



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

March 9, 2016

VOLUME 65, ISSUE 5

FREE

Visit us online at: thevoxair.ca or



IN THIS ISSUE:

402 SQN HEADS SOUTH FOR FOREIGN AIRPORT TRAINING
PAGE 2

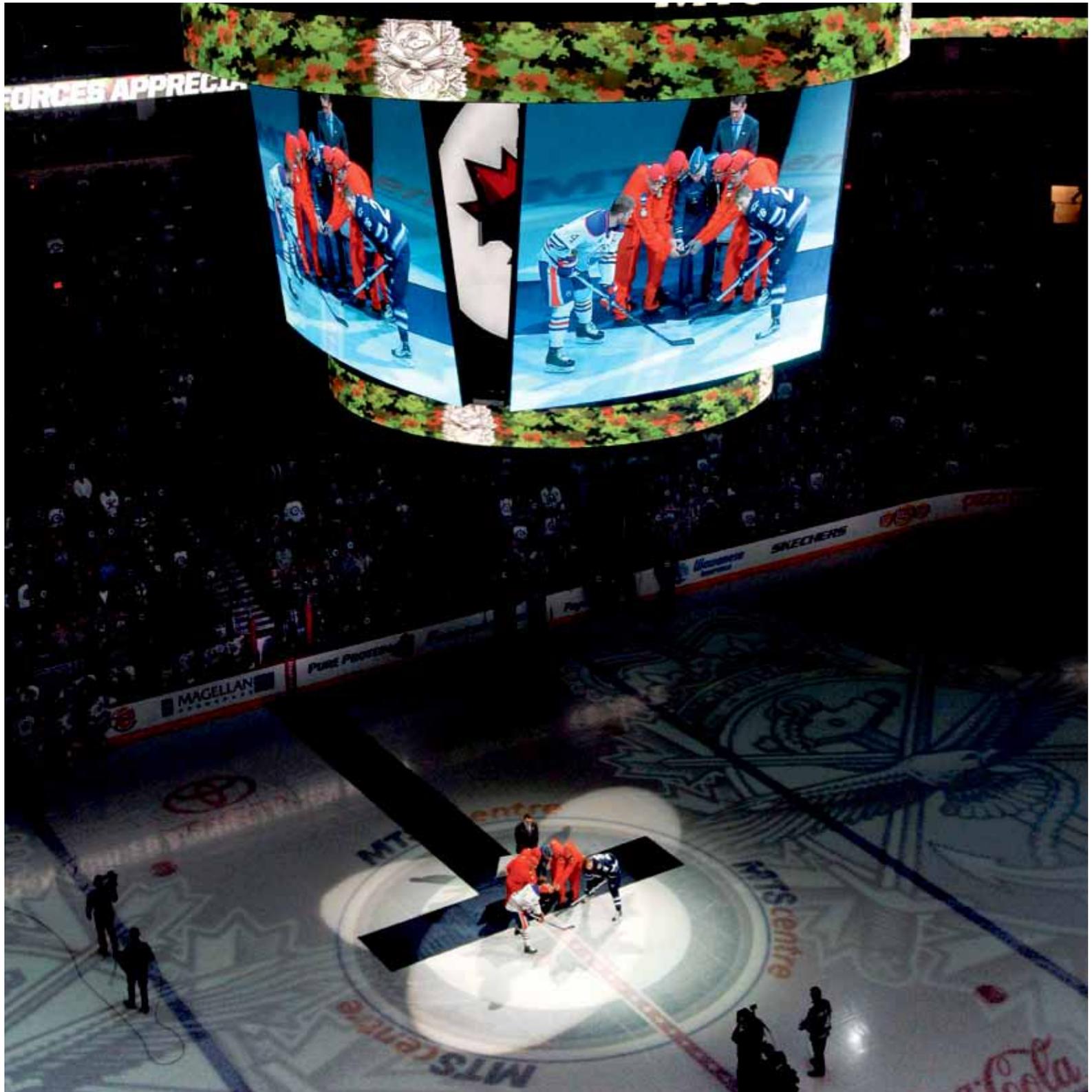
38 BRIGADE EXERCISES IN THE ARCTIC AT RESOLUTE BAY
PAGE 5

3 MILITARY BANDS PLAY AT THE MYTP
PAGE 6

EVENING TO REMEMBER AT 2016 YELLOW RIBBON GALA
PAGE 8

DO YOU KNOW PATRICK?
PAGE 15

Winnipeg Jets Appreciate CAF



Winnipeg Jets' Blake Wheller and Edmonton Oilers' Taylor Hall face off as SAR Techs Sgt Darcy Keating, Master Corporal Carl Portman, MCpl Steve Delage, and MCpl Jeff Ferguson, along with Major General David Wheeler drop the puck under the supervision Jets' President Mark Chipman. Photo: Broose Tulloch, Voxair

DOMENICA'S FLORAL DESIGN

2255-G Ness Avenue (at Whytefold Rd.)
Ph.: 885-3665 or 832-6978

Send flowers to your loved one
Around the world or in the city

Free Delivery to both North & South Base Locations

DAILY SPECIALS

THE DAN VERMETTE HOME SELLING TEAM

204-255-4204

danvermette.com

Service en Français

402 Squadron flight to San Diego

By Martin Zeilig, Voxair Photojournalist

For a group of students at 402 Squadron, a recent trip to San Diego was more than just a chance to spend a couple of days in the soothing sun of southern California.

Seven students, who are all training to become Air Combat Systems Operators at 402 Sqn, along with three ACSO instructors and two pilots flew down to San Diego in a Dash 8 nicknamed "Gonzo". They were away from February 11-14.

"The real purpose of our trip was to experience U.S. Air regulations in U.S. air space," said Second Lieutenant Ellie Johnston, one of the student ACSOs, all of whom are forecasted to graduate this summer. "This was the first and only opportunity to fly in U.S. air space during our training. We'll be flying in U.S. air space throughout our career."

The crew spent two days in San Diego, where they stayed at the Best Western Inn, and two days flying there and back, including stopping in Colorado Springs to fuel up on both legs of the journey, she observed.

Captain Louis Martel, one of the ACSO instructors on the trip, explained that the students had to use U.S. books on flight regulations, maps and other flight information publications, including the Flight Information Handbook, a Department of Defence publication, during the flight.

"It wasn't my first time in U.S. air space but, the flow of the mission was so different. It taught me a lot about flexibility in my instruction," he said.

Capt Martel pointed out that in northern Manitoba flight crews have a lot more control because there's less air traffic.

"Whereas in the U.S. in high traffic areas Air Traffic Control has less flexibility because of the high air traffic," he said. "It's all about traffic control."

2Lt Johnston, who's originally from Nova Scotia, said they use Canadian flight regulations publications (and related material) during their training here.

"So, this was a good opportunity for us to compare and contrast regulations," she stressed.

She also noted that their training is divided into two phases: a six to seven month basics program followed by a five month tactics course.

Prior to arriving at 17 Wing, 2Lt Johnston, 23, was at the Royal Military College in Kingston, Ontario for four years followed by a year of on-the-job training with 442 Squadron at CFB Comox.

"I worked in squadron operations doing scheduling and planning," she said of her time there.

2Lt Johnston said being an ACSO is a demanding job. But, she's up for the challenge.

"The training here is good," 2Lt Johnston said. "This trip to San Diego was motivating for us for future

endeavours. The course ahead of us will be graduating soon, so that's motivating for us too."

Besides doing "some professional development" while they were in San Diego, the flight crew also had an opportunity to tour the U.S.S. Midway, a maritime museum located at Navy Pier, she added.

The USS Midway was America's longest-serving aircraft carrier of the 20th century, from 1945 to 1992, notes online information, which also notes that approximately 200,000 sailors served aboard the carrier, known for several naval aviation breakthroughs as well as several humanitarian missions.

"That was pretty cool," 2Lt Johnston said of the Midway. "It was the first time we've seen a U.S. aircraft carrier, just the size of it. The whole trip was a phenomenal experience. It was really cool listening to Air Traffic Control and the volume of traffic coming into U.S. airspace. It's constant, especially in high density areas."

Meanwhile, Capt Martel emphasized that everything was organized in advance, including the fuel and parking spot for the Dash 8 at a military apron.

"The Dash 8 did its job," he said proudly, noting that it took them eight hours of flying time each way. "The destination was chosen by the students. They came up with a lot of the planning."

NEW ARRIVALS

Puzzled about Manitoba Driver Licences and Plates?



Obtain them at your
Base Insurance Office
in the Main Rec Centre

autopac
A Manitoba Public Insurance product

- Fire insurance? • Contents?
- Driver Licences? • Auto Insurance?

Call us or drop in to:

BALDWINSON INSURANCE BROKERS

Canex Bldg, 700 Wihuri Rd at Whytefold
MONDAY TO FRIDAY: 8:30 AM TO 5:00 PM
889-2204

baldwinsoninsurance.ca



The 402 Sqn crew and the Dash-8 that went to San Diego on a F-USA mission. Photo: Supplied

VOXAIR

OFFICE HOURS

Monday to Friday
0830 - 1500 hrs

CONTACT

Ad Sales/Main Office
(204) 833-2500 ext 4120

Accounting
(204) 833-2500 ext 4121

Submissions/Reporter
(204) 833-2500 ext 6976

voxair@mymts.net
+VOXAIR@PersSvc@Winnipeg

VOXAIR STAFF

LCol Danielle Clouter
Wing Admin O
(204) 833-2500 ext 5281

Rick Harris
Managing Editor
(204) 833-2500 ext 4299

Bill McLeod
Voxair Manager
(204) 833-2500 ext 4120

Martin Zeilig
Photojournalist
(204) 833-2500 ext 6976

Maureen Walls
Sales Coordinator
(204) 895-8191

Capt McCulloch-Drake
Wing Public
Affairs Officer

Broose Tulloch
Layout Designer

Misra Yakut
Accounting
Traci Wright
Proofreading

Printed By
Derksen Printers
204-326-3421

Visit Us Online: www.thevoxair.ca

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col Cook. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or third party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.

Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn forces
Winnipeg, MB R3J 3Y5
This newspaper is printed using
environmentally safe inks.
Publications Mail Agreement No. 1482823

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included. (Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in The Voxair Newspaper of products and/or services for exchange in donations.

Healthy Pets for Happy Families

**Charleswood
Veterinary
Hospital**
889-3110

3717 Roblin Blvd.

(Just East of the Charleswood Bridge)

**Crestview
Veterinary
Hospital**
888-7463

3025 Ness Ave.

(Corner of Ness and Sturgeon Rd.)

