



THE VOXAIR

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FREE

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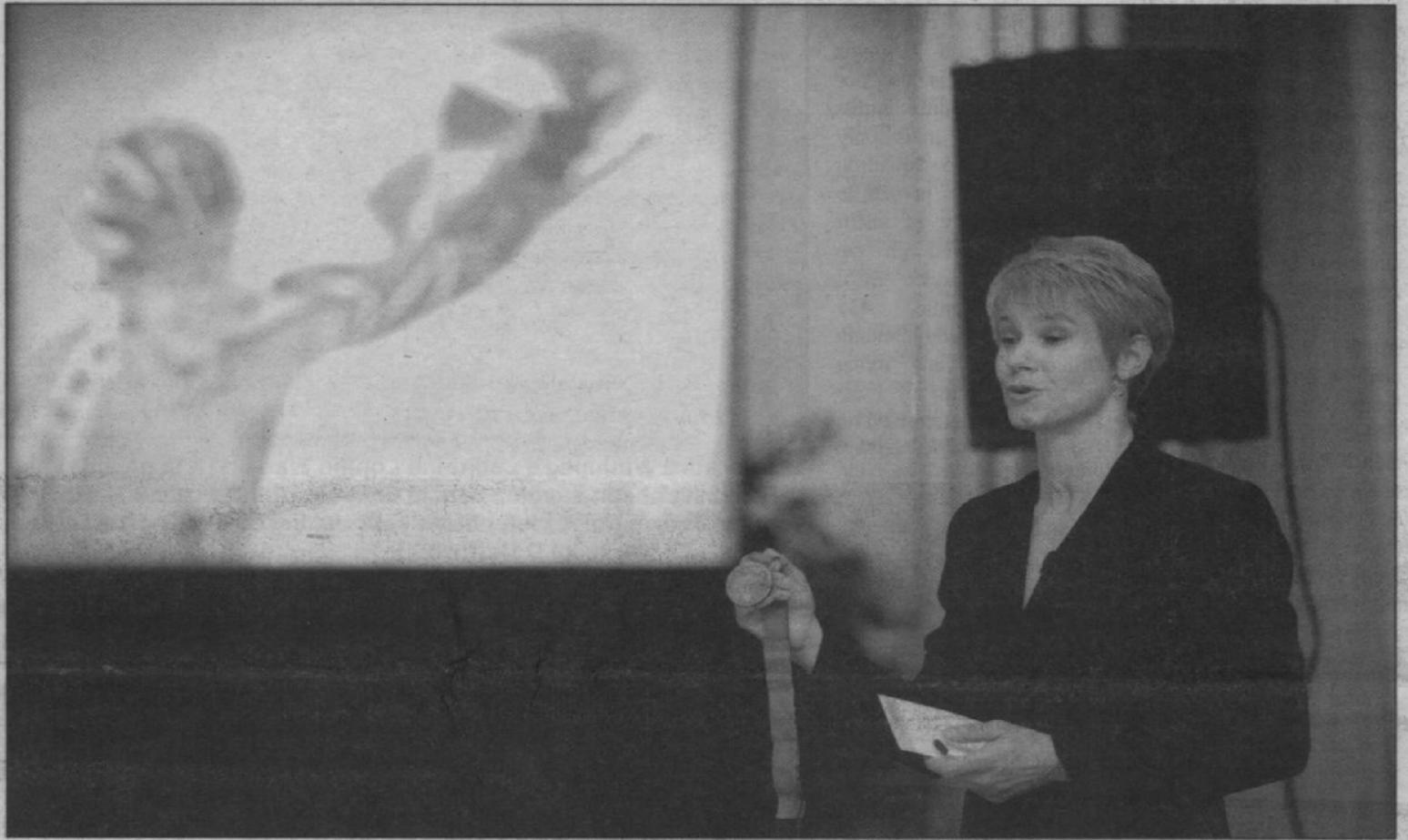
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Gold Medal Gala



Guest speaker, Lori-Ann Muenzer, Canada's first and only gold medalist in cycling, had the audience riveted with her inspirational address. She also showed video clips of her win at the 2004 Olympics, and shared stories of personal triumph. Muenzer also brought her gold medal to share with the audience. Full story pages 8-9. Photos: Cpl Colin Aitken

Andrea Estensen MFRC

The 2010 Yellow Ribbon Gala exceeded all expectations. It was a fun-filled evening, attended by approximately 300 people from the business and military communities and other supporters of the Winnipeg MFRC.

"This important event has grown significantly and has evolved to where it has become our major fundraising event of the year," said Troy Zuorro, the MFRC Board Chair. "It was a fantastic evening where we helped raise awareness for our centre and generated funds that are key to the success of our programs and services."

MFRC Executive Director

Don Brennan said the event was a success. "It is through events like this, that the MFRC is able to build relationships with the civilian community. We appreciate the support from the military and civilian communities."

During dinner, event attendees were given a special surprise when Mistress of Ceremonies, Marie-Eve Tremblay, performed three songs. She has appeared as a soloist with Cirque du Soleil, and we were honoured to have her sing at the Gala.

Our guest speaker, Lori-Ann Muenzer, Canada's first and only gold medalist in cycling, had the audience riveted with her inspirational address. She also showed video clips of her win at the 2004 Olympics, and shared stories

of personal triumph. Muenzer also brought her gold medal to share with the audience.

People attending the Yellow Ribbon Gala have come to expect to be impressed by the Air Command Band, and this year was no different. The dinner music provided by the Jazz Quartet was incredible, and the performance by the Show Band had people on the dance floor. Many people commented that the performance by the band was incredible, and we are very pleased that they were able to provide musical entertainment. The event would not have been the same without them.

The newest addition to the Gala was the tombola balloon prizes.

Before dinner, people were given the chance to purchase tickets. After dinner, volunteers delivered balloons to the tables, where those who purchased tickets were given a balloon and told to pop it. Everyone who purchased a balloon won a prize valued at \$50 or more. The excitement generated from the balloons was the perfect end to the meal. Thank you to all of the businesses and individuals who donated prizes for the balloons.

Volunteers were instrumental in assisting with year's Gala. They gathered prizes and donations, helped get everything ready for the Gala, sold tickets and balloons and assisted in the registration of Gala

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Team Members Still Part Of Relief Efforts

By Capt Jeff Noel

Wing Public Affairs Officer

A month after a devastating magnitude 7.0 earthquake struck the Caribbean nation of Haiti on 12 January, Team Winnipeg members remain deployed assisting relief operations as part of Operation Hestia.

Operation Hestia, the Canadian Forces (CF) participation in humanitarian operations conducted in response to the Haitian earthquake, has called upon the skills of personnel from numerous squadrons, units and schools located here.

