. This was the first of a planned series of such sessions to acquaint all 17 Wing personnel about E-Fit.

“We’re just implementing it now,” Follette said about the new E Fit program, which is entirely computer based. “There will be some growing pains, but it’s a lot better in the long run. It’s very modern and more efficient. There’s no more paper work unless the systems breaks down. It will help the fitness staff too.”

He observed that the new system will allow fitness test results to upload to the CAF’s central computer system, HRMS, within 24 hours.

“I’m excited about it,” Follette added.

Captain Stuart Ireson, Personnel Selection Officer, said the presentation on E-Fit was excellent, and that Follette handled it well, especially the questions and concerns raised by some of the personnel.

He added that a lot of thought has been put into the new program by PSP and the Canadian Forces Morale and Welfare Services.

“I think it’s good that they’re taking in the health side of things (and not only fitness exercises) with waist measurements,” said Capt Ireson, a CISM (World Military Games) men’s soccer team member.

Sergeant Virgil Maduro, who works at 2 Canadian Air Division, was enthused about the afternoon presentation too.

“I think it’s going to be very good for members maintaining their fitness levels. It will also give you a comprehensive evaluation of your overall fitness and health,” he emphasized. “I think the new E Fit system will benefit members and the Chain of Command with on the spot results. The technology will improve the efficiency of the Force Test process.”

17 WING FIRE CHIEF'S CORNER



Babysitter's Fire Safety Guide

As the babysitter, you are responsible for the children in your care. Here are some important points you need to know if there’s a fire emergency in the home where you babysit.

BEFORE THE PARENTS LEAVE:

- Write down the complete address and phone number of the place where you are babysitting and phone numbers for:
- Fire, Police, Ambulance & Emergency Services – often one number – 9-1-1.
- Where the parents can be reached.
- Neighbour(s).
- Keep this information in your pocket so that it’s with you at all times and handy in case of an emergency.

PLAN YOUR ESCAPE:

- If there is a fire while you are in charge, you must know what to do:
- Is there already a fire escape plan for the home that the family has established and is familiar with? If so, familiarize yourself with it. If not, develop one.
 - Identify all escape routes.
 - Find at least two ways out of each room.
 - Plan how you and the children will escape safely.
 - Decide on an outside meeting place.
 - Ask for a demonstration of the smoke alarm.

GUIDE TO FIRE SAFETY:

- The best way to keep fire safe is to be watchful of the children in your charge:
- Never leave children unsupervised.
 - Check on sleeping children regularly.
 - Keep matches and lighters out of their reach.
 - Do not light candles while babysitting.
 - Don’t smoke on the job.
 - Keep children away from the stove, hot liquids, electric lamps and space heaters.
 - Keep space heaters at least 1 metre (40 inches) from drapes, furniture and bedding.
 - Cook safely and only if you have permission.
 - Turn pot handles in to avoid children knocking them over or pulling them down.
 - Smother a pan fire with a lid. Never use water.
 - Make sure you know what cooking materials can be used for the microwave.

BURN PREVENTION:

- Always test hot foods and liquids before feeding.

FIRE SAFETY: WHAT TO DO, BECAUSE FIRE SPREADS FAST – DON'T DELAY!

- If your clothes catch fire, STOP, DROP & ROLL on the floor to smother the flames.
- Cool minor burns with cold water. If your skin is blistered, charred or dead white, get emergency help immediately.
- When you see flames, smell smoke or hear the smoke alarm, get everybody out of the house.
- Feel the door first. If it is hot and/or there is smoke, do not open; find and use another exit.
- Crawl low under smoke – the air near the floor is safer to breathe.
- If you cannot escape, close the door and seal around it with cloth to prevent smoke from entering the room.
- Always use the stairs and never the elevators.
- Designate a meeting place a safe distance from the house and make sure everyone is there.
- Take the children to a neighbour.
- Phone the emergency number from the neighbour’s home.
- Give the complete address, describe the situation and inform the operator if anyone is still inside.
- Stay on the phone until you are told to hang up.
- Do not go back to the house for any reason.

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

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Make It Stick

Lack of time, eating out, holidays, stress maybe? We all have challenges that can sidetrack our healthy eating plans. Here are some strategies to help your small changes stick.