Associated Veterinary Hospitals

- ◆ Medicine
- ◆ Surgery
- ◆ Ultrasound
- ◆ Dentistry
- ◆ Vaccinations



Diane Brine got a birthday surprise from her co-workers at Health Promotions for her birthday, Valentine's Day. Photo: Supplied

Running Strong and Injury Free for the RCAF Run

By Martin Zeilig, Voxair Photojournalist

When it comes to training for races, like the 2016 RCAF Run on June 5, over 70 percent of running injuries are due to training errors, including running too much mileage or running with too much intensity without enough recovery time at first, says physiotherapist Kim Senechal.

Senechal, who works in Rehabilitation Services at the Pan Am Clinic, made her remarks during a presentation, Running Strong and Injury Free, on February 23 in the second floor meeting room of the CANEX building.

"Training errors are a huge problem," said Senechal, a native of British Columbia, who runs the Running Gait Centre at the Pan Am Clinic.

Her afternoon presentation was sponsored by PSP Community Recreation and PSP Health Promotion Services.

It is one of a series of such talks to help people prepare for the RCAF Run.

The RCAF Run, which is billed as "a day of active fun," consists of three timed races or the family fun walk/run.

The three timed races cover a five kilometre, a 10 K and, an individual or two-person relayed half marathon route, all of which are certified by the Manitoba Runner Association, notes the RCAF Run website.

All event routes take participants along the RCAF flight line past a display of aircraft and equipment. Registration in any event permits access to the Race Village and permits participants to visit static aircraft and displays and meet with members of the Royal Canadian Air Force.

Deanne Bennett, Community Recreation Coordinator, noted that she got together with Kathy Dmytrisin, Manager, Health Promotion, PSP, over the Christmas break to discuss how the two of them could collaborate on these pre-RCAF Run programs.

Their first speaker was Senechal, who spoke on Sports Day in Canada last November.

"We thought her presentation would also be important for the military community," commented Bennett.

They also invited her to present for the Top Fuel Performance, an event Health Promotions holds two or three times a year, she added.

Bennett said Senechal's most recent presentation was an important contribution to injury prevention in training for the RCAF Run.

Senechal also dealt with the biomechanics of running, including over-striding, high vertical loading rate, body alignment (leg length discrepancy, knock knees, bow legs, hip/knee/ankle hyper extension) as well as footwear, strengthening exercises, stretching, nutrition, and more.

"Running is essentially a controlled fall," she said. "Pre-existing injuries can create a problem when running."

Not listening to your body is a form of denial, stressed Senechal, an ultra marathon competitor, whose husband is Warrant Officer Yan Senechal, an AES Op at the Canadian Forces School of Aerospace Studies.

"Make changes gradually," she said, suggesting that novice runners should consider joining a running group where they'll get a plan plus emotional and social support.

"Train mindfully with a plan," she added. "Even experienced runners need a plan. Know your body and pay attention to it. Seek help when needed. I truly believe almost anybody can run. Have fun."

Afterwards, Enver Naidoo, a contract fitness instructor for Community Recreation, gave a presentation on prevention of injuries, flexibility, strength and balance in preparation for the RCAF Run.



2015 WC's Run Challenge. Photo: Wing Imaging

On renting a housing unit from DND

By Mathieu Cornish, JCO, CFHA

Regardless of whether a Canadian Armed Forces member lives in private-sector or DND housing, rental adjustments are a routine annual process. In December of 2015, occupants of DND housing received their yearly letter from the Canadian Forces Housing Agency (CFHA) detailing their rent adjustment for fiscal year 2016.

CFHA is part of the Department of National Defence's Infrastructure and Environment family (ADM(IE)) and has been managing the housing portfolio for almost 20 years. DND recognizes the importance to members of having suitable housing; it contributes to a better quality of life and to the well-being of CAF members and their families. This vision is top of mind for CFHA in its management of over 12,000 military housing units across 25 sites, and as it applies Government of Canada housing policies and departmental regulations.

Government of Canada housing policy stipulates that Crown-owned housing must reflect local market rental values for homes of a similar size, style, condition and age. For CAF members opting to live in Crown-owned housing, this means that they are provided with a housing unit at a rental cost similar to what other private-sector renters living in similar housing units in their neighborhood would pay.

To provide for a fair and consistent approach to this policy, CFHA must also utilize an annual rent adjustment process. Under this process, CFHA determines whether the rents charged for Crown-owned housing must be changed to reflect fluctuations in the local rental market. Under this system, all occupants of DND housing are subject to an adjustment process every year at the same time.

DND, like other government departments, applies the Statistics Canada Consumer Price Index (CPI) to its residential portfolio in order to determine the annual housing rent adjustments. This year's adjustment

is an average 1% increase across the portfolio and still reflects the local market value in every region across the country.

That being said, under the Queen's Regulations and Orders, Volume IV, Appendix 4.1 rents (not including parking costs and utilities) cannot exceed 25% of the combined gross household income for all families living in Defence housing. More information about this benefit is available to members on DND's website and existing occupants can contact their local Housing Service Center for more information.

Another policy requires new rental rates to take effect on 1 April. This timing is in keeping with federal government business cycles. In accordance with policy and regulations, CFHA must give occupants 90 days' notice, which explains why letters are sent out in December of every year.

Military housing is an important part of the daily lives of our men and women in uniform and their families.

DND has invested over \$405 M in improvements to the portfolio over the past five years with projects ranging from minor work like furnace replacement to whole-house renovations which can include new kitchens and bathrooms. More specifically in Winnipeg, where approximately 27% of CAF members opt to live on Base, work included the replacement of exterior doors, windows, roofs, heating and ventilation systems as well as whole-house renovations.

The department, through CFHA, is committed to improving the portfolio on a continuous basis and ensuring that CAF members and their families are provided with housing that meets the needs of today and the future.

For more information on DND housing and rent adjustments, consult: forces.gc.ca/en/caf-community-support-services-housing/index.page. Members and their families can also contact their local Housing Services Centre for additional information.

Hockey Trivia

Tom Thomson and Stephen Stone

1. Which country achieved an international first with a double gold in hockey by winning the Olympics and the World Championships in the same year?
2. What was Bobby Orr's only major outing in World Hockey competition?
3. Who established Canada's national hockey team program?
4. How many shots were fired on net before the first goal was scored in the 1972 Summit Series?
5. Who were the four players who quit Team Canada mid-series and returned to Moscow in 1972?
6. What controversial action did the Soviets take that enraged Canadian officials prior to the series-deciding 8th game?
7. Who has Paul Henderson's game-winning puck from game eight?
8. In which Canada Cup did the opposing players in the championship game exchange jerseys on the ice after the game? (a) 1976 (b) 1981 (c) 1984 (d) 1987 (e) 1991
9. Who scored the game-winning goal, in overtime, to defeat Czechoslovakia in the final of the first Canada Cup?
10. What was the score in all three games of the final series of the 1987 Canada Cup between Canada and the USSR?
11. Who was named tournament MVP of the 2004 World Cup of Hockey?
12. How much NHL experience did Eric Lindros have when he played in the 1991 Canada Cup?
13. In what year did Canada first host the World Hockey Championship?
14. What is the record for the most games appeared in by a player in the World Championship? (a) fewer than 90 (b) 90-110 (c) 110-130 (d) more than 130
15. Which senior amateur team from Canada won the 1961 World Championship?
16. After their return to world play in 1977, when did Canada next win gold at the World Championship? (a) 1982 (b) 1986 (c) 1990 (d) 1994.
17. Canada won the 2003 World Championship after what happened during the gold medal game against Sweden?
18. In which decade were the World Junior Championships first held? (a) 1950's (b) 1960's (c) 1970's (d) 1980's.
19. Which coach has won the greatest number of World Championships for Canada? (a) Tom Renney (b) Andy Murray (c) George Kingston (d) Dave King.
20. What is the IIHF record for most World Championship titles? (a) six gold (b) eight gold (c) ten gold (d) 12 gold.

Sports Trivia Answers on page 14

Proud to offer a
10% MILITARY DISCOUNT
on all retail parts & services.



Sales • Leasing • Service • Parts •
Collision and Glass Repairs for all makes & models

St. James



670 Century Street, Winnipeg Phone: 204 788-1100

stjamesaudi.com

stjamesvw.com

NRC and CAF Join Forces in the Arctic



Corporal Cameron Rice from 3 Princess Patricia's Canadian Light Infantry lights a stove for warming a tent during Exercise ARCTIC RAM 2016, near Resolute Bay, Nunavut, on February 12, 2016. Photo: MCpl Louis Brunet

By Martin Zeilig, Voxair Photojournalist

During a five day visit to Resolute Bay on Cornwallis Island, Nunavut (2700 kilometres north of Winnipeg) to witness and report on Exercise Arctic Ram, February 13-18, a group of civilian journalists were housed at the Canadian Armed Forces Arctic Training Centre (ATC) which opened in early 2014.

The ATC facilities include accommodations for up to 140 DND/CAF personnel, a dining and recreation

building, 1100 square metres of warehouse space for mechanical work, vehicle storage, classrooms, briefing rooms and an Operations Centre.

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

In accordance with Natural Resources Canada's legislative authorities, the Polar Continental Shelf Program (PCSP) coordinates field logistics in support of advancing scientific knowledge and management of Canada's lands and natural resources. As a national service delivery organization, PCSP coordinates logistics for Canadian government agencies, provincial and territorial government agencies, northern organizations, universities and independent groups conducting research in Canada's North.

The PCSP was initiated nearly 60 years ago as a request from the U.S Government, noted Tim McCagherty, Acting Chief of Arctic Logistics PCSP, during an interview with the visiting journalists in his second floor office which is attached via a connecting walkway to the central warehouse.

He was joined at the informal interview session by Lieutenant-Colonel Luc St-Denis, who works for the Canadian Army Doctrine and Training Centre at CFB Kingston, and was the project manager for construction of the ATC.

"After Sputnik was launched the Americans realized in a very large way that they had to get into the space race so they actually came to the Canadian government to look for geomagnetic details and information," explained McCagherty, who worked in the aviation industry for many years before assuming his current position. "So, the Polar Continental Shelf Program was initiated. It started doing scientific research in the Canadian Arctic in 1958."

Since then the organization evolved quite dramatically. Initially it was a pure science organization that was comprised of researchers from Natural Resources Canada, Environment Canada, and from the Department of Fisheries and Oceans. They combined their efforts and worked around the Canadian Arctic. As the organization evolved and as time changed they became more of a logistics provider instead of a pure scientific organization.

"PCSP directly contrib-

utes to the exercise of Canadian Arctic sovereignty," said McCagherty.

When the ATC was inaugurated in the summer of 2013, LCol St.-Denis was assigned responsibility for directing the second most northern community in Canada.

