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# THE VOXAIR

The Winnipeg Military Community News Source Since 1952

## Exciting Hockey at Canada West



Members of the Edmonton Warriors, and the Esquimalt Tritons, play during the 2019 Canada West Women's Hockey Championship, on February 13, 2019, at MTS Iceplex, Winnipeg. For more information see our story on page 5. Photo: OS Megan Sterritt

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# RCAF HCol Visits 17 Wing



**World renowned musician and RCAF Honorary Colonel Loreena McKennitt and Joel Roy, executive director of the MFRC, following Ms McKennitt's visit to the MFRC and tour of 17 Wing. Photo: Martin Zeilig, Voxair Photojournalist**

By Martin Zeilig

Famed Canadian musician/composer/recording artist and Honorary Colonel of the RCAF Loreena McKennitt, who participated in the Yellow Ribbon Gala on February 16, paid a visit to 17 Wing on February 19.

Her three hours here included a stopover at 435 Transport and Rescue Squadron and the Military Family Resource Centre where she met with staff members, including MFRC Executive Director Joel Roy and others, to discuss the MFRC's Family Sponsor program.

Prior to becoming RCAF Honorary Colonel, Ms. McKennitt, (who was born in Morden, Manitoba about 126 kilometres southwest of Winnipeg) but has lived in Stratford, Ontario since 1981, was Honorary Colonel for 435 Transport and Rescue Squadron.

Ms. McKennitt was accompanied by her 11 year old son and three of his friends. She consented to an interview after her meeting at the MFRC.

The Voxair: Why did you decide to visit 17 Wing today?

Loreena McKennitt: I've been visiting Winnipeg with my son and his friends. We're on a study of civics (the study of the rights and duty of citizenship) and I've

also been interested in many programs that involve the Air Force families.

The overall thing is in my role. My focus has been on the Air Force families and some of the challenges and issues that are facing them. I remember reading the Ombudsman's report a few years ago and consuming in some detail what this all entails. When you have families moving about all the time, it's an unnatural thing to be moving, from an anthropological viewpoint, and raising one's young. So, one of the aspects of my role is to do whatever I can from an Honorary Colonel point of view to address those challenges.

TV: Do the various Honorary Colonels discuss these issues amongst themselves?

LMcK: The Honorary Colonels gather once a year, and we look at the areas where we can have the greatest impact. There are certain parts of the conference that are focussed on where the Air Force is today with a shortage of personnel, for example. There are many subjects we get briefed on. We try to spend time looking at the connections and experiences and assets we, as Honorary Colonels, have to, perhaps, address some of the needs.

As Honorary Colonels we often attend ceremonies,



**Sgt Eric Beaudoin, a Search and Rescue Technician with 435 Sqn, explains his equipment to RCAF Honorary Colonel Loreena McKennitt, her son Luka, and his friends during the HCol's visit on Feb 19. During her visit to 17 Wing she attended the Yellow Ribbon Gala, visited her old sqn, and visited the Winnipeg Military Family Resource Centre. Photo: Bill McLeod, Voxair Manager**

for sure. There are other things that folks do, fund raising for example, but also events that relate to history and tradition. If there are families that need some extra support in the community, then maybe they can connect to the MFRC and get together with the Honorary Colonels.

TV: What can you share about your meeting here today?

LMcK: The RCAF is a very big organization. For someone, such as myself, who's not living and breathing this role every day, there's a bit of a learning curve involved. The discussions today were on a family sponsor program that's been initiated. It reaches out to incoming families and making sure they're aware of the volunteer support, and what's available in the location they're going to. That can help through spousal support, childcare, education, medical doctors, housing-- the whole shopping list of programs, and how the Honorary Colonels might contribute to it.

TV: What else would you like to share with our readers?

LMcK: I've enjoyed my association with the RCAF immensely. I feel that I've probably got more out of it than they did from me. But, it's a real eye-opener in terms of what the RCAF does for Canadians and the international community. It's been a great privilege for sure.

I don't think Canadians know enough about the role of the RCAF and CAF, in general. I think that's partly from a lack of civics being taught and education. Children become educated at home and through the educational system. I've become aware that over the years the curriculums have grown and some things come in and some things are diluted. From my casual observation, I think that civics has not been given its full due. There are big holes of awareness.

I'd like to see more visibility at career days in the schools; or, the community coming out at Search and Rescue exercises to develop an appreciation of even that one strand.

I'm deeply privileged to serve those who serve Canadians. I'm happy and willing to do so as long as I'm meaningful in this role.

Note: Ms. McKennitt will soon be leaving for a tour of England, including performing at the Royal Albert Hall in London on March 13. Afterwards, she'll be touring Holland, Germany, Belgium, and France.

## CANDIDATES WANTED FOR THE CLEARANCE DIVER OCCUPATION

Canadian Armed Forces (CAF) members interested in becoming Clearance Divers will be able to learn more during information sessions being held at bases and

wings across Canada near the end of February and during the month of March 2019.

Clearance Divers operate in a variety of environments both at home and abroad, from the Arctic to the deserts of Afghanistan. Their primary mission is to locate, identify and neutralize explosive ordnance and Improvised Explosive Devices (IEDs) whether under the sea, on land, during times of peace or in combat. Clearance Divers also conduct underwater engineering and salvage tasks while employing sophisticated equipment and the latest technologies to achieve their mission. They are highly trained specialists who undergo rigorous training and are selected from the few who have what it takes to achieve mission success under extreme conditions.

Voluntary Occupational Transfer (VOT) or Component Transfer (CT) to become a Clearance Diver are now open to all regular and reserve force CAF members (Non-Commissioned) from any occupation, with or without previous dive training/qualification. Candidates must be OFP qualified in their current occupation, meet the medical and fitness requirements, and have 48 months of continuous service.

The Clearance Diver occupation has a long and storied history. The first units were formed during the Second World War to disarm sea mines throughout Europe and the South Pacific. From their auspicious beginnings, Clearance Divers have been at the forefront of Royal Canadian Navy and CAF operations throughout the world, including operations in Afghanistan, the Baltics, and most recently, Ukraine.

Consider becoming a part of one of the most thrilling, challenging, and rewarding occupations in the CAF. Any CAF member interested in finding out how to become a Clearance Diver is invited to attend.

For more information visit online: [esquimalt.mil.ca/FDU/Training/howtobeCD.htm](http://esquimalt.mil.ca/FDU/Training/howtobeCD.htm)

A recruitment/information session will take place at 17 Wing, Tuesday 12 March 2019 from 1130-1330 in Room 111, Building 135.



**A Canadian Clearance Diver prepares to dive using the Canadian Clearance Diving Apparatus near Victoria, BC. Photo: Lt(N) Zach Johnson**

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# RCAF Band and U of M Band Make Beautiful Music Together



**Captain Matthew Clark, RCAF Band Commanding Officer, conducts the Royal Canadian Air Force Band and the University of Manitoba Concert Band during the Collaboration Concert held at Jubilee Place, Winnipeg, MB, on 8 February 2019. All photos: 2Lt Becky Major**

by Martin Zeilig, Voxair Photojournalist

Although there was no standing ovation following the concert by the RCAF Band and the University of Manitoba Concert Band and the University of Manitoba Wind Ensemble on February 8th, the shouts of approval and cheers more than compensated on this frigid night.

It demonstrated how much the 350 audience members appreciated the combined concert at Jubilee Place Auditorium, 173 Talbot Avenue.

The concert came about because of the long friendship between Captain Matthew Clark, Commanding Officer and Music Director of the RCAF Band, and Jacqueline Dawson, a professor in the Desautels Faculty of Music, U of M.

The two hour concert, with an intermission of 15 minutes, included: the Florentiner March (1980) by Julius Fucik; Good Night, Dear Heart (2009) by Dan Forrest; and Suite of Old American Dances (1949) by Russell Bennett; Colonial Song (1918) by Percy

Grainger; The Pembina Highway Widening (2017-2019) and Thank You for Your Patience (2019) by Isaac Tate; Duende (Four preludes for Symphonic Wind Ensemble 2010) Mvts. 1, 3, 2 by Luis Serrano Alarcon-- all performed by the U of M musicians, which included several faculty members and some alumni.

Jan Michael Bourgeois, a graduate student conductor at the university, conducted one of the numbers.

The RCAF Band performed Resplendent Glory (2005) by Rossano Galante and Elsa's Procession to the Cathedral (1848/1938) by Richard Wagner.

In a mass band effort the RCAF Band and U of M Wind Ensemble performed Symphony No. 5, Finale (1937/2005) by Dimitri Shostakovich.

Sergeant Richard Monzon, tenor saxophone player with the RCAF Band, said the concert was an important opportunity for the band to have a great relationship with the university, and to rehearse with the students.

"It's been a nice mentorship opportunity for us," he added. "I have a jazz background. This is all new for me. It's all great."

Capt Clark, who's a graduate of the University of Toronto, noted that he and Prof Dawson have been colleagues for a long time.

"We've known each other for at least 20 years," he said after the concert. "When I was posted to Winnipeg I was thrilled to learn that Jacqueline was in town. A phone call and a couple of text messages and we started talking about the possibility of doing a collaboration. And, here's the evening."

Prof Dawson, who pointed out that she first met Capt Clark when she was a Reservist in the band of the Ceremonial Guard in Ottawa, said they worked on the pieces for a couple of weeks independently.

"We had one rehearsal with me conducting the RCAF Band," she said. "Then, two rehearsals with Capt Clark and the combined band. With our individual groups, we chose the music. I was given the opportunity to conduct the band. We just mutually agreed on a piece and Capt Clark chose the piece for the mass number."

Capt Clark said he's looking forward to working

with Prof Dawson and the U of M Faculty of Music in the future.

"I believe this type of collaboration is very important for our community, and also for young musicians and for our men and women in uniform," he emphasized. "What I find so gratifying is the students bring their A game and they have been so incredibly gracious. They want to learn and be engaged with the professional musicians in the band. It has been very satisfying for them. I'm also thrilled to see that the musicians of the RCAF Band lifted up their game; because they knew they had to be their very best in order to lead by example."

Professor Dawson, a graduate of Memorial University of Newfoundland, concurred with him.

"I think it's important for musicians of all ages and demographics and backgrounds to spend time together, and to advocate for live music and the art form," said "I'm sure we will do many more things yet to come."



**The Royal Canadian Air Force Band, a group of 35 professional musicians, played with the University of Manitoba Concert Band, a 60 piece ensemble, during the Collaboration Concert held at Jubilee Place, Winnipeg, MB, on 8 February 2019.**

# Aviator Takes the Cake



**Pastery Chef, Avr Melissa Persaud, stands beside The 17 Wing Logistics Branch cake that she created for the Logistics Branch 51st Anniversary, on Feb 1st, 2019 at 17 Wing.**

Photo: Cpl Darryl Hepner, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

When it comes to creativity in baking, one could say that Aviator Melissa Persaud, a cook at 17 MSS Food Services, takes the cake.

