



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

January 11, 2017

VOLUME 66, ISSUE 1

Digging Out!



RP Ops / Roads and Grounds was busy digging out the Wing last week. According to Environment Canada 2016 saw the latest snowfall ever in the city on November 22 but the city then had the second largest December snowfall in a century.
Photo: Bill McLeod, Voxair Manager.

In this issue:

BURMA VETERAN VISITS WING

PAGE 3

DEER LODGE VETERANS ADOPTED BY WING

PAGE 4

A LOOK BACK AT 2016 WITH THE VOXAIR

PAGE 7

QUILTS OF VALOUR MAKE PRESENTATION TO IPSC

PAGE 11

YELLOW RIBBON GALA COMING SOON

PAGE 13

PATIENCE AND KINDNESS IN THE NEW YEAR

PAGE 15

THE VOXAIR

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



DOMENICA'S FLORAL DESIGN

2255-G Ness Avenue (at Whytewold 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



Confused about your options?

Vous vous sentez dérouté?

TFSA CELI

RRSP REER

Getting started is easy,
let us show you the way.



C'est facile de partir du bon pied.
Laissez-nous vous orienter.

Make an appointment with a
SISIP Financial Advisor

SISIP.com

Prenez un rendez-vous avec un
conseiller de la Financière SISIP

Mutual funds provided through FundEX Investments Inc.



Les fonds mutuels sont offerts par l'intermédiaire
de FundEX Investments Inc.

THE VOXAIR
Give us a call: 204-833-2500 ext. 4120
Find out the benefits of advertising with us

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 Genevieve Lehoux Dep Wing Commander (204) 833-2500 ext 5281	Martin Zeilig Photojournalist (204) 833-2500 ext 6976	Broose Tulloch Layout/Ad Design
Rick Harris Managing Editor (204) 833-2500 ext 4299	Maureen Walls Sales Coordinator (204) 895-8191	Misra Yakut Accounting
Bill McLeod Voxair Manager (204) 833-2500 ext 4120	Capt McCulloch-Drake Wing Public Affairs Officer	Traci Wright Proofreading
		Printed By Derksen Printers 204-326-3421

Visit Us Online: 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.

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

ÉCOLE ROMÉO-DALLAIRE
DIVISION SCOLAIRE FRANCO-MANITOBAINE
81, chemin Quail Ridge, Winnipeg (Manitoba)
<http://rdallaire.dsfm.mb.ca>

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

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

435 Sqn Burma Vet visits Wing Sports Trivia



On Friday, 2 December 2016, Les Slingsby, 435 Squadron Burma veteran, and his grandson, Mark Behrendt visited 17 Wing Winnipeg to see the restored DC3 Dakota aircraft. During WW II, Leading Aircraftmen (LAC) Les Slingsby, was an airframe mechanic / rigger, stationed at Pizpur Base on the Burma-India border. Mr. Slingsby discussed the many duties that he fulfilled on the Dakota while serving overseas, passing on the information onto his grandson. Photo: Sgt Daren Kraus

by Martin Zeilig, Voxair Photojournalist

At one point during his impromptu conversation with Second World War veteran Mr. Les Slingsby, Wing Commander Colonel Andy Cook ripped off the 435 Squadron patch on his flight uniform and presented it to his 93 year old interlocutor.

It was a fitting gesture.

After all, Mr. Slingsby was an original member of 435 Squadron "Chinthe" Transport and Rescue Squadron when it was first formed at Gujrat, India in November 1944. The squadron conducted airlift missions using the famous Douglas Dakota aircraft (DC-3) in the China-Burma-India theatre of operations, notes the Royal Canadian Air Force website.

Mr. Slingsby and his grandson, Mark Behrendt, were here on December 2 to visit the DC-3 with the moniker "Pattie Anne" painted in bold letters on the left side just under the cockpit window, parked at the back of Stephenson Parade Square. They were hosted by Sergeant Daren Kraus, Wing Public Affairs Photojournalist.

Mr. Slingsby, a native of Winnipeg, was an airframe mechanic during the war. He served with the RCAF in Burma, where he worked on the DC 3.