"Our ultimate objective is to make the ATC an internationally recognized centre for Arctic (military) training," LCol St.-Denis said. As activity in Canada's Arctic accelerates, the military will play an increasingly vital role in demonstrating a visible Canadian presence in this potentially resource-rich region, he added.

"The CAF must have the capacity to conduct training exercises and execute operations in the Arctic, and to continue to help other government agencies respond to any challenges that may arise," LCol St.-Denis observed. "It's important that Canadian Air Force members get the knowledge and skills to operate in this area. Although we're an Army managed organization, our mission is to provide a training venue for all elements of the CAF. They come and design and execute courses and exercises. We facilitate that."

The current training season started in late January with the Air Crew Survival Course run by the Canadian Forces School of Survival and Aeromedical Training at 17 Wing CFB Winnipeg, LCol St.-Denis noted, adding that was followed by the Canadian Forces Search and Rescue technicians Arctic survival program at Crystal City-- some four kilometres north of Resolute.

He said the aim of ARCTIC RAM 16 Exercise, which involved 3 PPCLI from CFB Edmonton and 38 Canadian Brigade from Winnipeg, was to demonstrate that operations are doable "at this coldest, darkest" time of year in a very harsh environment.

Following ARCTIC RAM 16, Operation Nunavut, a sovereignty operation conducted annually since 2007 in Canada's North, was to be held out of the ATC, LCol St.-Denis remarked.

"Sharing resources and services with the Polar Continental Shelf Program has allowed us to make economics of scale because of the synergies between us," he said. "Most importantly, it gives us the opportunity to leverage each department's abilities in the north. It's working extremely well. By partnering with them, we're actually providing extended services to scientific research because there's more capacity here in terms of equipment, lodging and logistics. We're actually extending the operating season of this complex, so that winter research could take place."

DND reduced the cost of constructing the ATC to \$25 million from a projected cost of about \$60 million much for a separate "stand alone" facility, said LCol St.-Denis.

"Our next object is to try and augment our training audience," he added. "We'd like to see more courses taught out of here, and possibly more exercises by the CAF relevant to the Arctic."



Sergeant James Bird, commander of a Pathfinder section with 3 Princess Patricia's Canadian Light Infantry (3 PPCLI) explains the jump procedures in the drop zone to members of his section during Exercise ARCTIC RAM 2016 near Resolute Bay, Nunavut, February 12, 2016. Photo: MCpl Louis Brunet

award winning
**Assiniboia
 Animal
 Hospital**

Gentle with
 Pets & Prices

889-5570
 3050 Portage Avenue

38 Brigade's Arctic Response Company Deploys to the North

By Martin Zeilig, Voxair Photojournalist

Following a jarring and frigid 45 minute skidoo ride over rugged land and even sea ice, with three stops along the way to repair broken sledges, the contingent of 112 Reservists from 38 Canadian Brigade Group's Arctic Response Company arrived at Small Lake some 30 minutes northwest, as the raven flies, of Resolute Bay, Nunavut—home of the Polar Continental Shelf Program and the Arctic Training Centre.

The lake is set in a glacier carved crater like depression and flanked on two sides by steep snow-covered ridges about 2764 kilometres from Winnipeg.

This convoy was part of Exercise ARCTIC RAM 2016—an exercise designed to demonstrate the Canadian Armed Forces capabilities to deploy in the North and meet the four priority areas within Canada's Northern Strategy. History was being made: This was the furthest north the ARCG 38 Canadian Brigade had ever travelled for training, noted an earlier media release. They were relieving members of Bravo Company 3 Princess Patricia's Canadian Light Infantry, and beginning their next movement onto the Arctic Ocean where they would conduct "a simulated search and recovery of downed satellite components."

The long wooden sleds (komatiks) contained provisions (including tents) and were tied down and wrapped tightly in canvas sheets. The bumpy terrain and the frequent ascents and descents on the snow covered hills caused delays as a number of sleds tipped over and had to be righted again and/or repaired on the spot.

The distance we were travelling was only about seven or eight kilometres but this was the south coast of Cornwallis Island, close by the fabled Northwest Passage in the middle of February. Human made objects have a tendency to break down with an annoying frequency in winter conditions, especially in the High Arctic, as the reservists and their five civilian guests: three journalists, a high school teacher and a professional photographer/photography instructor at Red River College discovered.

The ambient temperature was about minus 36 degrees Celsius. There wasn't much of a wind chill, except for the one felt by this photojournalist from The Voxair who was hanging on for dear life to the two small vertical hand rails sticking upright on either side of the small cold rear seat immediately behind his Arctic Cat driver.

The civilians had all been issued a full winter kit a week earlier at 17 Wing Supply. The gear included a pair of Arctic mitts with Arctic mitt liners, a CADPAT parka for extreme cold weather, CADPAT trousers for extreme cold weather (What else!), mukluks and mukluks liners, plus a white balaclava.

Most of the gear, minus the parka, had to be worn aboard the RCAF CC-177 Globemaster that flew us from Winnipeg to Resolute.

The secret, if there is one, to surviving such an extreme and unforgiving environment is to dress in layers. Thermal underwear, wool shirt, sweater and/or fleece, wool socks (even a second pair of lighter socks) and then your outerwear and make sure you have consumed enough calories beforehand.

While the spirited soldiers were erecting a series of good sized arctic tents, Major James Meredith, of the Lake Superior Scottish Regiment and the Officer in Command, held an informal media scrum on the lake which is set in a bowl-like depression flanked by steep snow covered ridges or hills.

The high latitude sun peaked above the horizon on this cloudless afternoon, while a sliver of moon could still be seen high in the icy blue western sky. It was an awesome Arctic sight.

"They (3PPCLI) parachuted in," Maj Meredith said to the attentive but frozen fingered heavily clad civilian guests as they clustered around him. "Looking at the terrain and everything else, it's the best way to get here as fast as possible to address what's going on. Their job is to be the initial response unit, so they're getting up here as fast as possible. Our job is to come days later and carry on from where they have (first established position)."

He observed that the personnel under his command were from Manitoba, Saskatchewan and Northwest Ontario.

"The invaluable training that we have right now is we've done a hand over, we've shown that we can do this," Maj Meredith emphasized to the high pitched, whining background noise of idling skidoo engines.

He was referring to the three days of "scenario training" conducted in Gimli, Manitoba (about 90 kilometres north of Winnipeg on the south basin of Lake Winnipeg) in mid-January of this year. The wind chill factor there at the time was -40 degrees Celsius, Maj Meredith recalled.

"That helped to get everybody ready to realize how they needed to dress, and how to look at each other to make sure about frost bite," Maj Meredith said. "You know, it's going to be cold but right now we're at about minus 30, so you guys are all pretty comfortable in it. It's not that bad. Luckily, we've got daylight and everybody's trying to work fast to get everything done."

"We got out here in a decent time, overcame some obstacles, and now our part of the job is to get out and carry on with the scenario that we've been given," Maj Meredith added. "Right now, as well, we have another platoon moving up to this location so that we'll have two (platoons) here. Once they arrive, we'll be departing out up to Intrepid Bay as well. From there I'll be launching out platoons with tasks to look in certain areas."

He added that one of the platoons would be moving up to Little Cornwallis Island (just north of Cornwallis Island) to establish a camp at Polaris— a former Mine site.

"That's ultimately the goal to get up there because that's part of the scenario," Maj Meredith continued,

who also mentioned that 2 Platoon would be staying overnight at Small Lake, while 3 Platoon had already been sent out to Intrepid Bay on Little Cornwallis Island—a total of about 50 kilometres from CAF's Arctic Training Centre. "That shows that we can stretch out from a base in Winnipeg. We moved our land force task force up into Yellowknife, then we projected a manoeuvre element up to here. That's quite a projection to be able to do just within Canada."

Meanwhile, the soldiers were crawling into their ten person tents to get some food and warmth from portable propane heaters. A number of personnel used saws to cut blocks of snow from the frozen lake to pile around their tents as added wind blocks.

"Tomorrow morning they're going to be moving out of here up to Intrepid Bay," Maj Meredith said. "The more people that we can move and the faster we can get to what we need to do is also part of the scenario."

One of the challenges in Northern winter operations is keeping the equipment and personnel safe and in good condition or in operating order.

"We come in and we only have so many days to get ready to move out so we have a lot of long hours that are put in," Maj Meredith explained. "This is just day one. When we go to re-pack it tomorrow, it'll be packed a little bit different. We'll make some improvements.

This afternoon the soldiers will be making sure they get out, make some adjustments, re-tie some things down, and help improve things. They'll take those skills and they'll share them, make sure they pass them on to the other sections, the other platoons, so none else runs into the same problem."

Then, there are the vehicles.

"Your ambient temperature affects the machine, and the machines that we have are used for a sporadic period of time and then they don't do anything," Maj Meredith said, noting that "all of a sudden" you're asking the skidoos to do a lot of work in minus 40 and minus 50 Celsius temperatures while traversing terrain that's extremely rocky and has some steep slopes, as well as crossing over ridge riddled sea ice.

"Coming up to the Arctic, as you can see, it's a whole different ball game," Maj Meredith stressed. "The cold, the temperature, you have no idea what it's going to be from one minute to the next."

We had lots to think about during the rattling drive back in enclosed snowmobiles to the inviting accommodations at the PCSP/ATC.



A section of Pathfinder from 3 Princess Patricia's Canadian Light Infantry (3 PPCLI) wait before the 3 PPCLI parachute drop during Exercise ARCTIC RAM 2016. Photo: MCpl Louis Brunet



MONDAY – THURSDAY

Lunch 1130 – 1300 hrs
Afternoon 1500 – 1900 hrs

(Hours may be extended to 2200 hrs depending on attendance)

FRIDAY

Lunch 1130 – 1330 hrs
Afternoon 1500 – 2400 hrs

SATURDAY – SUNDAY

CLOSED

Hours will fluctuate on nights with scheduled events

Pool Tables Air Hockey Foosball

Cable TV Shuffleboard

WIFI Internet WII Games TGIF's

Available for Weddings, Socials, Private or Unit Functions / Contact the Junior Ranks Admin Office Bldg 61 / 204-833-2500-5245

Master Corporal Louis Brunet Shoots

"In photography there is a reality so subtle that it becomes more real than reality."
- American photographer Alfred Stieglitz (1864–1946)

By Martin Zeilig, Voxair Photojournalist

A platoon of soldiers dressed in full fighting order is marching single file through a layered early morning summer mist on the rolling prairie landscape. In the background, the tops of pine trees spire through the fog.