Avr Persaud was the mastermind behind the cake that was served at the 51st Anniversary party of the Royal Canadian Logistics Service on February 1 at the Junior Rank's Mess.

Her colourful layered cake has been entered in a national CAF cooks Cake Baking Competition.

"She's amazing," said Sergeant Veronique Boulanger of Wing Food Services during an interview with Avr Persaud at the Combined Mess on February 18.

Sgt Boulanger noted that she first approached Avr Persaud about baking the cake for the competition.

"We're still waiting for the competition results," she said. It's nice to demonstrate the skill we have in the cooking trade. I'm very proud of her. She'll probably be in charge of the next cake too."

She confessed that she had doubts about her ability at first, especially since she's new to the trade.

"When they asked me, I thought I can't do it," she stressed. "I was shocked. I've never done anything like that in my life even before joining the military. But, they said we have confidence that you can do it because we really need a cake for the anniversary. And, if it doesn't come out well, we're not going to enter it into the competition. So, I said, 'Okay, I'll try it' because we need a cake."

Avr Persaud commented that she had "a little bit of guidance" from one of the older cooks, Melissa Buck, and also Josée Girard, a former member of the CAF who once worked as a cook at Wing Food Services.

"So, with those two combined, I worked my way through it and managed to succeed," she said.

The cake's design came from an online source, Avr Persaud added.

"I saw this cake and the pot, and said this pot could represent cooks," she said. "I said, 'Okay this is the picture I'm going to use. I'm going to run with it.' It represents cooks. The other parts of the cake I put the other parts of the Logistics Branch, the different trades. The whole cake represents the trades in the military."

"It's just made with regular flour, baking powder, eggs, essence. It's basically a sponge cake. With the pot, I used layers-- four cakes together. I cut it in half and put a layer of chocolate, a layer of vanilla and a layer of cherry flavoured. It's made with fondant. If you look at the cake, you'll see the cover, the spoon, and the knife. They're made out of gum paste. It's sturdier."

It took her six days to make the cake in the bake shop, which is just off the main kitchen area. "Each day I spent eight to nine hours on the cake," Avr Persaud, (a mother of three, who was a trained aesthetician before joining the military), said. "It's a very detailed cake. Everything that is here took a lot of time. I had to trace out the Logistics Branch, and then I put it on top of the fondant and then traced it out and then made my details with whatever tools I had."

That tool kit included spatulas, little paint brushes, a smoothing kit along with baking pans and other related utensils.

"I was focussed more on this because my Sergeant said to just focus on the cake," observed Avr Persaud, who pointed out that she's been cooking since she was 14 years old. "I wasn't expecting it to turn out like it did."

Avr Persaud is a native of Georgetown, Guyana, whose husband is Major Glen Persaud at 1 Canadian Air Division.

# CFSSAT Honours & Awards



MWO Townson, left, is presented his promotion to that rank, effective Jan 1, 2019, by Capt Jose Peralta-Huertas. Photo submitted.



WO Macaulay, left, is presented his promotion to that rank, effective Jan 1, 2019, by Capt Jose Peralta-Huertas. Photo submitted.



Sgt McPhail, left, is presented his promotion to that rank, effective Jan 1, 2019, by Capt Jose Peralta-Huertas. Photo submitted.

## Western Drone Show to Focus on Industrial Applications and Education



Drone specialist Matthew Johnson displaying a top end aerial survey drone used for cinematic related applications and industrial surveys.. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Matthew Johnson, President and CEO of M3 Aerial Productions Incorporated, and former CAF member, says that although the upcoming Western Drone Show at the Victoria Inn on May 3 is focussed on how drones/unmanned aerial vehicles can be used in the educational environment, he thinks military personnel could

benefit from the show as well.

"It will provide insight into the civilian side of the drone industry and that will be useful in enabling military users of drones to get a better understanding of the industry of as a whole and how the airspace will be shared by greater numbers of civilian users," he said during an interview.

Johnson, a former school teacher and Captain in the Army reserves at 17 Field Ambulance for 10 years before retiring last year. He has run a drone seminar for military personnel here at 17 Wing in the past.

"We can look at doing that again in the next few months," he said.

The WDS will also feature some of the cutting edge developments in the industry, Johnson noted.

"We're expecting about 350 people, including high school and university students, at the show," he said. They'll have a much discounted fee. We're also expecting quite a few teachers, principals, superintendents, and industry specialists."

He noted that agriculture and GIS will be two of the main themes at this event.

The guest speakers include, Dr. Dion Wiseman, Professor, Brandon University, speaking on Integrating GIS Aerial Data Acquisition with Achievable Outcomes; Trevor Lyons, Blue Crow Aerials and a CBC cameraman, speaking on How to Take the Perfect Aerial Photo; Dr. Paul Cooley, NextGen Environmental Research Inc., whose topic is Space, Drones, Ice and Science; Zach Frappier, Sentera, whose topic will be Smart Sensors,

Revolutionizing Optic; representatives from Transport Canada and Nav Canada in a panel discussion about the new drone regulations that are taking effect on June 1, 2019; and Arif Kassum, Frontier School Division, speaking on Drones In the Classroom: How Frontier Did It.

Johnson, himself, will give a presentation too: Trigonometry from 400ft Above Ground Level.

"This will provide a huge benefit to anyone involved in the industry, as well as hobbyists, who have been using a drone for a while in commercial applications," Johnson said. "They'll find a lot of value to see where the industry is heading. Drones are already impacting our workforce and society."

Regulations have precluded many school divisions from exploring the applications of drone technology in the classroom, he observed. That lack of clarity has been resolved, says Johnson.

The conference is STEM-focused (Science, Technology, Engineering, Mathematics) with the goal of enabling educators with the tools to integrate drones as vehicles for delivering curricular outcomes across several subjects, Johnson's promotional material says.

"Drones are our future," he said. "You'll see these things flying overhead regularly. It will be part of life to see drones delivering things, monitoring things."

For further information, call 1-866-814-4855

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## New Drone Regulations Beginning June 2019

by Martin Zeilig, Voxair Photojournalist

Canada's new rules for remotely piloted aircraft systems, more commonly known as drones, will come into force on June 1, 2019.

They will apply to all drone pilots flying drones between 250 grams and 25 kilograms that are operated within the drone pilot's visual-line-of-sight, regardless of whether the drone is flown for fun, work or research.

The categories are based on distance from bystanders and airspace rules.

Both categories have their own set of easy-to-follow rules that will require the drone pilot to:

- register and mark the drone with its registration number;
- pass an online exam and get a pilot certificate for basic or advanced operations;
- be a minimum age of 14 for basic and 16 for advanced operations, unless supervised by a person having proper certificates;
- stay below an altitude of 122 m (400 feet) above ground level; and
- stay away from air traffic.

Only drone pilots who need to fly a drone outside the rules for basic or advanced operations will need

to apply for a Special Flight Operations Certificate (SFOC) before they fly.

Transport Canada encourages drone pilots to take the necessary time to review and fully understand the new rules for drones in Canada and to follow a course provided by a drone flight school before attempting to take an online exam or flight review.

Drone pilots will need to have their Pilot Certificate and proof of registration readily available when flying their drone as of June 1, 2019. This can mean having an electronic version available on their mobile device or carrying a printed copy.

Transport Canada has developed an improved, user-friendly website with information on the new regulations and helpful tools for all drone pilots available at: [Canada.ca/drone-safety](http://Canada.ca/drone-safety).

Drone pilots are also subject to the Criminal Code as well as all provincial, territorial, and municipal laws governing areas such as privacy and trespassing. Endangering the safety of an aircraft is a serious offence. Anyone who violates the regulations could be subject to additional fines of up to \$25,000 and/or prison. This applies to drones of any size used for any purpose.

Source: Government of Canada website.

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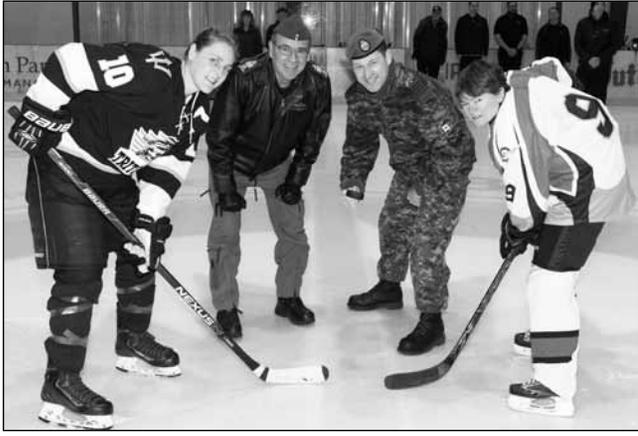


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# Esquimault Tritons Claim Gold at Canada West Women's Hockey Championship



17 Wing Commander, Col Eric Charron, assisted by 17 Wing CWO Jerome Rossignol, perform the ceremonial puck drop, before the first game of the 2019 Canada West Women's Hockey Championship, on February 11, 2019, at MTS Iceplex. All photo: Cpl Kyle Morris, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

Able Seaman Julie Reid had only praise for her teammates on the Esquimault Tritons women's hockey team following their 3-2 overtime victory over CFB Edmonton at the 2019 Canada West Women's Hockey Championship, held February 11-13 at the Bell MTS Iceplex.

AB Reid, who was team captain, scored the tying goal in the dying seconds of the third period. She also scored the championship goal. AB Reid was named her team's most valuable player in that game.

The Tritons, who finished second in the round robin portion of the competition, captured their second straight CWWHC.

The 17 Wing Rondelles and CFB Cold Lake also participated in the tournament.

Colonel Eric Charron, 17 Wing Commander, said the Championship highlights the importance of sports in the CAF, the necessity of having a healthy mind in a healthy body.

"It's very exciting that Winnipeg was part of this competition," he said, moments after giving a short speech and handing out the silver and then the gold medals to the two teams.

"Hats off to Esquimault," said Rick Phillips, 17 Wing Sports Coordinator and OPI for the Women's Championship, after the game. "Coming into the final game nobody had even scored a goal against Edmonton. So, I'd have to say that Edmonton was heavily favoured to win, but Esquimault pulled off the victory."

This year has been a clean sweep for Esquimault, he emphasized, noting that they had earlier won the Canada West Men's Hockey Championship, plus the CW Men's Old Timers Hockey Championship.

The 17 Wing squad had one victory and two losses in the round-robin, Phillips observed.

