



THE VOXAIR

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17 Wing Remembers Major Dragisa Ivkovic



17 Wing held a Memorial Service for Major Dragisa Ivkovic, the 17 Wing Communications and Information Services Officer, on January 17 at the Base Chapel. For more information about the Memorial please see page 7. Photo by MCpl Rick Ayer, 17 Wing Imaging.

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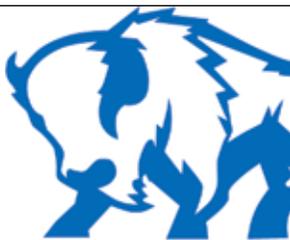
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Mass Casualty Exercise Intensely Realistic



CAF members applying moulage (makeup) to volunteer victims for the Mass casualty exercise. Photo: Cpl Andrew Stevens, 17 Field Ambulance.

by Martin Zeilig, Voxair Photojournalist

An attack at a music festival carried out by an unknown group had left many people severely injured or dead and bodies were strewn everywhere.

Medics from the 17 Field Ambulance and St. John Ambulance hurried to attend to the victims.

Moans and screams echoed through the cavernous confines of Minto Armoury during the combined 17 Field Ambulance/St. John Ambulance Casualty Training Scenario on the evening of January 19.

Just over 60 military and civilian volunteers participated in the chillingly realistic event.

The realism was due in large measure to the moulage makeup that had been applied by skilled military personnel like Sergeant Lindsey Robichaud, in a room just off the main floor. Moulage is the art of applying mock injuries for the purpose of training emergency response teams and other medical and military personnel.

"Mass casualty incidents are difficult to manage and control, so it's important that we practise this as regularly in the event it happens in real life," said Sergeant Sebastien Lepage, Platoon Warrant with 17 Field Amb, the Incident Commander for the training exercise.

He noted that 17 Field Amb and St. John Ambulance also cooperated on a similar exercise last year.

"This year we had more challenging patients and larger physical obstacles, like three tents containing dead bodies, the wounded, as well as the actual weapon, a revolver," added Sgt Lepage, a Reservist trained as a Medical Technician. "Each St. John Ambulance first responder was paired up with 17 Field Amb medic. Each of them had similar scopes of practise."

Having St. John Ambulance and 17 FD Amb cooperate together while treating patients enabled us to integrate military and civilian medical care, he said.

"I've never been involved in a mass casualty scenario where everything went perfectly," Sgt Lepage commented. "We learned some valuable lesson this year that we didn't discover last year and we clearly had improved upon this exercise from last year. I'm looking forward to seeing where we'll be in coming years. We keep improving. If we ever come across the real thing, this will help us be better prepared."

Corporal Andrew Stevens, a member of 17 Field Amb who organized the entire event, said that the fact that there were more casualties than responders meant responders had to prioritize casualties.

"The main effort of this exercise is to identify who has the most urgent wounds, and then to stabilize them and separate them into categories for evacuation," he explained just prior to the start of the actual scenario. "The training does pay off. Everyone is excited to be here."

Ben Groening, 26, who had a large red laceration painted on his forehead with blue around his eyes to indicate cyanosis (lack of oxygen to the tissues), and Aiden,

11, who had a grotesque looking wound painted onto his right cheek indicating a bullet entry shot with a smaller exit lesion on his left cheek, were waiting around with other volunteers to assume their positions by the tents.

"I'm (supposed to be) dead," offered Aiden, whose mother, Misty Carson-Sousa, was still having moulage applied to resemble a fracture on her pelvis applied in the nearby makeup room. "It's a lot of fun, and quite gory," I'd definitely get made up like this for Halloween."

The moulage was very effective in its realism.

"We've been so fortunate to have this experience with 17 Field Ambulance for the past two years," Teresa Tountant, Director of Community Services St. John Ambulance. "It's an opportunity for our volunteers is extremely rewarding. It's a great learning experience."

She also thanked Cpl Stevens for organizing the event.



Moments after the mock attack at the "music festival," first responders attend to the victims. Photo: Cpl Andrew Stevens, 17 Field Ambulance

IPSC Reaches Out to Military Members

by Martin Zeilig, Voxair Photojournalist

For Corporal Andre Desjarlais, the Integrated Personnel Support Centre outreach evening on January 18 in the theatre at Building 90 provided good confirmation of the type of services that are available to him and other CAF personnel.

"There are a lot of familiar faces here," said Cpl Desjarlais, who, along with his wife, Charlene Desjarlais, was one of about 20 people in attendance at the just over two hour event.

"I'm going to be medically released," said Desjarlais. "I'm on a return to duty until I get my release within two or three months. IPSC has been very helpful."



Vanessa West, Case Manager, Veterans' Affairs Canada explains program changes with regard to care treatment and re-establishment in civil life. Photo: Martin Zeilig, Voxair Photojournalist.

Frank Emond, Services Manager / IPSC Winnipeg, observed that his organization does its utmost to support people who are ill and injured.

"We have a good outreach program, including briefings after hours," he said. "What you read and see in the news does not always present the full picture of the situation. As an organization, we'll continue to do outreach as best we can because that's our mandate."

Dan Whittaker, Services Coordinator IPSC, noted that the whole idea behind the outreach program is to establish contact with members of the CAF, so they have a better understanding and appreciation of the Joint Personnel Support Unit and IPSC.

"It was good to see people in attendance," he said.

"Traditionally we provide the outreach briefings to the units. However, to afford an opportunity for those members unable to attend their unit briefing we felt it necessary to conduct an outreach briefing after the normal workday hours so that spouses could also attend, if they so wished."

A number of very informative PowerPoint presentations were presented during the evening, including by representatives from Veterans Affairs Canada, the Military Family Resource Centre, Operational Stress Injury Social Support, SISIP Financial, IPSC and JPSU.

Whittaker pointed out that IPSC's Mission Statement states that they provide a service that coordinates and standardizes consistent personal and administrative support during all phases of recovery and rehabilitation and reintegration on the return to service or transition for those that must be released.

"This not only includes the injured, but also their families," he emphasized during an interview with The Voxair afterwards. "It's our intent to conduct two or three of these types of outreach briefings yearly. That will allow family members to attend. Our outreach briefing encompasses the IPSC Platoon, IPSC Services, MFRC Family Liaison Officer and the OSISS. But, for this outreach briefing, because it would include spouses, we added two presenters-- one from Veterans Affairs Canada and one from SISIP Financial."

"These are all of the organizations that need to be together to support the CAF personnel when they're transitioning out of the CAF for whatever reason," Whittaker added. "I feel it's absolutely essential for leaders within the CAF to make an applied effort in ensuring that their people are aware of the services and benefits available for all injured and ill CAF personnel and their families."

Whittaker spent 29 years in the Regular Force and four years in the Reserves with three tours of duty overseas and retired with the rank of Colonel.

For further information, contact Dan Whittaker at the IPSC in Building 139, Room 202; tel: 204-833-2500 ext. 6300; email: Gilbert.Whittaker@forces.gc.ca

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A Holodeck? No, a CFSAS SimLab



Greg Linton, Civilian Aerospace Defence Analyst/Instructor CFSAS at his work station simulating a hypothetical battle situation.

Photo: Martin Zeilig, Voxair Photojournalist.

by Martin Zeilig, Voxair Photojournalist

A platoon of Canadian Armed Forces personnel with heavy weapons positioned themselves at various points immediately outside the boundaries of Largo, a small village on the Island of Porto, while a group of Taliban fighters scurried from one hideout to another within the semi-tropical village.

This entire fictitious, but realistic, scenario was seen from a CAF Unmanned Aerial Vehicle (a drone) flying high overhead. Tactical CAF radio calls could also be heard.

All this video game type excitement and tension was being played out on two video walls-- each of which is 13 feet long and five feet high--at the Simulation Lab of the Canadian Forces School of Aerospace Studies. Twenty seven semi-attached work stations, each with personal computer screens and controls, face the video walls.

"This room serves two purposes," said Greg Linton, a civilian Aerospace Defence Analyst and Instructor at CFSAS, as he operated the system one mid-morning in early November. "One is for simulation experimentation, and the other purpose is training and delivery. This is a facility in which we can train people."

He added that the simulator software used is purchased from two companies: Bohemia Interactive Simulations (BISim), a global software company "at the forefront of simulation training solutions for military and civilian organizations," according to the company's website; and, Command LIVE from Matrix Games, which recreates "highly accurate scenarios from real-world situations and events, as they happen."

"We can arrange whatever video input we want from

anyone of the student or instructor work stations or from cable TV," said Linton, mentioning that he's in the final stages of completing a Master's Degree in Electrical and Computer Engineering with a thesis on satellite communication at the University of Manitoba.