There is an ethereal-like quality about this muted colour photograph which graces the cover of *The Brigade* (summer-fall 2015)-- the magazine of 38 Canadian Brigade Group The Army Reserves of Saskatchewan, Manitoba and Northwest Ontario.

It was taken by Master Corporal Louis Brunet, an Imaging Tech with 3 Division Army, who works for Army Public Affairs.

"I was walking in a field with those guys in Shilo early one morning," MCpl Brunet said during a recent interview. "I saw that landscape in front of me, and I said 'Wow. I've to take the shot.'"

It's worth 1000 words.

Although his father, Pierre, had been a photo tech in the Canadian Armed Forces many years ago, MCpl Brunet, 33, said he had no intention of becoming a photographer when he first joined the CAF as reservist at age 17.

"My dad was a professional photographer shortly after he left the Armed Forces," he noted. "When I was younger, we took photographs together. But, it was not my aim to become a photographer."

When he turned 17 years old, MCpl Brunet went down to the recruitment centre in his hometown of Quebec City to enrol in the CAF.

"I was supposed to be an air engineer initially, but then at the recruitment centre the office said to me 'You can choose any trade,'" MCpl Brunet said. "I decided to be a MP (Military Police)."

He did the MP basic training in 2001-2002, and then the advanced MP Level 5 course for building security, specifically

weapons security at CFB Val Cartier, he explained.

"In 2004, I was at a photography exposition with my wife in Quebec City," MCpl Brunet said. "There was a kiosk selling cameras, and I started asking questions. Then, I purchased a small Panasonic digital camera. I did a lot of photographing with it."

After the first month, he had reached the limit of what he could do artistically with the camera, including night photography, he acknowledged.

"So, I went back to the shop and asked if I could return the camera," MCpl Brunet remarked. "They said 'Yes' because I was a good customer. So, I purchased a larger semi-professional camera—a Canon. I kept that camera until 2007 when I changed my trade in the CAF. Then, I started using a Nikon model."

During the interview to change his trade at the recruitment centre, MCpl Brunet showed the officer in charge his photography portfolio.

He was impressed.

In 2007, a year after his request for an occupational transfer, MCpl noted that he was sent to CFB Borden to take the Imagery Technician's course. Instead of waiting there, he requested "on the job training" at Saint-Jean Garrison located in Saint-Jean-sur-Richelieu, Quebec.

"A few months after arriving there I was already considered one of the main photographers at the base," said MCpl Brunet. "Because my dad was a photographer, I was proud that I had gone with him to take photographs when I was younger. I never had the feeling that I was working. I just loved what I was doing. I had a colleague teaching me photography; and we'd go inside the studio. I learned a lot from him."

He graduated from the course in 2009.

"My father and mother attended the ceremony because they were so proud of me, mainly because I did the course 40 years after my father had taken his photo course at CFB Borden," MCpl Brunet said with a wide smile.

He noted that he was in Germany, Belgium and France a few months ago to photograph the 100th anniversary of the Princess Patricia's Canadian Light Infantry at the sites where they fought during the First World War.

"It was very interesting to see how people there still recognize and know the Canadians by the sacrifices during the war," MCpl Brunet reflected.

His photographs will ensure those moments live on forever.

MCpl Brunet's photos are posted on the PPCLI Facebook site, as well as on Flickr.



Master Corporal Louis Brunet, Imagery Technician for Public Affairs of the Canadian Army, poses during a flight aboard a CC-138 Twin Otter during Exercise ARCTIC RAM 2016 in Resolute Bay, Nunavut, February 17, 2016. Photo: MCpl Louis Brunet

RCAF Has a Band Old Time at MTYP



Sub-Lieutenant (N) Al Fillingham conducts the combined HMCS Chippawa-Royal Winnipeg Rifles band. Photo: Dona Neves

By Martin Zeilig, Voxair Photojournalist

There was something for everyone in the Canadian Armed Forces Musical Showcase on a early spring-like sun soaked Sunday afternoon, March 6 at the Manitoba Theatre for Young People.

It was the second of a three part concert series featuring the RCAF Band, as well as the bands of HMCS Chippawa and the Royal Winnipeg Rifles.

All of the bands are well-known in Winnipeg and provide a valuable link between the CAF and the communities they serve, Captain John Fullerton, musical director of the RCAF Band, said in his opening comments to the 150 audience members.

The concert was broken down into two distinct portions. The first half featured the combined musicians in a Jazz Band format while the second half featured the combined traditional Wind Ensemble of over 40 musicians.

"This is our first time at one of these (CAF bands) concerts," said Joycelyn Gawryluk during an interview with a reporter at the intermission. She and her husband, Bryan Gawryluk, were at the concert with their friends, Pauline Lauzier and Maurice April.

"Musically speaking, this is a very high level of playing," Joycelyn Gawryluk continued. "It's an enter-

taining and enjoyable afternoon."

Ms. Lauzier noted that she and Mr. April had attended a similar concert last year at MTYP.

"We enjoyed it so much that we decided to attend again this year," she added. "It's a perfect way to spend the afternoon."

Capt Fullerton split conducting duties with Lieutenant Ryan Wehrle, the Director of Music for the Regimental Band of the RWR, and Sub-Lieutenant (N) Al Fillingham, Director of Music for HMCS Chippawa. Both Lt Wehrle and Sub Lieutenant Filling are members of the Reserve Forces.

Pieces played during the concert included everything from classical compositions to mambo to Gershwin numbers.

"This has been such a pleasure performing for you all this afternoon," Lt Wehrle, who works full time as music educator in the Pembina Trails School Division, said at the concert's conclusion.

"It was excellent," said SLt Fillingham, a pilot for West Jet. "I loved it. It's been a very long time since we've done a combined concert with the three bands."

A standing ovation afterwards showed that audience members would approve of another such musical event.

Canadian Air Task Force and CF-188 aircraft headed to Romania for bilateral military training

From RCAF Public Affairs

Starting the first week of March, 2016, about 100 Royal Canadian Air Force personnel, mainly from Canadian Forces Base Bagotville, Quebec, and four CF-188 Hornet fighter aircraft, will deploy to Constanta, Romania, for about a month to conduct bilateral training with the Romanian Air Force.

Exercise Resilient Resolve will build on Canada's relationship with Romania, an important NATO ally, strengthening mutual confidence in using common NATO procedures.

"I am proud of the Royal Canadian Air Force's collaborative efforts with the Romanian Air Force," Defence Minister Harjit Sajjan said. "This bilateral training exercise is another example of Canada's commitment to our NATO Allies and international partners."

The Air Task Force is scheduled to depart CFB Bagotville for Romania on March 1. The CF-188 aircraft will deploy from Kuwait, where they were based during their deployment on Operation Impact.

"The Royal Canadian Air Force is honoured to participate in this training with our Romanian counterparts," said Lieutenant-General Mike Hood, Commander, Royal Canadian Air Force. "Our CF-18 pilots and support crews continue to demonstrate their dedication to our nation. Whether defending the skies over North America, participating in coalition operations or training with our Allies abroad, these airmen and airwomen have a tremendous amount of experience and expertise to exchange with our Allies."



WEDNESDAY Lunch & Learns

1210-1300 hrs - Building 139 - Room 220

March 2: Got Stress? Save time and money with meal planning.

With busy days and schedules, planning meals in advance will help to eliminate the "What's for dinner?" dilemma.

March 9: Not all food is created equal.

Find out how to get the most out of what you eat along with money saving tips to help cut down the grocery bill.

March 16: Even in nutrition, size matters.

In a society suffering from portion distortion, find out how to manage your portions

March 22: Grocery Store Tour.

Take some of the confusion out of grocery shopping. Learn to navigate the aisles and become a skilled shopper. ***1400-1600 hrs Registration Required***

March 23: Get inspired!

Did you know that you will eat approximately 100 meals this month? Need some new ideas?

March 30: Make it stick.

Planning how you will manage healthy eating road blocks before they happen is the key to success.

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



COMMUNITY RECREATION

SPRING BREAK!

ACTIVITIES IN THE GYM • SWIMMING • SPORTS • BOWLING • EGG DROP
OUTDOOR ACTIVITIES • SPRINGERS GYMNASTIC CLUB • PIZZA & MOVIES

Tuesday **MARCH 28** TO Friday **APRIL 1**

17 WING • WESTWIN COMMUNITY CENTRE (BLDG. 33) • 680 WIHURI RD.

0900 - 1600

Drop-off time from 0730 to 0900 • Pick-up time from 1600 to 1715



FOR MORE INFORMATION: 204-833-2500 EXT. 5139 OR 2057

LOISIRS COMMUNAUTAIRES

SEMAINE DE RELÂCHE!

ACTIVITÉS DANS LE GYMNASE • DE LA NATION • SPORTS • BOWLING
ACTIVITÉS À L'EXTÉRIEUR • "SPRINGERS GYMNASTIC CLUB"
SAUTS D'ŒUFS EN PARACHUTE • DES FILMS AVEC PIZZA

mardi **MARS 28** AU vendredi **AVRIL 1**

17^e ESCADRE • CENTRE COMMUNAUTAIRE WESTWIN (BÂT. 33) • 680, CHEMIN WIHURI

De 9 h à 16 h

Déposez vos enfants entre 7 h 30 et 9 h • Ramassez vos enfants entre 16 h et 17 h 15

COÛT

MEMBRES : 100 \$ NON-MEMBRES : 120 \$

ÂGES 6 À 12 ANS

INSCRIRE EN LIGNE : www.pspwinnipeg.ca

POUR EN SAVOIR PLUS : 204-833-2500 POSTE 5139 OU 2057



INSCRIRE EN LIGNE : www.pspwinnipeg.ca



MERCREDI dîners-conférences

1210-1300 hrs - Bâtiment 139 - Chambre 220

Le 2 mars - Êtes-vous stressés? Économisez temps et argent en planifiant vos repas.

Vous avez des journées et un horaire chargés. Planifiez vos repas à l'avance pour ne plus vous poser la question « Qu'est-ce qu'on mange? ».

Le 9 mars - Les aliments ne sont pas tous égaux.

Apprenez à maximiser vos repas et à réduire votre facture d'épicerie grâce à des conseils pour économiser.

Le 16 mars - Des portions équilibrées

Notre société souffre de distorsion des portions! Apprenez à bien gérer vos portions.

Le 22 mars - Visite de l'épicerie

Faites votre épicerie sans être dominés par la confusion. Apprenez à vous y retrouver et à faire vos emplettes comme des professionnels. ***14h à 16h - Inscription requise***

Le 23 mars - Soyez inspirés!

Saviez-vous que vous mangerez environ 100 repas ce mois-ci? Avez-vous besoin de nouvelles idées de repas?

Le 30 mars - Prenez de bonnes habitudes!