The games were three 15 minute stop time periods, with a flood of the ice after the first and second period. Body checking is not allowed.

"We had civilian referees augmenting our military referees," Phillips said. "The tourney was excellent. There were no major injuries and not a lot of penalties. It was a display of good sportsmanship. Everybody I spoke to enjoyed themselves."

He also called the Iceplex a world class facility.

"It was great and well planned tournament," Corporal Samantha Dale, a Dental Technician, who played centre for Edmonton, said just moments after the game ended. "The ice facility is amazing. I always love com-

ing to this rink."

She was named player of the game for her team twice-- in the first round-robin and the championship.

Corporal Carly Walsh, the goalie for the Rondelles, said the skill level in women's hockey has improved "big time" since she was first posted to 17 Wing several years ago.

"We played very well, but came up short in the semifinals," she added. "I think we were very capable of going to finals, but it just wasn't in the cards for us this time. The organization was great."

Petty Officer, 1st Class David Hillier, coach of Tritons lauded his team's hard work.

"We had a good, solid game plan," he said. "As a coach I couldn't be more proud of their effort. They did really well."

Now his team has to prepare for the CAF National Hockey Championships in Edmonton on March 2-7, CPO 1 Reid noted.

Meanwhile, AB Reid also offered kudos to Edmonton for their solid play in the final game.

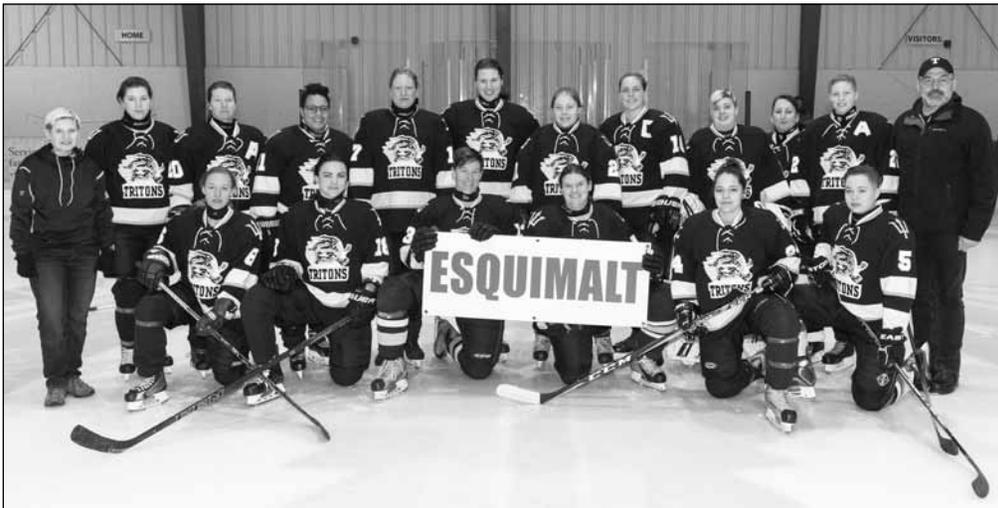
"I think they thought they had it," she added. "It was a great game, and a great tournament. We were here to have a good time, but also to play good hockey. Everyone has been super helpful. When we needed anything they helped."

She noted that she's been involved with organized hockey since age seven.

"I grew up playing boys' hockey," she said, adding that she went on to play university hockey in New Brunswick. "The level of female hockey in the CAF is getting better as a whole. It's great to see."

AB Reid and her teammates also attended the Winnipeg Jets vs New York Rangers NHL game at the Bell MTS Centre the previous evening.

"It really inspired us, especially those tape to tape passes," she said.



The Esquimault Tritons pose for a team photo, during the 2019 Canada West Women's Hockey Championship, on February 11, 2019, at MTS Iceplex.

# Sports Trivia

## SPORTS POTPOURRI

by Stephen Stone

A random assortment of sports accomplishments.

1. Who was the most recent major league pitcher to hit an inside the park grand slam?
2. In 1965 major league baseball held its first draft of high school and collegiate baseball players. Who did the Kansas City Royals choose with the very first pick?
3. Before the merger of the NFL and the AFL, which team won the most NFL championships?
4. Which team recorded 2 consecutive shut-outs in the NFL Championship game?
5. Which teams competed in the 2nd NFL sudden death championship game?
6. Here is the gift...Which NFL team is the only team to cap a perfect season by winning the Super Bowl?
7. Who is the most recent player to hit at least one home run in 8 straight games in Major League Baseball?
8. Who is Major League Baseball's charter member of the 40-40 club?
9. The "Juice" is the Buffalo Bills all-time leader in yards gained by the rush. Who is the former CFL All-Star who holds the Bills' 2nd place rushing spot?
10. Which team was the only team to win 3 consecutive championships twice?
11. Which team was the last to win the Ed Thorp Memorial Trophy as NFL Champions?
12. Who was/is the most recent pitcher to hurl a no-hitter in major league playoffs?
13. Who was the 3rd out in the only "perfect game" in World Series history?
14. Who is the most recent player to record an unassisted triple play in Major League Baseball?
15. Who was the first ice hockey goalie to wear a mask in the Olympic games?
16. Who is the most recent jockey to ride a Triple Crown winner?
17. Which horse is the first to win the Triple Crown with an undefeated record?
18. Which team suffered the greatest loss in the NFL Championship game?
19. This Broadway Joe holds the old AFL record for yards passing in a season. Who was the Bright Light that won the Super Bowl for the Jets?
20. Who was the coach for all four Buffalo Bills Super Bowl losses?

Sports Trivia Answers on page 14

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# RCAF Public Affairs Officers Meet in Winnipeg



Director General Military Strategic Communications, Brigadier-General Jay Janzen, addresses a town hall of public affairs officers and Imagery Technicians at 17 Wing, on February 19, 2019. Photo: Avr Tanner Musseau-Seaward, 17 Wing Imaging

by Bill McLeod, Voxair Manager

Air Force Public Affairs Officers met at 17 Wing Winnipeg from Feb 19-21 for the RCAF Public Affairs Symposium. Change was in the air and on the agenda as they look to increase strategic communication with the use of newer, more immediate forms of media.

"The people that will succeed in future conflicts will be the people that can tell the best story," said Brigadier-General Jay Janzen, Director General Military Strategic Communications, as he delivered a presentation entitled, "What if the Pen IS a Sword," and sub-

titled "Communicating in a chaotic, sensational, and weaponized information environment" on the afternoon of the first day of the symposium.

"These will be fights," he added. "It's not that we show up with our nice story and it's really easy. No, these will be fights and they will be as bloody and difficult as the kinetic fights we will have in the future."

"Some of the changes that have gone on in the last twenty years are fundamental changes," he said. "To our business, to our society, to the way that information moves."

BGen Janzen talked about the first Gulf War and how media outlets like CNN provided live reports from the region. He said that it took about 15 experts, 7 million dollars, and a sea can full of equipment. Now, he said, an 11 year old can do the same thing with a 600 dollar cell phone and they are doing it right now.

BGen Janzen also talked about how our potential adversaries have already adopted the newest forms of media as part of their military doctrines. He provided specific examples of propaganda actions taken against the Canadian Armed Forces in Eastern Europe. He provided examples of the way the Russian Defense Forces have adopted the tactics of deploying conspiracy theories, attacking consensus, cherry picking facts, casting doubt, denying data, and making ad hominem attacks.

In presenting these threats, he stressed the importance of timely and accurate communications activities, all guided by a common narrative and held together with actions which back up our words.

Following BGen Janzen was Chief Petty Officer First Class Shawn Kent, the Public Affairs branch chief. The CPO talked to the imagery technicians and PAOs in attendance about the changes coming to the

trade, and the ideas for the future of the trade.

"We know there is 650 per cent higher engagement on a post with an image than without," CPO1 Kent said, emphasizing the importance of imagery to the new information age.

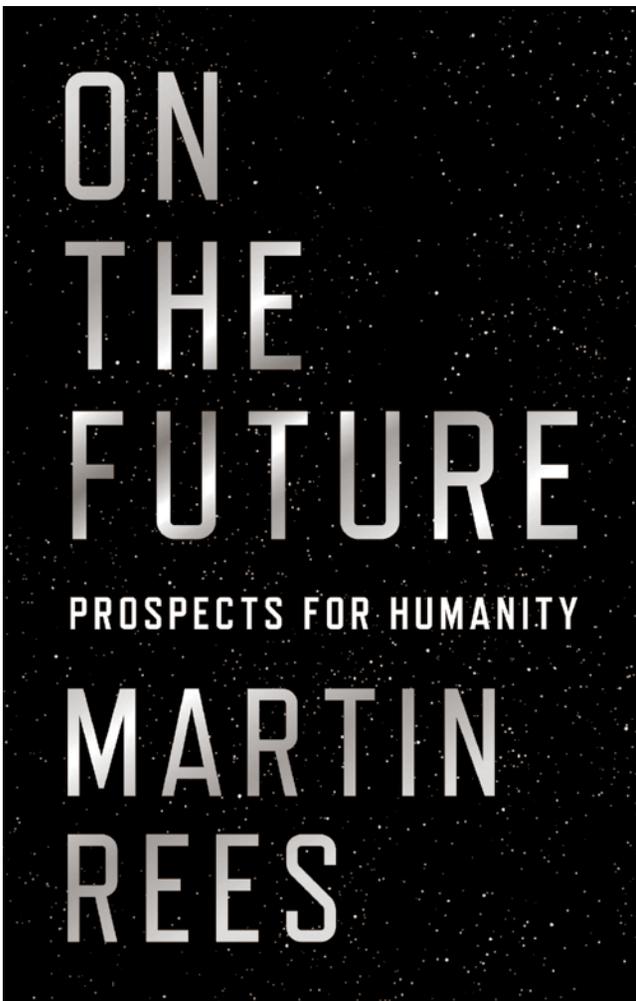
He noted that the present model of how the CAF does imagery is broken saying most places still work with work orders and that turnaround time from imagery sections can be as long as a week.

"Not to pick on anybody here today, but the good General signed the guest book this morning and a uniformed Image Tech took the photo," he said. "Now I have no doubt that photo is going to be amazing, but what is the tactical value, strategic value, operational value of that image? That's where I begin to wonder. It's not that we're not busy, it's what are we busy with and how do we fix it."

CPO1 Kent said that the branch was exploring some options with the use of Image Techs, including micro-teams of techs with PAOs, developing ways of doing business that from "flash to bang" are rapid, requiring PAOs to take command and control functions of the Image Tech trade, and develop scales of issue to meet the new needs that are lightweight and rapid.