The simulation involving the CAF and the Taliban on Porto was from an off-the-shelf software program called Virtual Battle Space 2 that's related to a popular video game, Linton said.

"We created this scenario to show what you can do with this software," Linton, 41, a native of Kenora, Ontario, explained. "I populated the scenario (with Taliban and CAF personnel). With this software, I can show what you can do with virtual training. This software is normally used to train U.S. Marines or Canadian Infantry how to move, shoot and communicate in squadrons or with joint forces."

"Normally, they'd use it in the first person view-- seeing through the eyes of the character in the game. What I did was edit the scenario, so that the Taliban fighters are occupying a small village. I created the platoon leaving Porto to go deal with the Taliban."

He added that the entire scenario is used to show the impact of using a UAV.

"If the UAV flies too low, the Taliban are alerted," Linton, who took his undergraduate studies at Lakehead University in Thunder Bay, Ont., said. "I also show off what you can learn from simulated battles. We also experiment with what type of training you could achieve in these types of simulations."

For example, he points out that this system can also be used to train Airborne Electronic Sensor Operator from 1 Canadian Forces Flying Training School how to operate a night vision and thermal imaging camera rather than having to purchase a "very expensive" specialized camera.

"Our goal for this lab overall is to conduct conventional training that requires the use of computers, and to be able to train Operations Room type courses," said Linton, who compared his work to being a reporter, in some ways, because he has to interview "a whole bunch of people" in order to obtain information about a topic and then distill it down to the essentials for training purposes. "I enjoy working with the people here. They're a great group. And, the topics I get to work on are of interest to me. As an instructor, the CAF says we need people with this particular type of skill set. It's up to us as the school to figure out how to make that happen. Sometimes, it's in a conventional lecture. Other times, it's more hands-on training, like here in the lab."



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Sports Trivia

World Junior Hockey Tournament

by Tom Thomson and Stephen Stone

1. Which country has the most consecutive gold medal victories?
2. Which country scored the greatest number of goals in one game?
3. Which country had the greatest margin of victory in a World Junior game?
4. Who holds the record for the most goals scored by a player in one tournament?
5. Who holds the record for the most assists by a player in one tournament?
6. Who holds the record for most points by a player in one tournament?
7. Who holds the record for most points by a defenceman in one tournament?
8. Who holds the record for most points by a line in one tournament?
9. Who holds the record for most shutouts by a goaltender in one tournament?
10. Who is the leading all-time goal scorer in World Junior play?
11. Who is the all-time assist leader?
12. Who holds the record for most points by a Canadian player in one tournament?
13. Who is the all-time Canadian scoring leader in World Junior play?
14. Which Canadians have scored the most goals in a World Junior game?
15. Which Canadian scored the fastest goal in one game?
16. Which Canadians scored the fastest two goals in one period? Bonus for each period.
17. Which Canadian scored the fastest two goals in a game?
18. Which country has won the most gold medals?
19. Why were Canada and the Soviet Union disqualified from the 1987 World Junior Tournament?
20. Who scored the Golden Goal in the 2017 World Junior Hockey Championship final?

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Chef Returns to CAF to Support Troops



MCpl Melissa Buck, Red Seal Chef on base. Rejoined the CAF for a higher purpose. Photo: Supplied

by **Martin Zeilig, Voxair Photojournalist**

Master Corporal Melissa Buck did not anticipate being used as role model after she had completed basic training in St-Jean-sur-Richelieu, Quebec in 2008.

It's something she should have expected.

After all, at age 50 and the mother of three adult children at the time, she was by far the oldest person in her platoon. Today her children are 34, 33, and 32 years old.

For the recent 17 Wing Junior Ranks Christmas Dinner, MCpl Buck was chosen as the traditional Acting Wing Chief Warrant Officer, an honorary position used based on being the eldest junior

"After basic training, I was used by my trainer to show the recruits what a 50 year old could do," she said during a telephone interview from CFB Borden where she is training new recruits for the next few months. MCpl Buck is a Red Seal Chef.

Before enlisting she was a mill worker with Loewen Windows in Steinbach, some 66 kilometres southeast of Winnipeg.

"That was when our troops were in Afghanistan," she said. "It bothered me very much every time I saw a news item and photo of someone who died there, especially because of the age of my children. They were over there doing their duty, dying or losing limbs, while we were back home in comfort oblivious to what they were doing. So, I just needed to do something to express how I felt, the honour I felt them. I was grateful for all the sacrifices they were making."

David Buck, former Military Police and a retired City of Winnipeg Police Officer, says he's totally amazed by his wife's accomplishments.

This is the second time MCpl Buck has been a member of the CAF. She first joined after graduating from

high school and attended boot camp in Cornwallis, Nova Scotia, 40 years ago. After boot camp she was posted to the former CFB Rockcliffe in Ottawa.

"That's where I met my husband," MCpl Buck said, noting that he was working as a Military Police at Rockcliffe.

"During that time, he got a position with the Winnipeg Police Force and he moved there. I got posted to 17 Wing," she said. "I left the military and stayed home to raise our three children. When our youngest child was in school full time, I returned to the work force as cook at a golf club and then at Penner Foods in the Gourmet Food Department, and later at Loewen Windows."

David Buck, who now operates Castli Photography in Ste. Anne, about 48 kilometres southeast of Winnipeg, said that his wife loves cooking.

"The class she's teaching now will really benefit from her experience," he added. "It's given her a chance to go back to her original stomping grounds and train new recruits. She never ceases to amaze me at what she's capable of doing. She's a person who will encourage other people."

Melissa said that her husband had just been accepted for a specialized job with the Ontario Provincial Police in Orillia, Ontario, after she had completed basic training because she expected to be posted nearby in Borden but she was posted to 17 Wing instead.

"He gave up his job so that I could stay in the CAF," she said. "He actually forfeited a very coveted position in Barrie. He knew how important this was for me, and he felt strongly about it. I do feel very happy about my decision, as does my husband because we both gave back to our troops who serve our country."

It's a Team Effort, Says 1 CAD Div Surgeon

by **Martin Zeilig, Voxair Photojournalist**

Lieutenant Colonel Richard Hannah, CD, MD, MPH, CCFP, ABPM (AM), 1 Canadian Air Division Flight Surgeon, acknowledges that it takes a team to fulfill the mandate of his office.

One person just can't do it all.

LCol Hannah, the medical advisor to Major General Christian Drouin, Commander of 1 CAD / CANR and BGen Cochrane, Commander of 2 CAD, was promoted to the position on December 14, 2016.

His team in Winnipeg consists of another physician, two nurses, a Medical Planner, a Search and Rescue Technician, an Aviation Physiologist Technician, a Preventative Medicine Tech, and civilian support staff.

"I am short one physician right now," LCol Hannah said, during an interview in his office in early January. "I also have 15 people who work for me at 17 Wing Trenton at the Aeromedical Evacuation Flight. As a collective group, we're responsible for aeromedical evacuation. I don't achieve anything by myself. What we achieve, we achieve as a team. That's why we're effective."

He explained that aeromedical evacuation applies to a CAF member who is injured anywhere in the world.

"We have the knowledge experience and expertise to go get that person, and bring him, or her, home," said



LCol Richard Hannah, CD, MD, MPH, CCFP, ABPM (AM), 1 CAD Flight Surgeon. Photo: Supplied

Award in 2011.

His experiences include flying missions with patients who had been fighting in Afghanistan on board a C-17 Globemaster while on tour with the United States Air Force Aeromedical Evacuation out of Germany.

"It was part of my training," he said, noting that half of those patients went to Andrews Air Force Base, Maryland, while the others were flown to a base in Texas.

The aircraft used most often by the RCAF for aeromedical evacuation are the CC-144 Challenger, or the CC-150 Polaris, said LCol Hannah.

LCol Hannah. LCol Hannah earned a Bachelor of Physical Education from the University of Calgary in 1992, and, after a hiatus from school for several years, achieved a Doctor of Medicine from the U of C in 2003.

"We have been all over the place," he said. "We recently had a mission to Uganda to pick up an injured airman and brought him home safely. We have also done missions to Portugal and Jacksonville, Florida recently. We go pretty much anywhere we need to go to pick someone up. If necessary we can also contract a civilian air medical evacuation service, or coordinate with one of our allies."

LCol Hannah enrolled in the CAF as General Duty Medical Officer on January 3, 2002, and won the Colonel Carl Walker Award, Flight Surgeon of the Year

Before moving a patient onto a plane for evacuation, that individual must be stabilized first, explained LCol Hannah, who is Board Certified in the Subspecialty in Aerospace Medicine after completing his program with the United States Navy, Naval Aerospace Medicine Institute in Pensacola Florida in 2013.

"The other key thing we do is to provide medical oversight to the Search and Rescue program," he added.