La clé du succès : Définissez à l'avance des moyens de venir à bout des obstacles qui nuisent à une alimentation saine.

Pour plus d'informations composez promotion de la santé au (204) 833-2500 poste 4150, ou par courriel health.promo@forces.gc.ca



Yellow Ribbon Gala Fantastic Evening



Sgt Alan Buchanan plays his pipes during the 2016 Yellow Ribbon Gala held at the Victoria Inn Convention Center, Winnipeg on February 20, 2016. Photo by Cpl Paul Shapka

By Martin Zeilig, Voxair Photojournalist

Based on his experience at the Yellow Ribbon Gala on February 20, John Clarey, Branch Manager of SISIP Financial at 17 Wing, said he would be willing to attend next year's event too.

That's a good recommendation.

The YRG is an annual fundraiser for the Military Family Resource Centre.

This year's Gala, which attracted over 360 people for the dinner and dance, was held at the Victoria Inn. Major General David Wheeler of 1 Canadian Air Division and 17 Wing Commander Colonel Andy Cook were both present at the event.

"It's an opportunity for people to come and show support for military families and to enjoy a delicious meal and a great evening out," said Sherri Pierce, a Social Worker at the MFRC, who was the vice-chair of the Gala and is the chairperson for the 2017 YRG.

She mentioned that guests, who paid \$100 per ticket or \$900 for a table, could choose from one of two main entrees: a chicken dish with a mushroom sauce, or prime rib.

"Everybody was dressed beautifully," John Clarey said. "It was my first time at the gala. The MFRC did an outstanding job in getting it ready, and making sure people enjoyed themselves. I am looking forward to next year's gala."

During her speech, 17 Wing Honorary Colonel Loreena McKennitt, a Canadian musician, composer, harpist, accordionist

and pianist who writes, records and performs world music with Celtic and Middle Eastern themes, congratulated the MFRC for once again organizing "this wonderful" event.

"As usual, you've done a fantastic job," said the native of Morden, Manitoba, 126 kilometres southwest by road from Winnipeg.

"It is a great privilege to be invited to speak to you this evening, for as a citizen, I feel I am no more deserving of this platform than any of you. It has been nearly nine years since I first joined the Air Force community, which of course is more than a community. It is a family rich with service to Canadians and the world at large and steeped in its own traditions and history."

"It's been wonderful to learn and to continue to learn about the Air Force family," McKennitt added in a wide ranging talk. "Not only have I had a chance to meet and speak with various serving members, but also with many of those member's partners, spouses and children," she continued.

"I have met them while in the thick of operations or at a social function, or at a terminal happily waiting for their loved ones to return home or at Trenton for solemn repatriation ceremonies," she said. "I have been humbled and amazed at what they are able to do and be, given that there are unique and difficult challenges in being a family in the Canadian Forces. I have heard of the challenges of finding a doctor, child care, a school, a new house and financing, drivers license or spousal employment....every time they move."

She called the MFRC a community, a village, for so many in the Military Family.

"We can't thank them enough," McKinnett said. "You, here tonight, are part of that village too, and I can't thank you enough."



Honourary Colonels Lorrena McKennitt and John Sauder share a laugh during the 2016 Yellow Ribbon Gala held at the Victoria Inn Convention Center, Winnipeg on February 20, 2016. Photo by Cpl Paul Shapka

Greetings were also brought by Scott Gillingham, City Councillor for St. James, Brooklands and Weston, as well as Barb Thuen, acting director of the MFRC. Musical selections, including the singing of O Canada and two other numbers, were provided by the MFRC Community Choir under the direction of Sergeant David Grenon of the RCAF Band. Jet Stream, a component of the RCAF Band, also provided entertainment during the evening.

This was the 10th Anniversary Gala, Sherri Pierce said.

"So, we had a memory photo feature in the hotel lobby with shots of the past nine galas," she said.

Planning for this event started back last spring, Pierce said.

"Most of the staff at MFRC were involved in the planning process," she continued, noting that there was a silent auction, a dog bag draw, and a raffle draw with a first prize of an inclusive trip for two to the Dominican Republic courtesy of the Travel Mug Cafe and Air Transit.

"It's quite a process. We had some volunteers helping out with registration, raffle, and other tasks at the event. We're certainly looking forward to another successful event on February 18, 2017. The planning committee was very pleased with this year's gala," Pierce said.

They'll be taking a breather first, and then begin planning for YRG 2017



Sgt David Grenon leads the MFRC community choir during the 2016 Yellow Ribbon Gala held at the Victoria Inn Convention Center, Winnipeg on February 20, 2016. Photo by Cpl Paul Shapka

Military Appreciation Night at MTS Centre



435 Sqn SAR Techs repel in pre-game service. Photo: Broose Tulloch



Cvet's Pets Helping Vets' Gambler and handler at intermission Photo: Broose Tulloch



Mick E. Moose readies the troops for the post-game group picture. Photo: Broose Tulloch

CANEX

DROP OFF & PICK UP HERE



DROP OFF CENTRE FOR ALL YOUR VEHICLE NEEDS



Senior Maintenance Manager UAV Services

MDA is seeking a Senior Maintenance Manager to join our dynamic team in the area of UAV Services. You will lead a project team and play a key role in delivering a turnkey UAV service to our international customers.

If you are known for your exceptional leadership skills, problem solving abilities, and strong capabilities in planning, organizing, and progress control, apply now!

For more information, please contact careers@mdacorporation.com

Or apply online and see more details at:
<http://www.mdacorporation.com/corporate/careers/postings/NT16017.cfm>



THE VOXAIR

Give us a call and find out the benefits of advertising with us
833-2500 ext 4120

Advertise With Us!
And reach the 17 Wing Community



Contact (204) 833-2500 ext 4120
thevoxair.ca

École francophone

Maternelle à 8^e année

École la plus près de la 17^e Escadre

Transport scolaire

Garderie francophone

Centre de la petite enfance et de la famille



81, chemin Quail Ridge, Winnipeg (Manitoba)
<http://rdallaire.dsfm.mb.ca>



(204) 885-8000
romeo.dallaire@dsfm.mb.ca

CC-177 Globemaster Delivers the CAF to the Arctic

By Martin Zeilig, Voxair Photojournalist

Canadian Armed Forces members and a few selected journalists flew up to Resolute on a Boeing C-17 Globemaster military transport jet, one of five flown by the RCAF, to participate in and report on Ex ARCTIC RAM 16.

This powerful plane, which is flown by a number of air forces worldwide, was developed for the United States Air Force from the 1980s to the early 1990s by McDonnell Douglas.

The C-17 commonly performs strategic airlift missions, transporting troops and cargo throughout the world; additional roles include tactical airlift, medical evacuation and airdrop duties, says online information about the aircraft. RCAF Globemasters have been deployed in numerous humanitarian and military missions worldwide, including Operation Hestia after the earthquake in Haiti, providing airlift as part of Operation Mobile and support to the Canadian mission in Afghanistan.

Each of the Globemaster's four Pratt and Whitney F-117-PW-100 turbofan engines produces 40,000 pounds of thrust on takeoff, noted pilot Captain Mike Strosack, whose fellow pilot on this flight was Major Christian Hirt.

"We don't take off at full power," Capt Strosack said.

"This plane is designed to do multiple jobs very well," said Maj Hirt through the microphone on his headset, glancing occasionally at the many colourful dials on his console as we sped north at 400 knots per hour. A head wind reduced our speed somewhat over a vast and dense layered, greyish cloud bank at 33,000 feet.

The bulky bodied, high winged, T-tailed military transport vehicle is capable of carrying payloads up to 169,000lb (76,657kg).

"There's no other aircraft in the world that can outperform this plane," Maj Hirt said. "It flies very well and is very nimble. It doesn't perform like a conventional aircraft. It's got big flaps, so you can fly at low level. It's very maneuverable. This plane is the gold standard for strategic and tactical planes. It's the crown jewel in the RCAF. You can do formation flying, airdrops or whatever you want."

He, then, pointed to the heads up display, which was perched at eye level (in front of both pilots' seats). The units contained altitude, air speed and tracking guidance data, plus other vital information contained on the main control computer.

"So, it allows a pilot to maintain a heads up posture," said Maj Hirt, a 16 year member of the CAF, who had just accepted a Control Pilot Data Link communication via a satellite link-- the INMARSAT. The pilots were in touch with Edmonton Air Traffic Control.

Capt Strosack, a native of New Brunswick, took a break from being in the co-pilot's seat to chat with a curious visitor.

"We learned to fly this plane in Oklahoma on a three month course," commented Capt Strosack, noting that he went through the Air Cadet Program and studied at, among other places, 3 Canadian Forces Flying Training School Southport (Portage La Prairie) for multi-engine training. "You fly the simulator for three months. Then, on the third last day you get a daytime flight which in-



Intrepid Voxair photojournalist Marting Zeilig boards a Boeing CC-177 Globemaster. Photo by MCpl Louis Brunet

cludes low level flying. On the second last day, you do a nighttime flight with vision goggles. On the last day of the course, you do a test flight - a check ride to test your level of proficiency. Basically, you learn to fly the plane on a simulator, and then the one shot of actual flying."

"We operate it from the high Arctic to the desert," Capt Strosack stressed. "This plane reaches farther, faster and deeper."

Capt Strosack noted the crew also consisted of three loadmasters and two maintenance personnel.

In case of emergencies, there's a satellite phone in the flight deck too.

"I can call anywhere at any time," Maj Hirt said, observing that the crew has to prepare the plane, including programming the main flight control computer system, the night before any flight.

At one point, Reservist Matt Paslawski, 21, from Saskatoon, Saskatchewan, climbed up the eight steep and narrow steps to the flight deck where Maj Hirt invited him to sit in Capt Strosack's seat and don a pair of head phones. The two of them engaged in conversation about the aircraft as well as about the life of a professional, full-time pilot in the CAF.

For the trip to Resolute, 115,000 pounds of jet fuel were pumped into the C-17's engines the previous day Maj Hirt said.

"The plane's propulsive lift system allows the C-17 to achieve safe landings on short runways," he said.

"There's level of automation in the plane," commented Capt Strosack. "The automation is doing the flying and we're monitoring it. But, the pilot does the flight planning. We fly the take offs and the landings, but otherwise it's (controlled by) the autopilot. It's like having a third pilot in the aircraft. It's like cruise control in an aircraft, a comfort item."

Down below in the cargo area, our plane's ceiling somewhat resembled an unfinished rec room with

bulging pressurization pipes and related equipment wrapped in red fire resistant material.