Short on time? Be prepared with nourishing grab 'n' go foods, like yogurt, nuts and fruit.

Eating well doesn't need to take a lot of time. A little planning helps you eat healthy, even on the run:

- Stock your kitchen with good-for-you snacks, like veggies, fruit, yogurt, cheese, hard-boiled eggs, seeds and whole grain crackers.

- Cook big batches of soup, stew or chili on weekends, and then take a welcome cooking break on busy weekdays.

- Cook once. Eat twice. Make more food than you need for one meal and reinvent it for another.

- Shop for healthier convenience foods, such as frozen or pre-cut vegetables, plain frozen fish fillets, shredded cheese and canned lentils.

Stressed? Bored? Sad? Eating for reasons other than hunger can lead to mindless munching.

Do you ever find yourself eating, even when you're not hungry? Do you eat when you are bored or distracted, like when watching TV? Do you eat to deal with stress or emotions? If so, you may be eating more than you think.

If you're a mindless muncher, try putting these savvy strategies in place:

- Reduce boredom, sadness or stress by taking a brisk walk instead of nibbling.

- Eat mindfully. Don't eat distracted. Make mealtimes screen-free, eat away from your desk and don't snack while watching TV.

Need to get back on your healthy-eating track? A dietitian can help!

Dietitians can help you make daily food choices and plan healthy, delicious meals. They translate scientific research into practical, real life solutions. Learn how to feel your best by asking a dietitian for:

- Tips and recipes to plan, shop for and cook healthy meals.
- Information to help interpret food labels and the latest headlines, trends and diets.

- Support to improve your relationship with food.
- Customized meal plans, individual counselling and advice. A dietitian can help you to get back on your healthy-eating track!

Planning how you'll manage healthy-eating roadblocks before they happen is the key to success.

Setbacks on a journey to healthier habits are a normal part of making changes.

Knowing what some of your challenges are can help you be ready to deal with them.

Get ready with a plan to manage detours:

- Think about what might get in your way of healthy eating.

- Brainstorm solutions to get around roadblocks.

- Put supportive strategies in place. Recruit family and friends to help on your path to a healthy you. A slip in healthy eating habits is a learning opportunity. When it happens, review your plan, adjust as needed and get back on track.

For help staying motivated, download eaTracker at eatracker.ca



National Defence / Défense nationale

LET'S GET STARTED / PARTONS DU BON PIED

Strengthening the Forces presents THE CAF HEALTH AND WELLNESS CHALLENGE

Energiser les Forces présente LE DÉFI DE LA SANTÉ ET DU MIEUX-ÊTRE DES FAC

Prizes are provided by SISIP Financial / Les prix sont offerts par la Financière SISIP

MAY/MAI / Canada

CAF HEALTH AND WELLNESS CHALLENGE

1 - 31 MAY 2016

It must be spring - because the CAF Health and Wellness Challenge is back. We are hoping you will participate, have some fun and take some positive steps towards a healthier lifestyle, one choice at a time.

Good health is incredibly important just ask anyone who suffers from chronic illness. The good news is that our health is heavily influenced by the lifestyle decisions and attitudes that we choose every day of our lives. Do I walk to work instead of driving? How often do I choose a salad instead of a plate of fries? Do I take some time to relax or do I work myself to exhaustion? These are all decisions that every one of us has faced; the CAF Health and Wellness Challenge is here to remind us that the lifestyle decisions we make really are important.

Taking the above into consideration, we invite each and every one of you to join this year's Challenge and practice making good lifestyle decisions that can help improve your overall health. It doesn't stop there, if you participate in the Challenge you will also be eligible to win some great prizes courtesy of SISIP Financial.

Join the Challenge and make every choice count! It's all about getting or staying fit, eating healthy, connecting with friends, living addiction free and enjoying life. What's the worst that could happen? Register today! **Contact Health Promotion at 204.833.2500 ext 4150 or healthpromo@forces.gc.ca to register** or for more information on tools available to improve your health and wellbeing!

Watch for events and activities throughout the month of May!