Other parts of the symposium focused on PA support to exercises and operations, the CAF imagery functions and the RCAF, the use of social media and Instagram practice sessions, member retention initiatives, search and rescue, some case studies, and some guided discussion topics. Both Lieutenant-Colonel Steve Neta, Director Air Force Public Affairs, and Major Jennifer Jones, Senior Public Affairs Officer, 1 Canadian Air Division, spoke at the symposium.

## On the Future: Prospects for Humanity by Martin Rees



On the Future: Prospects for Humanity by Martin Rees (Princeton University Press 255 pg. \$23.85)

Review by Martin Zeilig, Voxair photojournalist

At the outset of this lucid, stimulating and cautionary book, author Martin Rees makes it clear that he writes from a personal perspective as a scientist, as a citizen, and as a worried member of the human race.

"The book's unifying theme is that the flourishing of the world's growing population depends on the wisdom with which science and technology is deployed," he says.

Martin Rees is Astronomer Royal, and has been

Master of Trinity College and Director of the Institute of Astronomy at Cambridge University. As a member of the UK's House of Lords and former President of the Royal Society, he is much involved in international science and issues of technological risk. His books include *Our Cosmic Habitat* (Princeton), *Just Six Numbers*, and *Our Final Hour* (published in the UK as *Our Final Century*). He lives in Cambridge, UK.

"Today's young people can expect to live to the end of the century," Rees notes. "So, how can they ensure that ever more powerful technologies-- bio, cyber, and AI-- can open up a benign future, without threatening catastrophic downsides? The stakes are higher than ever before; what happens this century will resonate for thousands of years. In addressing such a wide-ranging theme I'm mindful that even the experts have a poor record of forecasting. But, I'm unrepentant because it's crucial to enhance public and political discourse on long-term scientific and global trends."

The book offers some hopefulness, doubts, and speculations about what lies ahead. There are five main sections, each with concise chapters: Deep in the Anthropocene; Humanity's Future on Earth; Humanity in a Cosmic Perspective; The Limits and Future of Science; Conclusions.

We are told about the transformations occurring now-- "unprecedented in their speed and the stress they impose on the global environment. The author also describes the scientific advances that we can expect in the coming decades, emphasizing the benefits but also "the ethical dilemmas and the risk of disruption or even catastrophe."

Nuclear annihilation still looms over us, the author writes. "The only consolation is that, thanks to arms control efforts between the superpowers, there are about five times fewer weapons than during the Cold War-- Russia and the United States each have about seven thousand-- and fewer are on hair trigger alert. However there are now nine nuclear powers, and a higher chance than ever before that smaller nuclear arsenals might be used regionally, or even by terrorists."

Exploring the "broader horizons" in both space and time, far beyond Earth (and even our solar system), Rees considers the prospects for a "post human future". As he points out, our cosmic home-- "this immense firmament of stars and galaxies-- seems 'designed'

or 'tuned' to be an abode for life. From a simple big bang, amazing complexity has unfolded, leading to our emergence. Even if we are now alone in the universe, we may not be the culmination of this 'drive' towards complexity and consciousness. This tells us something very profound about nature's laws..."

The book ends with an optimistic vision of life's future-- "in this world, and perhaps far beyond it," Rees maintains.

"Without a broader perspective-- without realizing that we're all on this crowded world together-- governments won't properly prioritize projects that are long-term in a political perspective, even if a mere instant in the history of this planet. 'Space-Ship Earth' is hurtling through the void. Its passengers are anxious and fractious. Their life support system is vulnerable to disruption and breakdowns. But, there is too little planning, too little horizon scanning, too little awareness of long-term risks. It would be shameful if we bequeathed to future generations a depleted and hazardous world.

"We need to think globally, we need to think rationally, we need to think long-term-- empowered by twenty-first century technology but guided by values that science alone can't provide."

Amen.



# Nutrition Changes are on the Horizon!



by Nicole Houghtaling, RD, Pn1

Did you know that March is Nutrition Month? The Nutrition Month 2019 campaign is dedicated to Unlock the Potential of Food and to help Canadians realize the potential of food to fuel, discover, prevent, heal and bring us together.

The campaign's goal is to help Canadians in discovering the potential of food to improve health and well-being.

Within the CAF, healthy choices are always available on the National Standardized Cycle Menu (NSCM) offered at CAF Dining facilities. New nutrition education materials have been developed with key messag-

ing. You can find them posted at CAF Dining Facilities.

Since the launch of Health Canada's Healthy Eating Strategy in late 2016, the Government of Canada has been taking action to make the healthier choice the easier choice for all Canadians. Many changes have already taken place when it comes to promoting nutrition. We have seen the ban of partially hydrogenated oils (the main source of industrially produced trans fats in foods) as of September 17, 2018 and food label regulations were updated at the end of 2016 (although manufacturers have until 2021 to comply).

The most recent change was the launch of the new Food Guide on January 22, 2019.

Canada's new food guide takes a modern approach to communicating dietary guidance to consumers, health professionals and policy makers. Some of the changes include modern visuals, a more user-focused approach with an online suite of resources including a mobile-friendly web application, renewed terminology, and, perhaps most importantly, the new guide reflects the best of the latest evidence on food and health.

So how is the latest evidence reflected in the new guide? The healthy meal plate now consists of: ½ veg-

etables and fruit, ¼ whole grains and ¼ protein foods (milk and alternatives and meat and alternatives are now grouped together as protein foods). Among protein foods, plant-based should be consumed more often. Water is now the beverage of choice and sugary drinks, including 100% juice and sweetened milk, are not recommended to be consumed regularly.

What's exciting is that there are even more changes on the horizon. Later this year, Health Canada is expected to release Canada's Healthy Eating Pattern which will provide guidance on the amounts and types of food that make up a healthy diet.

Want to learn more? Click:

- [NutritionMonth2019.ca](http://NutritionMonth2019.ca)
- [food-guide.canada.ca/en/](http://food-guide.canada.ca/en/)
- [canada.ca/en/services/health/campaigns/vision-healthy-canada/healthy-eating.html](http://canada.ca/en/services/health/campaigns/vision-healthy-canada/healthy-eating.html)
- [canada.ca/en/health-canada/news/2018/09/canadian-ban-on-trans-fats-comes-into-force-today.html](http://canada.ca/en/health-canada/news/2018/09/canadian-ban-on-trans-fats-comes-into-force-today.html)

Nicole Houghtaling is a registered dietitian and is currently completing a Masters in Sports Nutrition. As part of the Strengthening the Forces team she is the Acting Nutrition Wellness Educator and focusses on health promotion nutrition programming for the CAF.

Strengthening the Forces is the Canadian Armed Forces (CAF) healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

## Des Changements Nutritionnels à l'horizon!

par Nicole Houghtaling, RD, Pn1

Saviez-vous que le mois de mars est le Mois de la nutrition? La campagne du Mois de la nutrition 2019 a pour objectif d'aider les Canadiennes et les Canadiens à découvrir le pouvoir des aliments et d'aider les gens à voir comment les aliments peuvent nourrir, faire découvrir, prévenir, guérir et nous rassembler.

Le but de la campagne est de renseigner et de conseiller les gens et ainsi, de les aider à découvrir le potentiel des aliments pour améliorer la santé et le bien-être.

Au sein des FAC, des choix santé sont toujours disponibles sur le menu cyclique national normalisé (MCNN) offert dans les salles à manger des FAC. De nouveaux matériels éducatifs ont été développés avec des messages clés concernant la nutrition et le MCNN. Vous pouvez les trouver dans les salles à manger des FAC.

Depuis le lancement de la Stratégie de Santé Canada en matière de saine alimentation à la fin de 2016, le Gouvernement du Canada a pris des mesures pour faire en sorte que le choix le plus sain soit plus facile à faire pour les Canadiens. De nombreux changements ont déjà eu lieu en matière de promotion de la nutrition. Nous avons vu l'interdiction des huiles partiellement hydrogénées (la principale source de gras trans produits industriellement dans les aliments) à compter du 17 septembre 2018 et la réglementation sur l'étiquetage des aliments a été mise à jour à la fin de 2016 (bien que les fabricants aient jusqu'en 2021 pour s'y conformer). Le plus récent changement étant le

lancement du nouveau guide alimentaire le 22 janvier 2019.

Le nouveau guide alimentaire canadien adopte une approche moderne pour communiquer ses recommandations et vise à répondre aux besoins de divers utilisateurs, y compris les consommateurs, les professionnels de la santé et les responsables des politiques. Certains de ces changements comprennent des éléments visuels modernes, une approche plus axée sur l'utilisateur avec une suite de ressources en ligne et un contenu Web adapté aux appareils mobiles, une terminologie renouvelée et, ce qui est peut-être le plus important, le nouveau guide a été élaboré à partir des données probantes les plus récentes et les plus solides sur l'alimentation et la santé.

Alors, comment les dernières données probantes sont-elles reflétées dans le nouveau guide? L'assiette de repas sain se compose maintenant de : ½ légumes et fruits, ¼ aliments à grains entiers et ¼ aliments protéinés (le lait et substituts et les viandes et substituts sont maintenant regroupés comme aliments protéinés). Parmi les aliments protéinés, ceux d'origine végétale devraient être consommés plus souvent. L'eau est maintenant la boisson de premier choix et les boissons sucrées, y compris les jus à 100% et les laits sucrés, ne sont pas recommandées pour être consommées régulièrement.

Ce qui est de bonnes nouvelles, c'est que d'autres changements sont encore à l'horizon. Plus tard cette année, Santé Canada publiera le document intitulé Modèle de saine alimentation, qui fournira des conseils

sur les quantités et les types d'aliments.

Voulez-vous en apprendre plus? Cliquez :

- [moisdelanutrition2019.ca](http://moisdelanutrition2019.ca)
- [guide-alimentaire.canada.ca/fr/](http://guide-alimentaire.canada.ca/fr/)
- [canada.ca/fr/services/sante/campagnes/vision-canada-en-sante/saine-alimentation.html](http://canada.ca/fr/services/sante/campagnes/vision-canada-en-sante/saine-alimentation.html)
- [canada.ca/fr/sante-canada/nouvelles/2018/09/entree-en-vigueur-aujourd'hui-de-linterdiction-visant-les-gras-trans-au-canada.html](http://canada.ca/fr/sante-canada/nouvelles/2018/09/entree-en-vigueur-aujourd'hui-de-linterdiction-visant-les-gras-trans-au-canada.html)

Nicole Houghtaling est diététiste et termine actuellement une maîtrise en nutrition sportive. Dans le cadre de l'équipe Énergiser les Forces, elle est éducatrice en nutrition et bien-être et met l'accent sur les programmes de promotion de la santé pour les FAC.