LCol Hannah, who teaches medical procedures at the Canadian Forces School of Search and Rescue at CFB Comox twice a year, also edits the pocket size Search and Rescue Technician Pre-Hospital Protocols and Procedures booklet and smart phone app used by SAR Techs.

"I participate in the National Search and Rescue Exercises every year," he added, noting that he runs their medical scenario. "It's a real privilege for me to work with SAR Techs. They're keen and interested. They're often in difficult situations. I'm proud to be associated with them."

LCol Hannah, who also has a Master of Public Health from the University of West Florida, observed that among his many other tasks is administering aeromedical standards for flight crews.

"We're the medical authority for all crew in military aircraft," he said, noting that the CAF falls under the Federal Government's Aeronautical Act. "I like my job. I'm blessed to be in a position where I can do some cool stuff, take care of air crew, and keep them flying."

LCol Hannah also works part time for the Winnipeg Regional Health Authority as House Medical Officer / Staff Physician Surgical Intensive Care Unit at the Health Sciences Centre.

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Date Night Gives Parents Time For Themselves



Kim Kennedy-Follette (left), childcare provider, and Cortney Ritsema (right), a nursery school teacher / Early Childhood Educator, posing by the play structure at the Occasional Child Care Centre.

Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Date Night Child Care, being offered at the Occasion-

al Child Care Centre in the Military Family Resource Centre Daycare, is designed to give parents an evening break once a month, says Cortney Ritsema, an Early Childhood Educator at the OCCC.

"It's just like babysitting," she said, during an interview with her and Meagan Noonan, Children's Program Coordinator at the MFRC, in Noonan's office at Westwin Children's Centre (Westwin Community Centre-- Building 33).

DNCC, which started up in October 2016, offers child care for children ages 6 months to five years of age, notes provided material.

"If we have older kids, we can open up the youth centre at the MFRC," Noonan said. "Parents can drop off their kids and go on a date or they can just have some time without their children. The parents can have a break. They need to call and register for this program."

Noonan credits Kim Kennedy-Follette, one of her staff, for coming up with the idea of having a Date Night.

The cost of DNCC is five dollars per hour per child and a pizza dinner with a juice box and veggies is available to the children for an extra five dollars.

"Sometimes the children will play inside or out, and sometimes we show a movie," said Noonan, adding that the children have access to crafts, puzzles, Play-Doh, among other play things.

"A lot of parents are working, so they can grab dinner and have a full conversation without children interrupting," Ritsema remarked.

Captain Danny Vanderbyl, who works in Combat Plans at 1 Canadian Air Division, and his wife, Shelley Vanderbyl, praise the service provided by the OCCC.

"It's really fantastic," Capt Vanderbyl said. "We have three kids, and I'm happy knowing that it's not just babysitting when they're at Kids Care. The staff are Early

Childhood Educators (ECEs), so the kids are doing important play-learning, and plus, they always come back raving about how much fun they had! The flexible and responsive staff is very helpful, and I feel like they are allies in raising our children."

Cortney Ritsema, who studied Early Childhood Education at Red River College, said working at the OCCC is a fantastic experience.

"It's more of a family feeling here than out in the community," Ritsema. "You feel the connection with families. You become very well acquainted. It's a very rewarding job."

Noonan expressed similar sentiments.

"I love the families and the children," she said, mentioning that they have five employees. "It's very family oriented. Those are our kids too. We're licenced for 33 children."

Other children's programs being offered include, Nursery School, Creative Tots, Mother Goose Play Group, Gym Kats, Alphabet SOUP, Dr. Suess' Birthday Party, Happy Trails, and Family Easter Egg Hunt.

"We do a play emergent curriculum," said Noonan, while standing with Ritsema in the large nursery room, where some 20 noisy and happy pre-schoolers were having a great time with a variety of activities, including a modest sized wooden climbing structure, a wood working area, a dramatic play area, a small book rack-- with age appropriate illustrated books on dinosaurs and other topics-- and more, including two caged guinea pigs (Salsa and Squeaky). "We don't have set programs. We do what kids are interested in."

She also pointed out that registration begins in February for the 2017 School Year. For further information, contact Noonan at 2491, or email: meagan.noonan@forces.gc.ca

Preparing for Force Fitness Testing



Stefan Dowhayko, Fitness Leader, PSP/CFMWS with the Force Fitness Test outline at the First Aid Station, Building 21.

Photo: Martin Zeilig, Voxair.

by Martin Zeilig, Voxair Photojournalist

Out of breath and sweating, Sergeant Annie McCrady, a French horn player with the RCAF Band, admitted that she hasn't been training regularly for the past couple of months.

"So I had to get back into shape," she said.

Sgt McCrady had just completed the 20 metre rushes, one of four elements in a FORCE Evaluation clinic held in Building 21 on January 18. She and five other military women attended the hour long late morning clinic run by Stefan Dowhayko, Fitness Leader, PSP/ Canadian Forces Morale and Welfare Services (CFMWS).

The FORCE Evaluation is designed to capture the movement patterns, energy systems, and muscle groups recruited in the performance of the Common Military Task Fitness Evaluation (CMTFE), according to the CFMWS website. The FORCE Evaluation is a reflection of the CAF minimal physical employment standard related to common defence and security duties known as the Universality of Service principle.

The other three elements are the sandbag lift (30 consecutive lifts of a 20 kg sandbag from the floor above a height of 1.0 m.); the sandbag drag (Carry one 20 kg sandbag and pull a minimum of four on the floor over 20 m without stopping); and, the intermittent loaded shuttles (20 m there, 20 m back, alternating between loaded shuttles with a 20 kg sandbag and unloaded shuttles).

The 20 metre rushes starts from the prone position, with participants completing two shuttle sprints dropping to the prone position every 10 m for a total of 80 m.

It has to be completed in 51 seconds or less.

Dowhayko said the clinic class was about average in size.

"A smaller group setting allows for more one-on-one instruction," he observed. "That's one of the benefits of this clinic. It helps to better identify problem areas that a member may have, and to improve their technique."

Master Corporal Ami MacDonald, 435 Squadron, confessed that doing the FORCE Evaluation stresses her out.

"But, the informal environment of the clinic relieves some of that stress," she said. "It builds confidence in my ability to do the test."

"It's an excellent program," said Corporal Mary Urbanovitch, a 15 year CAF member. "They can correct my faults and bad habits (in doing the elements). I come to these fitness development classes three times a week--Monday, Wednesday and Friday. I'm dedicated to my fitness for mental and physical conditioning. We all need fitness to live a healthy life."

Meanwhile, Sgt McCrady acknowledged that the clinic helped her prepare for the 2016 FE.

"I felt ready," she said, noting that she also attends the clinic three days per week. "If you want to learn the proper technique, this course is very helpful. I like Stefan's stations and ideas. He makes us work very well."

For further information, contact PSP/CFMWS Fitness and Sports in Building 90; or, Stefan Dowhayko at ext. 4833

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38 Signal Regiment Marks Inaugural Change of Command



38 Sig Regt deploys to schools with their communications equipment and establishes a communications link with the North Pole so that children from Junior Kindergarten/Kindergarten to Grade 4 can talk to Santa about their Christmas wishes.

Photo: Cpl Jean Archambault

by Cpl Natasha Tersigni PAO NCM

An historic milestone occurred on January 14 for 38 Signal Regiment (38 Sig Regt) when Commanding Officer Lieutenant Colonel (LCol) John Groves handed

together and train," said LCol Groves.

"I am looking forward to LCol Janzen taking over as Commanding Officer; this has always been the succes-

command of the Regiment to LCol Jackie Janzen. The Change of Command ceremony took place at Minto Armoury and was the first official transfer of power in the Regiment's history.

LCol Groves assumed command of the newly formed 38 Sig Regt in March 2012, which saw the amalgamation of signals squadrons in Saskatoon, Regina, Winnipeg and Thunder Bay. Throughout his five years at the helm, LCol Groves has witnessed the Regiment's extensive growth and is excited for what the future holds under LCol Janzen's command.

"We have stabilized the Regiment in terms of number of members and now the challenges are finding collective training opportunities within the Regiment so all squadrons can come

sion plan. She has been the Deputy Commanding Officer of 38 Signal Regiment; she has operational deployment experience and is staff qualified. LCol Janzen has all the qualifications necessary to lead and with six months experience as the acting Commanding Officer, she is settling into the chair nicely."

Having served in the Canadian Armed Forces for 20 years, including deployments to Bosnia and Afghanistan, LCol Janzen has the experience and expertise needed to lead the troops for years to come. She is excited about her new position and is looking forward to continuing her service with 38 Sig Regt.

"From the moment I became an officer my dream has been to be a Commanding Officer of a unit; I am extremely grateful for this opportunity," said LCol Janzen.