LEARN MORE ABOUT ALCOHOL, OTHER DRUGS AND GAMBLING - TWELVE MODULES AVAILABLE

APPRENEZ - EN PLUS SUR L'ALCOOL, LES AUTRES DROGUES ET LE JEU EXCESSIF - DOUZE MODULES DISPONIBLES

Alcohol, Other Drugs and Gambling: Supervisor's Training

7&8 April 2016
0800-1600 hrs

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

This training is course coded and is required for all military in a supervisory role. DAOD 5019-7

Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif: formation des superviseurs

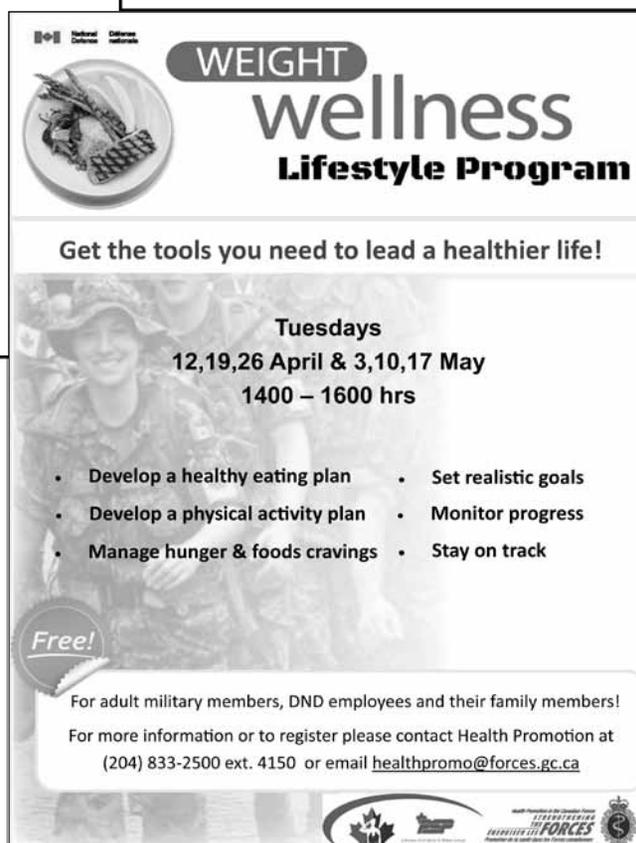
7&8 avril 2016

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. DAOD 5019-7

To register, contact Health Promotion at (204) 833-2500 ext.4150

For more information or to register please contact Health Promotion at (204) 833-2500 ext. 4150 or email healthpromo@forces.gc.ca



WEIGHT wellness Lifestyle Program

Get the tools you need to lead a healthier life!

Tuesdays
12,19,26 April & 3,10,17 May
1400 - 1600 hrs

- Develop a healthy eating plan
- Set realistic goals
- Develop a physical activity plan
- Monitor progress
- Manage hunger & foods cravings
- Stay on track

Free!

For adult military members, DND employees and their family members!

For more information or to register please contact Health Promotion at (204) 833-2500 ext. 4150 or email healthpromo@forces.gc.ca



TOP FUEL for Top Performance

BOUFFE-SANTÉ pour un rendement assuré

27 & 28 April 2016

Bldg 139, Room 220
0830 - 1600 hrs

- Evaluate your eating patterns
- Learn to read food labels to make better choices
- Plan and prepare your food for exercise
- Learn how to adjust your eating to achieve your goals
- Uncover the myths & facts about supplements

Free to adult military members, DND Employees and their family members!

For more information or to register call Health Promotion at (204) 833-2500 ext.4150 or email healthpromo@forces.gc.ca



Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

SPRING IS ON THE WAY!!

Start planning your garden and helping out MFRC Children's programs at the same time! We are selling gift cards in \$20 and \$50 denominations. These can be used to purchase bedding plants, soil, trees, giftware, tools or perennials from Lacoste Garden Centre. You may also order a 10 inch hanging basket/ patio pot of mixed summer plants for \$25. Orders need to be placed by April 14 with pick up on May 6. (just in time for Mother's Day!) Order forms are available at the MFRC; Kids Care; Westwin Children's Centre or contact Shannon.peake@forces.gc.ca **THANK YOU FOR YOUR SUPPORT!**

DAY OF PINK

April 13, 2016 marks the International Day of Pink. It is a day where communities across the country and across the world can unite in celebrating diversity and

raising awareness to stop homophobic, transphobic and all forms of bullying.

The MFRC will be hosting events to celebrate Day of Pink this April. Stay tuned for more details to come.

