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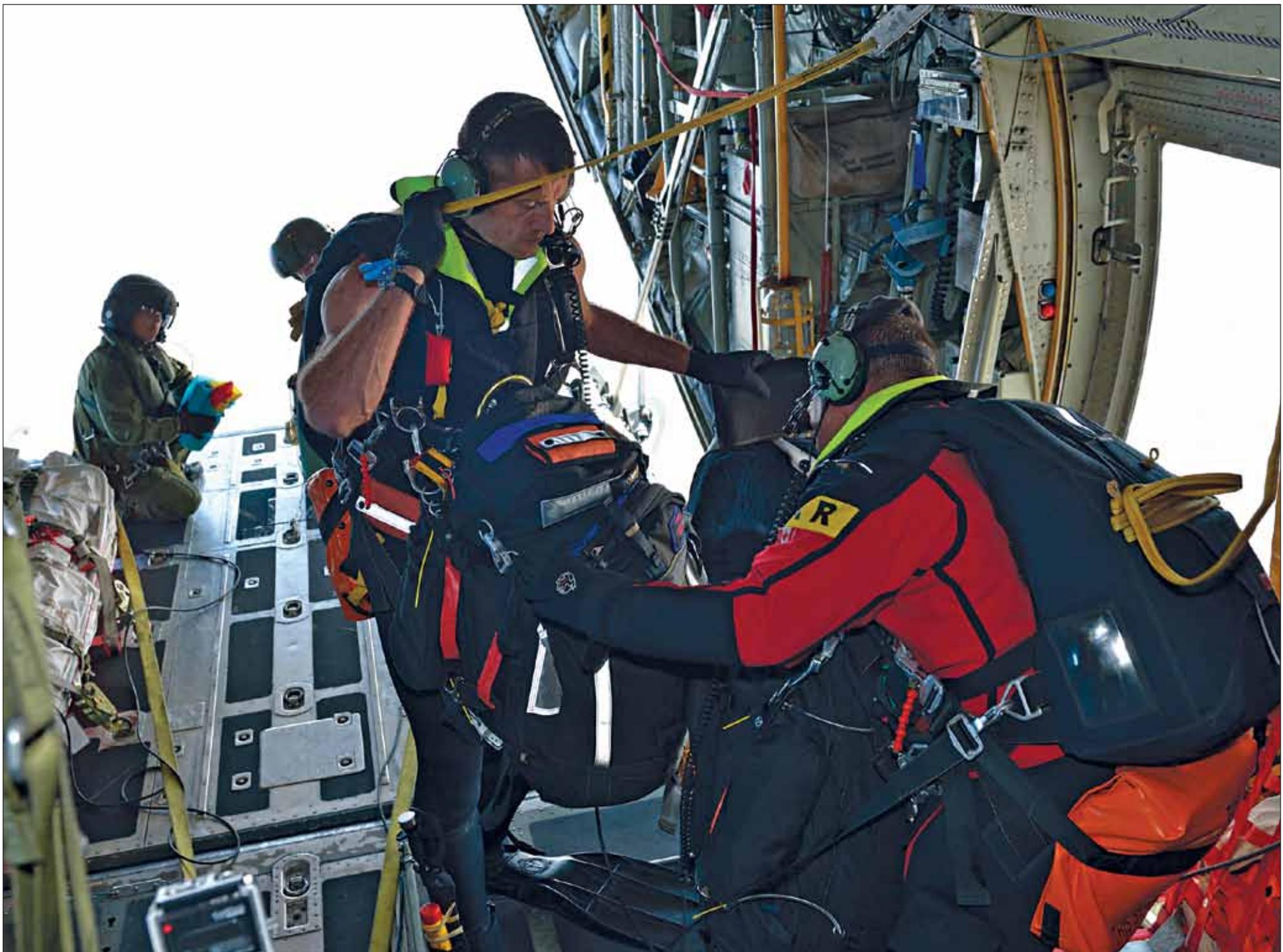
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SAREX 2013 Lands In Gimli



Sergeant Mark Salesse and Master Corporal Danny Dicerni, Search and Rescue Technicians with 435 Transport and Rescue Squadron in Winnipeg, prepare their equipment to jump from a CC-130 Hercules aircraft to a simulated vessel in distress while Sergeant Nathalie Verret readies streamers during the National Search and Rescue Exercise held in Gimli, Manitoba, on September 17, 2013. Photo: Sgt Bill McLeod, 17 Wing Winnipeg. For more photos from SAREX 2013 please see pages 8-9.

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Herc/Fire Truck Pull Kicks Off Fundraising Season

By Martin Zeilig
17 Wing Photojournalist

As their muscles strained against the taught double braided ropes, the 15 teams that participated in the Hercules plane Pull and the eight teams in the Fire-truck Pull were successful in tugging their loads across the finish line 50 feet away on the smooth concrete runway at 17 Wing.

Several hundred spectators cheered and shouted words of encouragement.

What a workout, but for a good cause.

Those competitions marked the kick-off of the 2013 17 Wing Government of Canada Workplace Charitable Campaign (GCWCC) on a sunny and slightly breezy September 12.

This event, which also included a barbecue lunch and an RCAF musical trio playing pop tunes, launched the annual three month GCWCC campaign.

GCWCC is an easy way for Federal Government employees to donate to a registered charity of their choice, noted Kathy Godfrey, Health Promotion Director at 17 Wing and GCWCC Civilian Co-Chair.

"The GCWCC is made up of the

United Way and Health Partners (16 of Canada's top health charities)," she said, "or, employees can donate to a registered charity of their choice."

As the winners of the Herc pull, the 435 Squadron team qualified for the United Way plane pull on September 20 at Stevenson College, while WTISS will represent 17 Wing at the United Way "Pull the Pumper" on September 27.

Master of Ceremonies for the competition, 2 CAD HCol John Sauder, a meteorologist at the CBC, said this was one more example of the outstanding charitable work being done by Canadian Forces on a daily basis.

"They show great team work and spirit everyday," he emphasized, mentioning that his father was an RCAF fighter pilot, who flew F-86 Sabres.

"They're part of our community, just like you see here today. It makes me very proud to wear this flight uniform."

All of the funds that are donated to the United Way through the GCWCC go directly to programs, while the provincial government of Manitoba covers all administrative costs, commented Godfrey.

In order to reach the \$140,000 fun-



The Herc Pull was won again this year by the team from 435 Squadron, who will go on to represent 17 Wing at the City Wide plane pull. Photo: Martin Zeilig

draising goal, she challenged 17 Wing members to a toonie challenge.

Godfrey encouraged previous donors to increase their donations by two dollars per pay period from last year, and asked those who had not donated before to donate \$2.00 per pay period.

"For the cost of a Tim Horton's coffee

a week, we can all make a difference in someone's life," she said.

"Last year, of the \$137,000 that was raised, 85 percent came by way of pay roll donations. For the last three years, 17 Wing has been the top contributor to the GCWCC. Let's make it four years for 17 Wing!"

Battle Of Britain Remembered



Col Joel Roy, the Commander of 17 Wing/AFTC Winnipeg, and CWO André Normandin, the 17 Wing/AFTC CWO, lay a wreath at the base of the monument at the Garden of Memories during the Battle of Britain Memorial Ceremony. Photo: Cpl Jean Archambault

Wing Commander's Coffee Break



It was a fantastic turnout at the recent Wing Commander's Coffee Break, hosted by the 17 Wing PSP Team. There were displays from Health Promotion and Community Recreation, and Mary Jane Fisher, from the LCC, won a pair of Winnipeg Jets tickets. Photo: Martin Zeilig

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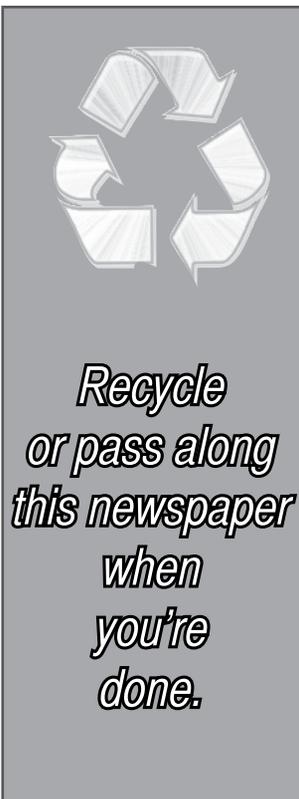
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SAREX 2013 Reunites Two Brothers

Sgt Bill McLeod
17 Wing Photojournalist

Gimli, Man. They share the same mother and father, do the same work in the air force, and grew up together in Winnipeg. The one big difference: one of them works north of the 49th Parallel, the other, south of the border.

Older brother, Richard Demchuk, is a Staff Sergeant who flies out of Ohio, as a member of the 910th Airlift Wing with the United States Air Force. And while he wears his US military uniform with pride, he sports a charismatic sense of humour.

"It's just a line," jokes the American born Demchuk when mentioning the international border between his country and Canada. "I'm still waiting for them to paint it."

SSgt Demchuk and his Canadian brother Warrant Officer Ron Demchuk of 435 (Transport and Rescue) Squadron are both loadmasters on the C-130 Hercules aircraft, the workhorse aircraft of both the USAF and the Royal Canadian Air Force. The Hercules has been in service in Canada since 1960, 4 years before Rich was born and 5 years before Ron was born.