Énergiser les Forces est le programme de promotion des saines habitudes de vie des Forces armées canadiennes qui procure de l'information d'experts, des compétences et des outils afin d'améliorer la santé et le bien-être de la communauté militaire des FAC.

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# Around The Wing



Members of the Esquimalt Tritons, and Edmonton warriors, play during the 2019 Canada West Women's Hockey Championship, on February 13, 2019, at MTS Ice plex. Photo: Avr Tanner Musseau-Seaward, 17 Wing Imaging



The Winnipeg Rondelles pose for a team photo, during the 2019 Canada West Women's Hockey Championship, on February 11, 2019, at MTS Iceplex. Photo: Avr Tanner Musseau-Seaward, 17 Wing Imaging



(L-R) Evelyn Harrison, Margaret MacLennan and Eleen Webber, members of the Ladies Guild of the Good Shepherd selling cookies at the atrium of 1 Canadian Air Division on Valentine's Day. The ladies have been selling the cookies at 1 CAD for about 5 years. The cookies are a 6" sugar cookie base which is then decorated and sold in a decorated pizza box. The ladies started selling at 9:15 and were sold out by 11:00. The guild uses the funds to support local charities like Care and Share, Winnipeg Harvest, Siloam Mission, Salvation Army, and Palliative Manitoba. They also provide hampers for needy families each year as well. Photo: Cmre CWO Kurt Swanson



Picking things up and putting them down. A military member participates in the Valentine's Day circuit at Bldg 21 on Feb 15. Photo: Bill McLeod, Voxair Manager

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Lee-Ann Brookes adds a little extra weight to a sled during the Valentine's Day circuit at Bldg 21 on Feb 15. Photo: Bill McLeod, Voxair Manager

# Around The Wing



Master of Ceremonies Michelin Girardin addresses the 2019 Annual Yellow Ribbon Gala Dinner at the Victoria Inn, Winnipeg on February 16th, 2019. Photo: Cpl Bryce Cooper, 17 Wing Imaging



Vocalist, Sergeant David Grenon performs with the Royal Canadian Air Force Band during the 2019 Annual Yellow Ribbon Gala Dinner at the Victoria Inn, Winnipeg on February 16th, 2019. Photo: Cpl Bryce Cooper, 17 Wing Imaging



Mayor of Winnipeg, his worship Brian Bowman addresses the 2019 Annual Yellow Ribbon Gala Dinner at the Victoria Inn, Winnipeg on February 16th, 2019. Photo: Cpl Bryce Cooper, 17 Wing Imaging



The 2019 Annual Yellow Ribbon Gala Dinner at the Victoria Inn, Winnipeg on February 16th, 2019. Photo: Cpl Bryce Cooper, 17 Wing Imaging



Public Affairs attendees at the town hall with Director General Military Strategic Communications, Brigadier-General Jay Janzen, at 17 Wing Winnipeg, on February 19, 2019. Front row (L-R): Lt Gabriel Ferris; Capt Christine Salt; LCol Steve Neta; Maj Jennifer Jones; Capt Jennifer Halliwell; and Mr. David Lavallee. Middle row (L-R): Capt Annie Morin; 2Lt Jennifer MacCosham; MWO Doug Hennessey; Capt Matt Zalot; Capt Mat Strong; Capt Lynne Paterson; Capt Leah Pierce; and Capt Jennifer Casey. Back row (L-R): Ms. Cheryl Quinn; Mr. Jame Carruthers; Capt Graeme Scott; Mr. Jason Miller; and Capt Dennis Power. Photo: Bill McLeod, Voxair Manager.



Flying Officer (retired) Ralph Wild with Mrs. Ana Vucic during the 2019 Annual Yellow Ribbon Gala Dinner at the Victoria Inn, Winnipeg on February 16th, 2019. Photo: Cpl Bryce Cooper, 17 Wing Imaging

# Farewell to Canada's last Dambuster



Aircrew of Lancaster AJ-N who participated Dambusters Raid. Back row left to right: Sergeant Fred Sutherland (Canada), Pilot Officer Robert Kellow (Australia) and Sergeant Harry O'Brien (Canada). Front row left to right: Pilot Officer Harold Sydney Hobday (Great Britain), Pilot Officer Edward Johnson (Great Britain), Pilot Officer Les Knight (Australia) and Sergeant Robert Grayston (Great Britain). PHOTO: © Imperial War Museum, CH 11049

A war-era photo of a very young Fred Sutherland; he was 18 when he enlisted and 20 when he was shot down and escaped from Europe via Spain and Gibraltar. PHOTO: Courtesy Elinor Florence

RCAF Public Affairs, with files from Elinor Florence  
Canada's last Dambuster has slipped the surly bonds of earth.

Sergeant (retired) Frederick Edwin Sutherland died Monday, January 21, 2019, at the age of 95. He was the last living Canadian who participated in the famed Dambusters Raid on the night of 16-17 May, 1943. The raid was carried out by the Royal Air Force's 617 Squadron, formed specifically for the secret mission.

Only one Dambuster is still with us: the RAF's Squadron Leader George Leonard "Johnny" Johnson, who is 97.

Sergeant Sutherland joined the Royal Canadian Air Force at the age of 18 and was only 20 when he became front gunner with Flight Lieutenant Les Knight's Lancaster bomber crew at 617 Squadron. After the development of the innovative "bouncing bomb" by Barnes Wallis and weeks of practice by the hand-picked aircrews, 19 specially-modified Lancasters and their 133 crew members were sent on a daring mission to destroy the Möhne, Sorpe, Eder and Ennepe dams in the Ruhr River in the heartland of Germany's industrial complex. The mission was dubbed "Operation Chastise".

Flight Lieutenant Knight's crew breached the Eder Dam on the last run against the structure and returned safely to England. However, eight aircraft were lost during the raid; of the 133 men who took off from RAF Scampton near Lincoln, England, 53 were killed, including 14 Canadians. Seventeen members of the RCAF survived: 16 Canadians and one American.

Sergeant Sutherland was not so fortunate four

months later when his crew set out to attack the Dortmund-Ems Canal in Germany on the night of September 15, 1943. Their Lancaster was hit, but Flight Lieutenant Knight managed to get the damaged aircraft across the border to Holland before the crew baled out. Flight Lieutenant Knight was killed, however, trying to land the crippled Lancaster.

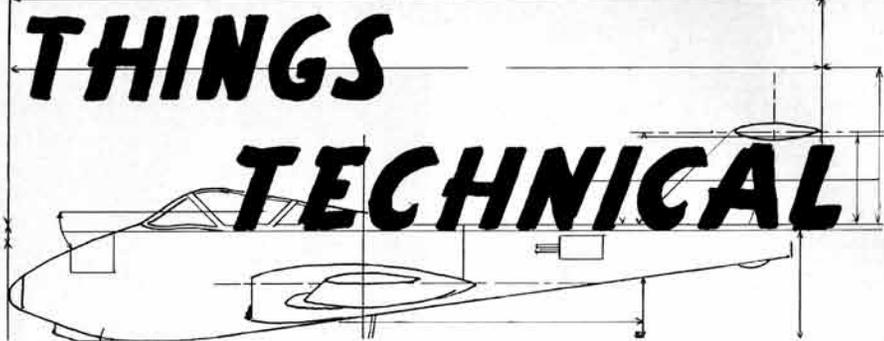
Sergeant Sutherland was picked up by the Dutch resistance, given clothing and false papers, and put on a train—filled with Germans—to Paris. From Paris, he and his crewmate, Flying Officer Harold Sidney Hobday, travelled south by train and truck. They walked across the Pyrenees and eventually to Gibraltar on the famed "Chemin de la Liberté" route. From there he was flown back to England.

"Fred's flying career was over," says journalist Elinor Florence, whose cousin Margaret was married to Sergeant Sutherland. "Once an airman was rescued by the Resistance, he wasn't allowed to fly again in case he was captured and forced to reveal the identities of his rescuers." He sailed back to Canada in December, reaching Edmonton in January and marrying Margaret the next day: January 5, 1944. He had to get his parents' permission to marry, however, because he hadn't yet reached 21—legal age to marry.

"After the war, he became a forestry inspector for the Government of Alberta," continues Ms. Florence, "and worked in Calgary, Edmonton and Rocky Mountain House, where he retired."

## #TBT 1958: Things Technical!

\* Reprinted from the Voxair - Issue 2, Volume 7, February, 1958



By CPL. BILL BAMBRICK

DeHavilland was embarrassed, to say the least! For a long time they had been vociferously lauding their Gyron engine (turbojet) as "the most powerful jet engine in the world."

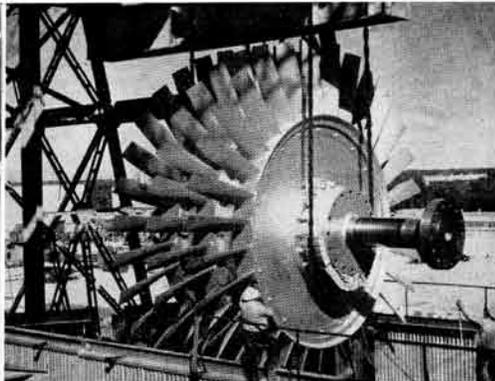
The cause of their embarrassment is twofold: firstly, Security. It is a peculiar characteristic of Security in Britain that, on announcing total thrust figures for a new engine, only a percentage of this figure may be released, strictly banning the rest. The Gyron was described as having a total of 25,000 lbs. thrust; few knew of the remaining 5,000 lbs. closely pegged by Security. In the

second place, other manufacturers (for example, Orenda) have entered the supersonic field with, unfortunately, even bigger and better engines.

DeHavilland, rather than downgrade "the most powerful jet engine in the world" to an eventual "most powerful type-tested jet engine to have reached an advanced stage of development in Southern England"—or even "in Hertfordshire"—have come up with the monster shown in the assembly stages here for the first time. The Gyron Gyron, as the brute is called, is designed specifically, says

DeHavilland, to regain their former "place in the sun."

The Gyron, it is claimed, is capable of turning out 240,000 lbs. of thrust—and that is without re-heat! A noticeable difference from the usual layout for supersonic engines is their use of a 3-stage axial compressor in place of the more usual 2 or 7-stage configuration. All other details of the engine are still cloaked in security. The only comment I can offer, for what it is worth, is "where in the name of Heaven are they going to find a airplane big enough to install the thing in?"



ABOVE: This photograph was taken as the enormous 3-stage axial compressor was being lowered into position in the test rig.

LEFT: New and weighty difficulties required solution before a suitable two-bearing rotor shaft could be provided. Note the comparative sizes of these two components and the workmen.