3RD ANNUAL PINK PANCAKE BREAKFAST

Wednesday, April 13 from 7:00 to 9:00 a.m.
Come join us at the MFRC for our Day of Pink - Pink Pancake breakfast!
Pancakes will be served from 7:00 to 9:00 a.m., while supplies last.

3RD ANNUAL THINK PINK! FILM FESTIVAL

Wednesday, April 13 at 5:00 p.m.: The Ant Bully
Rated G ~ Pizza and drinks will be available.
\$2/person to a maximum of \$10/family
Registration deadline: April 11, 2016

Wednesday, April 13 at 7:30 p.m.: Bully
Documentary, Rated PG-13
Thursday, April 7 at 7:00 p.m.: The Imitation Game
Rated PG—some violence, some discrimina-

tory language

Thursday, April 14 at 7:00 p.m.: Matt Shepherd IS a Friend of Mine

Unrated—descriptions and images of violence, disturbing scenes

Thursday, April 21 at 7:00 p.m.: The Danish Girl

Rated PG—some nudity, adult themes

Thursday, April 28 at 7:00 p.m.: The Mask You Live In (unrated)

For more information on each of the films, please see the MFRC Facebook page.

CLOTHES DON'T GROW! KIDS DO!

Come and shop at our first Military Community Children's Clothes Swap Fundraiser.

Your kids' clothes don't fit anymore? PERFECT! Donate them to the MFRC and come and refresh your kids' wardrobe, all while helping raise money to support MFRC children's programs!

If you have children's clothes size 0 (newborn) to size 14, in good condition to donate (no stains and rips), drop them off at the MFRC until April 8, 2016, in a bag with your name and phone number.

Coupons will be given in exchange for donated clothing, or you may purchase coupons at the door the night of the event. You can then "buy" clothing with your coupons.

The swap will be held April 15th at Westwin Community Center from 4:30-8:00pm. Questions? Contact Barbara Thuen at Barbara.Thuen@forces.gc.ca or 204-833-2500 local 4519

NURSERY SCHOOL

September to June
9:00 to 11:30 a.m. English
1:00 to 3:30 p.m. French Immersion
Westwin Community Center

642 Wihuri Rd
\$60.00/month, \$15 annual registration fee
Please call to see if space is available for the current school year.

Now accepting registration for the 2016-17 school year. Children must be toilet trained and 3 years old by December 31, 2016. This program is for children ages 3 and 4. It offers a play based program paying attention to all areas of child development. It is offered in English (mornings) and French Immersion (afternoons).

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Saturday **APRIL 23** samedi

2 SITTINGS: 11 am & 12:30 pm	DEUX SERVICES: 11 h et 12 h 30
--	--

WING CHAPEL ANNEX ANNEXE DE LA CHAPELLE DE L'ESCADRE

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204-833-2500 EXT/POSTE 4500

INTER-COMM
a course for improving communication within relationships

18 & 20 April 2016, 0830 - 1600hrs

Inter-comm: A skills building course designed to improve individual communication skills, help deal with conflict and support communication in relationships. This program can help to maintain healthy relationships and build new ones.

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

Sleepover at the Royal Aviation Museum of Western Canada

Where: Hangar T-2, 968 Ferry Rd
When: Friday, May 13 at 6:30 p.m. to Saturday, May 14 at 8:30
Cost: \$25.00 per child
Registration date: Register by April 29th, 2016



Join us for an exciting nighttime adventure at the Western Canada Aviation Museum. Learn about the wonder of flight through educational science experiments and activities. Add some spooky ghost stories, a peek at our special "Ghost" plane and a flashlight tour of the darkened museum galleries. Top it all off with a movie before the lights go out. Enjoy breakfast when the campers wake up.