Both men were together in Gimli, Manitoba, from September 15-21 for the National Search and Rescue Exercise (SAREX).

The Demchuk's mother was an American citizen and Rich was born in her hometown of Roseburg, Oregon, before moving to Winnipeg. The happenstance of his birth made him an American citizen first and a landed immigrant in Canada.

After growing up in Winnipeg, he de-

decided to join the US Army in 1983 and worked as a combat medic and mechanized infantryman driving an armoured personnel carrier. After a 5-year tour of duty he became a civilian.

It was his brother Ron, whose stories about his job as a loadmaster that got Rich to join the United States Air Force 5 years ago.

"He told me the Hercules was in the air for a long time and there was lots of room to sleep," SSgt Demchuk says humorously.

His Canadian brother Ron tells it a little differently. "The best part of the job for me is travelling to different countries and meeting new people," he says.

The most striking thing to those who meet the brothers is that they don't sound the same. WO Ron Demchuk sounds like a local, while his brother's Winnipeg roots are camouflaged behind his distinct, but disarming Midwestern drawl.

WO Demchuk also started his military career in the Canadian Army. He was a member of the Army reserves in the Queen's Own Cameron Highlanders in Winnipeg from 1983 until 1991. He went to the Canadian Air Reserves after that and eventually joined the regular force.

Despite the fact that both men are loadmasters, their jobs are different. Winnipeg-based 435 Squadron's two main roles are to deliver SAR services to Canadians and fuel to CF-18 Hornet fighters in the air.

SSgt Demchuk's US Squadron's role is to provide transport and air drops for the US Air Force.

All of the participants at SAREX be-



Staff Sergeant Rich Demchuk (left), a C-130 Hercules loadmaster with the United States Air Force's 910th Airlift Wing, poses with his brother Warrant Officer Ron Demchuk (right), also a loadmaster on the Hercules with 435 (Transport and Rescue) Squadron during the National Search and Rescue Exercise (SAREX) in Gimli, Manitoba on 17 September. Photo: Sgt Bill McLeod

came aware of the brothers' outgoing presence. SSgt Demchuk points out that he is the older brother while WO Demchuk responds that he is the higher rank.

SSgt Demchuk got the approval of his Chain of Command to attend SAREX as an observer. While at SAREX he met the US Consul in Winnipeg, Mr. Timothy Cippullo and the Deputy Commander, Canadian North American Aerospace Defense Region, US Air Force Brigadier-General Charles K. Hyde.

The American Demchuk also participated in simulated missions, saw every

aircraft platform the RCAF uses for SAR, and how each is used to rescue Canadian citizens in distress. Participating aircraft included the Hercules, Buffalo, Twin Otter, and the Cormorant and Griffon helicopters.

"That was a pretty neat day," said SSgt Demchuk following a mission in a CH-149 Cormorant. "Those guys really know their job."

Following the exercise SSgt Demchuk plans to visit Winnipeg and meet with a few old school friends.

Sharing The Prairie: CFB Shilo Helps Protect Vulnerable Ecosystem

By Martin Zeilig
Voxair Photojournalist

CFB Shilo, located two hours west of Winnipeg, is a vitally important military training base in Canada, as well as an important ecosystem.

"The unique nature of this area has been recognized for almost a century, and with proper care and management, it will sustain military training for many decades to come," said Sherry Punak-Murphy, the base biologist at CFB Shilo.

Punak-Murphy will be giving a presentation on her work at a Nature Manitoba meeting on October 7, 2013 at 1930 hr at the Franco-Manitoba Cultural Centre. She says that despite what people may think, the presence of CFB Shilo has a positive impact on the surrounding ecosystem.

"Military training at CFB Shilo, as well as with other military land holdings throughout Canada, has resulted in island oases for species at risk of becoming endangered or threatened. Military training lands are secured from continuous human impacts such as urbanization, agriculture and transportation, and have disturbances that are more similar to natural processes."

For example, she pointed out that military live fire artillery training sometimes results in fires which help suppress the growth of aspen encroachment onto the prairie.

"This is just one of many examples of military training disturbance mimicking natural factors, and that is what makes these training areas so vital to ecosystems," said Punak-Murphy.

Biologist and conservationist John Morgan maintains that the natural mixed-grass prairie environment at CFB Shilo is like "stepping back" to the time of naturalist/author/artist Earnest Thompson Seton, Manitoba's first provincial naturalist, who lived in that region for several years in the late 19th century.

Studies conducted 52 years ago, described the vegetation community as being "almost primeval in condition."

"It's a very special place at Shilo," he added during a telephone interview from his home near Argyle, Mb., where he operates Prairie Habitats Inc.-- a company dedicated to helping people restore native prairies and encouraging the use of local native seeds.

Most of the area surrounding CFB Shilo was settled after 1900 when the native prairie was broken for crop production.

"Today, the number of remnant patches of native prairie in the Shilo area continues to decline as they are broken and ploughed for crop production, most notably for irrigated production of potatoes," said Punak-Murphy, a graduate of Brandon University, who prefers to call herself a bio-geographer.

"The presence of the military since the early years of the past century, however, effectively conserved the native prairie at CFB Shilo by preventing the large-scale breaking of the land that occurred in much of the rest of southern Manitoba."

"Research and management of listed and potentially threatened wildlife species (including plants) and communities at Shilo is therefore an ongoing program for the Environmental Office at the Base," she said.



The vulnerable and fragile prairie ecosystem is being protected by CFB Shilo. Photo: Submitted.

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PSP Employee Helps Make Sure Terry Fox's Dream Lives On



James Follette (centre), played a major part in making this year's Winnipeg Terry Fox Run happen. Photo: Martin Zeilig

By Martin Zeilig
Voxair Photojournalist

As top 40 music rang out from portable speakers set up at the Assiniboine Park Lyric Theatre, James Follette, the PSP Fitness Coordinator at 17 Wing,

led some 1100 men, women and children through a dynamic warm up prior to the start of the 33rd Annual Terry Fox Run on September 15.

The crowd's excitement was palpable. And so it should have been.

After all, this is more than just a run of 5 or 10 kilometres, or a three km Family Fun Run/Walk, respectively.

Rather, it was a carnival-like atmosphere with various tables offering the chance to win Winnipeg Jets/Bombers jerseys, Winnipeg Symphony Orchestra and Manitoba Theatre Centre tickets, Jets tickets, and tickets to upcoming concerts. There was also a kids' play area with face painters, Bouncers and a Giant Velcro wall.

And all this very nearly didn't happen this year due to a lack of volunteers stepping forward to organize the event.

"The run was very close to being cancelled," said 103.1 FM Morning Show Host, and Run co-organizer Ace Burpee.

"So, James and I both called the Terry Fox Foundation in Winnipeg when we found out about it this spring. I couldn't do it by myself, but James and I are a good team. I'm a good cheerleader, but not a good organizer. In terms of logistics, James did everything."

In a post run interview, Follette reflected that Terry Fox's wish was to get people out to participate, and raise awareness.

"I didn't want the run to be cancelled," he said.

"We're keeping Terry Fox's memory alive and going," said Follette, emphasizing that Fox was born in Winnipeg.

Terrance Stanley "Terry" Fox was a Canadian athlete, humanitarian, and cancer research activist. In 1980, with one leg having been amputated, he embarked on a cross-Canada run to raise money and awareness for cancer research. Although the spread of his cancer eventually forced him to end his quest early, and ultimately cost him his life, his efforts resulted in a lasting, worldwide legacy.

The annual Terry Fox Run, first held in 1981, has grown to involve millions of participants in over 60 countries and is now the world's largest one-day fundraiser for cancer research; over \$500 million (Canadian) has been raised in his name, according to the most recent update.

Follette said that this year's event raised over \$60,000, with 84 cents from every dollar going directly to cancer research.

"Terry Fox was born here. It's our duty as Winnipeggers to make sure this run keeps going," said Follette.

James and Ace will make sure of that. They're helping to keep Terry Fox's dream alive: That one day a cure for all cancers will be found.

A Big Step Forwards Air Force Run Keeping Up With Growth

By Martin Zeilig
Voxair Photojournalist

In 2012 Major Heather Collins, Deputy Chair of the RCAF Run, set out to find a partnership with a local storage business to address the Run's increasing storage needs.

"The site manager of Kenaston Self Storage was excited to help support this high profile event which raises funds for the Soldier On program and the Military Families Fund," said Maj Collins, who said that since it was first established in 2009, the RCAF Run has invested in equipment to conduct this large event, but that storage facilities for the equipment on the Wing were limited and equipment was often spread between a number of locations, making it difficult to keep track of and maintain.

Kenaston Self Storage provided the first secure aluminum storage container, which is 19 feet long, seven feet high and seven feet wide, last year. But due to the increasing size of the run they quickly outgrew the space.

The company has now increased their support of the RCAF Run by donating a similar shiny storage container, well in

advance of the 2014 Run, which will occur on May 25. With this donation, the company is now an elite Platinum Sponsor of the annual marathon, because the value of goods they've donated is in excess of 5,000 dollars.

The two units, which rest on gravel beds just south of the Fitness and Recreation Building hold everything from the new start/finish line truss structure, and mileage display boards, right down to smaller items like traffic cones, plastic water coolers, paper cups, signage and the extra t-shirts that the RCAF Run continues to sell, "at discount prices" to raise funds for the Run's two causes.