"This regiment has come a long way in the last six years. From four independent squadrons to one regiment that spans 1,500 kilometres and four cities; it is no easy task to be in command. However the hard work and dedication of LCol Groves, the Regimental Sergeant Major, Chief Warrant Officer Rupert Klyne, and the squadron command teams and the staff have strengthened the Regiment and have built a foundation from which we can continue to grow."



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you're done.*

#TBT 1952: Bush Flying in Northern Manitoba

* Reprinted from the Voxair - Issue 2, Volume 1, June 20th, 1952

Bush Flying in Northern Manitoba

By F/O E. G. McNARRY

AT THE END of World War II I was one of the large number of veterans who decided to return to the land. Under the VLA scheme, I acquired a quarter section in the Foxwarren area of Manitoba, which I farmed from the spring of 1946 to the spring of 1950. By the end of this period I had been forced to the conclusion that the venture was proving none too profitable. This fact, combined with the still strong call of the wild blue yonder which had led me to enlist in the RCAF during the war, resulted in my decision to return to flying as a career.

My first thought, because of the crisis then developing in Korea, was to return to the RCAF as a pilot. Aircrew age limits at the time, however, prevented this. Instead I took a short civilian refresher course with the Winnipeg Flying Club, involving some ten hours of light aircraft time. In conjunction with this I was fortunate enough to be given a good deal of Buckshee ground instruction by several experienced friends associated with the club and with Winnipeg DOT. By Christmas of 1950 I had been granted a commercial flying licence, and set out to find a suitable employer.

This entailed some research, in the form of interviews with several Manitoba companies—Central Northern Airways (Winnipeg), Lamb Airways (The Pas), etc.; as well as correspondence with crop-dusting outfits in the U.S.A. Since my experience was limited in the type of flying required, the results were at first discouraging. However, through the cooperation of previous contacts I was offered a place with the ECO Exploration Company of Winnipeg (Now Riverton Airways).

This company's winter operations at that time consisted of air freighting supplies to various HBC posts in Northern Manitoba. On return trips their aircraft carried fresh whitefish, pickerel, trout, etc.,

back to Riverton, whence it was trucked to Winnipeg. During summer months the main occupation was the staking of mining claims in Manitoba's rich northern wilderness, and the transport of ore sampling equipment to various finds in this region.

I worked with this company from January to March, 1951, and over this period managed to build up a fair amount of winter bush time over the triangular area enclosed by Riverton, God's Lake, and Red Sucker Lake. Below I have attempted to outline some of the more salient points of winter bush operations.

Preparation for a flight over bush territory involves a considerable amount of planning and pre-flight preparation of the aircraft by the pilot. Work begins the night before the trip. The load consists of supplies for northern HBC posts—flour, sugar, tea and coffee, plus a wide variety of canned goods. Any foods not subject to frost damage were loaded in the evening. Refuelling at the Riverton base was comparatively simple, the fuel being filtered from an electrically operated gas pump. Oil was kept in a heated shack. Refuelling could at times be a very cold operation, especially when the temperature dropped to around -40 degrees, with a breeze. During my first six weeks with ECO, the thermometer barely rose above -30 degrees.

When the aircraft had been gassed and oiled up the engines were run up and ground tested, then the oil diluted (4 to 6 minutes). After the final engine check, large canvas covers were then placed over each engine. Large enough to cover engines and propellers completely, and deep enough to reach the ground, these covers had to be fastened securely for the night, to prevent them blowing off. Next the wing covers were put on, their purpose being to prevent the

formation of frost on the wings, which could constitute a serious hazard on take-off. This could be a tricky proposition with a strong wind blowing, sometimes requiring four men.

After bedding down the aircraft for the night, we tuned in to local Winnipeg broadcasting stations for the regional forecasts. These very generalized outlooks comprised our sole Met information from any official source. Maps of the route to be flown were studied, and main pinpoints marked. Compass headings were written on the map. Flight plans were unknown to us on these operations, but it was company policy that pilots were to adhere to a predetermined track. If adverse weather conditions were encountered en route, aircraft were to return to base or to make an emergency landing as near track as possible. Though all trips were nominally VFR, we often had to fly through cloud or below it at tree top level.



Courtesy of Al Nelson, Riverton Airways

Morning preparations began with breakfast between five and six A.M. Then each pilot and his helper began preparing their aircraft for flight. Engines were warmed up by means of a "blowpot," a large blowtorch with a vertical nozzle and a one gallon fuel tank. This blowpot was lighted, the lower part of the engine cover loosened to form a tent, and the heat directed onto the engine for a period of from 20 to 30 minutes before it could be started. One-half to three-quarters of an hour run-up was necessary after starting, to bring oil and cylinder head tem-

peratures to operating levels and to evaporate the gasoline used in dilution the night before. During warm-up the helper made a final check on load and emergency equipment. It was his responsibility to tie down cargo and check that fuel pump and strainer, emergency rations, rifle and cartridges, engine and wing covers, blowpots, and sleeping bags were on board.

After takeoff a final visual check was made on the weather. Knowing that his own safety as well as that of the aircraft depended on his judgment in evaluating weather by a study of sky conditions, the northern pilot soon becomes proficient in practical meteorology.

Navigation consisted of straight track crawl methods and direct map reading. Visual checks of pinpoints previously marked on the map for quick reference are used extensively, for mental ground speed checks and estimates of fuel consumption. In the northern lake area during winter it is very easy to confuse snow-covered marsh and swamp with snow-covered lakes, which can lead to some very embarrassing moments for the map



Courtesy of Al Nelson, Riverton Airways reader. When adverse weather was encountered, the pilot had to decide whether to press on, return to base, or make an emergency landing and wait for the weather to clear. The

first two possibilities need no discussion, but making an emergency landing is another matter. Several factors governed whether it was to be successful or not. First a suitable landing area had to be selected—a lake or a river, preferably a lake. A low run over the area had to be made and a landing path chosen, drift checked, surface conditions noted (snow drifts, loose snow, etc.). If the landing area chosen is a river, then additional checks must be made for thin ice or open water. A common rule for selecting a landing area on a river was to look for moose or caribou tracks, since as a rule these animals instinctively will cross only on solid ice.

Local fog was another winter phenomenon encountered. Over fast flowing open water in extremely cold weather low fog is very common. One peculiar thing I noticed was that across Loon Straits on Lake Winnipeg there was usually a band of fog one to two miles wide and up to 2,000 feet in height, every morning and evening.

We carried a lunch of sandwiches and coffee on every trip, which we ate en route.

As an example of a typical landing area we'll take the base at Island Lake. Here there were three choices for the approach. One was between two small islands and was usually the smoothest due to the sheltering effect of the islands. Another was over the HBC post and heading toward the lake center, the third a strip just offshore from the post. All three strips were marked off with evergreens. A good wind check could normally be made by studying the smoke from cabin

chimneys. The wind check was very important—the aircraft were always loaded at least to capacity and sometimes beyond; a landing made with even slight drift could seriously damage ski equipment and Oleo legs. A visual check on approach was also necessary. Fishermen occasionally strung nets under the ice leaving holes and mounds of snow and ice or even fish poles as net markers. Tractor train operators have been known to plow trails across landing areas leaving ridges of snow which could be very dangerous.

One of the first things to be done after a successful landing at a camp was to ascertain the approximate weight of the fish to be carried on the return trip. The aircraft was then refuelled with the amount necessary to return to base plus 20 or 30 minutes extra. Occasionally the payload was so heavy that only enough fuel to reach the nearest fuel cache on the return leg could be carried. These fuel caches were also very welcome when unforeseen headwinds were encountered on a trip.

The arrival at base was often at dusk and sometimes at night. There were no marker or runway lights for night landings and the pilot relied solely on his judgment and knowledge of the landing strips. During the final part of the approach height comparison with surrounding objects was very useful. Landing lights were of little or no use because of the reflection from snow-covered landing strips.

Preparation for the next day's trip began on arrival back at base.