In his original email request to Sgt Kraus, Mr. Behrendt, 31, an elementary school teacher in Winnipeg, noted that his grandfather was very excited about the possibility of visiting the DC-3 at 17 Wing.

During his tour of the plane Mr. Slingsby, who has a remarkable memory for detail, was explaining to his grandson about the various maintenance work, such as repairing tires and guide wires (among many other tasks), he used to do on the plane.

Significantly, the Dakota aircraft on display here was refurbished in May 2014 to commemorate the 435 Transport and Rescue Squadron's 70th anniversary, says a brass plaque bolted on the fuselage, near the door.

"The aircraft was acquired by the RCAF in late 1944 and was initially numbered 12973," says the plaque. "It was renumbered 12956 when the forces were unified in 1965 and flew up with Base Flight, Cold Lake, Alberta until its retirement in January 1975."

It was "the pivotal aircraft in making mass transportation by air a reality," according to an online history

of the plane. "Nothing before it had accomplished that. Most aviation historians agree that the DC-3 is the most important aircraft in the history of the world."

"It's a honour to meet you," said Col Cook, who was accompanied by Wing Chief Warrant Officer Mike Robertson, to Mr. Slingsby, during their conversation in the Wing Public Affairs Office at Wing HQ afterwards. "As one 435 Squadron member to one from the past, let me say 'thank you' for your contribution to the Burma Campaign, which formed the identity of this squadron."

Mr. Slingsby, who was working for the CPR as an apprentice boiler maker/welder, joined the military at age 19 in 1942.

"I tried to join the Navy," he said, while sitting in his four wheeled transport chair. "They weren't recruiting. So, then I went to the Air Force and got in as an airframe mechanic."

He noted that after initial training in Winnipeg he took technical training in Toronto for three months. After that, he ended up in Montreal as a mechanic with Ferry Command, ferrying of new aircraft from factory to operational units.

"After Ferry Command, I ended up in Moncton, New Brunswick with 164 Transport Squadron," Mr. Slingsby said, noting that they were transporting planes to Newfoundland-Labrador. "We were there when 435 Squadron was formed."

Mr. Slingsby and his fellow squadron members went by ship to England several months afterwards.

Sometime later, the squadron, in Mr. Slingsby's words, "hedge hopped" from Great Britain over the English Channel to France and then on to Sardinia, Cairo, Egypt, to Karachi, which was then part of India (now the largest and most populous city in Pakistan) and then to Gujarat-- a state in Western India.

His squadron eventually transferred to Burma.

One of the lesser known areas where Canadians made a contribution during the Second World War was in the Asian countries of India and Burma. Approximately 8,000 Canadians served in this area during what became known as the Burma Campaign.

"The most important point was your fellowship with other members," Mr. Slingsby stressed, noting that each plane in the squadron was serviced by a mechanic and a Leading Air Craftsman. "I'd fly one day and the mechanic would fly the other day. When you came in (after a flight), you'd check your plane over-- the tires, and all the controls on the aircraft. Then, the next morning, the mechanic would check over the engines and again at night."

He also recalled feeling the tremors of an earthquake on August 6, 1945, the same day that a United States Air Force B-29, the Enola Gay, dropped the atomic bomb on Hiroshima. It was sheer coincidence that both happened at almost the same time. Mr. Slingsby said they found out about the A- Bomb a short time later.

"Some of the fellows even wondered if they could have felt the bomb," he said.

Mr. Slingsby said his most significant memory was of the guys he served with during the war.

"Especially, those who got killed," he added, noting that after the war he returned to the CPR and later was hired by the City of Winnipeg. He also served as an elected school trustee for a number of years.