Among those deployed are medical personnel from 23 Health Services Centre (23 H Svcs C) who help operate the CF Role 2 Field Hospital in Léogâne, a medical clinic and Mobile Medical Teams (MMTs) in and around Jacmel, and assist with the medical evacuation of Canadians from the airport in Port-aux-Princes.

Aircrew from 435 'Chinthe' Transport and Rescue (T&R) Squadron flying CC-130

Hercules transport aircraft continue airlift operations into the airfield at Jacmel, while Liaison Officers from the Squadron and Wing Operations working with the United States Air Force coordinate Canadian aircraft movements into and out of Haiti's heavily congested airspace.

"At the heart of our search and rescue and air-to-air refuelling roles is also our ability to conduct airlift operations. So it is only natural that 435 Squadron crews would be pivotal to the initial wave of airlift support deployed on Op HESTIA," says LCol Richard Pamplin, 435 Squadron's Commanding Officer. "We are living up to our motto of Certi Provehendi - Determined on Delivery."

In addition, Team Winnipeg members serving in key roles such as logistics, security and airfield safety and support, remain highly motivated and proud to be able to contribute to these operations which are making a positive difference in the lives of the people of Haiti.



17e Escadre Winnipeg's Capitaine Connie Watson (À la gauche) aides fendent le plâtre de Rachel LeFranc avant son envolée vers le Canada. (Photo: cplc D Hardwick) 17 Wing Winnipeg's Captain Connie Watson (lower left) helps split the leg cast of Rachel LeFranc before she is flown to Canada. (Photo: MCpl D Hardwick)

Par le Capt Jeff Noel

Officier des affaires publiques de l'escadre

17e ESCADRE WINNIPEG (Manitoba) – Un mois après le tremblement de terre dévastateur de magnitude 7,0 qui a frappé la République d'Haïti le 12 janvier, des membres de l'équipe de Winnipeg sont toujours déployés dans ce pays afin de participer aux opérations de secours se déroulant dans le cadre de l'opération Hestia.

L'opération Hestia, l'apport des Forces canadiennes (FC) aux opérations humanitaires menées à la suite du séisme ayant frappé Haïti, a réuni du personnel de bon nombre d'escadrons, d'unités et d'écoles du Canada.

Parmi les éléments déployés jusqu'à présent, on compte du personnel médical du 23e Centre des services de santé (23 C Svc S) qui aide à gérer l'hôpital de campagne de rôle 2 situé à Léogâne, une clinique et des équipes médicales mobiles (EMM)

situés à Jacmel et dans les environs, en plus d'apporter son soutien au déroulement des opérations d'évacuation sanitaire des Canadiens à partir de l'aéroport de Port au Prince.

Le personnel navigant affecté aux avions de transport CC130 Hercules du 435e Escadron de transport et de sauvetage « Chinthe » poursuit les opérations de transport aérien à l'aérodrome de Jacmel, tandis que des officiers de liaison de l'escadron et du service des opérations de l'escadre, qui travaillent en collaboration avec la force aérienne des États Unis, coordonnent les mouvements des aéronefs canadiens qui entrent ou qui sortent de l'espace aérien très fréquenté d'Haïti.

« En plus de nos capacités de recherche et sauvetage ainsi qu'à l'avitaillement en

vol, nous sommes en mesure de mener des opérations de transport aérien. Il est donc tout à fait normal que les équipes du 435e Escadron jouent un rôle clé dans l'exécution de la première série d'opérations de transport aérien menées dans le cadre de l'opération Hestia, a déclaré le Lcol Richard Pamplin, commandant du 435e Escadron. Nous respectons ainsi notre devise : Certi Provehendi (détermination à livrer) ».

De plus, les membres de l'équipe de Winnipeg qui occupent des postes clés liés notamment à la logistique, à la sécurité ainsi qu'à la sûreté et au soutien de l'aérodrome, sont très motivés et éprouvent une grande fierté de pouvoir contribuer à ces opérations qui exercent une influence positive sur les vies des habitants d'Haïti.



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The Power Of Humanity: 17 Wing Raises Over \$7000 For Haiti



Above: 17 Wing donates \$7335.36 to the Canadian Red Cross Haitian relief fund. (left to right) Ms. Jennifer Montebruno, Ms. Jane Hunt, Ms. Solange Sookram, and MCpl Matthew Croft. Photo credit: Cpl Bev Dunbar

2Lt Gregory Kuhn
17 Wing Public Affairs

Jane Hunt, Regional Director for the Canadian Red Cross.

“Once again, 17 Wing shows that we are not only dedicated to our mission, but we are also leaders in giving as well,” said Colonel (Col.) Yvan Boilard, 17 Wing Commander.

On Tuesday, February 23rd, Ms. Solange Sookram and Master Corporal (MCpl) Matthew Croft presented a cheque, on behalf of 17 Wing, for \$7335.36 to representatives from the Manitoban Chapter of the Canadian Red Cross.

With the assistance of many key partners, Ms. Sookram and MCpl Croft organized an extremely successful all-ranks TGIF which rose over \$3000 for the Red Cross’ Haitian relief fund.

“Events like the all-ranks TGIF show the power of humanity, when military members and their families can come together around 17 Wing to raise aid for those in need,” said Ms.

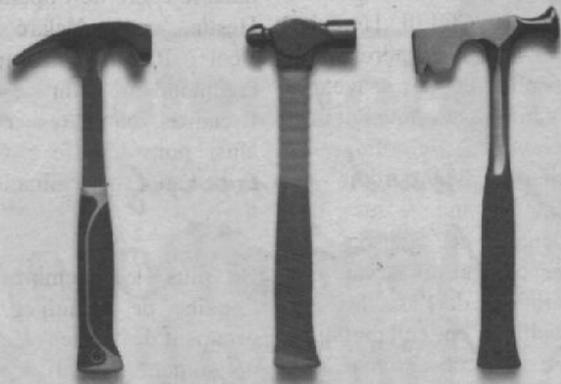
Realizing the potential to generate an even greater contribution for the Haitian relief effort, Wing authorization was given for a full month of “Casual February Friday’s”. This raised more than \$4000, adding to a finally tally of \$7335.36; an amount that will be matched by the Canadian government.

Ms. Hunt noted the generosity of Manitobans’; so far the province has donated over 2.2 million dollars towards the Red Cross’ Haitian relief fund.

Col Boilard is proud that 17 Wing Winnipeg is a part of that undertaking, both in Haiti and at home.

“To all organizers and supporters, I want to thank you again for your tireless efforts and determination in support of the mission and more so for your generosity to give at home to help bring relief to a shattered nation,” said Col Boilard.