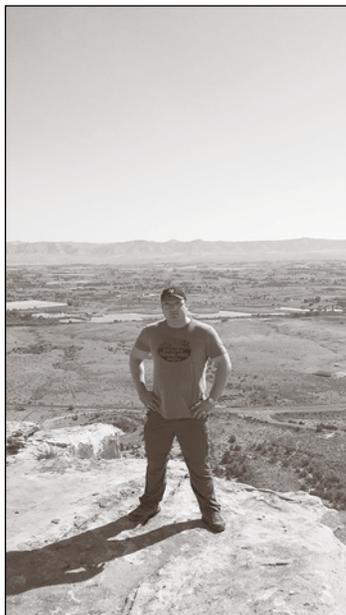
(Continued on page 22)

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Major Dragisa Ivkovic Remembered at the Wing



Maj Ivkovic at the Colorado National Monument. Also while stationed at Cheyenne Mountain Air Force Base, Maj. Dragisa "Drag" Ivkovic, Cyber Domain Chief, explained to Mr. Gary Sinise, actor and founder of the Gary Sinise Foundation, the responsibilities of the Cyber Domain in monitoring cyber events within NORAD and USNORTHCOM's Area of Responsibility in the North American Aerospace Defense Command and U.S. Northern Command Alternate Command Center located at Cheyenne Mountain Air Force Station. The domain assesses the in-

formation and characterizes the impact of the cyber event to the commands' senior leaders enabling them to make informed decisions. An advocate of America's servicemen and women, Sinise wanted to personally thank the troops assigned to CMAFS for the sacrifices that they, and their families, make every day. (USAF). Photo: FaceBook.

by Bill McLeod, Voxair Manager

17 Wing Winnipeg held a Memorial Service for Major Dragisa Ivkovic at Wing Chapel on the afternoon of January 17 to remember the well-respected 17 Communications and Information Services Officer who passed away in Toronto on December 14.

Maj Ivkovic, 'Drag' to his friends and colleagues, had

only been posted to 17 Wing since July 2016, but had already had an impact on the Wing.

"His personality and character are a testament to what we should strive to achieve as a member of the Canadian Armed Forces and as a person," said Wing Commander Colonel Andy Cook in an email informing Winnipeg personnel about the sudden loss.

Maj Ivkovic was born in Mostar, Bosnia and Herzegovina, on the auspicious date of February 29, 1984.

He joined the CAF in 2003 and received an Engineering Degree from Ryerson University in 2006. His last posting before coming to Winnipeg was with the Deputy Commander NORAD in Colorado Springs.

At the Memorial Service, Padre Winfield commented that like her, perhaps there were others who did not have an opportunity to know "Drag" personally, as his time at 17 Wing was so short. She received messages from close friends and colleagues who wanted to share their thoughts but were unable to be present at the memorial. Padre Winfield read a message from LCol Michel Roy, 22 Wing North Bay.

"I was certain that Drag would lead us all one day," wrote LCol Roy. "He had vision and foresight and had a knack for the emerging world of Cyber Operations, something we both thought he would excel in. When asked during one of our interviews what he wanted to do with his career, he paused and then said "I think I'd like to be the Branch advisor someday"...lofty aspirations I added, to which he remarked, "If you don't shoot for the top, you may never get there!"

Another colleague, Major Kristjan Hjalmarsen, shared Drag's personal qualities in the message he sent.

"Drag enjoyed taking care of people, especially his close friends when they were in dire need," wrote Maj

Hjalmarsen. "He would empathize with them, and offer constructive and positive advice."

Maj Hjalmarsen concurred with LCol Roy's assessment of Drag's potential.

"He was someone who would have been a very senior leader within the Canadian Forces, and it is sad to see him leave this world," Maj Hjalmarsen wrote.

Members from 17 Wing including the Wing Commander and LCol Juby, Commanding Officer 17 Operational Support Squadron, flew on a 435 Sqn Hercules to attend a memorial held in Toronto on December 23.

Major Dragisa Ivkovic will be interred by his family in his native Bosnia and Herzegovina.



Major Dragisa Ivkovic flanked by his mother, and friend Gavin Ellis. Ellis has started a GoFundMe Memorial Foundation in honour of Maj Ivkovic. Contributions can be made online at www.gofundme.com/dragisa-ivkovic-memorial-fund. Photo: Gavin Ellis.

2017 Demo Hornet Will Honour Canada's 150th Anniversary



Captain Matthew Kutryk is the pilot for the 2017 CF-18 Demonstration Team. Photo: DND

from RCAF Public Affairs

Royal Canadian Air Force (RCAF) representatives gave attendees at the International Council of Air Shows (ICAS) conference in Las Vegas a sneak peek at the planned design for the 2017 CF-18 Demonstration Hornet on December 7, 2016.

Next year's Demonstration Hornet will be painted to celebrate the 150th anniversary of the confederation of Canada, and will honour the history of the RCAF and Canadian Armed Forces as a part of Canada's proud history.

The main colours are red and white, Canada's traditional colours.

The official logo for Canada 150 is placed through-

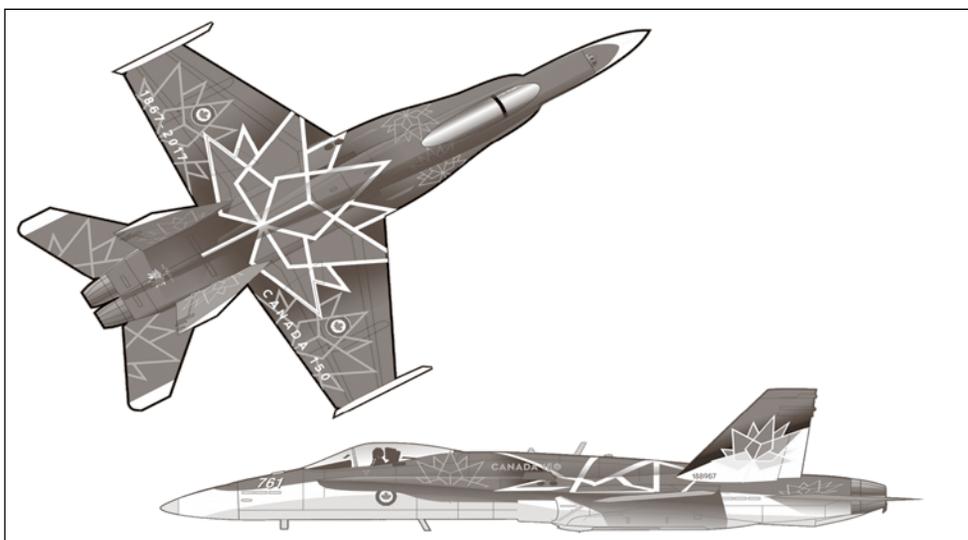
out the design. The logo is composed of a series of diamonds, or "celebratory gems", arranged in the shape of the iconic maple leaf. The four diamonds at the base represent the four original provinces that formed Confederation in 1867: Ontario, Quebec, New Brunswick and Nova Scotia. Additional diamonds extend out from the base to create nine more points. In total they symbolize Canada's 13 provinces and territories.

On the left wing, the timespan of confederation is shown with the year of confederation, 1867, and the 150th anniversary year - 2017. The right wing bears the official name of the celebration - "Canada 150".

The RCAF is proud of the part it has played in Canadian history and the members the CF-18 Demo Team are honoured to represent the RCAF and our nation during Canada's 150th anniversary year.

Aerobatic team schedules released

The show tour schedule for the RCAF's two aerobatic teams, the Canadian Forces Snowbirds and the CF-18 Demo Team, are now online. Check out the schedules to find out where you can see the teams during the upcoming season.



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17 Wing Community Council's RHU Holiday Decorating Contest

Thanks to all who participated in the 2016 17 Wing Community Council's RHU Holiday Decorating Contest.

Cheers to the winning decorators with the most (visible at night) Christmas spirit!

Each winner received a \$50.00 gift card courtesy of PSP Community Recreation.

All Photos: Major Robb Nesbitt, 17 Wg Housing Liaison Officer, 17 Wing Winnipeg



1st Place - 320 Maurepas Crescent.



2nd Place - 488 Conway Street



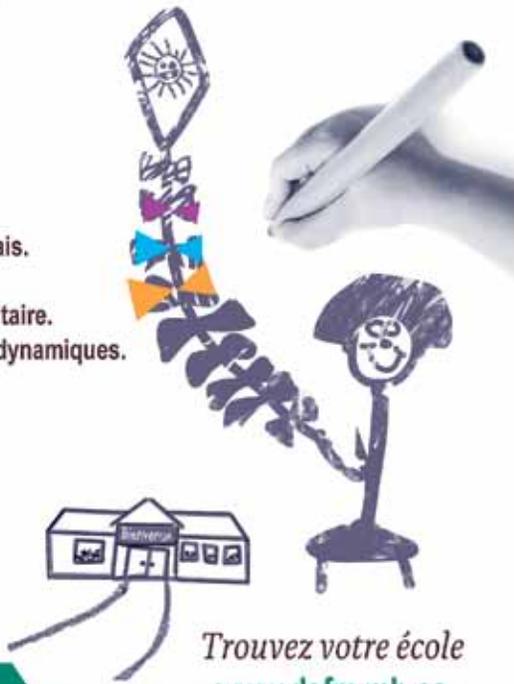
3rd Place - 486 Air Force Way



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Around The Wing



At the launch of the new Canex Health Benefit Program for good food choice.
 Left to Right: Kathy Dmytrisin, Diane Brine, Rhonda Porteous, Annie Laplante, Madison Melnyk, and Mireille Garneau.
 Photo: Martin Zeilig, Voxair Photojournalist

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Travellers Must Register for Vimy 100 Commemorative Ceremonies



by Veterans Affairs Canada

Canadians planning to travel to France to attend the Government of Canada commemorative ceremony marking the 100th anniversary of the First World War and the Battle of Vimy Ridge on April 9, 2017 at Canadian National Vimy Memorial must register online by February 28, 2017.