Sports Trivia

CFL Football and the Grey Cup

by Tom Thomson and Stephen Stone

1. What was the original cost of the Grey Cup?
2. Which professional team has won the greatest number of Grey Cups?
3. Which team has the greatest number of Grey Cup losses?
4. Which team has the greatest number of Grey Cup appearances?
5. Which Grey Cup game had the largest attendance?
6. In the CFL, Hank Ilesic, Bill Stevenson and Jack Wedley have one thing in common, what is it?
7. Which players have the greatest number of Grey Cup MVP awards?
8. The Dick Suderman Trophy is awarded annually for the Most Valuable Canadian in the Grey Cup. Who has won it the most?
9. Which quarterback holds the record for the most passing touchdowns in a Grey Cup game?
10. Which team holds the record for the most consecutive Grey Cup victories?
11. In their history, the Hamilton Tiger-Cats have retired only two numbers. Who wore them?
12. Who played the most games in the CFL?
13. Who holds the record for the most consecutive games playing in the CFL?
14. Who holds the record for most career touchdowns in the CFL?
15. Who holds the record for most career rushing touchdowns in the CFL?
16. Who holds the record for more career punt return touchdowns in the CFL?
17. Who holds the record for the longest field goal in the CFL?
18. Who holds the record for the longest punt in the CFL?
19. This Halifax native won a Vanier Cup, two Super Bowls, and a Grey Cup, the only player to do so.
20. Which CFL quarterback holds the Pro Football record for most career passing yards?

Sports Trivia Answers on page 18



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

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

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.



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

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

Military Spouse Awarded 15 Wing Commander's Commendation



15 Wing Commander, Colonel O'Reilly presents Mrs. Purll a Commander's Commendation with Husband Sgt Purll and LCol Rosenlund at 17 Wing, Winnipeg on December 13, 2016. Photo: Cpl Paul Shapka

by Sgt Michael Purll, 402 Squadron

Ever since she was very young, Cheryl Purll had a deep affinity for her Grandfather, Albert (Al) Mulholland. Al was an RCAF veteran of WWII as a mechanic serving both in Britain and Canada on the Fairey Battles, a light bomber / trainer.

Every Remembrance Day, Al would make a point of taking his granddaughter, Cheryl, to the services from when she was 6 years of age. It was important to him to explain the meaning of this day and why it is important that all Canadians remember. Remembering those that brought us peace, those that survived, and those that did not; even the families that gave up their sons and daughters or welcomed them home broken. It was important to him to remember the sacrifice of so many and to en-

sure that the importance and significance of the day did not die with his generation. It left a lasting impression on her, one that she now shares with her children.

Spending a good portion of her formative years living with her Grandfather, as he resided closer to the school she attended, Cheryl's relationship with him grew. Al very much enjoyed busying himself woodworking in his workshop and Cheryl would often spend time listening to him relaying stories of his comrades and himself, and the antics they would get up to. Due to the strong relationship she had with him, Cheryl felt a deep sadness and sense of loss that came with his passing several years ago.

In 2011, Cheryl's husband, Mike, brought home information on the Adopt-A-Veteran program that Mr. George Stetina spearheads every year for 402 Squadron. Upon hearing there were veterans in our neighbourhood that didn't have immediate family in the area and sometimes 'go without' during the holiday season, she decided something needed to be done. It is in her Grandfather's memory that she devotes her time and resources into making fleece blankets for the veterans.

When she noticed there were several veterans requesting sweaters on the list her husband brought home 5 years ago, she knew what needed to be done. She had recently been shown by her daughter's skating coach how to make fleece blankets by methodically slitting and tying the edges of two pieces of fleece together. Although time consuming to make, Cheryl was able to get some donations from some of the fabric stores in Winnipeg to help her on her quest. She wanted to make enough blankets to give to all the veterans who self-identified as not having any family in the area. The first year, she made 10 blankets and was able to meet her goal, as well as making extras for the Sticky Floor silent auction to assist with Mr. Stetina's fundraising for the Adopt-A-Veteran program.

In the years that followed, the demand for blankets has increased by at least 10 every year. Often her fam-

ily loses their kitchen table in late October to Cheryl's passion of remembrance. With donations made from businesses and military members last year she was able to secure enough fleece to manufacture over 40 full size blankets and 5 lap blankets for the veterans, while also leaving a small reserve of fleece to get her started for the 2016 'blanket season'. In the last few years, friends and neighbors have learned of Cheryl's annual endeavour and have been known to drop by and lend a hand on a blanket or two!