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435 Squadron medevac patient from CFS Alert

2Lt Gregory Kuhn
17 Wing Public Affairs

Imagine living 817km from the North Pole, where the land is frozen for ten months of the year and in February every day is dark and hovers around minus 40 degrees celcius. Now consider, what would you do if you have a serious medical emergency?

This was the situation faced by a 29-year-old civilian employee serving at Canadian Forces Station (CFS) Alert, Nunavut who reported having chest pains and difficulty breathing. 435 Transport and Rescue Squadron flew to CFS Alert late Thursday night, February 10, 2010 to airlift the patient out of the station and on to a medical facility.

"We have been monitoring her situation for a number of weeks now and made

the decision Thursday that we needed to transport her to a medical facility after her situation deteriorated," said Dr. Robert Cronin, civilian medical doctor with 23 Health Services and Flight Surgeon with 435 Squadron.

Situated on the tip of Ellesmere Island, CFS Alert lays claim to the title of being the northernmost permanently inhabited place on the planet and is "home" to 55 full-time military and civilian employees of the Department of National Defence along with staff from the Department of Environment.

"As search and rescue crews, we train for these types of medevac emergencies in remote northern Canadian communities," said Major Scott Frost, on-site aircraft commander.

Upon arriving at 17 Wing Winnipeg, Winnipeg Emergency Medical Services transported the

woman to a local hospital where medical staff report that she is in good condition.

The role of CFS Alert is to gather intelligence in support of military operations; operate and maintain radio facilities in support of search and rescue; and to provide

support to Environment Canada weather services and Arctic researchers.

For more information on 435 "Chinthe" (T&R) Squadron, please visit <http://www.airforce.forces.gc.ca/17w-17e/sqns-escs/page-eng.asp?id=412>

For more information on CFS Alert, please visit: <http://www.airforce.forces.gc.ca/8w-8e/alert/index-eng.asp>



"As search and rescue crews, we train for these types of medevac emergencies in remote northern Canadian communities," said Major Scott Frost, on-site aircraft commander. Upon arriving at 17 Wing Winnipeg, Winnipeg Emergency Medical Services transported the woman to a local hospital where medical staff report that she is in good condition. Photo: Cpl Levarre McDonald

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Not Too Late To Train For Air Force Run

**Lt Donna Riguidel
Assistant Wing Public
Affairs Officer**

Many people, particularly military members, have a love/hate relationship with running. During courses, we are forced to run at the crack of dawn and sometimes suffer through injuries or poor training technique in an effort to "keep up" with the group. So, can someone reasonably expect to train for a race this spring (like the Air Force Run) when starting from ground zero in a reasonable time-frame without injury or pain? Absolutely! The key is taking your time and using a good program. I am certainly familiar with the love/hate of running. Hated it during Basic Military Qualification, hated it during Common Army Phase and eventually trained on my own to complete the Air Force Half-Marathon at last year's Inaugural Air Force Run, except I made a fatal mistake.

I went too far, too fast, injured myself and ended up after seven miles walking the remainder of the course, finishing dead last.

That's a LONG walk, and not one I intend to repeat this year.

So, after fighting an almost endless loop of the flu and pneumonia since the fall, I decided it was time to get started running again but this time I would do better.

I checked out a few different programs (there are quite a few running shops that offer Learn-to-Run programs that are well recognized) but I wanted one I could do on my own - so I researched the "Couch Potato to 5 K" plan.

The plan starts off very gradual, and for those of you with the iPod Touch or the iPhone, there is an application you can download to help. The first week involves running for 60 seconds, walking for 90 seconds and can be done using your own music/podcast while training. The entire program runs 9 weeks and if you are interested, you can find further information at <http://www.c25k.com/>

The biggest trick is not to get impatient; you need to stick with the program.

If you are just starting this year, you won't be ready to complete the half-marathon at the 2010 Air Force Run but you could easily finish the 10 K or definitely be happy running the 5 K. So, see you there!



Affaires publiques de la 17e Escadre

Si vous n'avez pas encore profité de l'occasion de vous inscrire à prix réduit à la Course de la Force aérienne, vous avez de la chance : la période des inscriptions hâtives à prix réduits sera prolongée jusqu'au 15 mars!

Les prix des inscriptions hâtives sont de 65 \$ pour le demi marathon, de 40 \$ pour les courses de 5 km et de 10 km, et de 40 \$ pour la course en famille. Après le 15 mars, les prix grimperont, se fixant à 75 \$ pour le demi marathon et à 45 \$ pour les courses de 5 km et de 10 km. Il y a cependant une bonne nouvelle : les droits d'inscription à la course en famille demeureront à 40 \$.

Rappelons que les participants peuvent s'inscrire de trois façons : 1 - On peut le faire en ligne en utilisant sa carte de crédit; 2 - On peut télécharger et faire imprimer un

formulaire d'inscription, et le poster, dûment rempli et accompagné d'un chèque; 3 - On peut le faire en personne en se rendant au Centre de conditionnement et de loisirs le 27 ou 28 mai, de 16 h à 21 h, ou le 29 mai, de 10 h à 16 h. Il ne sera pas possible de s'inscrire le jour de la course et la période des inscriptions hâtives à prix réduits est prolongée jusqu'au 15 mars : pourquoi attendre?

Si vous choisissez d'utiliser une copie imprimée du formulaire d'inscription, veuillez préciser la course à laquelle vous voulez participer : 5 km, 10 km ou demi marathon. Pour télécharger le formulaire, il suffit de cliquer sur l'onglet « Inscription » du site Web de la Course de la Force aérienne.

Pour en savoir davantage sur la Course de la Force aérienne ou pour connaître l'information la plus récente à cet égard, rendez vous au site <http://www.airforcerun.ca/fr/>.

Left: Can someone reasonably expect to train for a race this spring (like the Air Force Run) when starting from ground zero in a reasonable time-frame without injury or pain? Absolutely! Photo: canadaruns.com



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Before You Fill Out Your Tax Return...

Pierre Goulet,
CFP, FMA, FCSI

Practice Manager—Financial Planning and Insurance Services — SISIP Financial Services, Ottawa

Now that the RRSP season is behind us, Canadians turn their attention to the deadline for filing their 2009 income tax return; April 30th 2010. Depending on your situation, here are a number of non-refundable federal tax credits that can help reduce your tax base, minimizing the amount of income tax you are required to pay for the 2009 fiscal year:

Home Renovation Tax Credit (HRTC):

A temporary tax credit, for costs incurred after January 27, 2009 and before February 1, 2010.

-Credit is 15% of eligible expenditures for renovations or alterations of an enduring nature, and is integral to,

or built into an eligible dwelling.

Applies to expenditures over \$1,000, up to \$10,000. The maximum tax credit amount is \$1,350 per family (\$9,000 x 15%).

Pension Income Tax Credit:

Some pension income may qualify for a federal and provincial/territorial pension income tax credit.