To register stop by the MFRC and fill out the registration form or Contact John Bailey at 204-833-2500 ext. 4511 for more information



www.facebook.com/thevoxair

April Fool's Sports Trivia Answers

1. Zinedine Zidane of France was sent off for head-butting Marco Materazzi of Italy. Italy won the game on a penalty shootout.
2. Luis Suarez of Uruguay bit Giorgio Chiellini of Italy hard enough to leave teeth marks. Suarez was also banned from any football-related activity for four months and fine 100,000 Swiss Francs over the incident. It was his third biting offence.
3. In October 2002, SO l'Emyrne scored 149 own goals in a match against AS Adema for the national championship of Madagascar. The match was part of a four-team round robin playoff. SOE had been held to a 2-2 draw in their previous match against DSA Antananarivo during which the referee awarded a late and disputed penalty. The draw knocked SOE out of the title race. SOE decided to protest in their next match by kicking the ball into their own goal after each kick-off while the AS Adema players stood looking bemused. It was reported that spectators descended on the ticket booths to demand a refund. It's in the Guinness Book of World Records.
4. Rober DeVicenzo of Argentina. DeVicenzo birdied the 17th hole of the final round, but playing partner Tommy Aaron incorrectly marked a 4. DeVicenzo failed to catch the error and signed the scorecard which dropped him out of a tie with Bob Goalby. It was Goalby's only major championship. On discovering his mistake, DeVicenzo's comment was, "What a stupid I am."
5. Michelle Wie.
6. T.C. Chen of Taiwan earned the nickname "Two-Chips Chen" for the shot and lost to American Andy North. Chen also scored the first ever double eagle in U.S. Open history.
7. K. Kim of Korea lost the championship to Sun-Young Yoo, also of Korea, who won with a birdie on the first extra hole.
8. Eldrick Tont "Tiger" Woods.
9. Jean Van de Velde held a three-stroke lead going into the 72nd hole but shot a triple bogey seven to send the Open into a four-hole playoff with Paul Lawrie of Scotland and American Justin Leonard. Lawrie won his only major title after coming back from a ten-shot deficit at the end of the third round.
10. Dallas - Leon Lett; Buffalo - Don Beebe.
11. Don Denkinger.
12. Bob Davidson.
13. Jim Joyce, who later issued an apology to Galarraga for the missed call. Galarraga accepted, saying, "Nobody's perfect."
14. Mitch William of the Philadelphia Phillies. Williams was traded to the Houston Astros before the 1994 season.
15. Ozzie Guillen of the Chicago White Sox.
16. Tommy Lasorda and the Los Angeles Dodgers.
17. On June 28, 1997, Mike Tyson bit Evander Holyfield twice in the 3rd round of their heavyweight championship fight. Referee Mills Lane deducted two points from Tyson for the first bite and disqualified him after the second.
18. In goal - Jonathan Quick. The scorer was Alexander Steen who scored both St. Louis goals in the game.
19. Vesa Toskala. It was Davidson's only goal of the season and only his third in 187 NHL games.
20. On January 12, 2014, during a delayed penalty in a game against the Edmonton Oilers, Patrick Kane was deep in the offensive zone, flipped the puck to the point where no teammate resided and watched as the puck slid the length of the ice only to wind up in his own net. The Black Hawks still won the game 5-3.

Taroscopes

BY
NANCY

Aries (March 21 - April 19): Happily things are falling into place with little effort on your part; so keep it that way. Offer your wisdom but don't attempt to influence outcomes by manipulating others. Everyone needs the freedom to make mistakes and learn from them. Let them also find their talents and passions.

Taurus (April 20 - May 20): Celebrate when you reach an important milestone. Focus on establishing or expanding your career. Take classes to improve your skills. Consider what you are most passionate about and organize your life to accommodate this. Show people what you can do. Dress for success.

Gemini (May 21 - June 21): Until you're really sure what you want it will be hard to remain motivated to reach a goal. Take note when something influences your expectations. Knowing your pattern helps you in your planning. Establish habits that will facilitate success. Be honest and be on the lookout for love.

Cancer (June 22 - July 22): Help someone through a challenging transition but don't take total control of the situation to save them. Managing their own choices will instill confidence in their capabilities. Ask direct questions if you want to find out why relationships are strained. The answers will surprise you.

Leo (July 23 - August 22): Even if you don't like the circumstances you're in just now, "stay the course." Deal with the consequences of your actions and decisions. Things will turn out well in the end even if it's not obvious right now. Luckily you'll get a second chance to make choices that serve you well.

Virgo (August 23 - September 22): Consider the practical options but factor in what you care about at a deeper level, too. Look at what you'd like to try next. Sign up for courses that interest you. Share your love of something with others. Be creative at integrating your hobbies into your day-to-day life.