"Without the support of this outstanding local business the RCAF Run would struggle to find secure and centralized storage for the material investments that are used annually to put on the RCAF Run," said Maj Collins, a former competitive runner in the Navy, adding the storage containers will be used to house larger and smaller race related items, respectively.

"On behalf of the RCAF Run Organizing Committee and our two causes, we are very grateful for this vital sup-



L to R: Chris Merrithew, Maj Heather Collins, and 2013 RCAF Run Director MWO Jim White stand in front of the newly donated storage container. Photo: Martin Zeilig

port from Winnipeg's Kenaston Self Storage. We're looking for companies to get engaged with these good causes.

They are vital in building our relationship within the (wider) community."

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Like Threading a needle at 400 kph

A look inside Air-to-Air refuelling



A CF-18 hooks up with a Herc plane to refuel. Photo: Submitted



A Herc and a receiving plane must fly in close proximity for the refuelling to be successful. Photo: Submitted

By Capt Josef Sliwinski, 435 Sqn
 "Murder 21, this is Oiler 39, established in the track at angels 23. Altimeter setting 29.92, advise noses cold, switches safe, call visual."

Like the crack of a pistol at the start of a race, the words above are the trigger an AAR crew uses to let CF-18 fighter aircraft know the CC-130 tanker is open for business. With the CF-18 jets (also known in general terms as receivers) speeding towards the tanker aircraft the crew carries out their last check before refuelling: the Contact Check. With the receivers being usually around 20 nautical miles out when this call is made, the CC-130 must accelerate to an acceptable speed for the jets to refuel: between 200 kts and 250 kts. This speed also ensures the refuelling hose and drogue (the basket) have enough drag from the relative airflow to keep the hose flying horizontal at full extension. Once at an appropriate airspeed, the Flight Engineer extends the hoses signalling to the receivers that the CC-130 Hercules (or tanker for short) is ready for action. As the receivers slow down to their refuelling speed and position themselves on the left hand side of the tanker, or "observation" position, the Left Observer (usually an Load Master or a Flight Engineer) in the tanker will call when they have the receivers in sight,

and notify the crew in the cockpit once they have stabilized in the observation position. Because the crew in the cockpit cannot see behind the wings, it is key that the two Observers in the back on the both the left and right side of the tanker keep them informed of the receivers' positions.

From the receivers' perspective, they cycle through five positions while refuelling: Observation (outboard on the left of the tanker), Astern left or right (trailing behind the drogue on the left or right hose), Contact (when connected to the refuelling hose), Disconnect (when they return astern the hose), and finally they move to Reform which is the same as Observation but on the right side of the tanker. As they cycle between the different positions they receive commands to do so from one of the pilots. The other pilot flies the aircraft and maintains as stable a platform as he can while the ACSO ensures he stays in the refuelling track or holding pattern – while staying clear of cloud. It is possible to refuel in cloud or Instrument Meteorological Conditions but this is reserved for absolute necessity because of the heightened risk and difficulty.

The most difficult portion of the refuelling procedure is establishing contact of the AAR drogue with the probe on the CF-18. Imagine a long paintbrush attached to the hood of your car and

you are trying to paint the license plate of the car in front of you! As you speed up to get closer to the car ahead, you must accurately judge your relative speed. You don't want to come in too fast because you could damage both vehicles, and you don't want to go too slow, because you won't be able to apply any paint. Now factor in the fact that the other driver may be changing speed as well as manoeuvring laterally down the road. Sounds difficult? Try doing it in three dimensions in turbulence and at varying speed! To make matters worse, as the receivers approach the drogue, an aerodynamic force from the relative airflow moving over the nose of the aircraft causes a bow wave. This bow wave pushes the drogue up and away from the receiver's probe when it gets within about one metre of the drogue. Therefore the CF-18 pilot has to make a small vertical adjustment right before contact is made with the drogue. This is all done at about 400 kph.

Now that the receiver has contacted the drogue with his probe, fuel can be passed from the tanker to the receiver. The receiver pilot must stay in roughly the same position as to maintain a connection with the refuelling drogue in order to continue to receive fuel from the tanker. The time spent on the hose is dependant on a couple of factors; the refuelling tank configuration inside the tanker,

and how much fuel the receiver needs. The two configuration options are with or without a fuselage tank. Most of the fuel on the CC-130 is kept in the wings but when carrying out AAR missions a fuselage tank, holding an extra 3500 gallons of fuel, is often installed. Along with a larger offload, a fuselage tank also allows for a faster rate of fuel transfer because of the added pressure brought to the system by its extra pumps. A rough estimate of fuel flow without a fuselage tank is 170 gallons per minute and it is doubled to 340 gallons per minute with the help of a fuselage tank.

Once the receiver's fuel transfer is complete, the pilot clears them to depart the tanker to carry out the rest of their mission. The "Post Contact" and "Post AAR" checks are then carried out and the Flight Engineer retracts the refuelling hoses. If more receivers are expected later in the mission the tanker crew will reduce speed to conserve fuel in order to maximize the available fuel offload. The CC-130 does not accept major credit cards so the Observers note all the receivers' tail numbers and the CF-18 Sqn's are billed accordingly.

Air to air refuelling is a very specialized role which 435 Squadron is trained to carry out at a moments notice anywhere in the world – Determined to Deliver!

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New Post Office Sign Gets Stamp Of Approval

By Martin Zeilig
Voxair Reporter

Sargeant Darren Burgess uses a Makita battery powered hand drill to unfasten the six screws securing a new sign onto an exterior brick wall at the 17 Wing Post Office.

As the white corrugated plastic sign slides off to one side, a faded golden coloured symbol from the past is revealed—the previous, longtime sign.

What a contrast.

The bold new nine square foot sign, which rests just below a smaller red and blue metal Canada Post sign, is centred by a large golden bugle with the words Military Post Office (in French and English) in a semi-circle and the number 400 (the post office's military identification number) on either side.

Sgt Burgess, 17 Wing Post Master, credits Captain Phil Dawes, Wing Publishing Officer of the 17 Wing Publishing Office, for the sign's design.

"If it wasn't for him, it wouldn't have

happened," he said, adding that Capt Dawes approached him first asking if they'd like a new sign for the post office.

"They did a great job. It's 100 percent better than the old sign. It's more visible."

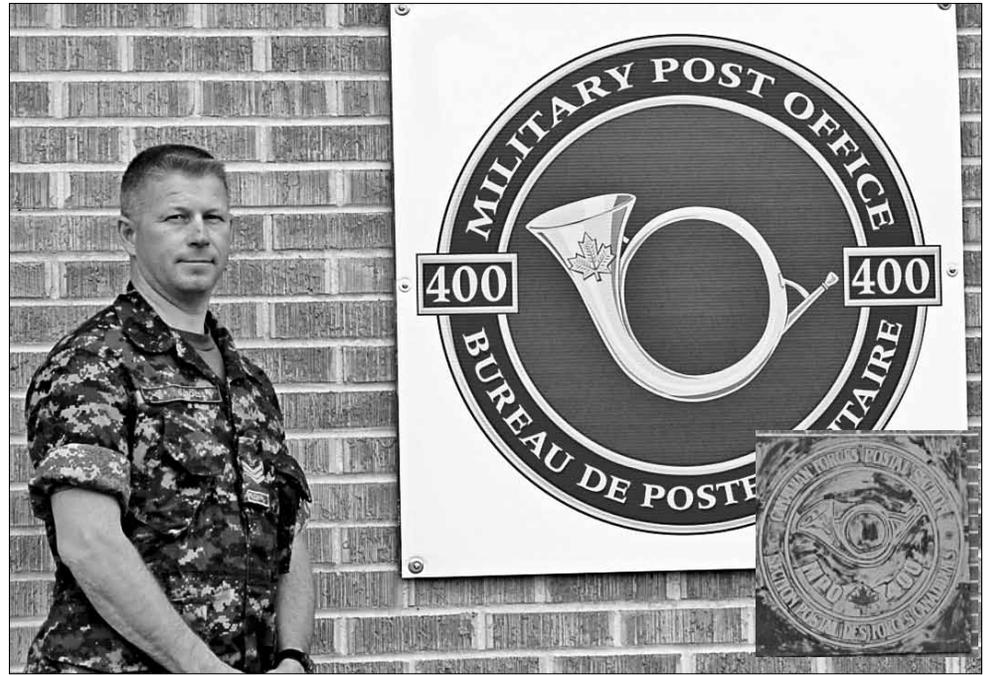
Adrienne Popke, a civilian graphic designer at the 17 Wing Publishing Office, observed that the concept for the new sign's design (after the initial approach by Capt Dawes) came from Sgt Burgess.

Then, Capt Dawes passed it on to her. "So, I took the sketch of their concept and used Adobe Illustrator to create the artwork for the sign," said Popke, adding that the entire process took her three hours from start to finish.

"I went back to the client for approval afterwards. We supplied the printer with a PDF of the sign. We got it back from the printer, Omniscreen in Winnipeg, several days later."

They then delivered it to Sgt Burgess, who installed it in early August.

Call it a sign for the times.