Can be transferred to a spouse or common-law partner if it is not fully used by the taxpayer.

If a taxpayer is under the age of 65 and receiving pension income eligible for the pension tax credit (qualified pension income) and splits their income with their spouse or common-law partner, the latter will also be eligible for the pension tax credit, regardless of age.

Pension income at age 65 can be converted from

RRSPs to RRIFs or purchased as an annuity.

Spouse or Common-Law Partner Amount: If your spouse or common-law partner earned less than

\$10,320, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of \$10,320 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

Tax Credit for Public Transit:

To help cover the cost of passes for buses, streetcars, subways, commuter trains and local ferries.

Can be claimed by the taxpayer, their spouse or common-law partner, or their children under age 19.

The pass must display: duration (one month at least or longer), date or period of validity, name of the issuing transit authority/organization, amount paid, identity of the rider (either by name or unique identifier).

Children's Fitness Tax Credit: Available to individuals for registration and membership costs of up to \$500 per child who is, under 16 years of age at the beginning of the taxation year, or under 18 for a child with a

disability.

Calculated using the lowest tax rate (15% for 2009) — maximum tax credit per child for 2009 is \$75.

For prescribed programs of physical activity which must contribute to cardio-respiratory endurance of the child and to one or more of the following: muscular strength, muscular endurance, flexibility, and balance.

Tuition and Education Amounts:

Claim fees paid for post-secondary courses of \$100 or more for each educational institution; the institution must provide you with an official tax receipt or a form T2202A. A portion of the education amounts can also be transferred from spouses and children; complete the calculation on the back of your T2202A or schedule 11 in your income tax forms to find out what amount is eligible.

Medical Expenses:

Transferable between spouses.

Medical expenses can include amounts paid outside of Canada.

They must be more than 3% of your net income or \$2,011, whichever is less.

The spouse with the lowest income should claim all

expenses.

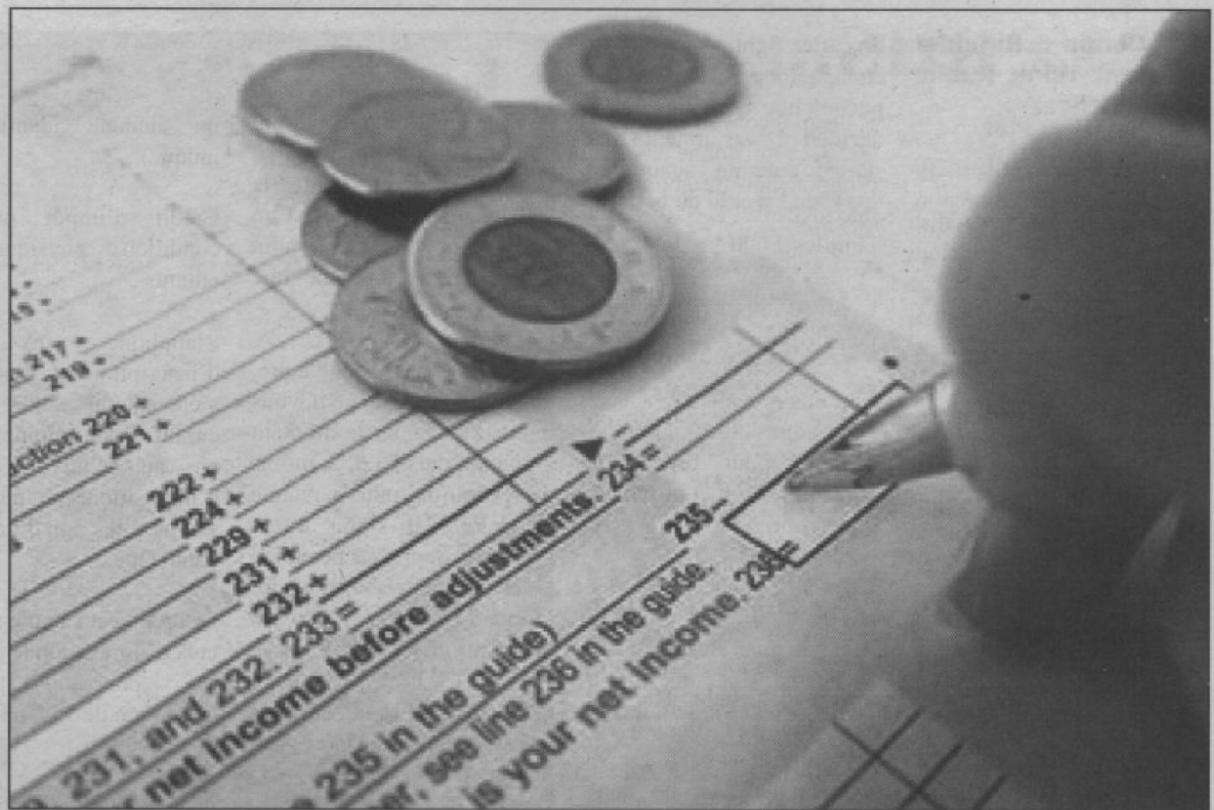
Claim the expenses of all immediate family members including parent, grandparent, brother, uncle, niece, who depended upon you for support during the tax year; the total of these expenses must be more than the lesser of \$2,011 or 3% of the dependent's net income for the year up to a maximum of \$10,000.

Claim medical expenses paid in any 12-month period ending in 2009 that were not claimed in the previous year.

The above mentioned credits and further explanations can be found in your General Income Tax and Benefit Guide 2009. Take the time to read the portions of the guide that apply to your claims and let a SISIP Financial Services (SISIP FS) financial planner assist you; professional advice can really pay off and prevent you from making a costly omission.

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Avant de remplir votre déclaration de revenus...

Par Pierre Goulet
CFP, CGF, FICVM

Gestionnaire spécialisé en planification financière et en assurance, Services financiers du RARM, Ottawa

Maintenant que la saison des REER est terminée, les Canadiens se consacrent à leur déclaration de revenus de 2009 avant la date limite du 30 avril 2010. Selon votre situation financière, les crédits d'impôt non remboursables fédéraux ci-dessous vous permettront de réduire votre assiette fiscale, diminuant ainsi le montant d'impôt que vous devrez payer pour l'année financière de 2009.

Crédit d'impôt pour la rénovation domiciliaire (CIRD) :

Un crédit d'impôt temporaire, pour les dépenses effectuées après le 27 janvier 2009 et avant le 1er février 2010.

Ce crédit de 15 % est basé sur des dépenses admissibles, liées à des rénovations ou à des modifications durables, qui font partie intégrante ou qui s'ajoutent à un logement admissible.