There were 54 quite comfortable seats placed in parallel rows on moveable metal pallets down the centre of the plane with an additional 27 seats on each side for a total of 108. All the gear was piled on pallets and covered in cargo nets at the rear. Two portable toilets were at the front facing the seating arrangements. Box lunches containing processed meat sandwiches, a small container of juice, cookies and an apple or kiwi (or perhaps some other fruit), were served to the passengers by the loadmasters.

The plane is a loadmaster's dream, said Master Warrant Officer John Kolontrouros, the head Load Master and a long-time member of the CAF, over an hour into the flight. "I think it was built in part with input from loadmasters," he said approvingly.

He indicated the three easy to access flotation equipment deployment systems attached to the interior frame. Each rubber raft can hold 46 people, noted MWO Kolontrouros.



A Boeing CC-177 Globemaster arrives in Resolute Bay, Nunavut with 112 members from 38 Canadian Brigade Group who will take part in Exercise ARCTIC RAM 2016, on February 13, 2016. Photo by MCpl Louis Brunet

COMMUNITY RECREATION

CHILDREN'S CERAMICS Special Event!

Learn the steps to create a ceramic piece
which includes the slip, biscuit, moulds, cleaning and using the kiln, and how to paint & finish your piece!

SATURDAY, MARCH 19

BLDG 33 - in the ceramics room

6 - 9 year olds - 10am to 12pm • 10 - 13 year olds - 1pm to 3pm

MEMBERSHIPS \$20 per child • NON-MEMBERSHIPS \$22 per child

FOR MORE INFO: 204-833-2500 ext. 5139 or 2057

LOISIRS COMMUNAUTAIRES

ACTIVITÉ DE CÉRAMIQUE POUR LES ENFANTS Événement spécial!

Apprenez les différentes étapes
de la création d'une pièce en céramique
notamment la fabrication de barbotine et de biscuit, le moulage, le nettoyage,
l'utilisation du four et les techniques de peinture et de finition de votre pièce!

SAMEDI 19 MARS

BÂT. 33 - dans la salle de fabrication des céramiques

de 6 à 9 ans - 10 h à 12 h
de 10 à 13 ans - 13 h à 15 h

ADHÉSION : 20 \$ pour chaque enfant • NON-ADHÉSION : 22 \$ pour chaque enfant

POUR EN SAVOIR PLUS : 204-833-2500 poste 5139 ou 2057

ACTIVITIES FOR ALL AGES! ACTIVITÉS POUR TOUS LES ÂGES !

• SLEIGH RIDES • SNOWSHOEING • PRAIRIE EXOTIC'S DISPLAY & SHOW • SAR DISPLAY • CHILDREN'S ACTIVITIES •
 • MINI-PUT • MUSIC • STORY-TELLING • WINE TASTING • CHILLI & SOUP • BANNOCK • S'MORE ROAST • BEVERAGES •

• PROMENADES EN TRAÎNEAU • RAQUETTE • EXPOSITION ET DÉMONSTRATION DE PRAIRIE EXOTIC •
 • DÉMONSTRATION DES OPÉRATIONS DE RECHERCHE ET DE SAUVETAGE • ACTIVITÉS POUR ENFANTS • MINI-GOLF •
 • MUSIQUE • CONTES • DÉGUSTATION DE VINS • CHILI ET SOUPE • BANIQUE • S'MORES GRILLÉS AUTOUR DU FEU • BOISSONS

WINTER Fest 2016

WESTWIN COMMUNITY CENTRE

2016 Fête DE L'HIVER

CENTRE COMMUNAUTAIRE DE WESTWIN

SATURDAY **MARCH 12** MARS SAMEDI

11 am - 2 pm
de 11 h à 14 h

Defence Team: \$3 per person • \$9 per family

Public: \$4 per person • \$12 per family

Équipe de la Défense : 3\$ par personne • 9\$ par famille

Public : 4\$ par personne • 12\$ par famille

Tickets available at the MFRC, Bldg 90 or at the door.
 Les billets sont en vente au CRFM, au bâtiment 90 ou à l'entrée.

TICKETS MUST BE PRESENTED AT TIME OF ENTRY • LES BILLETS DOIVENT ÊTRE PRÉSENTÉS À L'ENTRÉE



Contact/Contactez: 204-833-2500 ext/poste 7013 or/ou 4511

HOUSEWATCH

Did you know that your homeowner's insurance policy may require that your home be checked regularly, as often as everyday when you're away?

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

CF Members Get A 10% Discount

Don't leave your house to chance - Leave it to us.



CAA Manitoba members now **SAVE 10%** on Commissionaires' Mobile Services

COMMISSIONAIRES
 TRUSTED • EVERYDAY • EVERYWHERE
 www.commissionaires.mb.ca
 942-9553

17 WING FIRE CHIEF'S CORNER



Seatbelts for Safety

Let's see, there's "Click it or Ticket!" "No Belt, No Brains," and "What's Holding You Back?" But no matter how you say it, one thing is clear: Buckling up on every ride is the single most important thing a family can do to stay safe in the car. Here are a few tips to make buckling up apart of every car ride.

Hard Facts:

Seat belts saved more than 12,000 lives in 2012. Compared with other age groups, teens have the lowest rate of seat belt use. Only 54% of high school students reported always wearing a seat belt when riding with someone else.

Top Tips:

Use a booster seat with the vehicle lap AND shoulder safety belts until your child passes the following Safety Belt Fit Test:

- Be sure your kids are ready for a seat belt by giving them the following Safety Belt Fit Test:
- Your children's knees should bend at the edge of the seat when their backs and bottoms are against the vehicle seat back; and
- The vehicle lap belt should fit across the upper thighs; and
- The shoulder belt should fit across the shoulder and chest. Children are usually between 8 and 12 years old when the seat belt fits them properly.
- Once your children pass the Safety Belt Fit Test, teach them the importance of using seat belts on every ride, whether they're with you or not. This is a habit you can instill at an early age. If they learn this lesson early, they'll be more likely to buckle up when they're older or when you're not around.
- Kids are VIPs – just ask them. VIPs ride in the back seat, so keep all kids in the back seat until they are 13.
- When adults wear seat belts, kids wear seat belts. So be a good example and buckle up for every ride. Be sure everyone in the vehicle buckles up, too.
- A lap and shoulder belt provides the best protection for your children and should be used on every ride.
- We know kids like to slouch or lean against the windows during the drive, but it makes a difference in terms of safety. Have your children sit upright when using seat belts.

Recycle or pass along this newspaper when you're done.

HOOK & SMITH

Barristers, Solicitors & Notaries Public

201-3111 Portage Ave,
Winnipeg, Manitoba R3K 0W4

Dennis A. Smith, Winston F. Smith, Q.C.,
Grant W. Davis and Bernard Toews



Telephone - (204) 885-4520 Fax - (204) 837-9846
 Email: general@hookandsmith.com

Providing legal services to the community since 1984 in the areas of corporate and commercial law, real estate (residential and commercial), civil litigation, wills and estates, family law and transportation law.

www.pspwinnipeg.ca

INTER-COMM



DEALING WITH CONFLICT AND IMPROVING COMMUNICATIONS IN PERSONAL RELATIONSHIPS

April 18 & 20, 0830 - 1600hrs

For more information or to register contact Health Promotion at (204) 833-2500 ext. 4150.

18 et 20 avril 08 h 30 à 16 h 00

Pour vous inscrire, appelez le Bureau de promotion de la santé, au (204) 833-2500 poste 4150.

healthpromo@forces.gc.ca

INTER-COMM

A Course to Improve Communications in Relationships

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

Un cours visant à améliorer les communications dans les relations Personnelles

Cours Inter-comm : Un cours de perfectionnement des compétences conçu pour améliorer les compétences individuelles en matière de communication, pour aider les participants à gérer les conflits et pour appuyer les communications dans les relations interpersonnelles. Le cours peut contribuer au maintien et à l'établissement de relations saines.



Salesperson Required



The Voxair is looking for a motivated, outgoing, self-starter as a commission sales rep to bring in new advertising clients, develop relationships with clients, and present our product line to buyers. Pay structure is commission based with bonus eligibility.

Please contact The Voxair at 204-833-2500 ext. 4120 for more information.



Portion and Quality Control

When it comes to healthy eating, *how much you eat* can be just as important as *what you eat* and quality counts! Eating portions that are too big can lead to overeating and weight gain while nourishing foods promote health and can help you feel your best. Follow these tips to swap in nutrient-rich choices and enjoy deliciously healthy foods while enjoying realistic portions.

Jump-start your day! Power through your morning by eating a good breakfast

A nourishing breakfast gives you a fuel boost plus protein and fibre to help you stay alert and avoid mid-morning munchies.

Give yourself a hand! Size up your portions with handy estimates.

Wondering if you're eating too much or too little? Use your hand and try these estimates on for size:

- 1 cup of leafy green veggies or 1 whole piece of fruit = 1 fist
- Fresh, frozen or canned vegetables = ½ fist
- 1 slice of bread or ¼ bagel = 1 hand
- 1 cup of milk or ¼ cup of yogurt = 1 fist
- 50 grams of cheese = 2 thumbs
- Serving of chicken = palm of hand
- ¼ cup of pulses (e.g. lentils, black beans, chick peas) = 1 fist



PSP WINNIPEG

FIND US ON FOLLOW US ON

- Upcoming events
- Health & fitness tips
- Employment opportunities
- Upcoming services & programs
- Up-to-date information
- PSP draws, prizes and more!

PSP WINNIPEG

TROUVEZ-NOUS SUR SUIVEZ-NOUS SUR

- Activités à venir
- Conseils de santé et de mise en forme
- Possibilités d'emploi
- Services et programmes à venir
- Renseignements à jour
- Tirages du PSP, récompenses et plus!

BOUFFE-SANTÉ pour un rendement assuré

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.

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.

TOP FUEL for Top Performance



27 & 28 April/ avril 2016
0830-1600 hrs
2 day course/cours du 2 jours
Offret en anglais seulement

For more information or to register contact Health Promotion at (204) 833-2500 4150

Pour s'inscrire, composez Promotion de la santé le (204)833-2500 poste 4150



Alcohol, Other Drugs and Gambling: Supervisor's Training

5&6 April 2016
0830-1600 hrs

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

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

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

5&6 avril 2016

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

Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code. DAOD 5019-7



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



Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste. 4150



Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

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

Upcoming MFRC Programs and Events

NEXT CHAPTER - BODY SCIENCE FOR (PARENTS OF) TWEENS AND TEENS

Tuesday, March 15

From 9:30 to 11:30 a.m.

Free childcare for children 18 months to five years.