Sgt Darren Burgess stands beside the brand new Military Post Office sign. Inset: The old sign. Photo: Martin Zeilig

DUNDURN DISPATCHES

Dundurn Member Competes At International Jiu Jitsu Championships



Cpl Pat Major gets ready to spar at the International Brazilian Jiu-jitsu Federation Master & Senior Championships. Photo: Supplied

By Martin Zeilig
Voxair Photojournalist

When Corporal Pat Major, who's based at 17 Wing Detachment Dundurn, first got to the International Brazilian

Jiu-jitsu Federation Master & Senior Championship 2013, July 25-28, in Rio de Janeiro, a competitor from the U.S. team asked him if he was alone.

"Man, you've got a lot of guts," said his

surprised competitor, when he answered in the affirmative.

That courage goes without question.

Cpl Major ended up winning a Bronze Medal in the Super-Heavy weight division and a Silver Medal in the Absolute division (no weight limits).

"I'm really honoured, happy and flattered to have had this opportunity in Brazil," said Cpl Major, 38, who has done over 20 years of training and teaching in various martial arts.

"Even now two months after the competition, the whole concept of people that I look up to and admire expressing their congratulations to me is something special."

He says that his first day in Rio was intense.

"I had just flown in from Canada and immediately faced the challenge of speaking Portuguese just to find the correct address to my accommodations," said Cpl Major, who teaches the "gentle art" (as Jiu-Jitsu is often called) at a club in Saskatoon.

"As we drove from the airport I was exposed to the famous Favelas (shanty towns) and it definitely kept me on the edge of my seat. The taxi driver basically dropped me off at the wrong location and left me stranded on my own to find my accommodations.

After eventually arriving safely, he walked into the event facility and was amazed with the atmosphere.

"This was the place in Brazil where many champions were made, and unlike most North American facilities, it had more of a rundown look, with a rougher looking, yet more educated crowd in terms of BJJ," said Cpl Major, who credits his coach, Pat Cooligan, with much of his success.

"Walking in this place, hearing the crowd chanting or cheering for their competitors was intense. I made myself comfortable and absorbed the mood of the Championship. I had a couple of hours till I was competing and felt the adrenaline building. I started to feel the pressure, but it pushed me towards wanting the challenge."

He says the time flew by quickly as he got ready for his match.

"My weight was good, physically I was prepared, and I had confidence in myself to do my best and leave it all out on the mat."

Then, his name was called.

"I felt an immediate sense of pride, the only Canadian in my division, I stepped onto the mat and it took me just over 2 minutes to defeat my first opponent by submission," said Cpl Major.

"It felt amazing to win so decisively against a Brazilian especially considering he won the division last year."

It was a victory for him and for Canada.



17 WING
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CFSAS Helps Students Reach For The Stars



Capt Hough in the CFSAS LGen Lewis Memorial Library. Photo: Martin Zeilig

By Martin Zeilig
Voxair Photojournalist

Captain Richard Hough, instructor of Space Operations and Applications at the Canadian Forces School of Aerospace Studies (CFSAS), admits that he would “love to go into space” someday.

That’s not such a starry eyed dream.

He points out, for example, that retired astronaut and former RCAF fighter pilot Chris Hadfield, who was the first Canadian to walk in space and served as commander of the International Space Station this past year, took the year long Aerospace Systems Course at CFSAS quite a few years ago.

When the last call for astronauts was made by the Canadian Space Agency in 2008-2009, Capt Hough looked at the requirements for education and knew that he met the basic preconditions, he said during an interview in the CFSAS LGen Lewis Memorial Library, which specializes in subjects related to Aerospace warfare and technology, as well as providing a wide range of services to 17 Wing.

“But, I knew that I didn’t have a robust enough resume,” said Capt Hough, 35, a specialist in electronic warfare, who has a Space Science Degree from the Royal Military College in Kingston, Ont., and is currently working on a Masters Degree in Aeronautics Science from Embry-Rid-

dle Aeronautical University in Daytona Beach, Florida.

“What we do here is important, and it’s also fun,” said Lieutenant-Colonel Daniel Desrochers, Commander of CFSAS, during an impromptu conversation in the second floor hallway.

CFSAS was established in 1987 to meet the professional development needs of the RCAF, and now offers advanced education and training to some 800 officers and non-commissioned members annually.

“We provide education in both aerospace technology and Air Force officer professional development,” said Capt Hough. “The school has developed, and continues to perfect, the Aerospace Systems Course, Basic and Advanced Electronic Warfare Courses, the Space Applications and Space Operations Courses.”

One highlight of the CFSAS Campus is the Aerospace Studies Simulation Lab (ASSL), which was established in 1999 with the aim of enhancing the education delivered by CFSAS.

“A significant amount of the knowledge and skills within the CFSAS course curricula focus on highly complex concepts and scenarios (such as antenna ra-

diation patterns, orbital mechanics and operational planning),” explained Capt Hough, adding that the creation of an experiential learning environment, which is a preferred method of learning for most adults, can be realized within a simulation or synthetic environment.

“Last year 2000 students went through courses at the school. I like working with the students and learning from them too. That’s one of the biggest things I enjoy about the school.”

He also praises his fellow instructors. “We have a nice diverse background here,” added Capt Hough.

He mentions that many foreign students- from the USA, Great Britain, Germany, The Netherlands, Australia, Botswana, Colombia, Mexico and other countries – also study at CFSAS.

“Here at the school we’re always trying to improve,” said Capt Hough. “So, we like to take advantage of the expertise that students bring, including our own Canadian students. From the RCAF perspective, we’re trying to be a Centre of Excellence for aerospace education.”

Chris Hadfield, and others, would probably already call it that.

RCAF Bands To Salute Seniors At Music Festival

The different bands of the RCAF will be playing some sweet music for seniors at this year’s Manitoba Seniors Music Festival.

During the first week of the Manitoba Seniors Music Festival, the bands from the Royal Winnipeg Rifles, HMCS Chippawa and the Royal Canadian Air Force will be sharing a concert on Wednesday, October 2nd at 7 pm.

The 2013 Manitoba Seniors Music Festival celebrates music performed by seniors and friends for the pleasure and well-being of seniors and friends. Twelve concerts will be performed during Seniors Month in October by over 1,000 musicians and helpers in 33 musical acts. The venue for all concerts is the Lutheran Church of the Cross located on 560 at Arlington Street at Ellice Avenue where the acoustics are excellent, parking is plentiful and ramps provide easy access.

It is the World’s only Music Festival dedicated to seniors and friends in the audience and on the stage. Some

other acts playing the festival are Ron Paley and Frank Burke, Winnipeg Pops Orchestra, Sweet Adelines, Winnipeg Male Chorus, Murray Riddell Big Band, Blaskapelle German Club Band and Crazy Eights Dixieland Band.

The Manitoba Seniors Music Festival is ideal for families – grandparents, parents and children – to share and learn about seniors and their music and to enjoy each other with musical accompaniment.

Tickets \$15 or \$10 are available from the Winnipeg Symphony Box Office, McNally Robinson, Variety Club and the Door. Except where noted, all concerts start at 7:00 p.m.

A free preview concert is scheduled at Lutheran Church of the Cross on Sunday, September 29th at 2 p.m. as part of the Manitoba Culture Days.

Google Manitoba Seniors Music Festival for more details.



Members of the RCAF Band, seen here rocking out at the 2013 Herc Pull, will be among those performing at this year’s Manitoba Senior’s Music Festival. Photo: Martin Zeilig

Contact: Howard Mar, 204.885.9229, hmar@mymts.net

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2013 National SAREX Descends on Gimli Manitoba:

This year's National SAREX took place in Gimli Manitoba, from Sept 16 to 20. The exercise, which helps maintain national SAR readiness, saw SAR Techs from across the country participate in training scenarios taking place over the land, sea, and air of Western Manitoba. Photo Techs from 17 Wing were on hand to capture all the action and we've selected a few photos to show the wide variety of exercises that were undertaken. All photos are by Cpl Jean Archambault, Pte Darrel Hepner, and Sgt William McLeod.



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2013's National SAREX In Photos



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17 Wing's T3 Triathlon Club Reaches New Heights



Capt Gaunt (right) receives his medal for second place in Gatineau. Photo: Submitted



Members of T3 competing in the Riding Mountain Triathlon. Photo: Submitted

Submitted by T3

It was a banner year for T3 17 Wing Triathlon Club in both performance and presence. This year for the first time in the club's existence it participated at the military nationals in Gatineau, Quebec. It didn't just send one member, four members of T3 qualified for nationals. All four members (Lt Marla Haring, Cpl Fraser Cameron, Cpl Dwayne Olson and Capt. Steve Gaunt) competed in the Sprint Triathlon, which consists of a 750m swim, a 20km bike, and a 5km run. Capt Gaunt lead the group with his performance of 2nd overall and a personal best time of 1:15:16 just 16 seconds ahead of Cpl Cameron. Cpl Olson also turned in a personal best time of 1:20:17 and Lt. Haring completed the course in 1:23:15 to finish in the top third of her age group.

2013 was also the year that T3 hosted its first Grand Prix Series Triathlon event. The event was held in Sioux Narrows, Ontario. Organized by Cpl Dwayne Olson (T3 President) and Hon LCOL Woody Linton of the 116 Independent Field Battery. The "Sioux Narrows Paradise Triathlon" was the first event to sell out in Triathlon Manitoba history and brought competitors from as far away as Alberta and North Dakota. "The athletes really liked the course and we lost count of how many people achieved their person best time" said first time race director Cpl Olson.