Safety and security are paramount to this ceremony, therefore registration is mandatory. If you do not register in advance, you will be denied access to the site. Attendees will need to provide a printed copy of their official e-ticket and government-issued photo identification, such as a passport or driver's license, on the day of the event.

To register, please follow the instructions found at: <http://news.gc.ca/web/article-en.do?mthd=tp&crtr>.

page=1&nid=1177209&crtr.tp1D=1
If you have questions about the registration process, please email VAC.Vimy2017.ACC@vac-acc.gc.ca.

An official Government of Canada delegation will travel to France to attend ceremonies and events during the week of April 5-12, 2017. Event information will be added to the Veterans Affairs Canada website as details are confirmed.

A commemorative ceremony will be held on April 9, 2017 at the Canadian National Vimy Memorial in France. The ceremony will be broadcast in Canada so that all Canadians may join together in remembering the valiant sacrifices of our First World War soldiers.

There will be site restrictions between April 1 and 10, 2017 at the Canadian National Vimy Memorial due to event preparations. Visitors should note that the site will be closed April 6 to April 9. The site will reopen on April 10 at 9:00 am with restricted access.

Part of the broader Arras offensive, the Battle of Vimy Ridge began on the morning of April 9, 1917. The four-day battle was the first time all four divisions of the Canadian Corps fought together as one formation. The Canadian victory at Vimy Ridge is considered to be a

defining moment for Canada.

The Canadian National Vimy Memorial commemorates all Canadians who fought in the First World War, and remembers by name 11,285 Canadian soldiers killed in France, whose final resting places were unknown.

For more information about the commemorative events, please visit Canada.ca/vimy-100

For information about travelling to France, please visit Global Affairs Canada's Travel Advice and Advisories page for France.

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RRSP OR TFSA...WHICH ONE IS BEST FOR YOU?

Joyce Sharp, Marketing and communications Manager, Commercial Services, CFMWS

When it comes to retirement savings, many are still unsure which to choose: the Registered Retirement Savings Plan (RRSP) or the Tax Free Savings Account (TFSA)!

As a young Canadian Armed Forces (CAF) member, you are likely not even considering retirement as it seems too far off. However, it may be time to give it some thought, since the decisions you make now could have a considerable impact on your retirement income.

The table below, featuring a 40 year old investor at different income levels (lower, mid and higher), compares these two options and the differences, depending on which contribution type you make with your first \$5,500 of after-tax savings.

EXAMPLES*	Lower	Medium	Higher
Annual Income	\$30,000	\$60,000	\$90,000
Tax Rate	21%	31.3%	39.3%
RRSP Contributions	\$5,400	\$8,000	\$9,060
Tax refund on RRSP contributions	\$1,135	\$2,500	\$3,560
TFSA contribution (after tax equivalent of RRSP contribution)	\$4,265	\$5,500	\$5,500
Expected income at age 65	\$10,000	\$25,000	\$40,000
Will the Guaranteed Income Supplement be available at retirement?	Only if a TFSA is used	No, income would be too high	No, income would be too high
Will Old Age Security be clawed back	NO	Yes, but not much	Yes, more than 50% if RRSP is used; only slightly with a TFSA
Which is best	TFSA	RRSP	RRSP

*Calculations are based on the TFSA vs. RRSP Calculator provided at TaxTips.ca

Keep in mind there are other elements that come into play which may not apply to your particular situation. For example, we have assumed:

- No change to annual income/salary over the years.
- Marginal tax rates are based on 2015 and average for Canada.
- All three income levels qualify for Old Age Security.

In addition there are instances where an RRSP should be avoided, making a TFSA the better choice:

- You expect to be in a higher tax bracket at retirement.
- You have a lower income.

Above, however, are only examples and may not apply to your specific case. The best way to determine with considerable accuracy whether an RRSP or TFSA is right for you is to speak to a Financial Advisor. Serving or former members can **contact their local SISIP Financial Advisors** who, understanding the complexity of your military lifestyle, can assess your personal financial situation (taking into account all elements including severance payments, investment options and tax planning) to help ensure you are financially healthy when you retire!

“Regardless of the tool utilized, what matters most is that every CAF member should be saving a portion of their current income for their financial objectives...” – Pierre Goulet, Associate Vice-President, Client Services Delivery, SISIP Financial

CFSAS Honours and Awards



LCol Pierre Viens presents Capt Diduck the GSM-Expedition Medal with WO Sebastien Dumont during the CFSAS Honors and Awards Ceremony held at 17 Wing, Winnipeg on January 13, 2017. All Photos: Cpl Paul Shapka



Capt Lafontaine received the GSM-Expedition.



Maj MacKinnon received the CD2.



Capt Wilson received the CD.



Cpl Findlay received the CD.

2 CAD Honours and Awards



Canadian Air Division Commander Brigadier General David Cochrane (Left) presents the Canadian Decoration to Major Lee Mawhinney (Middle) with 2 Canadian Air Division Chief Warrant Officer Pierrot Jette (Left) during 2 CAD Honours and Awards Ceremony on January 16, 2017 at the Sergeants and Warrant Officers Mess, 17 Wing, Winnipeg, Manitoba. All photos: Corporal Justin Ancelin, 17 Wing Imaging



Sgt Michael Morrison received the CD1.



Capt Loyd Olson received the CD1.



Maj Cynthia Pettitt received the CD1.



MWO Dale Coulson received the CD2.



CWO Pierrot Jette received the CD2.



MCpl Bonnie Hill received the Comd's Commendation.



Col Ronald Walker received the Comd's Commendation.

38 Signal Regiment Links Students to Santa



38 Sig Regt deploys to schools with their communications equipment and establishes a communications link with the North Pole so that children from Junior Kindergarten/Kindergarten to Grade 4 can talk to Santa about their Christmas wishes. Photo: Cpl Jean Archambault

By Cpl Jean Archambault, 38 Canadian Brigade Group Public Affairs

Winnipeg's winter started out great this year; it was delayed in arrival until the fifth of December! The warm temperatures and sunny skies of a mild November were quickly replaced with a winter storm and around 30 centimetres of snow, breaking the city's record for the latest first snowfall of the year. Roads turned disastrous as the snow and wind greatly reduced visibility and it seemed that every driver got stuck at one point. But that was no deterrent for soldiers of 38 Signal Regiment (38 Sig Regt). They trudged through to make sure one annual holiday operation continued without a hitch to help bring holiday cheer to city children.

From December 6 to 8, 2016, Members of 38 Sig Regt braved the chilly weather for their annual Operation Radio Santa. A small group of reservist signallers based out of Minto Armouries drove through Winnipeg's storm to Radisson School to set up a tent and equipment so they could establish a communications link with the North Pole. Once Santa Claus was on the line, Junior Kindergarten to Grade 4 students had a chance to chat with him and share their Christmas wishes.

In the middle of the winter chaos, the cozy communications tent was filled with heat and love as the excited children smiled and laughed, along with their teachers and the soldiers volunteering their time.

For Corporal Jessie Kuzyk being part of Operation Radio Santa was an opportunity to give back to the community.

"We work in an environment that doesn't usually have kids. It feels good to do something positive for the community and to have the kids speak with Santa," added Cpl Jessie Kuzyk.

Operation Radio Santa takes place every year and brings joy to the hearts of the children. During the event students had the chance to dress up as a soldier, draw what they like about Christmas, ask questions to the reservists and most importantly have the opportunity to talk with Santa Claus.

The 38 Sig Regt's Honorary Colonel, Barry Burns, says the children aren't the only ones who benefit from this set-up. "I have taken part in three of these events so far and I do enjoy watching the kids. But more importantly, I take great pride in watching my soldiers perform such a delicate and unusual duty and they do it with great enthusiasm and professionalism," he added.



Corporal Jessie Kuzyk (left) help a Radisson School student (Dexter) to speak with Santa on the radio, outside Radisson School, Winnipeg, Manitoba, during Operation Radio Santa, on December 7, 2016. 38 Sig Regt deploys to schools with their communications equipment and establishes a communications link with the North Pole so that children from Junior Kindergarten/Kindergarten to Grade 4 can talk to Santa about their Christmas wishes.



Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

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www.facebook.com/Winnipeg MFRC www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

Date Night Child Care!!

Once a month, the MFRC is offering evening child care for children ages 6 months to 5 years of age in our Occasional Child Care Centre.