Libra (September 23 - October 23): You have the "know-how," now collect what you'll need, and then focus on the task. This is an ideal time to look into opening a business, starting a new job, buying or selling a home. Though it will be a lot of work, you'll enjoy the results of this labour-of-love.

Scorpio (October 24 - November 21): Be prepared to let go of something that has passed its expiry date. Something better is on the way. Network to let others know you are open to new possibilities. Volunteer your expertise. Show respect, but also insist on it for yourself and what you do. Inner peace is possible.

Sagittarius (November 22 - December 21): You may feel overflowing with love and hope but don't assume everyone else is. Enjoy a big pay-off from something you did in the past. Plan a trip that is relaxing and provides an opportunity to learn new things. Share your experiences with someone special.

Capricorn (December 22 - January 19): Live in the moment but plan for the future. Avoid time wasters. Make choices that bring you closer to your goal. Someone you've helped in the past will want to show their appreciation. Be careful not to get caught up in what looks like a good thing. Watch for red flags.

Aquarius (January 20 - February 18): Be persistent. Finish an important project. Hold to your own standards. Network and plant the seeds for a new initiative. Debate your initial idea and integrate improvements. The results will be surprisingly good if you stay open to synchronicity and serendipity.

Pisces (February 19 - March 20): Enjoy small pleasures every day. Focus on meeting deadlines. Change is natural; welcome the new adventures that result from it. Mapping out a plan of action will relieve anxiety and ensure you're fully prepared. Work hard; then play hard. Accept gifts given from the heart.

FOR APPOINTMENTS CALL 775-8368

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Every Saturday 7-11 pm

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Friday 5-7 pm

Saturday 2-5 pm



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MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

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PERSONAL CLASSIFIEDS

406 SQN 75TH ANNIVERSARY CELEBRATION 13-14 MAY, 2016, SHEARWATER, NS

We are reaching out to former members who may wish to attend the 75th Anniversary Celebrations. There will be social events, 12 Wing Facility Tours and a Squadron Parade.

For more information, please visit online:
Facebook - "406 Lynx Squadron 75th Anniversary"
Website - www.rcfassociation.ca/406lynxsqn
Email - 40675thAnniversary@forces.gc.ca

COMMEMORATION OF THE BATTLE OF VIMY RIDGE

Everyone is invited attend the Commemoration of the 99th Anniversary of the Battle of Vimy Ridge. This is the 6th year that the Army Cadet League of Canada has hosted this commemoration.

The parade will start at 2 p.m. on Saturday April 9th at the Minto Armoury located at 969 St. Matthews Avenue in Winnipeg and will feature a Commemorative parade by Cadets from all Cadet Corps in the Province of Manitoba. There will be static displays prepared by Manitoba Cadets celebrating the lives and sacrifices of the Canadian soldiers. The public is invited to attend, seating will be limited, but people can view the parade from the observation balcony.

The Army Cadet program is a long standing national initiative for youth aged 12-18, sponsored by the Federal Government and the civilian organization, The Army Cadet League of Canada.

For more information on this please contact:
The Army Cadet League of Canada Mb at 1-204-391-6700, or by email llwall1958@gmail.com

Send us an e-mail today to place your FREE Classified ad (of 50 words or less) at: voxair@mymts.net. Classified ads will run for one month (two issues) unless space permits or specified otherwise.

Chaplain's Corner

Terry Fox and Jesus Christ: Some Parallels in their Mission

by Padre Paul Gemmiti

For those folk who are of a Christ-based faith tradition, the Resurrection - otherwise known as Easter - is already or will be celebrated soon. Recently I was able to help some people become aware of some of the parallels of the mission of Jesus to the mission of Terry Fox...so as to realize that the story line is quite possible. (It's not often that I can use Canadian content, eh?!)
The mission: A young man tries to spread awareness, information, and hope and that there are some things that we can do to "fight" in the midst of an internal reality that can and does afflict most anyone. For Terry it was against cancer; for Jesus it was against sin.

Initial reaction to Terry's Marathon of Hope had some support for his goal and method via the media, yet there was some difficulty with acceptance by particular medical researchers, funding providers, and highway safety patrols. Initial reaction to Jesus' teachings and ministry showed some support for his taught themes and accomplished miracles, yet received some conflict from particular leaders of regional religion and politics.