### BOEING ANNOUNCES NEW 720



The Boeing 720, newly designed intermediate range jet airliner, is shown above in the colors of United Air Lines, first to order the Seven-Twenty. The new airliner is identical in size to the Boeing 707 Jet Stratoliner, but weighs 45,000 pounds less. Equipped with improved, light-weight Pratt & Whitney JT3C engines, it will be capable of operating from airports now served by intermediate range airliners. Maximum range of the Seven-Twenty is 2400 miles with full payload of 33,000 pounds, including 130 passengers in tourist class accommodations. Up to 110 first-class passengers can be carried.

The Boeing Airplane Company has just released first details of its new intermediate-range jet airliner, the "720." This new jet is the third member of the company's "family" of commercial jet aircraft that includes the two versions of the "707" now in service.

The "seven-twenty" combines a new light-weight, high-thrust version of the Pratt & Whitney JT3C (J-57) engine with an improved airframe design. The new design offers a fine combination of economics, speed, seating capacity and range to fulfill the majority of medium-range airline needs.

With a top speed of more than 400 MPH, the 720 will be capable of carrying a gross payload of 33,000 pounds, including up to 130 passengers (tourist class) over a maximum range of 2,600 miles. It will also operate economically over ranges as short as 150 miles.

The first phase of the Boeing commercial jet airliner programme was the design of the long-range 707 Stratoliner and the very-long-range 707 Intercontinental. With this phase successfully under way, they began, over two years ago, the second phase of their commercial programme with studies of medium

and short-range turbo-prop and jet airliners. In the course of their research, it became apparent that there was a vital need for the intermediate-range jet airliner.

Boeing's first answer to this need was the "717." Further improvements in the JT3C (J-57) engine combined with an additional redesign of the 707 airframe, resulted in the Boeing 720, an artist's drawing of which accompanies this article.

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Overall Length—134' 6".  
Overall Height—38' 7".  
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# Brigadier-General Boyle's visit to 220 Squadron —a reflection of his youth

*Cadets warmed up to the BGen's aviation stories on the coldest day of the year in Winnipeg*



Five new candidates recite the Oath to become cadets led by Captain Judy Undiks, Commanding Officer of 220 Cadet Squadron and witnessed by Brigadier-General Sean Boyle, Deputy Commander 1 Canadian Air Division. All photos: Wright Eruebi

by Wright Eruebi

Members of the Royal Canadian Air Cadets, the 220 Red River Squadron (220 RCACS), braved the elements Tuesday, February 5, to attend a parade night so they could welcome Brigadier-General (BGen) Sean Boyle to their Minto Armory home on St. Matthews Street.

The Deputy Commander of 1 Canadian Air Division captivated his audience, so much so that you could hear a pin drop when he began his presentation with a

highlight of his vast military adventures.

Cadets listened in awe, but it was what they saw with their own eyes that probably captivated them the most. A video presentation showed BGen Boyle in-flight, riding shotgun in the iconic red-and-white coloured Tutor aircraft during his recent flight with the Snowbirds, the Canadian Armed Forces' beloved Air Demonstration Team based in Moose Jaw, Sask. The General's vantage point inside the jet gave the young audience the sensation of being aloft themselves.

Wanting his audience to learn more about the Royal Canadian Air Force (RCAF), BGen Boyle gave a brief overview of the Air Force's Wings and Bases, what air capabilities they have, and what types of missions they conduct. The cadets were keen to learn about current operations at CFB Winnipeg!

Recently back from visiting troops in Mali and Senegal, BGen Boyle delivered an overview of his tour and spoke to the high morale of the personnel there. Cadets also learned about what the future of the RCAF holds for aspiring aviators of tomorrow.

Captain (Capt) Judy Undiks, the Commanding Officer of 220 RCACS used the occasion to request that Brigadier-General Boyle swear-in five new cadets into her membership. During a walk-around the armory, Capt Undiks along with her Training Officer, Captain Thomas Bambrick, gave BGen Boyle a demonstration of their home-made flight simulator much to the delight of the General.

"If I had been exposed to something like this when I was a kid, I'll tell you, I'm sure my parents would have had difficulty keeping me at home away from it," said BGen Boyle who realized his career path during his teenage years as a cadet with 527 Barrhead RCACS in

Alberta.

BGen Boyle finished the evening by making presentations to deserving cadets and taking the salute during the March Past to bring the parade night to a close that members of the Red River Squadron may not soon forget.

The Cadet Program is a national program for young Canadians aged 12 to 18 who are interested in participating in a variety of fun, challenging and rewarding activities while learning about the Canadian Armed Forces.

**233-ALLÔ**  
CENTRE D'INFORMATION  
233-2556 1-800-665-4443

## CALENDRIER COMMUNAUTAIRE

- 27 février • Causerie Vin-Fromage-Dessert  
• **Association LGBTQ du Manitoba**
- 28 février • Soirée Spoken Word  
• **Alliance Française du Manitoba**
- 1er mars • Ce soir on joue • **CCFM**
- 1er mars • Ligue d'improvisation du Manitoba • **CCFM**
- 6 mars • On jase... avec Rob Tétrault • **CJP**
- 7 mars • Soirée chansonnier • **I'USB**
- 7 au 10 mars • Festival de Film  
• **Alliance Française du Manitoba**
- 7 au 23 mars • Théâtre : Que faire d'Albert?  
• **Théâtre Cercle Molière**
- 11 au 13 mars • Business Start présenté • **CDEM**

**Exposition:**  
150/30 ans de plaisir éphémère  
• **Centre culturel franco-manitobain**  
Le Musée de l'histoire à venir  
• **La Maison des artistes visuels francophones**  
De retour à la maison  
• **La Maison des artistes visuels francophones**  
Pour plus d'informations et pour voir le calendrier au complet, visitez le <http://www.sfm.mb.ca/calendrier>

# College Corner

## Preparations Underway for the Annual Aerospace Power Review

Although the weather outside is frigid and snowy, thoughts at Barker College have already turned to the warm sunny days at the end of June, and the annual Aerospace Power Review (APR). This three day event represents the culmination of the College's signature year-long residential course, the Aerospace Studies Program (ASP); activities include presentations on various research papers prepared by the students and staff of Barker College, as well as panel discussions between eminent members of the military, academia, and industry.

This year's event will take place from the 24th to the 26th of June at Barker College (building 84), with each day having a distinct theme; The Future of NORAD, Canadian Arctic ISR Evolution, and Search & Rescue Operations (exact themes are subject to change). The APR is open to the public, and this year Barker College is setting up a live stream of the event for those people who are interested but are unable to make it to the venue.

Questions about either APR or ASP can be directed to the ASP Course Director, Maj Maryse Laliberté, at local 6754.

RCAF Barker College News

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Thanks

## PERSONAL CLASSIFIEDS

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**CARPOOL** - Looking for a ride from downtown (near the Hotel Fort Garry) to building 62 I need to be at work at 0700 and leave at 1545 or 1600 which ever works. I am willing to pay half the gas. Starting Tuesday.  
**Contact Dawn at 204-833-2500 ext 4534 or Dawn.Aisenstat@forces.gc.ca**

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# cafconnection.ca/winnipeg

## Stressed? Take Charge!

Le stress: Ça se combat!



**4 & 5 April 2019**  
0830 - 1600 hrs  
4 et 5 avril 2019  
08h30 à 16h00

Want to increase your stress hardness, enhance your performance, ramp up your resilience?  
Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca  
Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

## RESPECT IN THE CAF WORKSHOP

### RESPECT DANS LES FAC

**19 March 2019** 0800 - 1600 hrs  
**19 mars 2019** 08h00 à 16h00

The "Respect in the CAF" workshop is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims.  
L'atelier « Respect dans les FAC » vise à promouvoir le respect au sein des FAC en favorisant la prise de conscience et la compréhension pour encourager les membres à lutter contre l'inconduite sexuelle et à soutenir les victimes.

*This course is Coded! Il s'agit d'un cours auquel on a attribué un code!*



For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca  
Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

## Top Fuel for Top Performance

### Bouffe-santé pour un rendement assure

**8 & 15 March 2019** 0830 - 1600 hrs  
**8 et 15 mars 2019** 08h30 à 16h00

- Evaluate your eating patterns
- Learn to read food labels to make better choices
- Plan and prepare for training and competition
- Learn how to adjust your eating to lose weight or bulk up

- Évaluez vos habitudes alimentaires
- Apprenez à lire les étiquettes des produits
- Sachez vous préparer en vue d'un entraînement ou d'une compétition
- Apprenez à modifier votre alimentation et vos exercices pour perdre du poids ou augmenter votre masse musculaire



For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca  
Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

## Free! MOVIE NIGHT

### SOIRÉE CINÉMA

Gratuit! 2019

**14 YRS +** **14 ANS +**



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DES COLLATIONS SONT OFFERTES À 1 \$ chacune

**WEDNESDAY • MARCH 13 MARS • MERCREDI**

BLDG 90 THEATRE BÂT. 90 – THÉÂTRE

DOORS OPEN 1830 HRS LES PORTES OUVERT À 18 H 30  
SHOW TIME 1900 HRS 19 H AU CINÉMA

For more information contact / Pour en savoir plus, veuillez contacter : ashley.clement@forces.gc.ca • 833-2500 ext./poste 7013

## Mental Fitness & Suicide Awareness: Supervisor Training

### Force Mentale et Sensibilisation au Suicide: Formation du Superviseur

It's one thing to look after your body. Just don't forget about your mind.  
C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprit.

**25 April 2019** 0800 - 1600 hrs  
**25 avril 2019** 08h00 à 16h00

*This course is Coded! Il s'agit d'un cours auquel on a attribué un code!*

For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca  
Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

## Alcohol, Other Drugs, Gambling and Gaming Awareness Training

### Formation de sensibilisation aux problèmes liés à l'alcool, aux autres drogues, au jeu excessif et au jeu électronique

Formation de sensibilisation aux problèmes liés à l'alcool, aux autres drogues, au jeu excessif et au jeu électronique

**11 & 12 April 2019** 0800 - 1600 hrs & 0800 - 1200 hrs  
**11 et 12 avril 2019** 08h00 à 16h00 et 08h00 à 12h00

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  
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

For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca  
Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

## WINTER Fest 2019

### DE L'HIVER

ACTIVITIES FOR ALL AGES! / ACTIVITÉS POUR TOUS LES ÂGES!