The event incorporated the use of a new traffic management system developed by Cpl Olson and the Ontario

Provincial Police. The system had the OPP working with almost 40 volunteers to manage traffic and incorporated the use of 13 HAM radio operators. The radio network was designed and managed Hon LCOL Linton. "It was the first time this system was used and it worked flawlessly, many athletes told me that they have never felt more safe on any bike course anywhere" said Cpl Olson.

Lt Marla Haring, Cpl Fraser Cameron, and Capt. Steve Gaunt of T3 turned in very impressive results on the day with Lt Haring and Capt. Gaunt winning their respective age groups. Cpl Abiel Menegsha ran to second place finish in the men's sprint duathlon and Cpl Pascal Gariepy competed in his very first triathlon event at Sioux Narrows. Cpl Gariepy reflected on the Sprint Triathlon race saying, "It was the hardest thing I have ever done". Three members of the Kenora 116th Independent Field Battery: Capt. Jon Baker, 2Lt. Paul Weedon and Bmb. Micha Gerber also competed in the Olympic Duathlon event, a 5km run followed by a 40km bike and another 10km run.

In February 2013 five members of T3 designed a winter triathlon at The Forks, which was unsanctioned. Triathlon Manitoba intends to sanction the winter triathlon this year giving T3 members a lot to look forward to this winter.

T3 will send three athletes to the podium at this year's annual Triathlon Manitoba awards banquet for season point totals and all four athletes who went to



At this year's Triathlon Manitoba Awards banquet, four out of the seven T3 members that raced this season won awards. Photo: Submitted

Gatineau in 2013 have qualified for Gatineau again in 2014. "We are building on each year's success. 2014 will see us stronger than ever." Said T3 President Cpl Olson.

2013 Influenza immunization clinics / Cliniques d'immunisation contre la grippe

23^e Centre de services de santé des FC, Winnipeg
Cliniques de vaccination contre la grippe 2013

- Le vaccin contre la grippe est disponible et fortement recommandé pour tous les membres des FC.
- La meilleure méthode pour prévenir l'influenza (la grippe) est de se faire vacciner.
- Les personnes qui ne devraient pas recevoir le vaccin contre la grippe sont ceux qui souffrent d'allergies sévères aux ingrédients du vaccin par exemple le thimerosal (préservatif), le formaldéhyde.
- Se faire vacciner contre la grippe: Un bloc de temps a été consacré pour l'administration du vaccin contre la grippe en Octobre et Novembre 2013. Voir ci-dessous.

Cliniques «Sans Rendez-vous»
Les militaires* seront vaccinés en tant que «premier arrive-premier servi»

mois	Endroits	Heures
octobre	mercredi 9 oct. salle #214, Edifice # 62.23e Centre de santé	13:15-15:30
	mercredi 16 oct. comme ci-dessus	13:15-15:30
	vendredi 25 oct. comme ci-dessus	13:15-15:30
	jeudi 31 oct. comme ci-dessus	13:15-15:30
novembre	mardi 5 nov. salle #214, Edifice # 62.23e Centre de santé	09:00-11:45
	jeudi 7 nov. comme ci-dessus	09:00-11:45
	mercredi 13 nov. comme ci-dessus	13:15-15:30
	jeudi 14 nov. comme ci-dessus	13:15-15:30

Cliniques par rendez-vous seulement. Les militaires* sont à réserver un rendez-vous de 10 minutes en appelant le poste: 5595 ou 5777

mois	Endroits	Heures
octobre	jeudi 3 oct. salle #214, Edifice # 62.23e Centre de santé	09:00-11:45
	jeudi 10 oct. comme ci-dessus	09:00-11:45
	mardi 22 oct. comme ci-dessus	09:00-11:45
	mardi 29 oct. comme ci-dessus	09:00-11:45

Cliniques d'immunisation prévues pour les militaires* dans le milieu de travail

mois	Endroits	Heures
octobre	jeudi 3 oct. 1 ^{re} Division aérienne du Canada, Salle Mynarski	13:15-15:30
	mardi 8 oct. Hangar #16 (Escadrons 402 & 435)	10:00-11:45
	mardi 15 oct. Hangar #16 (Escadrons 402 & 435)	13:15-15:45
	mercredi 16 oct. Bldg #129 (Wing LE)	09:30-11:45
	lundi 21 oct. 1 ^{re} Division aérienne du Canada, Salle Mynarski	13:15-15:30
	mercredi 23 oct. La Musique de L'Aviation Royale Canadienne	09:30-11:45
	lundi 28 oct. Edifice# 137 (38 ^e Brigade, Admin., quartier général)	13:15-15:30

*Militaires éligibles: membres des FC régulière et réserve (classes B et C ≥ 180 jours)

- Civils:**
 - Les civils par. ex. les fonctionnaires, les parents ou les contacts familiaux (enfants inclus) des membres des FC et les réservistes (Classe A) sont encouragés à accéder au vaccin auprès de leurs fournisseurs de soins de santé habituels, par exemple médecin, bureau de santé publique.
 - Cliquez sur le lien suivant Santé Manitoba pour obtenir des renseignements sur les cliniques de vaccination antigrippale offertes par les autorités régionales de la santé (santé publique): http://www.gov.mb.ca/health/flu/where_fr.html ou appelez Health Links-Info Santé au 204-788-8200 ou au 1-888-315-9257.

Sept 18, 2013 |

23 CF Health Services
2013 Influenza (Flu Shot) Clinics

- Influenza vaccine is now available & is strongly recommended for all Military Members
- The best method to prevent influenza (the flu) is to be getting vaccinated.
- Persons who should not receive the influenza vaccine include those with severe allergies to any ingredients to the vaccine e.g. thimerosal (preservative), formaldehyde.
- Getting vaccinated against influenza: A block of time has been dedicated for the administration of the influenza vaccine in October and November 2013. See below.

Scheduled "Drop-ins" clinics for military members*
Immunization to occur on a "first come-first served" basis

mois	Location	Time
October	Wednesday Oct. 9 Room #214 Bldg. 62, 23 H Svcs C	13:15-15:30
	Wednesday Oct. 16 same as above	13:15-15:30
	Friday Oct. 25 same as above	13:15-15:30
	Thursday Oct. 31 same as above	13:15-15:30
November	Tuesday Nov. 5 Room #214 Bldg. 62, 23 H Svcs C	09:00-11:45
	Thursday Nov. 7 same as above	09:00-11:45
	Wednesday Nov. 13 same as above	13:15-15:30
	Thursday Nov. 14 same as above	13:15-15:30

Clinics by appointment only. Military members* are to book a 10 min. appointment by calling local: 5595 or 5777

mois	Location	Time
October	Thursday Oct. 3 Room #214 Bldg. 62, 23 H Svcs C	09:00-11:45
	Thursday Oct. 10 same as above	09:00-11:45
	Tuesday Oct. 22 same as above	09:00-11:45
	Tuesday Oct. 29 same as above	09:00-11:45

Clinics planned for Military members* in their workplace

mois	Location	Time
October	Thursday Oct. 3 # 1 Can. Air Division (Mynarski Hall)	13:15-15:30
	Tuesday Oct. 8 402 & 435 Sqns (Hangar #16)	10:00-11:45
	Tuesday Oct. 15 402 & 435 Sqns (Hangar #16)	13:15-15:45
	Wednesday Oct. 16 Wing LE (Bldg #129)	09:30-11:45
	Monday Oct. 21 # 1 Can. Air Division (Mynarski Hall)	13:15-15:30
	Wednesday Oct. 23 RCAF Band	09:30-11:45
	Monday Oct. 28 Bldg. 137 (38 Brigade, Wing Admin & Exec.)	13:15-15:30

* Military members: CF Regular & Reserve (Class C & B ≥ 180 days)

- Civilians:**
 - Civilians i.e. public servants, relatives or household contacts (including children) of CF Members and Reservists (Class A) are to be encouraged to access vaccine from their usual health care provider e.g. physician, local public health department.
 - Click on the following Manitoba Health link to obtain information about influenza immunization clinics offered by regional health authorities (public health) this fall: <http://www.gov.mb.ca/health/flu/where.html> or call Health Links-Info Santé at 204-788-8200 or 1-888-315-9257

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Scouts Do Their Duty And Find Missing Camper

By Martin Zeilig
Voxair Photojournalist

Corporal Jean Archambault's fluency in both of Canada's official languages came in handy this summer when a participant from New Zealand at the 14th World Scout Moot went missing in Mont Cayamant park in the Gatineau Valley in eastern Quebec.

But, fear not. The entire episode had a happy ending.

Cpl Archambault, 29, an Image Technician in the 17 Wing Imaging Section, was a leader -- one of 1200 supporting staff -- at the international gathering of some 2800 scouts from Canada, the USA, Germany, Mexico, Romania, China, Taiwan, Guatemala, to name just a few of the 80 participating countries.

The event took place at Awacamenj Mino lake front camp 75 kilometres north of Ottawa. The park's distinctive name is an Algonquin phrase meaning "Better than the best."

A World Scout Moot (WSM) is a gathering of older members of national Scout associations (Rovers and other young adults), explained Cpl Archambault. The Moots give the adults, who are between 18 and 25 years of age, in the movement

the chance to get together and strengthen their international awareness as citizens of the world.