Terry was a young man in his early twenties when he was formally cut down by cancer; it internally reappeared, and despite modern medical professionals were not able to do anything about it. Jesus was a young man in his early thirties when he was formally cut down by sin; it externally concentrated in the behaviours of those who wanted to get rid of him, and despite

his closest friends not being able to do anything about it.

Terry's mission seemed to end when he had to conclude his run along a highway near Thunder Bay, Ontario, and then would later die in hospital. Jesus' mission seemed to end when he was crucified at a site named Golgotha, and was later placed within a borrowed new tomb.

After his mortal death, Terry's supporters were having to decide whether to continue on in his mission or simply let it fade. After his mortal death, Jesus' supporters were having to decide whether to continue on in his mission or simply let it fade.

As things seemed to be, Jesus's initial main supporters such as Peter were eventually replaced by those who "by faith" took up the cause. As things seem to be, Terry's initial main supporters, such as his dad Rolly (who recently died), are eventually being replaced by those who "by faith" are taking up the cause.

As things are today, approximately 35 years after his mortal death, Terry's mission or equivalent can be found in many countries outside of his homeland. As things are today, approximately 2000 years after his mortal death and resurrection, Jesus' mission is found in many countries outside of his homeland.

Both missions continue to grow and evolve with new generations.

May you have a blessed and renewed appreciation of Easter.

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE (English Only) 0900 hrs
COMMUNITY SERVICES

Sunday School: It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age.

Marriage: Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

Baptism: The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. *Please contact the Chaplain before setting the date for the baptism or arranging family travel.*

Protestant Chapel Guild: It meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Jack Barrett
(Anglican) - Wing Chaplain
ext 5417

Padre Lesley Fox
(United Church) - Chapel Life
Coordinator
ext 5785

TBD
ext 6914

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn
306-492-2135 ext 4299

17 Wing
204 833 2500



17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)



Administrative Assistant
ext 5087

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

Padre Paul Gemmiti
(Roman Catholic Priest)
- Chapel Life Coordinator
ext 4885

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- Mental Health Chaplain
ext 5086

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

Religious Education: Classes can be available to children from Preschool to Grade 6.

Sacrament of Reconciliation: It is available by request and at special times of the year. Contact Padre Gemmiti.

Baptism: We recommend that you contact the chaplain's office for an appointment six months in advance. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

Marriage: Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

MAIN OFFICES
Building 64,
Lower Level, North End.

EMERGENCY DUTY CHAPLAIN
After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

INFO PHONE NUMBER
For service times and contact with a chaplain of your choice, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit <http://17wing.winnipeg.mil.ca> then click Wing Admin - A1, then Wing Chaplains.

CARE & SHARE BENEVOLENT FUND
Contact Wing Chaplain Office for further information.

Your 17 Wing Chaplain Team

From left to right:
Lt (N) L Fox,
Capt P Gemmiti,
LCdr J Barrett,
Capt C Baxter,
Capt E Dompierre



Your 17 Wing Chaplain Team

From left to right:
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Capt P Gemmiti,
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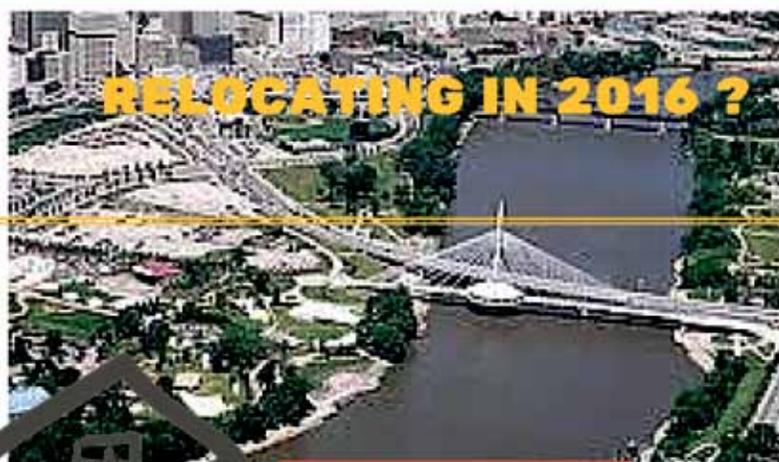
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