Ce crédit, s'applique aux dépenses de plus de 1 000

\$, jusqu'à concurrence de 10 000 \$, ce qui donne un crédit d'impôt non remboursable maximal de 1 350 \$ par famille (9 000 \$ x 15 %).

Crédit d'impôt pour revenu de pension :

Certains revenus de pension sont admissibles au crédit d'impôt pour revenu de pension fédéral et provincial ou territorial.

Un contribuable qui n'utilise pas la totalité de ce crédit d'impôt peut transférer la partie inutilisée à un conjoint ou à un conjoint de fait.

Si un contribuable âgé de moins de 65 ans touche un revenu de pension admissible au crédit d'impôt pour revenu de pension et qu'il partage son revenu avec son conjoint ou son conjoint de fait, ce dernier devient admissible au crédit d'impôt pour revenu de pension également, peu importe son âge.

À compter de 65 ans, vous pouvez convertir votre régime enregistré d'épargne-retraite en un fonds enregistré de revenu de retraite ou acheter une rente.

Montant pour les conjoints ou les conjoints de fait :

Si votre conjoint ou conjoint de fait a gagné moins de 10 320 \$ l'an dernier, faites le calcul à la ligne 303 de votre déclaration de revenus afin d'obtenir le montant que vous pouvez déduire.

Si vous étiez célibataire, divorcé, séparé ou veuf, vous pouvez réclamer le montant maximal de 10 320 \$, moins le revenu de toute personne à charge. Il s'agit du « Montant pour une personne à charge admissible » qui figure à l'Annexe 5 de votre déclaration.

Crédit d'impôt pour laissez-passer de transport en commun :

Ce crédit d'impôt s'applique aux coûts d'un laissez-passer d'autobus, de métro, de tramway, de train régional et de traversier régional.

Le contribuable, son conjoint ou son conjoint de fait ou encore leurs enfants de moins de 19 ans peuvent réclamer ce crédit.

Le laissez-passer doit avoir une durée minimale d'un mois et comporter la date ou la période de validité, le nom de la commission ou de l'organisation de transport émettrice et le montant payé. Il doit aussi identifier l'utilisateur (par son nom ou

un élément identificateur unique).

Crédit d'impôt pour la condition physique des enfants :

S'applique aux frais d'inscription et d'adhésion s'élevant à 500 \$ par enfant ayant moins de 16 ans au début de l'année d'imposition, ou moins de 18 ans, s'il s'agit d'un enfant handicapé.

Le crédit est calculé selon le taux d'imposition le plus bas (15 % pour 2009), pour un maximum de 75 \$ par enfant pour 2009.

Afin d'être admissible, le programme doit comprendre des activités physiques qui contribuent à l'endurance cardiorespiratoire de l'enfant, en plus d'un ou plusieurs des objectifs suivants : la force musculaire, l'endurance musculaire, la souplesse et l'équilibre.

Frais de scolarité et montants relatifs aux études :

Il est possible de réclamer les frais versés pour des cours postsecondaires de 100 \$ ou plus par établissement d'enseignement, à condition d'avoir obtenu de celui-ci un reçu officiel ou le formulaire T2202A.

Vous pouvez également transférer une partie des frais d'études à votre conjoint et à vos enfants. Il suffit d'effectuer le calcul à l'endos du T2202A ou de l'Annexe 11 des formulaires d'impôt pour connaître le montant admissible.

Frais médicaux :

Transférables entre conjoints.

Les frais médicaux peuvent comprendre les dépenses engagées à l'extérieur du Canada.

Ces dépenses doivent représenter plus de 3 % de votre revenu net ou 2 011 \$, selon le moindre de ces montants.

Le conjoint ayant le revenu le moins élevé devrait réclamer toutes les dépenses.

Vous pouvez réclamer les dépenses de tous les membres de la famille immédiate, incluant les parents, grands-parents, frères, oncles et nièces qui étaient à votre charge pendant l'année financière. Le total de ces dépenses doit être de 2 011 \$ ou supérieur à 3 % du revenu net de la personne à charge pendant l'année, soit le moindre des deux montants, jusqu'à concurrence de 10 000 \$.

-Vous pouvez réclamer

les frais médicaux que vous n'avez pas réclamés l'année précédente et que vous avez versés pendant toute période de douze mois antérieure à 2009.

Vous trouverez de l'information supplémentaire sur les crédits susmentionnés dans le Guide général d'impôt et de prestations de 2009. Prenez le temps de lire les sections du Guide portant sur les réclamations qui vous touchent et n'hésitez pas à demander assistance à l'un des planificateurs financiers des Services financiers du RARM (SF RARM). Les conseils professionnels peuvent être très rentables et vous éviter une erreur coûteuse.

Pas encore pas un client des SF RARM? Vous pouvez souscrire à nos services pour la modique somme de 5 \$ par mois. Pour de plus amples renseignements sur nos services de planification financière, composez le 1-800-267-6681 ou rendez-vous au www.sisip.com.

Les SF RARM vous aident à atteindre l'indépendance financière pour aujourd'hui... et pour demain!

Cet article est publié à titre informatif et représente uniquement l'opinion de l'auteur.

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2010 Yellow Ribbon Gala: Glitz

Right: Military Family Resource Centre volunteers, Mariana Sobczak, Kara Kallenbach, Rob Chapman, Caroline Admiraal-Lozie, Ruth Hiebert and Lori Blande stand with the tombola balloons.

Photo Cpl Colin Aitken



Left: Sgt Jeff Cooper plays the soprano saxophone during the Air Command Band's entertainment at the gala.

Right: Janice Rempel, her husband, 17 Wing Honourary Colonel and CEO of Winnipeg Airports Authority Barry Rempel, Kelly-Ann Noel and Yvonne René enjoy the lounge before the event.

Photo Cpl Colin Aitken



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...And Glamour For A Good Cause



Above: On February 20, the Military Family Resource Centre held its 4th Annual Yellow Ribbon Gala at the Delta Hotel in downtown Winnipeg. Members of 17 Wing Command, 1 and 2 Canadian Air Division, political and business representatives and hundreds of community members and volunteers were in attendance. Photo Cpl Colin Aitken



Left: Col Yvan Boilard, 17 Wing Commander, the Honourable Steven Fletcher, Canadian Gold Medalist Lori-Anne Muenzer and WO Troy Zuurro enjoy the festivities. Photo Cpl Colin Aitken



"It is through events like this that the MFRC is able to build relationships with the civilian community. We appreciate the support from the military and civilian communities."

Don Brennan, MFRC EXECUTIVE DIRECTOR

Continued From Front Page

attendees.

Barbara Thuen, Coordinator of Volunteers for the MFRC and chair of the 2010 Gala Committee thanked all of the volunteers during her speech. "Volunteers were a vital part of this year's Gala, from the very beginning, right up to the very end of this evening. Thank you so much to all of our wonderful volunteers. They are the heart of the Winnipeg MFRC."