To some, 10, 20, or 40 blankets in a few months may not seem like a lot, but when you consider Cheryl works full time, often in excess of 50 hours per week as a professional Sign Language Interpreter, the sheer magnitude of what she accomplishes every year really starts to come to light. In fact, her interpreting job often has her working shiftwork, evenings, weekends, and pager calls. In years past (and this year is no exception) this endeavour has also coincided with other volunteer activities she devotes her time to including chairing fundraising committees and leading fund raising drives for various organizations. In 2013 and 2015 she set records for Sturgeon Heights Safe Grad, bringing in around \$10,000, more than triple what had been raised in previous years.

Cheryl never seeks credit for what she does, it's just part of her nature. If asked, she will admit that she is a small part of a bigger picture, and will point out that she wouldn't be able to do any of these activities without the support of the businesses or individuals that donate, and her friends and family.

On December 13 her "small part" in support of veterans was officially recognized as Colonel O'Reilly presented Mrs. Purll with a 15 Wing Commander's Commendation.

To her, this is for Al, her Grandfather... being able to bring a little warmth into another veterans life just as he did for her.

Deer Lodge Centre Veterans Adopted by 17 Wing



Thanks to member and staff generosity, now in it's 18th year, the Adopt-A-Vet Program was a big success. Over a hundred gift bags were delivered to vets at the Deer Lodge Centre. Photo: Cheryl Purll

by Martin Zeilig, Voxair Photojournalist

On December 14th, a veritable small fortress of colourful gift boxes were stacked up on the floor and on a large table at the Life and Learning Centre, located on the second floor of the Deer Lodge Centre (DLC), 2109 Portage Avenue.

Each box contained a variety of brand new items, including: knit cardigans, socks, dress shirts, deodorant, razors, shampoo, hand lotion, tissue papers, and many other types of necessities. There was even an iPod with head phones for one fortunate recipient. They were all part of the annual 17 Wing charitable activity, Adopt-A-Vet, which provides gifts for veterans at DLC. The Adopt-A-Vet concept was started 18 years ago by retired CAF member George Stetina, a civilian employee at 402 Squadron. He was OPI for the occasion. Rosie Skiora, Manager of Recreation and Volunteer Services at DLC, lauded Mr. Stetina for his ongoing commitment to Adopt-A-Vet.

The informal afternoon gathering was attended by about thirty five DLC residents, most of them veterans of the Second World War, staff members from the centre,

and about 20 personnel from 17 Wing, including Base Commander Colonel Andy Cook and Wing Chief Warrant Officer Mike Robertson. DLC staff served refreshments to the guests. Musical entertainment was provided by local musician, Leo Gosselin, who played a variety of holiday songs on his Chapman Grand Stick-- a member of the guitar and bass family, which introduces a full two-handed piano technique applied directly to strings.

"With the available number of personnel on 17 Wing, there is a real potential to give these veterans a very happy holiday season," Stetina said. "They need to know that we haven't forgotten them. We must let the veterans know that we are thankful for their service and for our freedom. Although the staff at Deer Lodge do the best they can, they do not have the resources to ensure that Christmas is special for each and every veteran, or see that they have more than the basic necessities the rest of the year. It's grown to a higher level with the whole Wing involved. But, the vets are declining (in numbers). Last year, we did 135 gifts for vets and this year it's 104."

Col Cook commented that he and WCWO Robertson were very pleased to be in attendance to support the Adopt-A-Vet gift exchange.

"It's an honour to be able to spend time with some of Canada's war vets," he said

Second World War veteran Alf Waters, 98, was born and raised on a farm near Morris, Manitoba, and is now confined to a wheelchair. He was pleased to be part of the afternoon's event. It gave him an opportunity to reminisce about his time as a private during the war. He also joined the Army Reserves in 1950 and served for an additional fifteen years, retiring as a Warrant Officer.

"I was in the field artillery," Waters said. "I was in the Italian Campaign, and also in Belgium and probably elsewhere too in Europe. I was a mechanic during and after the war. I had to keep the trucks rolling."

According to the DLC website, 2016 marked the 100th anniversary of the DLC. In 1916, Deer Lodge Hospital was established as a military convalescent hospital for returning WWI soldiers. In 1983, the facility was transferred from a Veteran Affairs Canada hospital

to a provincially managed facility. In 2002, the Centre became an operating division of the Winnipeg Regional Health Authority. Today veterans continue to be treated along with a large population of community patients. There are 140 personal care beds maintained exclusively for veterans.