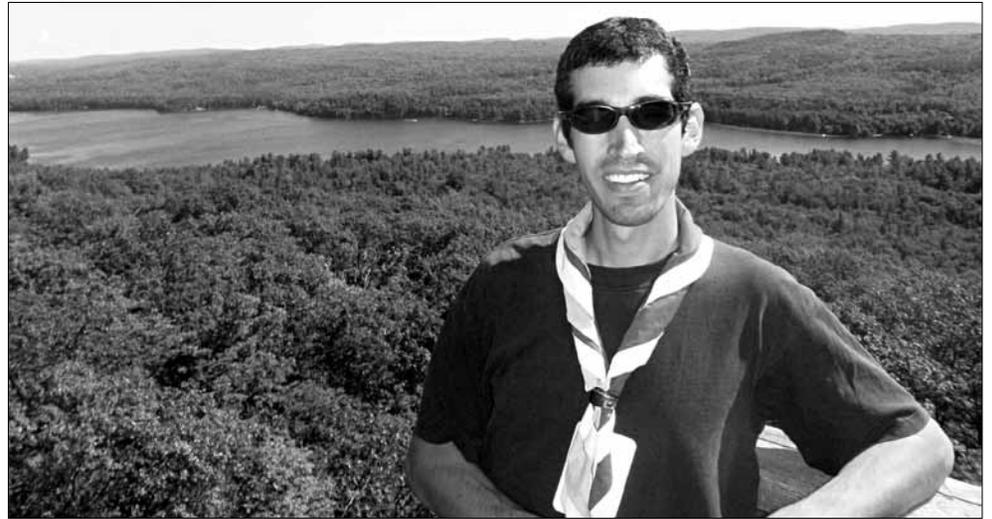
The Association des Scouts du Canada, which was in charge of organizing Moot 2013, offers young Francophone and Francophile Canadians an original program that is designed to make them independent and responsible for themselves, and able to play a useful role in society.

Cpl Archambault, a native of Quebec City and a longtime member of the Scouts, noted that the participants had three different paths to choose from at the WSM: culture, eco-responsibility, adventure.

"Depending on the path they chose, they'd have different experiences," he said.

"I was a leader volunteering and guiding them, and making sure they were doing good things and making proper decisions. I mostly helped in the adventure path activities. During one of those days, when I was doing my service in the park, we lost the kid."

So, Cpl Archambault used his bilingual skills to seek out volunteers from a nearby French speaking community to help in the search for the young man, and



Cpl Jean Archambault, an Image Tech with Wing Imaging, attended the World Scout Moot and was instrumental in helping find a missing camper. Photo: Submitted

to provide translators from the scouts.

"Eventually, by getting more people we managed to find our missing member," said Archambault, adding that the young man, who was found seven hours later -- exhausted, low in energy and hungry, but otherwise in good shape -- had gone off by himself to take a few photographs without telling anyone.

Overall, the entire WSM was a great

experience, emphasized Archambault, who volunteers with Scouts du Canada in St. Boniface.

"I enjoyed learning how the different countries do their scouting, and about everyone's culture, making new friends, and sharing my life's experiences with others, as well as learning a few words in new languages," he said.

VAC Ombudsman Visits 17 Wing



CWO Guy Parent (ret'd)(right), the Veterans Ombudsman, paid a visit to 17 Wing Winnipeg last week. During his visit, he made a special stop to visit the hard working team over at JPSU, IPSC, and SISIP. He talked with staff and thanked them for their hard work. Photo: Mike Sherby

Care And Share Golf Raises \$540



Padres Mintz and Barrett present this year's winning team with the care and share championship. L to R Padre Mintz, Padre Barrett, General (ret'd) Eldren Theun, Major Edison McLean, Captain Ken Cressman, and Master Warrant Officer Jim Leamy, (not pictured)

By Martin Zeilig

The fifth annual 17 Wing Care and Share Golf Tournament, which took

place on September 20 at the CFB Winnipeg Golf Club, started off on a very cool, breezy and overcast

morning, with the occasional spit of rain. But, in the end, it was blessed by sunshine.

The event, which attracted 20 participants and raised \$540 for the base's Benevolent Fund, was coordinated by 17 Wing's Padres.

"The fund is used to support 17 Wing personnel in times of crisis that happens to a family sometimes," said Lt(N) Padre Darryl Levy during an interview just prior to the tourney's awards ceremony.

"It's also used for Christmas support."

He pointed out that each CFB across the country has some sort of Benevolent Fund.

"While the military does have a number of helping funds to assist people, there are times when situations are not clearly covered by existing policies for those funds," said Lieutenant-Commander (N) Padre Jack Barrett, noting that the golf tournament was generously supported by many corporate sponsors.

The 17 Wing Care and Share Benevolent Fund is there to ensure families do not fall through the cracks, he added.

"It's a pleasure for the chaplains to administer this fund for 17 Wing personnel," said Padre Barrett.

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Promoting a Healthier CF Community

There is more to living a healthy lifestyle than just maintaining a healthy weight; it encompasses balancing a variety of health practices. Practicing a healthy lifestyle means making your personal health and wellbeing a priority by achieving good mental health and work-life balance, practicing healthy nutrition, engaging in regular physical fitness and being addiction free.

The Canadian Forces recognizes the importance of fostering a healthy workforce. Maintaining good overall health and physical fitness is essential for operational readiness and can help to prevent a variety of diseases and mental health issues, including heart disease, stroke, diabetes, anxiety and depression.

Adopting a healthier lifestyle can be challenging, but support is available. Health Promotion offers a variety of programs aimed at increasing the health and wellbeing of the Canadian Forces and DND community; all programs are free of charge.

Butt Out: Learn about smoking cessation aids, coping strategies and minimizing weight gain. Join us on a drop-in basis, Mondays 0800-1000 hrs in B63.

Top Fuel Top Performance: A program that will help you determine your daily energy needs, develop a meal

planner and receive information on supplements, fluid needs, nutrients and appropriate fuel for before, during and after exercise.

2 & 9 Oct 0800-1600 hrs or
5 & 12 Dec; 0800-1600 hrs

Weight Wellness Lifestyle Program: Learn the principles of physical activity and healthy eating to create an individualized healthy eating and physical activity plan to achieve or maintain a healthy weight. Mondays 30 September – 16 December; 1430-1600 hrs.

Alcohol, Other Drugs & Gambling Awareness: Supervisor's Training

Learn how to recognize early warning signs of alcohol, other drugs, and gambling problems and intervene according to Canadian Forces procedures. This training is course coded and required for all military or civilians in a supervisory role.

17(0800 – 1600) & 18 (0800 – 1200) October or
21(0800 – 1600) & 22 (0800 – 1200) November

Mental Fitness & Suicide Awareness: Supervisor's Training

This course is to promote mental fitness and to lessen the incidence of mental health injuries including delib-

erate self-harm and suicide within the military community. A course code is associated with this program.

19 September or 29 October; 0800-1600 hrs.

Stress: Take Charge!

Stress: Take Charge is designed for individuals who are ready to improve their stress management capabilities by learning coping strategies. We will look at how stress happens, the causes of stress, how to know when we are too stressed and what we can do to minimize the acute stress response. 5 & 6 October; 0800 – 1600 hrs

Managing Angry Moments (MAM)

Managing Angry Moments was designed to increase your knowledge about anger and to learn positive coping skills to prevent or manage anger generating situations. This course is not designed for people who require treatment for anger related issues (i.e. those experiencing severe or persistent difficulties with anger) It is really for the average person. It is a good follow up to the **Stress: Take Charge!**

8 & 22 October (both days); 0800-1600 hrs.

For more information or to register for any programs, please contact Health Promotion at (204)833-2500 local 4150 or HealthPromo@forces.gc.ca.

Community Recreation Good Food Box Dates

The Good Food Box is a community based program designed to encourage healthier eating through the promotion of fresh fruits and vegetables. It is a bulk-buying program that aims to lower your grocery bill by buying bulk, fresh fruits and vegetables from local farms and distributors.

Each box may contain any variety of high quality, fresh, nutritious fruits and vegetables. Stock depends on which are in season or available at the best value.

The boxes are prepared monthly by the Winnipeg Food Coop. Orders can be placed online by clicking link below or visit the Rec Centre (building 90) monitor desk. Bring a completed order form (found below) with payment by cash, cheque, credit or debit.