The Gala Committee would like to extend special thanks to Bruce Garvey, Catering Manager at the Delta Winnipeg for all of his assistance, and to Cpl Colin Aitken for being the photographer for the 2010 Yellow Ribbon Gala.

We now look forward to the 2011 Yellow Ribbon Gala. Senator Mike Duffy is scheduled to be the guest speaker. For pictures of the 2010 Gala, and information about the 2011 Gala as it becomes available, please visit www.yellowribbongala.ca

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Ceramics Club: More Than Just Garden Gnomes

2Lt Gregory Kuhn
17 Wing Public Affairs

"When members are posted to Winnipeg, one of the questions we are frequently asked is 'what community recreation programs are available on the wing?," said Tina Bailey,

Director of Community Recreation. To answer this questions, 17 Wing Public Affairs will publish stories in upcoming VOXAIR issues focusing on the many clubs/sports/recreation programs that are available on the wing; both for the members and their families.

17 Wing Ceramics Club - Westwin Recreation Centre (Building 33) When you think of ceramics, does it bring to mind little painted gnomes hidden in your garden or figurines sitting on your

grandmothers' cupboard? Or maybe it reminds you of the "pony" that you made in grade 3 that everyone thought was an ashtray? If so, the 17 Wing Ceramics Club is looking for you! We are always looking for new members, both experienced and novice; we will take the time to show you all that you need to know," said Warrant Officer (WO) Pat Bidochka, Ceramics Club president.

Members will be taught how to pour molds and clean the greenware; once the bisque is ready for painting, experienced club members will teach different brushing techniques from using acrylics or glazes to air brushing.

"We have over 1800 different molds; including

Christmas, seasonal, garden, vases, dishes and figurines available for use by our members," said WO Bidochka.

On May 4, the club will be hosting a class on dry brush technique with acrylic paints featuring the "Garden Gnome" at 7:00 pm. The cost is \$25 which includes all required materials or \$10 if the member supplies their own gnome and materials.

Space is limited so pre-registration/payment is required. The cost of an annual membership is \$25.00 for adults and \$10 for kids between the ages of 12 to 18 years.

Any inquiries please contact: WO Bidochka 204-833-2500 ext 6925, Joanne Joyce 999-4461 of the club office at ext 2496 during club hours (Tuesday and Thursday evenings between 6:30 pm and 9:00 pm).



17 Wing Community Recreation Programs

Try all our Fitness Programs For FREE! Interested in joining a new program this Spring? Well here is your chance to try them all for FREE! Monday April 5th to Saturday April 10th you can come to any fitness class at no charge!

Pre-School and Children's Programs

Hop to it - Pre-K

This basic dance movement, jazz, ballet and hip-hop combination is a great introduction to dance.

Ages: 3-5 yrs Mondays 1630-1715

Apr 5 - Jun 21 (11 Weeks) No Classes Monday May 24th

\$35 (mem) / \$50 (non-mem)

Kids Crew

Drop your kids off for casual care while you work-out at the gym. They will enjoy board games, crafts and organized activities.

Ages: 3-5 yrs Wednesdays 1630-1900 Apr 7 - Jun 16

FREE! Included in your membership

Racquet Sports - Kids

Come out and try your hand at some of the world's fastest sports. Badminton, Squash, racquetball, pickle ball and tennis will be included. This camp focuses on skill development in serving, shot making and game strategy.

Ages: 5-12 yrs Saturdays 0900-1000 hrs

Apr 10 - Jun 19 (11 Weeks) \$35 (mem) / \$50 (non-mem)

Sportarama - Kids

Join this action-packed class where you participate in a variety of activities each week. Introductory sports may include floor hockey, t-ball, soccer, basketball and more!

Ages 5-12 yrs

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Community Recreation Spring Programs

For further information on these programs or other recreational activities offered by Wing Community Recreation. Visit our offices in the Fitness and Recreation Centre or contact us at local 2057 or 5976.

Tuesday 1830-1930 Apr 6 - Jun 15

\$35 (mem) / \$50 (non-mem)

School In-Service Day Camps - Kids

No School? No Problem! Drop-off your children for a fun filled day of activities at the All-Stars Day Camp. Gym games, movies, swimming and much more! Space is limited!

Friday 0715-1730 June 18th \$18 (mem) / \$21 (non-mem)

Swim Lessons - Infant to Adult

We offer the Red Cross Swim Kids program for children 0 to 12 years of age. We also offer lifesaving levels for children who have completed level 4. We offer all bronze levels classes and even the Nation Lifeguard Service (N.L.S.) program. All times and prices are listed under aquatics.

Family Programs

Family Gym

Join in an evening of fun, exercise and socializing with the whole family. Thursday 1800-1930 Apr 8 - Jun 17

FREE! Included in your membership

Parent & Tot - Wiggle Giggle & Move

Designed for toddlers to develop their coordination, balance and imagination. Creative movement, music and stories make this a great class for growing minds and bodies. Parent / Guardians are required to participate.

Thursday 1400-1500 Apr 8 - Jun 17 (11 Weeks)

\$35 Per family (mem) / \$50 Per family (non-mem)

Strider Strollers

Grab your stroller and walking shoes and meet us at the gym for a walk. Meet up with other parent to enjoy a 45 minutes walk outside and then head down then spend an hour letting the little ones run around and play in our multi purpose room. A great way to meet other families!

Wednesday 0930-1015(Walk) 1015-1115(Free Playtime)

FREE! Included in your membership

Adult Fitness Classes (16+)

Prices: Class registration: \$45 per class (11 Weeks)

Drop-in pass: \$65 - 11 class passes

Single Drop-In : \$7

Ultimate Cycling Take an ultimate ride in this all out, anything goes cycling class. Speed zones, hills, intervals, drills and sprints will take your cycling to the next level.

Mondays 1630-1715 Apr 5 - Jun 21 (11 Weeks) No Classes Monday May 24th

Aqua-Fit

A low impact water work-out class for all ages.

Mondays 1800-1900

Apr 5 - Jun 15 (11 Weeks)

Yoga - Multi-level (Traditional)

This class is open to all levels of yoga experience. There are many benefits of regularly practising yoga: increasing your body awareness, developing strength, balance and flexibility, learning to relax and re-energize.

Tuesdays 1630-1715 Apr 6 - Jun 15 (11 Weeks)

Circuit Class Intervals of weight resistance and cardiovascular exercises on the gym floor.

Wednesdays 1800-1900 Apr 7 - Jun 16 (11 Weeks)

Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system.

Fridays 1645-1745

Apr 8 - Jun 17 (11 Weeks)

Pilates

Pilates will engage your mind and improve posture and body mechanics by increasing core strength.