**MARCH 2 MARS**

FITNESS AND RECREATION CENTRE BLDG 90 / CENTRE RÉCRÉATIF ET SPORTIF BÂT. 90

Defence Team: \$3 per person / \$9 per family  
Équipe de la Défense: 3\$ par personne / 9\$ par famille  
Public: \$4 per person / \$12 per family  
Public: 4\$ par personne / 12\$ par famille

Tickets available at the MFRC, Bldg 90 or at the door. Les billets sont en vente au CRFM, au bâtiment 90 ou à l'entrée. TICKETS MUST BE PRESENTED AT TIME OF ENTRY. LES BILLETTS DOIVENT ÊTRE PRÉSENTÉS À L'ENTRÉE.

INFO: 204-833-2500 ext/poste 7013 or/ou 4500

## GOOD FOOD BOX

### PROGRAMME DE LA BOÎTE VERTE

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Large Box \$28  
Petite boîte 18 \$  
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BOXES ARE PREPARED MONTHLY!  
BOÎTES SONT PRÉPARÉES CHAQUE MOIS!

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PASSER SA COMMANDE PAR INTERNET À www.connexioncaf.ca/winnipeg

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PICK UP / RAMASSER WED • 23 JAN • MER.	PICK UP / RAMASSER WED • FEB 20 FÉV • MER.	PICK UP / RAMASSER WED • 20 MAR • MER.	PICK UP / RAMASSER WED • APR 17 AVR • MER.

PICK UP BETWEEN 1400 - 1720 HRS • BLDG 33 / RAMASSER ENTRE 14 H À 17 H 30 • BÂT. 33

For more info/Pour plus de renseignements : Ashley.Clement@forces.gc.ca • ext./poste 7013

Have you got a story 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



## Connect with us:

102 Comet Street / 102 rue Comet  
204-833-2500 extension / poste 4500

[www.cafconnection.ca](http://www.cafconnection.ca)

[www.facebook.com/WinnipegMFRC](http://www.facebook.com/WinnipegMFRC)

[www.facebook.com/WinnipegMFRCYouth](http://www.facebook.com/WinnipegMFRCYouth)

# Upcoming MFRC Programs and Events

## CHILDREN & YOUTH PROGRAMS

### OCCASIONAL CHILD CARE

Casual child care for 6 months - 12 yrs. Call 204-833-2500 xt 2491 to for more information including cost and extended hours and to register MFRC Occasional Child Care Centre, 630 Wihuri Rd.

### KIDS CLUB

Drop-in care for children 18 months to 5 years. \$2 per child per session, free with PSP membership Please send along a nut/peanut free snack and diapering supplies if required. Tues. & Thurs. 1630 - 1930, Sat. 0900 - 1200

### CREATIVE TOTS

Facilitated play group at our 'South Side'. Parents are required to stay. Bilingual. South Side Youth Centre, 347 Doncaster St. Tues. and Thurs. 0900 - 1100. Free. Drop-in.

### FRENCH WITH KIDS

Improv Theater Theme. No French experience needed. Offered in partnership with Creative Tots. Thurs. 0900 - 1000 Feb. 14. Free. Register by: Feb. 8

### DEPLOYMENT ACTIVITY

Deployment Wall - Create an info wall about a parent's deployment Wed. 1700 - 1900 Feb. 27 Free. Register by Feb. 22.

## PARENT & FAMILY PROGRAMS

### A PARENT COMMUNITY

A 'community' of parents will discuss topics related to parenting children of all ages. Fridays 0930 - 1130. Free. Drop-in

### A PARENT GROUP

Join us for parenting discussions and networking. Wed., Feb. 13, 27, 0930 - 1130. Free. Drop-in.

### SOUTH SIDE COFFEE

French or English, parent or not, kids at home or empty nest...everyone is welcome! Wed., Feb. 20, 0930 - 1100.

### PARENTING TOGETHER EVENING

Join us for a parenting group in the evening. Wed., Feb. 27, 1830 - 2030. Free. Drop-in.

### NEW RECRUITS PARENT CAFÉ

Calling parents of a new military member! Come learn about the services the MFRC can offer you and your family. Light refreshments will be served. Sat., 1100 - 1200 Feb 23. Free. Drop-in.

### PARENT-CHILD RESTORATIVE YOGA

\$20 per adult child pair for two sessions. Mon., 1830 - 1930 Feb 25 and March 4. Register by Feb. 19

### DEPLOYMENT DINNER DATE

If you have a loved one preparing to deploy or is currently deployed or has recently returned from a deployment, allow us to organize dinner for you and your family. Tues., 1700 - 1900, Feb 26. \$5 per adult and \$3 per child (5-12), under 4 free with a max \$20 per family. Register by Feb. 22.

## ADULT PROGRAMS

### EMPLOYMENT & EDUCATION SUPPORT GROUP

This small group environment is dedicated to offering a socially supportive atmosphere for spouses who are looking for employment. Tuesdays, 0930 - 1130. Free. Drop-in.

### CAFÉ FRANÇAIS

Join us Wed. mornings for a coffee and chat in French. This is a perfect opportunity to practice your French. Wednesdays 930 - 1130. First and Second Wed. at MFRC. Fourth Wed. École Roméo Dallaire. Free. Drop-in.

### FRENCH LUNCH 'N CHAT

Bring your lunch to the MFRC and enjoy French conversation. For confident, intermediate level and advanced level. Thursdays. 1230 - 1300 Free, Drop-in.

### MATURE WOMEN'S GROUP

Join us for an evening of coffee and conversation as we discuss topics geared to midlife. If you're a 45+ woman this is a great way to meet others while sharing your wisdom and expertise about navigating life's journey. Mon., Feb. 25, 1900 - 2100. Free. Drop-in.

### TOURNEE « JUSTE POUR RIRE »

C'est un spectacle d'humour présenté par cinq comédiens de stand-up venant de partout au Canada. Promotion spéciale pour les francophones et francophiles de l'Équipe de la Défense: 15 \$ au lieu de 25 \$. Pour en profiter, inscrivez-vous le plus tôt possible auprès du CRFM (Brinda au poste 4519) pour obtenir le code promo. Ensuite, il vous suffit d'aller sur <http://bit.ly/justepourrirewpg> Le samedi 16 mars à 20 h, le Centre culturel franco-manitobain au 340 Provencher. \*\*\*Les premiers 80 participants qui se présenteront au CRFM entre le 18 mars et le 29 mars 2019 pourront profiter d'un autre rabais de 5\$ en montrant leur billet du spectacle.

Call 204-833-2500 ext 4500 to register for programs or for more information

**International Women's Day**  
**Celebration!**

**Saturday 9 March**  
7 pm - 10 pm

ANAVETS 3584 PORTAGE AVE.

Join us for a wonderful evening of friends, food, fun and guest speaker

**Kim Mills, author, military spouse and "She is Fierce" writer/speaker/blogger**

Bring your girlfriends, sister, aunt, mother or neighbour for a fun filled night. There will be tonnes of activities including Bingo and other prizes. And of course, the swag bag filled with goodies!!

**Célébration** 2019  
**de la Journée internationale de la femme!**

**samedi 9 mars**  
de 19 h à 22 h

ANAVETS - 3584, AV. PORTAGE

Joignez-vous à nous pour une merveilleuse soirée avec vos amies. Nous vous offrons du plaisir, de la nourriture et une conférencière à ne pas manquer.

**Kim Mills, conjointe de militaire et auteure, conférencière, bloggeuse de "She is Fierce"**

Amenez vos copines, sœurs, tantes, maman ou votre voisine pour une soirée remplie de plaisirs. Il y aura des activités, y compris un bingo, et des prix; et surtout, n'oubliez pas le sac à surprise!

**COST: \$20** **COÛT: 20 \$**

**REGISTER EARLY, SPACE IS LIMITED!** **INSCRIPTION AU CRFM | DATE LIMITE D'INSCRIPTION: 1ER MARS**

**REGISTER AT THE MFRC | DEADLINE MARCH 1<sup>st</sup>** **DATE LIMITE D'INSCRIPTION: 1 MARS**

**FOR DETAILS CONTACT THE MFRC AT 204-833-2500 EXT. 4500** **CONTACTEZ LE CRFM POUR PLUS DE DÉTAILS AU 204-833-2500, POSTE 4500**

**My VAC Account Lunch and Learn**

Come explore the My VAC Account web tool and learn how it can help you. Presented by a Veterans Service Agent you will learn: what is My VAC Account; who can register for an account; how to register for an account and what you can do with an account.

**Thursday March 14, 2019**  
11:45 - 12:45  
Lunch is provided at no cost  
Register by March 8  
Winnipeg MFRC  
102 Comet St.

Childcare is available for a small fee. Please enquire at the time of registration.

For more information please contact the MFRC at 204-833-2500 ext 4500

**Mon dossier ACC Dîner-conférence**

Venez explorer l'outil Web Mon dossier ACC et découvrez comment il peut vous aider. Présenté par un agent des services aux vétérans, vous apprendrez: qu'est-ce que Mon dossier ACC; qui peut s'inscrire à Mon dossier ACC; comment s'inscrire à Mon dossier ACC et comment utiliser Mon dossier ACC.

**Le jeudi 14 mars 2019**  
11 h 45 à 12 h 45  
Le dîner est gratuit  
Date limite d'inscription: 8 mars  
CRFM Winnipeg  
102, rue Comet

Un service de garde est disponible à un coût minime. Veuillez-vous renseigner au moment de l'inscription.

Pour plus d'informations, contactez le CRFM au 204-833-2500, poste 4500

**LADIES NIGHT**  
**SOIRÉE POUR LES DAMES**

Uptown Alley, 1301 St. Mathews  
Tuesday March 12 - 1900-2100 | Le mardi 12 mars - 19 h à 21 h

Register by March 3 | Date limite d'inscription: 5 mars

**TAMING ANXIETY**  
**APPRIVOISER L'ANXIÉTÉ**

Wednesday March 13  
1900 - 2100  
Register by: March 8

Le mercredi 13 mars  
19 h à 21 h  
Date limite d'inscription: 8 mars

## Sports Trivia Answers

1. Mel Stottlemyer. Pitching a complete game for the Yankees, he hit his grand salami on July 20, 1965 against the Boston Red Sox of Bob Monbouquette in the 5th inning. The Yankees won, btw.
2. Rick Monday. Coincidentally, the Mets in round 10 picked Nolan Ryan.
3. The Green Bay Packers won 11 of the 50 NFL championships.
4. The Philadelphia Eagles 1948; 1949. In 1948 they beat the Chicago Cardinals 7-0 and in 1949 they defeated the L.A. Rams 14-0.
5. New England Patriots 34 – Atlanta Falcons 28 in Super Bowl LI. James White scored on a 2 yd run.
6. 1972 Miami Dolphins – winners of Super Bowl VII.
7. Ken Griffey, Jr. He hit a solo shot against the Yankees in New York on July 20, 1993 and hit one in the eighth straight game against the Twins in Seattle on July 28.
8. Jose Canseco hit 40 home runs and stole 40 bases in 1988 becoming the first to do so.
9. Carlton Chester “Cookie” Gilchrist.
10. The Philadelphia Eagles in 1929-1931 and 1965-1967.
11. The Minnesota Vikings in 1969. There are replicas of the trophy in the respective teams’ display cases but the original trophy has “disappeared.”
12. Roy Halladay of the Phillies against the Cincinnati Red October 6, 2010 in game 1 of the National League Division Series.
13. Dale Mitchell was called out on strikes. He was batting for Dodger pitcher Sal Maglie. In 4358 major league plate appearances, he struck out only 119 times. No wonder he was called on to pinch-hit. He claims the called 3rd strike wasn’t.
14. Eric Bruntlett, Philadelphia Phillies versus New York Mets, 9th inning, 8-23-09.
15. Teiji Honma, playing for Japan in 1936. He used a mask similar to a baseball catcher’s mask.
16. Mike E. Smith.
17. Seattle Slew – 1977.
18. The Washington Red Skins suffered a humiliating 73-0 defeat, being mauled by the Chicago Bears in the 1940 NFL championship game.
19. Joe Namath.
20. Marv Levy. Despite this, he did lead the Bills to 6 division titles. He and Bud Grant are the only 2 coaches to appear in a Grey Cup game and the Super Bowl. He won the Grey Cup twice with the Alouettes.

# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Have fun. Relax. Enjoy each day. Even small things can bring joy, so savor the precious moments. Yes, you still have to pay the bills and do the chores but ease up on the need to get things done at warp speed. Make time for doing more of what you love. Good news is on the way.

**Taurus (April 20 – May 20):** You may be tempted to throw caution to the wind. Instead really listen to both your head and your heart when it’s time to make decisions. And get some pointers, suggestions and advice from people who have walked this path before you. Let go of outdated attitudes and expectations.

**Gemini (May 21 – June 21):** Brainstorm on how to get what you want. You’re not as limited as you think. You can help others in non-monetary ways until your investments pay off. This is an ideal time to land a new job. Your skill set is in demand. Even filling a temporary position can lead to better things.

**Cancer (June 22 – July 22):** Getting rid of things that you no longer need makes room for new interests. And in cleaning things out you’ll find something you lost. Good memories surface as well. Excitement results from changes in your family situation. Plan a trip to a place you’ve always wanted to go.

**Leo (July 23 – August 22):** Change is coming so you might as well embrace it. In fact, celebrate all the possibilities it can lead to. Good things are bound to come your way. Don’t get too comfortable though because further shifts will occur. Maintain beneficial habits and let go of others. Try something new.

**Virgo (August 23 – September 22):** Re-consider something you’ve left “on the back burner.” It will take some adjustments but the chance to revisit a dream as you face the future is invigorating and mentally stimulating. When you recognize the signs and respond strategically people can’t take advantage of you.

**Libra (September 23 – October 23):** You’ve worked hard to get people to work together and cooperate. Completing a major task sets you free to spend time with those who share more of your interests and outlook. Distance yourself from difficult people. When something bugs you, explore what triggered this.

**Scorpio (October 24 – November 21):** Believe in yourself. Free yourself from worrying about meeting other people’s expectations. Rigidity and shutting others out won’t make you feel more secure. Be flexible and compassionate while maintaining boundaries. An immature individual isn’t worth your time.

**Sagittarius (November 22 – December 21):** Widen your perspective and you’ll be better prepared for changes coming your way. Something you thought was settled, isn’t. Golden opportunities result though, so have the foresight to see them. Don’t take an unyielding stance. Instead, try and go with the flow.

**Capricorn (December 22 – January 19):** Assess your investments and determine what to hang onto. You can travel light without parting with everything if you store some of your belongings. Find creative solutions instead of absolutes that limit future options. Discuss a difficult decision with loved ones.

**Aquarius (January 20 – February 18):** If you feel left out or overlooked reconsider what has given rise to these feelings. You have been blessed in many ways so why focus on what you don’t have. Stop measuring your success in relation to other people and their lives. Things are not always as they seem.

**Pisces (February 19 – March 20):** You may think you’ve found your niche. But stay open to revising your plans. Keep assessing what is and isn’t working. Life is a journey. Refine your process. Reconsider how you spend your time. Where do you get the best return for your efforts? Appreciate the little things more.

**FOR APPOINTMENTS with NANCY CALL 204-775-8368**

**“Never explain, never retract, never apologize.  
Just get the thing done and let them howl.”**

**- Nellie McClung**



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Every Friday & Saturday 4:00 PM — 7:00 PM

#### MEAT DRAWS

Friday Night — 7:00 PM • Saturday Afternoon — 3:30 PM

#### LIVE BANDS

Mar. 1 & 2 - Shakin Rock N Roll Band

Mar. 8 & 9 - Vintage Groove

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#### TEXAS HOLD 'EM

Tuesday 7 pm

#### ZUMBA

Tuesday/Thursday 10-11 am

#### LINE DANCING

Wednesday 1 pm & 7 pm

#### DANCE TO LIVE BANDS

Friday 8pm-1am June-August

Every Saturday 7-11 pm

#### MEAT DRAWS

Friday 5-7 pm

Saturday 2-5 pm

## HABING LAVIOLETTE

BARRISTERS, SOLICITORS & NOTARIES



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BA. LL.B.

and

#### SIDNEY LAVIOLETTE

BA. LL.B.

and

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# Chaplain's Corner

## As We Forgive Those Who Trespass Against Us...



by Maj Hope Winfield

Who among us has not been wronged in one way or another? It could be by a parent, bully, cheated on by a partner, been lied to or stolen from, or perhaps stood up. Some of these situations can have long lasting effects spiritually, emotionally and physically. Anxiety, depression, unhealthy anger, lack of trust, eroded self-esteem and poor sleep are some of the many symptoms one can experience. Furthermore, how one copes with these symptoms and spiritual unbalance can be manifested in unhealthy ways.

How can we forgive those who have done us wrong?

Let's be clear, Forgiveness does not mean that one excuses, condones, forgets or should return to harmful relationships. Forgiveness is not the same as reconciliation. Forgiveness is forgoing resentment and revenge and instead, showing mercy and generosity when the

wrongdoer does not deserve it.

In Dr. Robert Enright's book, *Forgiveness is a Choice*, to forgive another involves four phases.

**Uncovering Phase:** the individual must explore how the injustice and subsequent injury has compromised their life (clarifying who did what to whom). One cannot give forgiveness for an offense that did not occur but one can resolve anger and feelings around a perceived offence. For severe injustices this might require connecting with a helping professional to work through the layers of pain.

**Decision Phase:** once a person sees how the effects of un-forgiveness has made them unhappy

and unhealthy, this phase is about committing to giving forgiveness a try. There could be a realization that one is "sick and tired of being sick and tired" and it is the free choice to work on forgiveness.

**Work Phase:** The goal is to see the offender through new lenses. How was that person hurt in life? How were they treated unjustly? Are they so wounded that they wounded you? Again their actions are not to be excused, but to see an individual that is not in a position of power but a human that is not infallible and all-powerful. Working towards realistic empathy and compassion for the other, the individual works towards reframing and rethinking the situation as to courageously

and assertively bear the pain of the offense but be able to give the "moral gift" of forgiveness. Note the person does not have to contact the individual (person may be unsafe, location unknown or passed away). In some cases, lessening the hatred is the closest one can get to this ideal goal.

**Deepening phase:** In this phase, a person might experience decreased negative effects and find release from the "emotional prison" caused by bitterness and resentment. There might be a realization that they too might need to ask forgiveness from others.

Forgiveness does not come easily for most of us. Our natural human instinct is to recoil in self-protection, retaliation and revenge. We don't naturally overflow with mercy, grace and forgiveness when we are wronged.

That gift is not human but Divine!



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**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 Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

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**Padre Noteh Glogauer**  
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#### INFO PHONE NUMBER

For chaplaincy services and related information, phone ext 6800 and follow the prompts.

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#### CHAPLAINS

**Padre Hope Winfield**  
(Roman Catholic Pastoral  
Associate)  
- Wing Chaplain  
ext 5417

**Padre Paul Gemmiti**  
(Roman Catholic Priest)  
- Catholic Faith Community  
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ext 4885

TBD  
- Mental Health Chaplain  
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#### COMMUNITY SERVICES:

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**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.*

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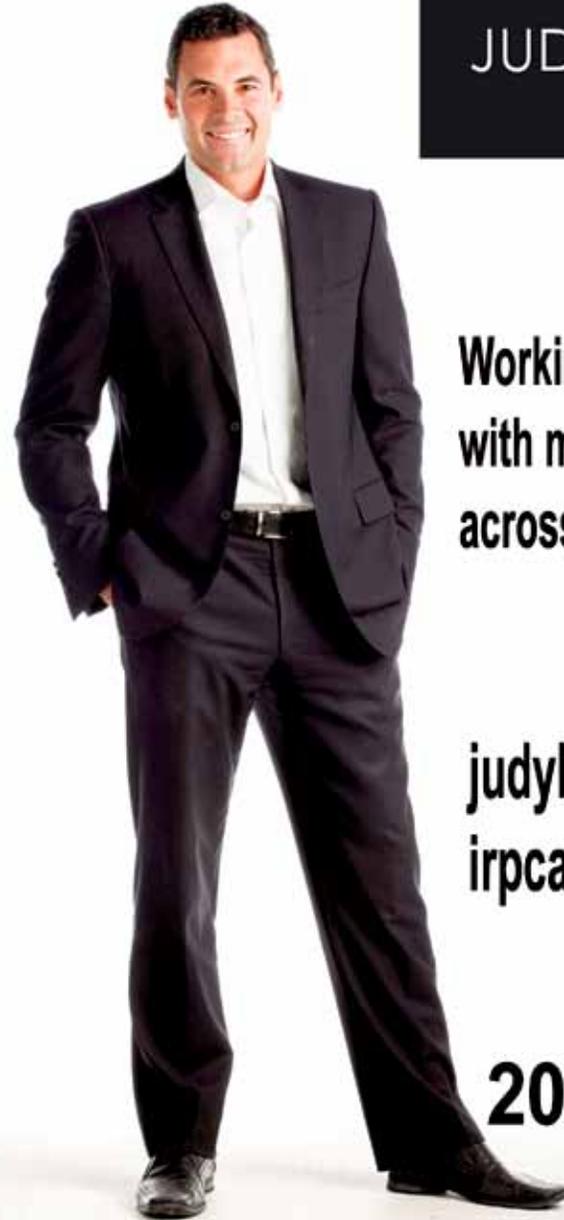
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