October Order by 23 Oct Pick up boxes by 30 Oct
November Order by 20 Nov Pick up boxes on 27 Nov
January TBA

Orders are accepted at bld 90 front desk all day or you may place your order online at www.bk.cfpsa.com/winnipegpub; boxes are picked up in bld 33 conference room between 1600-1800hrs

17 Wing Winnipeg Recreation Services Membership Fees

Effective 1 April 2013

	Single	Family
Regular Members		
Tier I – Current Regular/Reserve Force Members	N/A	\$92
Tier II – Former CF Members	\$85	\$92
Ordinary Members		
Current DND/NPF/MFRC Employee's/Former DND/NPF/MFRC members in receipt of a Pension for DND/NPF service, serving RCMP members and commissionaires/other full time contractors employed at a CF	\$106	\$132
Associate Members		
Annual	\$405	\$575
6 Month	\$221	\$299
Monthly	\$42	\$55
Club Only		
Regular/Ordinary Members	\$30	\$45
Associate Members	\$56	\$85
Drop In Fees		
Children (14 yrs & under)	\$3	
Students (15-17 yrs) Proof of age required	\$4	
Adults – Facility / Swim	\$7	
Family		\$12
Fitness Class Drop In	\$8	

Taxes are included Visa, Master Card, Debit, Cheques or Cash accepted**

Services des loisirs de la 17^e Escadre Winnipeg Cotisations

À compter du 1^{er} avril 2013

	Par pers.	Par famille
Membres titulaires		
Niveau I – Membres actuels de la F rég ou de la Réserve	S.O.	92 \$
Niveau II – Anciens membres des FC	85 \$	92 \$
Membres ordinaires		
Employés actuels (MDN/FNP/CRFM)/anciens employés (MDN/FNP/CRFM) recevant une pension pour service au MDN/aux FNP, membres de la CRC en activité et commissionnaires/ autres entrepreneurs employés à temps plein dans un lieu de travail des FC	106 \$	132 \$
Membres associés		
Par an	405 \$	575 \$
Six mois	221 \$	299 \$
Au mois	42 \$	55 \$
Tarif Club uniquement		
Membres titulaires/ordinaires	30 \$	45 \$
Membres associés	56 \$	85 \$
Tarif à la séance		
Enfants (Jusqu'à 14 ans)	3 \$	
Élèves (de 15 à 17 ans) Avec preuve de l'âge	4 \$	
Adultes – Utilisation des locaux/piscine	7 \$	
Famille		12 \$
Conditionnement physique (la séance)	8 \$	

Taxes comprises ** Paiements par carte de crédit Visa ou MasterCard, par carte de débit, par chèque ou en espèces

Have you got a story you'd like to share with us?
Drop us a line at 833-2500 (ext. 6976) or send us an e-mail at voxair@mymts.net

Managing Angry Moments (MAM)

8 & 22 Oct 2013
0800 - 1600 hrs

Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

Gérer les moments de colère

8 et 22 octobre 2013
0800h à 1600h

Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptati qui vous conviennent.

For more information or to register contact Health Promotion at local 4150

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

BOUFFE-SANTÉ
pour un rendement assuré

TOP FUEL
for Top Performance

Ce que vous mangez fait toute la différence!

Les ateliers du programme Bouffe-santé pour un rendement assuré accroîtront vos connaissances et vous donneront des conseils pratiques pour améliorer vos choix alimentaires.

2 & 9 Oct 2013
0800-1600 hrs
2 day course/cours du 2 jours
Offret en anglais seulement

For more information or to register contact Health Promotion local 4150

What you eat makes a difference!

Top Fuel for Top Performance workshops will provide you with knowledge and practical tips to tune-up your food choices.

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

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

WEIGHT wellness
Lifestyle Program

Programme Style de vie **POIDS-santé**

Mondays/chaque lundi
30 Sept – 16 Dec
1430 – 1600 hrs
Bldg 62
Room 309

The tools you need for a better lifestyle
Healthy eating, physical activity and attitude!

Les outils dont vous avez besoin pour un meilleur style de vie
Saine alimentation, activité physique et attitude!

For more information or to register contact Health Promotion local 4150

Pour s'inscrire ou pour de plus amples informations, communiquez avec le bureau de promotion de la santé le 4150

Canada



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

National Family Week

Thousands of Canadians have celebrated National Family Week every fall since 1985, when it was proclaimed an official week by the Government of Canada.

The theme this year, Strong Families, Strong Communities, celebrates the role of families in creating a nurturing and supportive community in which to live. It evokes a sense of interdependency - communities are built by families and families are supported by communities. By being involved and engaged, families not only create an environment that is

responsive but one that provides opportunity.

National Family Week is an ideal opportunity to acknowledge the ways we can all contribute to building a community that supports everyone.

This year National Family Week is October 7—13. The MFRC has planned programs for each day of the week. These programs build on the theme of 'Strong Families, Strong Communities'. For more information on these programs or to register please call the MFRC.



Military families enjoyed the opportunity to ride aboard the MS Paddlewheel Queen on Sunday, September 15. From left to right: Josée Heynemand, Nathalie Dufour, Bianca Fortin

Call For Submissions

The MFRC invites youth between the ages of 5 - 18 to submit an original piece of art to our 2014 Yellow Ribbon Gala Art Gallery. We are looking for representations of what being part of a military family means to you.

Art submissions are requested in a variety of mediums. Examples include but are not limited to poetry, drawings, colouring, photos and paintings.

All submissions will be entered into

a draw for the chance to win a \$100 gift card to a place of their choosing. We ask that submissions be brought to the MFRC no later than December 20, 2013.

Submissions will be displayed at the upcoming Yellow Ribbon Gala. The Yellow Ribbon Gala is the MFRC's largest annual fundraiser. It is being held on February 15, 2014 at the Delta Winnipeg. For ticket information please contact the MFRC at 204-833-2500 ext 4500.

Did you know?

The Government of Canada Charitable Workplace Campaign (GCWCC) is a charitable giving option developed exclusively for federal public servants. The annual GCWCC takes place in federal government workplaces across the country during the Fall campaign period (Sept. to Dec.)

At 17 Wing and through the GCWCC, military personnel and public employees

can support their MFRC or any other registered Canadian charity of their choosing. You can donate directly to the Winnipeg MFRC by providing its Charity Registration Number on your donation form.

For more information contact your unit GCWCC representative.

MFRC Charity Registration Number: 133 105 536 RR 0001

Upcoming MFRC Programs and Events

SUNSET GOOSE FLIGHT

Thursday, October 3 at 6:00 p.m.

Fort Whyte Alive, 1961 McCreary Rd.

\$5.00 per person, children 3 and under are free.

Registration deadline: September 30

All military families are invited to join us at Fort Whyte to watch the arrival of the geese. During fall migration, thousands of geese will be landing on the lakes. It is pretty exhilarating to hear and see this happen. Bring your cameras and be prepared to be amazed. We'll have a presentation @ 6:30 before watching the geese land for the night. A hotdog, drink and popcorn are included in the cost of admission.

CHILDREN'S PORTRAIT SESSION

Sunday, October 6, 10:00 to 12:30 p.m.

\$5.00 for the first child, \$7.00 for two children, \$10 for three children.

Registration deadline: October 3

Would you like to come and get your children's picture taken in their Halloween costume? Or would you like a nice fall themed photo? You will receive an edited 5X7 photo. Call the MFRC front desk to register for a time. Each session is 15 minutes. Space is limited, register early.

FAMILY CRAFT NIGHT

Monday, October 7, 6:30 to 8:00 p.m.

Registration deadline: October 4

We will be making key chains, door hangers as well as colouring and bead activities. Have a fun evening making crafts as a family.

SNACKS AND MEAL IDEAS

Tuesday, October 8, 10:00 to 11:30 a.m.

Registration deadline: October 4

We will be discussing easy and nutritious snack and meal ideas for your family. Bring your ideas and tricks about what works for your family to share with other participants.

POTLUCK SUPPER

Tuesday, October 8, 5:30 to 7:30 p.m.

Registration deadline: October 4

Are you a new Winnipeg family, or have you been in the 'Peg for a few years? Would you like to share your experiences with newcomers? You are invited to attend a potluck supper. You bring the vegetables, salads or desserts. We will provide the protein. Roast beef is on the menu. Seating is limited to 50 people so register early.

FAMILY SCIENCE NIGHT

Wednesday, October 9, 6:30 to 7:30 p.m. Westwin Children's Centre

\$5.00 per family

Registration deadline: October 7

Parent participation required

Celebrate National Family Week by participating in this family event. Children and parents can explore some fascinating science activities in this hands on workshop. Activities are suitable for children 3 to 8 years old.

IS YOUR FAMILY PREPARED?

Thursday, October 10, 1:30 to 3:00 p.m.

\$5.00 per person

Registration deadline: October 4

Do you have a family plan in case of emergency? Do you have a proper first aid kit? Do you have an emergency kit? During this program we will help you have a plan, ensure you know what needs to be in a first aid kit, and what exactly an emergency kit is. You will leave the program with information on getting all of these plans in place as well as some items to start getting your kits ready.

FAMILY GAMES NIGHT

Thursday, October 10, 6:30 to 8:30 p.m.

Registration deadline: October 4

Join us for a fun night of family games and snacks! We will have different games for you to try out as a family. Older games, current board games as well as different

games using iPad's and tablets. We will also have ideas on how to get ready for games night—snacks, set up, age appropriate games.

SHOPPING SHOWCASE

Tuesday, November 5 from 7:00 to 9:00 p.m.

Building 33, Westwin Community Centre

Are you looking for unique gift ideas? Start your holiday shopping by browsing products from your favourite home based companies.

Admission is FREE!

If you are a home based business owner interested in showcasing your merchandise come into the MFRC to reserve your table by October 18. Space is limited to 20 tables.

Table Rental \$20

Table bookings are not confirmed until payment is received. For more information call 204-833-2500 ext 4509.

MFRC ALBERTVILLE SHOPPING TRIP **MFRC**
CRFM **NOVEMBER 1 to 3, 2013** **CRFM**
WINNIPEG **WINNIPEG**



The MFRC is pleased to offer a weekend bus trip to the outlet malls in Albertville, MN from November 1 to 3, 2013.

Itinerary:

Friday, Nov 1: Bus departs 8:00 am from the MFRC and arrives at the Country Inn and Suites in Albertville MN at approximately 4:00 pm.