Registration deadline: March 10, 2016

This month, attendees at the Next Chapter will be able to participate in a special information session called: Body Science for (parents of) Tweens and Teens. Parents want their teens and pre-teens to make safe, responsible decisions around their bodies and their relationships. Talking with young people about sexual values and the facts around sex and reproduction helps them make informed choices. This workshop will feature discussion as well as videos with RN and sexual-health educator, Meg Hickling. This workshop is intended for parents, grandparents and caregivers of teens and tweens.

BABYSITTER SKILLS

Tuesday, March 29 and Wednesday, March 30

From 1:00 - 4:00 p.m. both days

\$20.00

Registration deadline: March 18, 2016

The Canadian Safety Council's babysitting course will be offered. It provides new babysitters with skills and tools to start working as a babysitter. Upon completion of the course, participants may opt to be included on the MFRC Babysitters list. Youth must be a minimum of 12 years old to participate.

COLOUR ME CALM

Thurs., March 17 from 9:30 to 11:30 a.m.

Registration deadline: March 7, 2016

Cost: \$15.00 for new participants

Childcare available for children ages 18 mos. to 5 years with preregistration.

Think colouring is just for kids? Think again. The therapeutic benefits of colouring for adults are plentiful. As an activity, colouring can reduce stress, increase mindfulness, stimulate creativity and connect us with our feelings.

Join us for a comfortable morning or evening of colouring and conversation (if you want it). Snacks and

supplies will be provided. Each new participant will receive a grown up colouring book and either crayons or coloured pencils. Returning participants may request an additional book for \$15.00. This event is for adults only. Space is limited.

VOLUNTEER CONNECTIONS

Tuesday, March 15 from 6:30 to 8:30 p.m.

This evening event is an opportunity for new and current volunteers to get together to explore the MFRC Volunteer Program in an informal and comfortable setting. We will look at current volunteer opportunities and training, as well as what you, the volunteer, want to see happen in the program. Light refreshments will be served and child care will be available if requested in advance.

FRENCH COFFEE

Every Wednesday morning

From 9:30 to 11:00 a.m.

Join us every Wednesday morning for a coffee and a chat with members of the francophone community. Free child care is provided for children ages 18 months to 5 years old.

FRANCOPHONE LADIES GROUP - ESCAPE WINNIPEG

Monday, March 21 at 7:15 p.m.

Enigma Escape, 950 Lorimer Blvd.

\$20

Registration deadline: March 18, 2016

Have you heard of escape rooms? You and your team are placed in a room and you have 60 minutes to escape from it. To do so you will have to solve enigmas, crack codes and decipher secret messages. It is a fun adventure full of surprises. Will you accept the mission?

The number of spots is limited and will be based on a first come, first served basis.

BOARD OF DIRECTORS

The MFRC Board of Directors provides support, assistance and guidance to the Centre's staff to ensure the programs and services provided meet the needs unique to OUR community.

Through this governance role and emphasis on communication, cooperation and mutual respect, the Board of Directors plays a key role in our Centre becoming an effective, high profile organization.

The Board of Directors meets once per month to discuss current and ongoing issues relating to the Centre.

The Board of Directors consists of 10 - 12 full voting members, the majority of whom must be family mem-

bers. This ensures programming at our centre reflects the needs of our community.

WHAT'S IN IT FOR YOU?

- Gain valuable experience in democratic procedures, grass roots planning and evaluation processes.

- Be a part of a National Organization with Resource Centres all over Canada and overseas.

- Have a voice in the programs and services which are offered in your community and how they are delivered.

- Meet new people, learn new skills.

For more information, please contact the Coordinator of Volunteers, Barbara Thuen, at

204-833-2500 local 4519 or barbara.thuen@forces.gc.ca

FOCUS - FAMILIES OVERCOMING UNDER STRESS

Do you ever wish communicating with your family was easier? Does your family have difficulty solving problems? Would you like to learn to manage your emotions better? Could your family benefit from learning techniques to deal with stress? Would you like your kids to feel like they could talk with you about things that bother them?

The Winnipeg MFRC is pleased to be able to offer FOCUS for Families and FOCUS for Couples as a new skills program for the military community.

FOCUS is resilience training for military families. It was designed to help families develop skills to better manage the challenges that arise from military lifestyle, deployments, and operational stress injuries.

FOCUS can help families identify difficult emotions and anticipate situations that may increase stress. Improved communication skills can lead to fewer misunderstandings and lower levels of conflict. Children who participate in FOCUS training develop skills to bring their concerns to their parents; FOCUS can show parents how to respond to kids' concerns in helpful ways.

Participation in FOCUS involves meeting with a FOCUS trained provider for a series of sessions (approximately 8 sessions for families, 5 sessions for couples). Family sessions will include sessions with parents only, with children only and with the whole family together.

FOCUS is a skills-building program; it is not family therapy. All sessions are conducted by an MFRC social worker and are completely confidential.

Families are now being accepted for the FOCUS programs, with sessions starting late March 2016. For more information, or to schedule an appointment, please contact Sherri Pierce, MFRC Social Worker, at (204) 833-2500 ext. 4056 or by email at sherri.pierce@forces.gc.ca. Source: focusproject.org

Tutoring Services

Are you struggling in a certain subject at school? The MFRC Youth Programs will be running a tutoring service/ homework help on Tuesday evenings! All subjects* from grade 1-8. Please contact for dates and availability. The Cost is \$20 per Hour.

* Tutoring is offered in English. French services are available upon request

Sessions begin on November 10th, with three time slots: (1) 5:00-6:00 pm, (2) 6:00-7:00 pm, (3) 7:00-8:00pm

Sessions will take place at 102 Comet Street, Winnipeg, Manitoba R3J 3Y5

For More information, or to register, Please contact 204-833-2500 ext. 4500



The MFRC Board and Staff have their photo taken with RCAF Honorary Colonel Loreena McKennit prior to the start of the 2016 Yellow Ribbon Gala, held at the Victoria Inn Convention Center, Winnipeg on February 20, 2016. Photo: Corporal Paul Shapka

Today's Hockey Trivia Answers

1. Sweden – 2006.
2. Canada Cup – 1967.
3. Father David Bauer.
4. One – 30 seconds into the first period, Phil Esposito scored on a rebound from Frank Maholovich's shot on Vladislav Tretiak.
5. Jocelyn Guevremont, Vic Hadfield, Rick Martin, and Gilbert Perrault.
6. The Soviets wanted East German official Josef Kompalla to referee the game instead of the scheduled Swedish official Uve Dahlberg. Kompalla and East German Franz Baader were the officials who assessed 31 minutes in penalties to Canada and four minutes to the USSR in game seven.
7. Pat Stapleton.
8. (a) 1976.
9. Darryl Sittler.
10. 6-5.
11. Vincent Lecavalier.
12. None. He was still playing junior hockey and was the first draft pick of the Québec Nordiques.
13. 2008.
14. (c) Jiri Holik began playing with Czechoslovakia at age 19 in 1964. When he retired in 1985 he had played in 123 in 14 World Championships, scoring 59 goals and 111 points, winning three championships and four Olympic medals.
15. Trail Smoke Eaters from British Columbia.
16. (d) 1994 in Milan, Italy.
17. A video replay of Anson Carter's goal at 13:49 overtime.
18. (c) 1970's
19. (b) Andy Murray – 23 wins, two losses, two ties, and three championships between 1977 and 2003.
20. (c) ten gold. Vladislav Tretiak – USSR, 1970-1983; Alexander Ragulin – USSR, 1961-1973 (including Olympic gold in 1964 and 1968, which counted for that year's Championship).

Taroscopes

BY
NANCY

Aries (March 21 – April 19): If someone decides to tell you a few home truths, listen quietly. It may hurt to hear their detailed list of your errors and transgressions, but knowledge is power. Be patient with yourself and others before proceeding. Focus on dealing with your intense feelings and reactions, first.

Taurus (April 20 – May 20): Talk to key people to arrange something really special. Before you begin any home improvements, check out the rules and regulations. Listen to and follow the lead of someone who has prior knowledge of economic events and/or one who is keeping on top of the current situation.

Gemini (May 21 – June 21): Through interactions with others you discover things about yourself. Feelings and memories surface at a special event. Take pride in your achievements and what you bring to your work and relationships. You are honest and straightforward, strong and sensitive.

Cancer (June 22 – July 22): Enjoy a phase full of down time. Catch up on sleep and take a much needed rest from coping and managing. Don't put pressure upon yourself to do things you think should be done. Give yourself a break. Take the shortest route to a goal when you can. Life is not meant to be a struggle.

Leo (July 23 – August 22): When you work too hard you burn out. Be careful of any initiative that takes too much personal attention. You can't do it all. Other people's expectations need to change. Kindness and generosity are important to you but it has to be reciprocated. Hidden talents are revealed.

Virgo (August 23 – September 22): You might think you have to do something or obtain something to be happy. Goals are good, but in the end, your attitude is up to you. Pay attention to how your thoughts are affecting your feelings. Be honest about the assumptions you're making. Schedule "play dates."

Libra (September 23 – October 23): You may be disappointed by other people's thoughtlessness but don't write everyone off. Some people do care and they strive to do their best. Learn how to determine who will give 100% and who won't. Release thoughts and memories of negative people in your past.

Scorpio (October 24 – November 21): Be creative, try new things, and go different places to spark new ideas. Past connections pay off. Don't think in terms of limitations, think in terms of possibilities. You don't have to settle for what is offered first. Other options will appear. Be discerning in your selection.

Sagittarius (November 22 – December 21): Before you start any kind of relationship with someone you'll want to know a lot about them. In your eagerness, make sure you don't overstep what's appropriate. You can ask them personal questions but if they don't wish to share, show respect, back off.

Capricorn (December 22 – January 19): A greater awareness that something is missing in your life will motivate you to initiate change. Start small. Consider options before acting. What gets you excited and gives your day a spark? Add some variety to your life with just a few minor adjustments.

Aquarius (January 20 – February 18): Just because some of your hopes and dreams don't seem possible, doesn't mean you should give them all up. Brainstorm with optimistic friends on how you could do things differently. The reward for pushing past your comfort zone will be even greater than you expected.