Thursdays 1800-1900 Apr 8 - Jun 17 (11 Weeks)

Step and Tone

Alternate intervals of high intensity bench-stepping in combination with muscle strengthening for a complete work-out.

Saturdays 0930-1030 Apr 10 - Jun 19 (11 Weeks)

Adult Recreation Programs (18+)

Free Drop-In Activities - Free for Members

Non-Member Drop-In: \$7

Pick-Up Squash

Learn to play, improve your skills or just come to socialize. This program will be guided by a certified squash instructor and is a great opportunity to have fun and get some exercise.

Mondays 1900-2100

Apr 5 - Jun 21 (11 Weeks) No Classes Monday May 24th

FREE! Included in your membership

Pick-Up Floor Hockey

Floor hockey is an excellent work-out and a great opportunity to meet new friends. All players and skill levels are welcome. Teams will be chosen at each week.

Tuesdays 1930-2100

Apr 6 - Jun 15 (11 Weeks)

FREE! Included in your membership

Drop-In Badminton

Recreational badminton is a great way to get fit while having fun! Matches will be arranged each week. All welcome

Thursdays 1800-1900

Apr 8 - Jun 17 (11 Weeks)

FREE! Included in your membership

Lunch-Time Walking Program

Join us for a 45 minute walk over your lunch break. A great way to get out of the office and socialize and get some exercise. We will meet in the lobby of bldg 90 at 1205 and will return at 1250.

Tuesday s & Thursdays 1205-1250

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How Do You Fight Racism?

Primrose Knazan Employment Equity Committee

On March 18th, in honour of the International Day for the Elimination of Racial Discrimination, the 17 Wing Employment Equity will present a lunch hour event at Mynarski Hall, 1 Canadian Air Division, building 25.

In 1960, police opened fire and killed 69 people at a peaceful demonstration against apartheid in Sharpeville, South Africa.

As a reminder of this dark period in history, in 1966 the United Nations proclaimed March 21st as the International Day for the Elimination of Racial Discrimination.

While Canada has had its own bleak periods of history, legislation such as the Charter of Human Rights and the Employment Equity Act have taken many strides in reducing systemic racism.

Education, Hollywood and the media and have made

some headway in the battle against stereotyping. Even within DND, Employment Equity committees, Advisory Groups and Diversity and EE training have been essential to educating employees and increasing tolerance and acceptance.

Unfortunately racist jokes and slurs are still tolerated, racial profiling is still practiced, and some people still believe that Employment Equity allows employers to hire based on skin colour rather than merit.

How do you fight racism? Will we one day be able to say that racism has finally been eliminated? While education and legislation are ways to fight discrimination, celebration is another.

When we celebrate culture by sharing stories, history and traditions, we learn about each other and ourselves. We learn about each others differences as well as our commonalities and we learn to appreciate, accept and engage one another

based on camaraderie and shared experience. Only from this point can we work together to fight racism. To commemorate the International Day for the Elimination of Racial Discrimination, the 17 Wing Employment Equity committee will present a lunch hour event on Thursday, March 18, 2010 in Mynarski Hall, 1 Canadian Air Division, building 25. Doors open at 1130hrs, presentations begin at 1200hrs. Door prizes are available to be won and admission is free.

PO1 Andre Sheppard will speak about his experience as a visible minority and about the history of Canadian Blacks in the military. PO1 Sheppard is an active member of the Defence Diversity Advisory Group and has been the main figure promoting Black History Month in the military and Winnipeg community.

After PO1 Sheppard's presentation, special



guests, Viva Capoeira from the Brazilian Pavilion at Folklorama, will give a dynamic performance of martial arts, music and acrobatics. The collective art form of Capoeira was created more than four centuries ago by African slaves and natives in their struggle for freedom and survival. In

order to hide their fighting abilities, they disguised the martial arts form with dance and hypnotic rhythm. The movement has gained enormous popularity among all ages throughout the world. The building 25 cafeteria will also feature a special menu with multicultural-inspired cuisine. Brown bag

lunches are also welcome during the presentation.

For more information about this celebratory event, please contact Primrose Knazan at local 4636.

We hope you will join us in celebrating culture and take another step towards the elimination of racism.



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Tuesday 16 March—Fuelling for Exercise
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Monday 22 March—Supplementation: Get the Facts!
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VIA Rail raffle winner

Don Adamko was the winner of two tickets to Edmonton on VIA Rail and a two-night stay at the Delta Edmonton Centre. Thank you to everyone who purchased tickets. The Winnipeg MFRC appreciates your support.



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Chaplain's Corner

LENTEN AND EASTER SERVICES (PROTESTANT)

Throughout this holy time of year services and special events will be take place (in English only) in the Chapel of the Good Shepherd, 2235 Silver Avenue (Bldg 94, off Whytefold), as follows:

Maundy Thursday	1 Apr 1700 hrs	Joint RC/Protestant Passover Liturgy with dinner
Good Friday	2 Apr 1200 hrs	
Sundays Lent	21 Feb 0900 hrs	Holy Communion
28 Feb	7 Mar 0900 hrs	
Holy Communion	14, 21 Mar 0900 hrs	
Palm Sunday	28 Mar 10 0900 hrs	
Easter	4 Apr 10 0900 hrs	Holy Communion (breakfast to follow)

Please join us.

LES OFFICES RELIGIEUX (PROTESTANT) POUR LE CARÊME ET PÂQUES

Pendant ce temps sacré, les offices religieux auront lieu (seulement en anglais) dans la chapelle du bon Pasteur, située à 2235, avenue Silver (l'édifice 94, près de Whytefold), ainsi ci-dessous:

Mardi gras	16 fev 17 h 30	Un souper des crêpes (avec les catholiques)
Jeudi saint	1 avril 17 h 00	Liturgie et diner
Vendredi saint	2 avril 12 h 00	
Dimanche Carême	21 fev 09 h 00	
L'eucharistie	28 fev 09 h 00 7 mars 09 h 00	
L'eucharistie	14, 21 mars 09 h 00	
Dimanche des Rameaux	28 mars 10 09 h 00	
Dimanche de Paques	4 avril 10 09 h 00	L'eucharistie (le petit déjeuner suivra)

Célébrons ensemble.