Where: Occasional Child Care Centre (Formerly Kids Care Casual Care)

630 Wihuri Road

When: Thursday, January 19th, Thursday, February 16th, Thursday, March 23rd, Thursday, April 20th, Thursday, May 18th, Thursday, June 15th.

Time: 4:30pm-7:30pm

Cost: \$5/child per hour

Please call 204-833-2500 x2491.

Registration ends 2 days before the date of care.

*For an additional charge of \$5/child your child will receive pizza (cheese or pepperoni), veggies and a juice box for dinner. Please let us know at the time of booking if you would like to take advantage of this offer and which kind of pizza your child would prefer.

Service de garde en soirée !!

Une fois par mois, le CRFM offre un service de garde en soirée pour les enfants âgés de 6 mois à 5 ans à notre Centre de garde occasionnelle.

Où : Centre de garde occasionnelle (autrefois Salle Kid's Care), 630, ch. Wihuri

Quand : Les jeudis 19 janvier, 16 février, 23 mars, 20 avril, 18 mai et 15 juin

Heures : De 16 h 30 à 19 h 30

Coût : 5 \$ par enfant/heure

Pour l'inscription, composez le 204-833-2500, poste 2491.

L'inscription doit être faite au minimum 2 jours avant la date du service offert.

Pour un supplément de 5 \$ / enfant, votre enfant recevra de la pizza (fromage ou peppéroni), des légumes et une boîte de jus pour le dîner. S'il vous plaît laissez-

nous savoir au moment de la réservation si vous souhaitez profiter de cette offre et quel type de pizza votre enfant préfère.

FREE – special activity - Snow sculpting with MFRC

Using the guidance of an expert snow sculptor, all will carve and create their own sculpture and display them with pride. Get into the Festival du Voyageur spirit by coming out for a fun winter day and learn to sculpt snow!

When: Saturday January 28th, from 1 p.m. to 3:30 p.m.

Where: next to the Tim Hortons on Ness

Prize for the best sculpture!!

Dress for the weather.

Limited space. Register at the MFRC by Tuesday January 24 in person or by phone 204-833-2500 ext. 4500.

GRATUIT – activité spéciale - Sculpture sur neige avec le CRFM

Nous apprendrons à sculpter la neige avec une experte sculpteure et afficherons les sculptures de nos familles de militaires avec fierté. Mettez-vous dans l'esprit du Festival du Voyageur et sortez pour une journée de plaisirs d'hiver.

Quand : Samedi le 28 janvier de 13 h à 15 h 30

Emplacement : À côté du Tim Hortons sur Ness

Prix pour la meilleure sculpture!!

Habillement approprié à la température.

Places limitées. Inscrivez-vous d'ici le 24 janvier au CRFM en personne ou par téléphone au 204-833-2500 poste 4500.

Op Deployment Family Dinner Date

If you have a loved one preparing to deploy, who is currently deployed or has recently returned from a deployment, toss your kitchen mitts and dish towels and allow us to prepare dinner for you and your family. Tuesday, January 31

5:00 to 7:00 p.m.

\$5 per adult, \$3 per child (5-12), kids 4 & under are free. Max \$20 per family.

Registration deadlines: Jan. 27

Op-Déploiement – Souper de famille

Si vous avez un proche qui se prépare pour un déploiement, qui est actuellement déployé ou qui est revenu récemment d'un déploiement, on vous invite à enlever vos gants de cuisine et votre linge à vaisselle et nous permettre de préparer le souper pour vous et votre famille.

Mardi 31 janvier

17 h - 19 h

5 \$ par adulte, 3 \$ par enfant (de 5 à 12 ans), gratuit pour les enfants de 4 ans et moins (max. 20 \$ par famille)

Date limite d'inscription : 27 janvier

Personal Security and Safety

Gain concrete tips for personal protection and safety in the home. This will increase your sense of safety and allow you to feel more comfortable in your home and community.

Wednesday, February 8

6:30 to 8:30 p.m.

Free

Registration deadline: February 3

Our presenter will be from the Winnipeg Police.

Sûreté et sécurité personnelle

Découvrez des outils concrets pour votre protection personnelle et votre sécurité à la maison. Cet atelier vous permettra de vous sentir plus à l'aise et en sécurité dans votre maison et votre communauté.

Mercredi 8 février

18 h 30 - 20 h 30

Gratuit

Date limite d'inscription : 3 février

Présenté en anglais

Guest Speaker / Conférencière d'honneur
KIM MILLS
Author of the She is Fierce blog, military spouse, mother of 3 and military family advocate. / Auteur du Blog She is Fierce, conjointe de militaire, mère de 3 enfants et porte-parole des familles de militaires.

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Yellow Ribbon Gala
2017

Gala des rubans jaunes

VICTORIA INN Hotel and Convention Centre
1808 WELLINGTON AVE.

Cocktails 6:00 pm - Dinner 7:00 pm
Music & Casino following dinner

Cocktails à 18 h - Dîner à 19 h
Musique et casino débiteront après le repas

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*Un reçu pour les dons de bienfaisance sera versé pour une partie du prix d'achat

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TENUE: TENUE DE SOIRÉE OU COMPLET

For ticket information / Pour obtenir des renseignements sur les billets : **204.833.2500** ext./poste **4500**
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FRIDAY • **JAN 27** • VENDREDI

ST. JAMES LEGION - 1755 PORTAGE AVE.
7 pm • 19 h

Drop off your new or gently used, clean clothing and accessories **SIZE 14 & UP** at the MFRC from January 23-26, 8:30 am to 4:30 pm and get a ticket for **FREE ENTRY** to the event!
Nothing to swap? No problem! **ENTRY FEE \$15**
Clothing can also be dropped off at the St. James Legion on Friday, January 27 from noon to 4 pm. Clothes will not be accepted after this time.

Déposez vos vêtements et accessoires, nouveaux ou propres et légèrement usagés, de **TAILLE 14 ET PLUS** du 23 au 26 janvier, de 8 h 30 à 16 h 30, au CRFM et recevez un billet d'**ADMISSION GRATUITE** à l'événement!
Rien à échanger, pas de problème! PAYEZ 15 \$ À L'ENTRÉE
Les vêtements peuvent également être déposés à la Légion St. James le vendredi 27 janvier de 12 h à 16 h. Aucun vêtement ne sera accepté après 16 h.

FOR MORE INFORMATION: The Military Family Resource Centre • 102 Comet St. • 204-833-2500 ext.: 4500
POUR PLUS D'INFORMATIONS: Centre des Ressources pour les familles de Militaires • 102, rue Comet • 204-833-2500 poste 4500

WINNIPEG MFRC - CRFM DE WINNIPEG

2017 YELLOW RIBBON GALA
GALA DES RUBANS JAUNES 2017

50/50

WIN UP TO \$5000!
2000 TICKETS PRINTED
Winner will be drawn at approx. 10:45 pm February 18, 2017 during the Yellow Ribbon Gala - Victoria Inn Hotel and Convention Centre -

GAGNEZ JUSQU'À 5 000 \$!
2 000 BILLETS IMPRIMÉS
La tirage aura lieu le 18 février 2017 vers 22 h 45 durant le Gala des rubans jaunes - Victoria Inn Hotel and Convention Centre -

Tickets are available for purchase from the MFRC, 102 Comet St. and will also be sold during the Yellow Ribbon Gala.

Vous pouvez vous procurer des billets au CRFM, 102 rue Comet et ils seront également vendus lors du Gala des rubans jaunes.