Pisces (February 19 – March 20): Sometimes when something falls through, it leaves room for something better. Keep clearing your calendar and environment. Look for hidden treasures in the challenges you face. Make lifestyle changes that reflect your values. Creative projects will bring rewards. Keep working

FOR APPOINTMENTS CALL 775-8368

THE VOXAIR
Your 17 Wing Community Newspaper
WWW.THEVOXAIR.CA

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...
ST. JAMES LEGION
Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

CHASE THE ACE
Monday 6 pm

TEXAS HOLD 'EM
Tuesday 7 pm

ZUMBA
Tuesday / Thursday 10-11 am

LINE DANCING
Tuesday / Wednesday 7-9 pm

DANCE TO LIVE BANDS
Friday 8pm-1am June-August
Every Saturday 7-11 pm

MEAT DRAWS
Friday 5-7 pm
Saturday 2-5 pm

mmmm



MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine
Dine In • Take Out • Catering

Serving since '62
Winnipeg

1245 Inkster Blvd
2591 Portage Ave
1380 Ellice Ave
718 Osborne St

ASSINIBOIA UNIT NO. 283



Army, Navy & Air Force Veterans in Canada
3584 Portage Avenue Winnipeg, MB
Club rooms: 837-6708

BINGO: Monday, Wednesday & Friday at 7:30 pm
Early Bird starts at 7:00 pm

SENIOR'S BINGO: Thursdays at 1:30 pm

CRIBBAGE: Thursdays at 7:30 pm

DANCING: Friday 8:00pm-12:00am

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

WELCOME ALL MILITARY PERSONNEL

Barala Kennels
YOUR PET'S HOME AWAY FROM HOME



- BOARDING ALL BREEDS OF CATS & DOGS
- INDIVIDUAL QUARTERS AND OUTDOOR RUN
- PET EXERCISE AND PLAY AREA • SEPARATE CAT FACILITIES
- CENTRAL AIR CONDITIONED AND HEATED KENNELS
- AIRPORT PICKUP & DELIVERY

OWNERS: GARTH AND SARA GRANT
barala@mts.net www.baralakennels.com 633-2629

GASTHAUS GUTENBERGER
GERMAN RESTAURANT

- Authentic German & Continental Cuisine
- Schnitzel • Beef Rouladen • Homemade Spatzle
- Fine German Desserts • Fine Wines and German Beer

Open Daily Monday - Friday Saturday 4:30 pm - Midnight
11 am - 11 pm Sunday 11 am - 10 pm

2583 Portage Avenue (1 block west of the Moray bridge)

Phone: 888-3133 for reservations
Catering Service Available

HABING LAVIOLETTE
BARRISTERS, SOLICITORS & NOTARIES




RONALD HABING
BA. LL.B.
and
SIDNEY LAVIOLETTE
BA. LL.B.

REAL ESTATE & MORTGAGES • WILLS & ESTATES
• FAMILY & CIVIL LITIGATION • FAMILY LAW • BUSINESS LAW

2643 Portage Avenue
Phone: (204) 832.8322 • Fax: 832.3906
ron@habinglaviolette.com

PERSONAL CLASSIFIEDS

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

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

For more information, please visit online:

Facebook - "406 Lynx Squadron 75th Anniversary"

Website - www.rcfassociation.ca/406lynxsqn

Email - 40675thAnniversary@forces.gc.ca

ROYALWOOD HOME FOR SALE BY OWNER: 95 EASTOAK DRIVE

Original homeowners selling an award winning Parkhill show home featuring 1945 sq. ft. with 3+1 bedrooms and 2+1 full bathrooms. Maintenance free exterior, poured concrete driveway, rift oak mirrored front entrance, slate pillars with floating shelves in dining room, slate façade on fireplace, floating shelves in great room entertainment unit, rift oak dry bar with glass cabinets and display lighting, granite kitchen countertops including oversized island, hickory hand scraped flooring throughout, luxurious ensuite, lower area includes media centre, wet bar with granite top, dishwasher, extra bedroom and full bath. \$697,000. Please contact Mark at 204-232-7983 or Maggie at 204-782-8289

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

Chaplain's Corner

Do You Know St. Patrick?

By Padre Christopher Donnelly

As we approach St Patrick's Day here is a little background about the man credited with the Christianization of Ireland.

Patrick was captured and enslaved by Irish raiders in Britain as a child. His captivity lasted until he was twenty, when he escaped after having a dream in which God told him to leave Ireland by going to the coast. There he found some sailors who took him back to Britain where he was reunited with his family.

In The Confession of St Patrick we read, "The love of God and his fear grew in me more and more, as did the faith, and my soul was roused, so that, in a single day, I have said as many as a hundred prayers and in the night, nearly the same. I prayed in the woods and on the mountain, even before dawn. I felt no hurt from the snow or ice or rain." Here he describes how he came to be a devoutly prayerful young man while tending the sheep of his captors.

A few years after returning home, Patrick had a vision he described in his memoir. "I saw a man coming, as it were from Ireland. His name was Victoricus, and he carried many letters, and he gave me one of them. I read the heading: 'The Voice of the Irish.' As I began the letter, I imagined in that moment that I heard the voice of those very people who were near the wood of Foclut, which is beside the western sea-and they cried out, as with one voice: 'We appeal to you, holy servant boy, to come and walk among us.'"

Patrick returned to Ireland, in Slane, on March 25, 433. There are several legends about what happened next with the most prominent claiming he met the

chieftain of one of the druid tribes, who tried to kill him. After an intervention from God, Patrick was able to convert the chieftain and preach the Gospel throughout Ireland. There, he converted many people, eventually thousands, and he began building churches across the country.

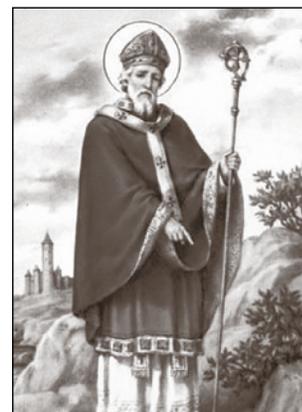
He often used shamrocks to explain the Holy Trinity and entire kingdoms were eventually converted to Christianity after hearing Patrick's message.

Patrick was a humble, pious, gentle man, whose love, total devotion to and trust in God should be a shining example to each of us. So complete was his trust in God, and in the importance of his mission, he feared nothing, not even death.

"The Breastplate" is a poem of Patrick's describing faith and trust in God. It is used today as a prayer for protection.

"Christ be within me,
Christ behind me, Christ
before me, Christ beside
me, Christ to win me,
Christ to comfort and
restore me, Christ beneath
me, Christ above me, Christ
inquired, Christ in danger,
Christ in hearts of all that
love me, Christ in mouth of
friend and stranger."

Wishing a Happy St
Patrick's Day to all,
Padre Donnelly



Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE (English Only) 0900 hrs
COMMUNITY SERVICES

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

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

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

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

CHAPLAINS

Padre Jack Barrett
(Anglican) - Wing Chaplain
ext 5417

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

Padre Christopher Donnelly
(United Church)
ext 5785

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

17 Wing
204 833 2500



17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)



Administrative Assistant
ext 5087

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

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

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- Mental Health Chaplain
ext 6914

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.*

FOOD BANK DONATIONS

In assistance to Winnipeg Harvest, the donation box is located at the entrance of the chapel.

EMERGENCY DUTY CHAPLAIN

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

INFO PHONE NUMBER

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

WEBSITE

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

CARE & SHARE BENEVOLENT FUND

Contact Wing Chaplain Office for further information.



Your 17 Wing Chaplain Team

From left to right:

Lt (N) L Fox,
Capt P Gemmiti,
LCdr J Barrett,

Capt C Baxter,
Lt(N) C Donnelly,
Capt E Dompierre

Proudly assisting military members and their families for over 20 years.



Kelly Clements S.R.E.S., C.E.R.C.
kelly@theclementsgroup.ca

- Military Relocation Specialist
- Honorable, Trustworthy and Referable
- Assisted over 2000 buyers and sellers
- Comprehensive Relocation Package

www.thedementsgroup.ca
204-987-9808
RE/MAX executives realty



Trudy M Johnson, B.A.

Hall of Fame
Relocation Specialist
Lifetime Achievement Award

Cell: 204.981.1529
Email: trudyj@mts.net
www.trudyj.com

40th year of Professional Success
in the Winnipeg Real Estate Market

Chapman Goddard Kagan

Barristers & Solicitors

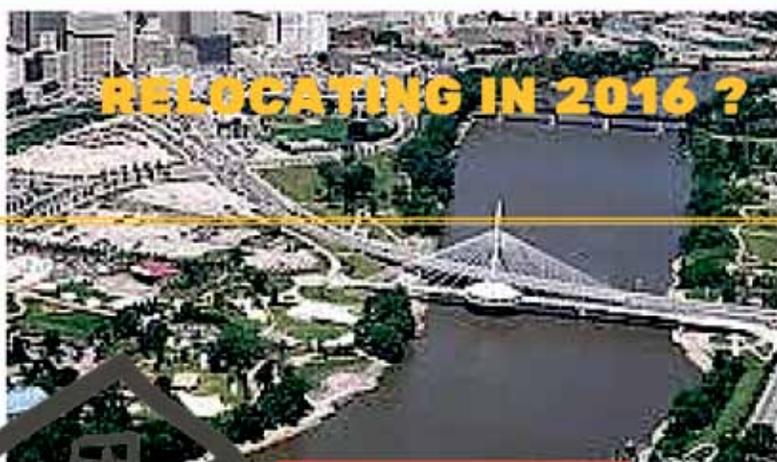
1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2
PH: 888-7973 FAX: 832-3461

E-Mail: info@cgklaw.ca Website: www.cgklaw.ca

George E. Chapman Q.C. Allan L. Dyker, B.A., LL.B. Mindy R. Lofchick, LL.B.
Alan R. Goddard, B.A., LL.B. Kelly P. Land, B.A., LL.B. Serge B. Couture, B.A., LL.B.
Bruce D. Haddad, B.A., J.D.
Almer N. Jacksteit, B. Comm., LL.B, Counsel

Our fees conform to the ERS guideline

A long established law firm conducting a general practice for all types of legal work.



RELOCATING IN 2016 ?



Terie Langen

REALTOR

MILITARY RELOCATION SPECIALIST

204-987-9808

terie@homeisnwinnipeg.com

www.homesinwinnipeg.com



MAXIMUM Realty Ltd. Serving Winnipeg & Surrounding Areas
Residential • New Homes • Condos • Relocation • Referrals



Lee Wren
(204) 781-4487
leewren@mts.net



Eva Bessas
(204) 470-3332
ebessas@mts.net



Brendan McGurru
(204) 799-3022
mcgurru@mts.net

JUDY LINDSAY
Team Realty

We've Been There and Done That!

Let us help you buy or sell your home in Winnipeg and across Canada

Joanne Robertson, CD
Military Relocation Specialist

Eldren Thuen, BA, CD
Military Relocation Specialist

www.judylyndsay.com
204-925-2900 1-877-262-7072



Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service



Proud to Assist Military Families
Relocation Specialist

30 Years Experience
in the Winnipeg
Real Estate Market

www.joannegebauer.com
joanne@joannegebauer.com
Toll Free: 1-877-778-3388