Saturday, Nov 2: Shopping at *Albertville Outlet Mall*

Sunday, Nov 3: Depart Albertville 10:00 a.m, arrive in Winnipeg 7:00 p.m. (includes 1 hr at *SuperTarget*, Grand Forks ND)

Cost:

- \$379 pp Single Occupancy (1 person, 2 bed)
- \$259 pp Double Occupancy (2 ppl, 2 beds)
- \$219 pp Triple Occupancy (3 ppl, 2 beds)
- \$195 pp Quadruple Occupancy (4 ppl, 2 beds)

Cost includes: Transportation and arrangements by *Fehr-Way Tours* (47 passenger luxury bus), accommodations at the *Country Inn & Suites*, with continental breakfast

*Minimum registration required

Book now! Payment by cash, cheque or debit at the MFRC.
\$100.00 deposit required by 4 Oct 2013, balance due 24 Oct 2013
For information, please call 204-833-2500 ext. 4506

PERSONAL CLASSIFIEDS

HOUSE FOR SALE!

Perfect family 3 bedroom bungalow just minutes from 17 Wing with double unattached garage in quiet St James/Crestview on a 124 X 60 foot lot. This 1152 sq ft, smoke free and pet free home features, 3 bedrooms on the upper floor and 1 in the basement, 2 full baths with walk in shower and jacuzzi tub, master bedroom with 2 pc ensuite, finished basement with fireplace and workshop. For more information or a showing call Christine at 204-803-9204. List price \$309,000.

House For Sale!

1680 sq ft 2 storey, 4 bedroom. Huge pie shaped lot in one of the best neighborhoods in Winnipeg, 10 minutes to 17 Wing, walking distance to all levels of school. Please call Chantalle at 1-204-720-4858 for a showing. See comfree ad 416927 for 302 Whitegates Cr.

For Sale!

2012 Coachmen Freedom Express Maple Leaf Edition RV! Excellent Condition as it was only used for two months! Fully transferable 6 year extended warranty. For more info. Call: (204) 999-4148.

Help Wanted:

Are you looking to earn a few extra dollars while getting some exercise? Then join the Voxair team as a paper carrier. The Voxair is published bi-weekly, year round. If you're interested, please forward your information to: voxair@mts.net or call us at: 204-833-2500 ext. 4120.

Send us an e-mail today to place your FREE Classified ad at: voxair@mymts.net

Taroscopes

BY NANCY

Aries (March 21 – April 19):

Initiate major changes. Even if they aren't easy they are worth the effort. You may feel a bit "at sea" because you're operating so far outside of your comfort zone, but stay open to the experience. See it as an adventure and the chance to expand your horizons.

Taurus (April 20 – May 20):

When you believe things will go well they do; so think positive. Mix-ups are sorted out when you stick to the facts, remain practical and use logic to make your point. Use your "life" smarts when dealing with others. Appreciate the value of what you have now.

Gemini (May 21 – June 21):

You can see the light at the end of the tunnel. Things will be even better than you imagined. You quickly develop a comfortable rapport with another. Enjoy the sense of knowing what you are doing and where you're going. Dream big!

Cancer (June 22 – July 22):

Proceed with dignity. Keep a rein on your temper. Celebrate when you receive good news. Things you've wanted for a long time are panning out. Be mindful about what you say and how you talk to others though for miscommunications can occur at this time.

Leo (July 23 – August 22):

You're only limited if you think you are. A mentor or teacher who has overcome obstacles can show you how to not only manage but to excel when going after what you want. Honestly, if you want something bad enough you'll figure out how to get it.

Virgo (August 23 – September 22):

Helping others benefits you in unexpected ways sometime in the future. Maintain a positive attitude about how things will work out. There are things you don't know at this time. The outcome of an issue will be better than you think is possible.

Libra (September 23 – October 23):

Persevere and you'll make it through the toughest situations. Ultimately it's worth it because you reach your goals and you can happily say you didn't give up. You'll learn how capable you are and discover even more of your personal strengths.

Scorpio (October 24 – November 21):

Trust your gut when negotiating. Show confidence. You're smart enough to know you've got a great idea so don't give ground if others try to dissuade you. Progress that is slow and steady is more likely to persist, so don't go for the "quick fix."

Sagittarius (November 22 – December 21):

Use a tried and true strategy for handling current decisions. You've grown smarter from your experiences allowing you to see what others might miss. Look past the obvious to the potential and you'll see continued profit and growth.

Capricorn (December 22 – January 19):

Your physical environment affects you strongly right now. Work at creating a calming environment, organizing and/or finding the perfect place for the lifestyle you now lead. You're more confident when you have a solid home base.

Aquarius (January 20 – February 18):

Relax. When calm you're easily able to see how to overcome obstacles. There will be clear sailing ahead. Reconsider developing or building on something you once opted out of for you have the time now and it has renewed possibilities.

Pisces (February 19 – March 20):

Life may not be orderly but it's certainly exciting. Focus on doing what is essential, enjoyable and meaningful. Be genuine. You're better at navigating through the complexities of the world than you thought you were. Tackle tasks creatively.

FOR APPOINTMENTS CALL 775-8368

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CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday & Saturday evening 8:00-12:00 pm
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

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Sunday 11 am - 10 pm

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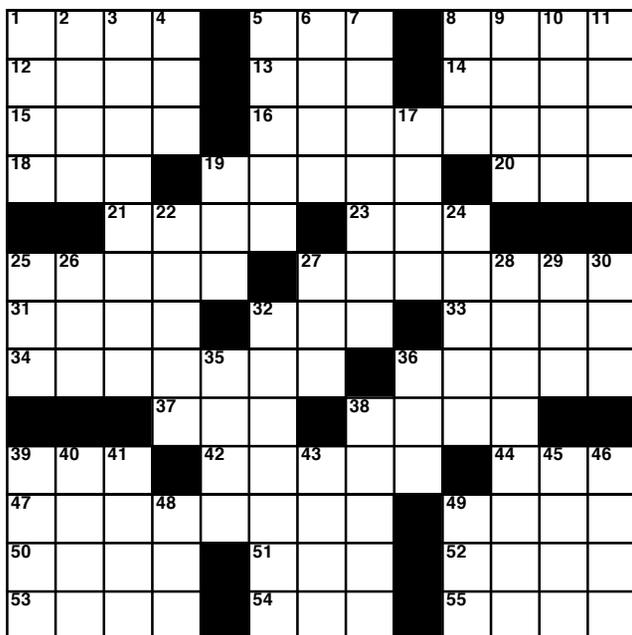
By Bernice Rosella and James Kilner

ACROSS

- 1 Hexahedron
- 5 Hack
- 8 2nd Greek letter
- 12 Newspaper item
- 13 Bon _____
- 14 Figure skating manoeuvre
- 15 Double star
- 16 Saskatchewan lake
- 18 Sin
- 19 Actress Greta
- 20 Biblical your
- 21 Paragon
- 23 Hill critter
- 25 Salvaged
- 27 Math class
- 31 Polite interruption
- 32 Offer
- 33 Metis hero
- 34 Major artery
- 36 Toronto team
- 37 Plead
- 38 CEO
- 39 Opening
- 42 Steal
- 44 Blame
- 47 Manitoba lake
- 49 Kit
- 50 List part
- 51 Mineral bearer
- 52 About aviation
- 53 Poet Pound
- 54 Don'ts opposite
- 55 Distort

DOWN

- 1 Ria
- 2 Over, to Otto
- 3 Saskatchewan community
- 4 Airport info
- 5 Junta



- 6 Eastern ruler
- 7 New Brunswick mountain
- 8 Paddle
- 9 Depart
- 10 High _____
- 11 Problem drinker, slangily
- 17 Aria
- 19 Deity
- 22 Discharge
- 24 _____ firma
- 25 Pouch
- 26 Caught yah!
- 27 Assist
- 28 British Columbia community
- 29 Old auto
- 30 Eagleson and Capone
- 32 Ontario community
- 35 Exam
- 36 Chop
- 38 Swords
- 39 Theatre award
- 40 Ubiquitous biscuit
- 41 Teen _____
- 43 Japanese money belt
- 45 Rhine tributary
- 46 Bow of a boat
- 48 Small, in Strathdee
- 49 Argon or neon

Philatelist's Corner with Alf Brooks Delivering Mail

In the last years in Winnipeg we have seen the traditional deliverer of our mail driving a van that is parked, mail is delivered house to house, and then the van is driven to the next blocks to complete the route for the day.

EUROPA stamps are special stamps issued by European postal administrations, bearing the official EUROPA logo. The theme of this year's common Europa 2013 issue is "Postal Means of Transportation".

Two examples of issues for 2013 are

- The Czech stamp depicts a symbol of Czechoslovak Post's history: a horse-drawn parcel mail coach.
- Estonia Post issued a set of two postage stamps featuring a past stage coach and a present postal vehicle.



Together in Church

CATHOLIC

CHAPLAINS

Padre Ray Laudenorio
Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre
Roman Catholic Office 833-2500 ext. 5956

Masses (English only)

Tues, Weds, Thurs 1210 hrs
Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Jack Barrett (Wing Chaplain)
(Anglican) 833-2500 ext 5417

Padre Christopher Donnelly
(United Church) Office 833-2500 ext 5349

Padre Darryl Levy
(Baptist) Office 833-2500 ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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

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

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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



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Almer N. Jacksteit, B. Comm., LL.B, Counsel

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