Licence / Permis # LGA 4519 RF

TICKETS \$5 EA. 5 \$ PAR BILLET

INFO : 204-833-2500 EXT/POSTE 4500

Today's Trivia Answers

1. Canada — five, 1993-97 and 2005-09.
2. Czechoslovakia — 21-4 over Austria in 1981.
3. Sweden — 19 goals, beating Japan 20-1 in 1993.
4. Markus Naslund (Sweden): 13 - 1993.
5. Peter Forsburg (Sweden): 24 - 1993.
6. Peter Forsburg (Sweden): 31 (7 G, 24 A) - 1993.
7. Peter Andersson (Sweden): 14 (4 G, 10 A) - 1985.
8. Markus Naslund, Peter Forsburg, Niklas Sunstrom (Sweden): 69 (30 goals, 39 assists) - 1993.
9. Justin Pogge (Canada): 3 - 2006.
10. Pavel Bure (USSR): 27 - 1989-91.
11. **Peter Forsburg (Sweden): 32 -1992-93.**
12. Dale McCourt: 18 (10 goals, 8 assists) - 1977 and Brayden Schenn: 18 (8 goals, 10 assists) - 2011.
13. Eric Lindros: 31 (12 goals, 19 assists) - 1990-92.
14. Mario Lemieux vs. Norway, 1983; Simon Gagne vs. Kazakhstan, 1999; Brayden Schenn vs. Norway, 2011; Taylor Raddysh vs. Latvia, 2016 — all with four.
15. Jim Sandlak: 11 seconds vs. Switzerland - 1986.
16. 1st period: Jim Sandlak, 11 seconds. 2nd period: Theoren Fleury, 12 seconds vs. USA - 1987. 3rd period: Eric Daze, 8 seconds vs. Sweden - 1995.
17. Dave Ganger, 9 seconds at 18:29 and 18:38 of the second period vs. Switerland - 1984.
18. Canada: 16.
19. With 6:07 left in the second period of the final game of the tournament between Canada and the Soviet Union, Pavel Kostichkin took a two-handed slash at Theoren Fleury, sparking a fight between the two. Evgeny Davydov left the bench to assist. This precipitated one of the most infamous bench-clearing brawls in international hockey history. Game officials, unable to break up the brawl, left the ice and tournament officials responded by turning off the arena lights. The brawl lasted for 20 minutes before the IIHF declared the contest null and void. An emergency meeting was held following the brawl which ended with delegates voting 7-1 to eject both teams from the tournament. The sole dissenter was Canadian Dennis McDonald.
20. Troy Terry (USA) on the fourth shot of the shootout. USA - 5, Canada - 4.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Exciting new adventures and opportunities are on their way. When you have lots of extra energy put it towards creating a “new you.” You know what you want. Go for it! Do a little bit more each day to be the best you can be. You feel empowered and encouraged when you meet goals.

Taurus (April 20 – May 20): This is a good time to consider what investments will yield the best return. Look into doing home improvements. In terms of your health, put the greatest effort into what will show the best results, inside and out. Nutrition, stretching and sleep count as much as vigorous exercise.

Gemini (May 21 – June 21): Give vent to your feelings either in a diary or with a confidant. Consider how the past has shaped your reactions to what is happening now. Your emotions are affecting your physical body. When you're unhappy your energy lags. Deal with what frustrates you the most.

Cancer (June 22 – July 22): You can't force the resolution of an old issue. A gentle approach is more your style but be careful you're not being swayed by faulty facts. Dialogue with key players. Listen carefully to what is and isn't said. Negotiating a win/win situation takes time and effort. Take it slow.

Leo (July 23 – August 22): Review your relationships and consider your part in the dynamic. Are you being overly emotional? Setbacks are part of life. You are happier and more confident when you are doing something productive. Get busy. You are a master at making your own reality. Think positive.

Virgo (August 23 – September 22): There is a time to follow and a time to lead. The important thing is to learn discernment. What is best for you at this time? Honestly assess your life situation and the realities you face before you take action. Keep your emotions in check. Remember, this too shall pass.

Libra (September 23 – October 23): When considering renovations or redecorating, focus on comfort and creating easy living space. Expect to do a lot of entertaining at home. Use your imagination to come up with themes or reasons to party. No need to spend a lot. Good friends, good food, good times.

Scorpio (October 24 – November 21): If other people have great ideas about what you should be doing, pay attention. Integrate what makes sense for you. Making your dreams a reality takes work but it's worth it. If you're not sure about making a big commitment, start small. See how it goes. Enjoy your successes.

Sagittarius (November 22 – December 21): If you feel like it's risky to be swept along on a tide of emotions, incorporate balances and checks, so you don't get carried away. Harness the power of your convictions and you can make big changes. Just be careful not to overstep other people's boundaries.

Capricorn (December 22 – January 19): When you're a master at fitting in and doing what is expected, you can lose sight of who you are and what it is that is really important to you. Do some soul searching. Reconsider the path you've automatically been following. Is it still the right one for you?

Aquarius (January 20 – February 18): Review key relationships. Differences can be exciting or detrimental. It's the interactive style that is important. Respect is essential. Consider how people speak, what they say and how they act. Is it healthy and nurturing? If not, don't encourage the connection.

Pisces (February 19 – March 20): Make a plan to implement positive changes. A friend can help you if you get stuck on this. Stay focused. Don't waste time. Seek out those who inspire positive growth and development. Use exercise to release pent up emotions and regrets. Soon you'll be soaring.

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Chaplain's Corner

From Tiny Acorns

by Padre Greg Girard, Det. Dundurn

A couple of years ago I was attending The Durham Wood Show near the little town of Durham, Ontario. Many of the best in the wood carving trade make a point of attending, and for those who are only shopping, the best in craftsmanship is available at reasonable prices.

Booths were everywhere. The craftsmen are generally not natural salesmen and women, and this is obvious as you walk between the display tables. It's their work that is out front. Furniture, crafts, gadgets, tools, antiques and replicas are often what they rely on to "do the talking" for them.

If you stop and show a little interest in their works of art, you can sometimes coax them into explaining what it took to create their work of art.

Then I walked by one booth and on the table were a number of hand-crafted (not a kit) replicas of tractor-trailers, farm machinery, and cars. Having dabbled in woodworking myself I could begin to appreciate that the person who made what was before me was a patient and skilled master woodcarver. But, there was no one in the booth. Perhaps nature had called? Or, he was visiting another booth? I do not know. I guess, though, in a way, I did not need to meet him "face-to-face". I knew enough from seeing his work that behind what saw what he was like, a person who cared a great deal about detail and took pride in his work. I knew him through what he had made; it did the talking for him even though I would never meet him face to face.

It was Fall, and as my wife and I walked outside the building I saw acorns that had fallen off a tree on the ground. The ones on the sidewalk are getting squashed, but the ones in the grass that the squirrels have not carted away are still intact. Ingenious little devices those acorns are. Packed inside the shells is everything that is needed to produce another tree. And from that tree, another couple thousand more, and from them millions more trees could grow and cover much of Ontario. I marveled at how amazingly designed that one tree-seed was. The carvings inside were far inferior to this living, multiplying, device.

And then it occurred to me; the acorn was just sitting there, on display for me to marvel at, and yet there was no one around to claim the credit for the brilliance of its design, just like what I had just seen. Technically speaking it was just a bit of soil and moisture, arranged on an atomic level in such a way so as to be able to produce a forest of mighty oak trees. Yet, the soil and moisture in that acorn had no more self-intelligence than the block of wood the carver made into a model truck. If the truck had to have a maker, (any other option is irrational) then so did the acorn! This acorn, obviously, took some planning.

So, I picked up an acorn and looked around to see who made it, and no one was there to take the credit. The "booth" seemed empty. Then it dawned on me; no one had to be there. The genius of one acorn was evidence of its maker's existence and abilities. The acorn was doing the talking for someone, making a "face-to-face" meeting not necessary. I could believe in "Him", by faith, logic, or with a little scientific study of this acorn.

I love the opening line of the Bible, "In the beginning God created the heavens and the earth." It is simple, profound, all encompassing, and so obviously logical. Next time you're outside among His works, let yourself be lost in wonder when that little bird flies by, that he is just dirt and water, too.



Faith and Life

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

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

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

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

CHAPLAINS

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

Padre Kevin Olive
(Pentecostal)
ext TBA

Padre Greg Girard
(Christian Reformed) **Det. Dundurn**
306-492-2135 ext 4299

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17 Wing Community Chapel
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(Near Whytewold)



Administrative Assistant
ext 5087

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CHAPLAINS

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

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

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

Padre Frederic Lamarre
(Roman Catholic Pastoral Associate)
ext TBA

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

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

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

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

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

MAIN OFFICES
Building 64,
Lower Level, North End.

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

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

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

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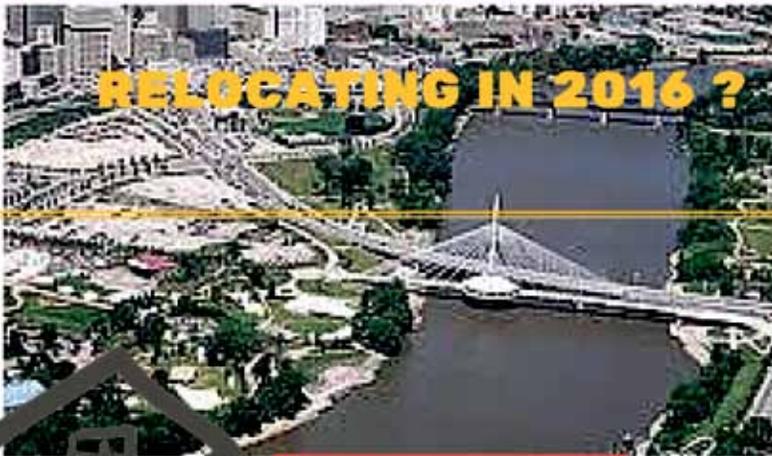
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