ROMAN CATHOLIC LENTEN AND EASTER MASSES

Throughout this holy time of year services and special events will be take place (in English only) in Saint Marguerite Bourgeoys Chapel, 2235 Silver Avenue (Bldg 94, off Whytefold), as follows:

Shrove Tuesday	16 Feb 10 1600 hrs	Joint RC/Protestant pancake dinner
Ash Wednesday	17 Feb 10 1900 hrs	
Lent	24 Feb 10 1900 hrs	
Stations of the Cross	3, 10, 17, 24 Mar 10 1900 hrs	
Stations of the Cross		
Maundy Thursday	1 Apr 10 1700 hrs	
Passover Supper and Liturgy (Joint RC and Protestant)	1900 hrs	
Feast of the Lord's Supper/Reposition and Adoration		
Good Friday	2 Apr 10 1500 hrs	Poor man's supper to follow
Holy Saturday	3 Apr 10 1900 hrs	Easter Vigil
Sundays Lent	21, 28 Feb 1100 hrs	
	7, 14, 21 Mar 1100 hrs	
Passion Sunday	28 Mar 10 1100 hrs	
Easter	4 Apr 10 1100 hrs	To be followed by brunch

LES MESSES CATHOLIQUES POUR LE CARÊME ET PÂQUES Pendant ce temps sacré, les messes religieuses seront célèbres (seulement en anglais) dans la chapelle de la Sainte Marguerite Bourgeoys, située à 2235, avenue Silver (l'édifice 94, près de Whytefold), ainsi ci-dessous:

Mardi Gras	16 fev 10 16 h 00	Un souper aux crêpes (avec les protestants)
Mercredi des Cendres	17 fev 10 19 h 00	
Le Carême	24 fev 10 19 h 00	
Le chemin de la Croix	3, 10, 17, 24 mars 10 19 h 00	
Jeudi saint	1 avril 10 17 h 00	
Liturgie de la Pâque et le dîner (avec les protestants)	19 h 00	
Fête de la Sainte Cène/Le remise et l'adoration	Vendredi saint 2 avril 15 h 00	
Le souper du pauvre suivra	Samedi saint 3 avril 19 h 00	Dimanche
Le Carême	21, 28 fev 10 11 h 00 7, 14, 21 mars 10 11 h 00	
Dimanche des Rameaux	4 avril 10 11 h 00	
Dimanche de Paques	23 mars 10 11 h 00	Le déjeuner suivra Célébrons ensemble.

Together in Church

CATHOLIC

CHAPLAINS

Padre Lance Magdziak
Roman Catholic Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

Masses (English only)
Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

Chaplain Bonnie Mason
(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm
(Mennonite Brethren) Office 833-2500 ext 4885

Padre Will Hubbard
(Anglican) Office 833-2500 ext 5349

Padre Ken MacRae
(Presbyterian) Office 833-2500 ext 4277

Padre Gord Mintz
(Anglican) Office 833-2500 ext 5785

Padre Curtis Duclos (Baptist)
Det Dundurn Office (306) 492-2135 ext 4299

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

Sunday Services (English Only) 0900 hrs

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

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

Baptisms The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

Protestant Chapel Guild meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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

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Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.



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Aries

(March 21 - April 19):

You're smart enough to know how to manage more than you're currently doing so don't get flustered if others need you to take care of their projects, children, or property. You'll do a great job no matter the task. Thanks to prior experience, you're ready to face almost anything.

Taurus

(April 20 - May 20):

You're feeling strong and confident. You have the tools you need to do what you have to do. Being a perfectionist can be exhausting but significant changes can occur when you apply this characteristic properly. Consider feedback you receive from others regarding your input.

Gemini

(May 21 - June 2):

If others have not valued you of late you will be vindicated and seen in a positive light because of your dedication and commitment. You complete tasks even when the circumstances are not optimum. Those you work for will back you if things get dicey.

Cancer

(June 22 - July 22):

Nothing is going as quickly or as well as you wish it would. But the key to resolving this is right in front of you. Heed the obvious. Consider who you trust and why you trust them. Ask for proof and get everything in writing as you go along. Take time to investigate things yourself.

Leo

(July 23 - August 22):

You have an aura of something special about you which draws people to you and makes it easy to convince them your plans are good. Still exercise restraint in using your considerable charm. Taking advantage of a situation may seem fine but using people will backfire on you in the end.

Virgo

(August 23 - September 22):

Learn how to keep your emotions balanced as this affects your energy. You're drawn to places that are safe and secure so you can restore your sense of wellbeing. Work to create or find a natural environment for yourself. You'll learn more about a special someone.

Libra

(September 23 - October 23):

Deeper aspects of yourself surface as you explore a new talent. You are a trustworthy, hard working person however events outside your control can impact at this time. Fight for what you believe in and don't compromise your principles. If you lose, gracefully move on.

Scorpio

(October 24 - November 21):

Show your strength, expertise and flair. You have to do things because you love to do them and then hope they are valued. It's not a given that others will appreciate all you do or that they will care about your dreams so listen mainly to your own muse. Invest in your future.

Sagittarius

(November 22 - December 21):

You're caught up in craziness; torn between doing what you want to do and doing what you think must be done. Review details carefully and slow down. Relax. You'll meet your deadlines. If you rush or are distracted, you could miss something important.

Capricorn

(December 22 - January 19):

When things don't go as planned you could end up second guessing yourself. Deal with unfinished business. Make necessary changes if something isn't working for you. You have a great deal to offer. It's not what you do but how you do it that is important.

Aquarius

(January 20 - February 18):

Here's the chance for you to shine. Show what you are capable of. You'll be given what you want, but that's because you've earned it. You may be offered a position of responsibility or importance. Others realize you are worth your weight in gold.

Pisces

(February 19 - March 20):

Day to day concerns keep intruding on your efforts to relax. And hidden agendas and outstanding issues pull you back to reality, too. Allocate time for creative pursuits but keep your plans private to avoid the sabotage tactics of those who don't see your priorities as legitimate.

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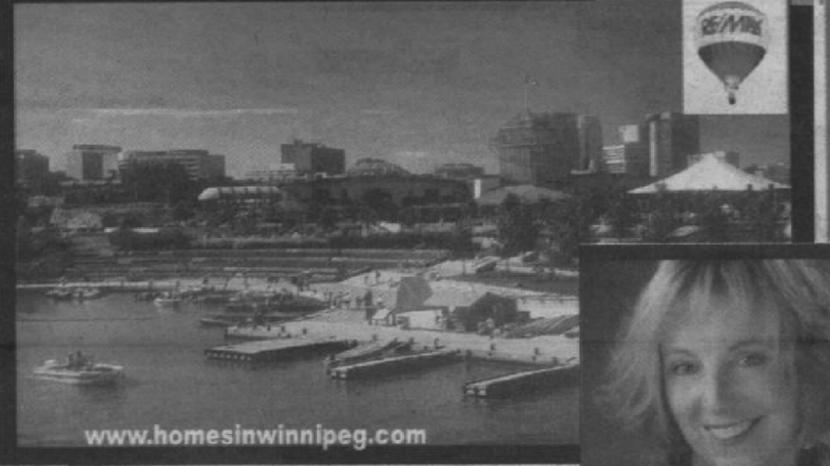
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