"This is incredible," Rosie Skiora said. "It's very beneficial to the vets. Each August of early September, George gives me a call asking what the vets need. Often times our lists are very small because their needs are taken care of here, and their rooms are small. But, sometimes one of the vets gets more than what we've asked. This generosity is amazing."

baldwinson
INSURANCE BROKERS

**HOME INSURANCE!
TENANTS INSURANCE!
CAR INSURANCE!
DRIVERS LICENSES!**

204-889-2204

**17 WING WINNIPEG
in the CANEX BUILDING**

autopac

A Manitoba Public Insurance product

Int Op Writes Novel about Vimy Ridge

Canadian serviceman publishes first in adventure series from 'Great War' history



Leading Seaman David McColl . Photo: Supplied

by Sara Keddy, Managing editor, The Aurora Newspaper, 14 Wing, Greenwood, NS

Leading Seaman David McColl describes what he knew growing up in Scotland about the First World War experience as “pretty terrible,” other than being taught about the war’s impact on social change in Great Britain. He’d heard about the Battle of the Somme, but thinks, overall, his early understanding of the “Great War” wasn’t “quite accurate.”

All that has changed.

McColl, an intelligence operator at Canadian Forces Intelligence and Command headquarters in Ottawa, has spent years researching the First World War as the setting for the first of what he plans will be an eight-book historical fiction series following the adventures of a lieutenant in the Princess Patricia’s Canadian Light Infantry. “Shadow of Vimy” starts his series at one of Canada’s pivotal historic moments as a nation – again, something he had to learn about.

With a unique perspective as his family moved from Scotland to Canada in 1998, McColl, then 15, received

the basic high school Canadian history education his new schoolmates did. It was the first time he’d ever heard of the Battle of Vimy Ridge, or much at all about any Canadian contribution to the First World War. As he got older, enlisting in the Canadian Armed Forces in 2002, he was exposed to more Canadian history, learning about how Vimy was a “fundamental changing factor in the war.

In service over the years since with Her Majesty’s Canadian Ships Algonquin, Regina and Calgary; McColl had the opportunity to visit Ypres in Belgium. He was amazed with the Belgians’ care of war cemeteries dedicated to Canadians, Australians and the French and British; the continuing “iron harvest” from former battlefields and that the people “haven’t forgotten the Canadians.” In 2012, when the Canadian Mint released the Frontier Series of bills featuring the Vimy national monument, McColl knew its silhouette wasn’t as well recognized as it should be.

“I realized we were losing knowledge we had of those experiences – and it is so unfair to the memory of the people who made a contribution,” he says.

A great reader of historical fiction himself, and with the urge to write, McColl felt “people like to learn while they are being entertained.” So started his series.

“You’re allowed a certain amount of liberty with fiction, but you’re constrained by actual history. You can create characters with that leeway, but there is always the major worry, ‘How would this come across to people who have all the facts and research?’”

McColl feels like he captured the “big story” of the battle, but his main character’s “small story” has given him the opportunity to share what war was like for one man. He drew on his research through family diaries, letters home from the front, public broadcasting documentaries, battlefield tour operators and museum curators. He especially credits Canadian historians and authors Pierre Berton and Norm Christie for their exhaustive war storytelling.

As for McColl’s fictional Lieutenant Thomas Kirby, there is an interesting set of connections between real-life Victoria Cross recipient Lieutenant Hugh McKenzie, Kirby and McColl himself. McKenzie was born in Inverness, Scotland – where McColl grew up; and McKenzie’s “valour and leadership” during the culminating Second Battle of Passchendaele October 30, 1917, was the “catalyst” for Kirby’s character and story.

“I never had anything to do with the infantry,” McColl says of his own military service, recognizing now “the huge factor infantry placed in the history of the Great War.”

He has deeper respect for his own family’s naval service, a shadowy history from his own youth that has since been fleshed out during his own search for First World War experiences.

“My great-grandfather was a Royal Navy stoker in the First World War, and my grandfather was a stoker during the Second World War. And, there has always been great family support for my own military service.”

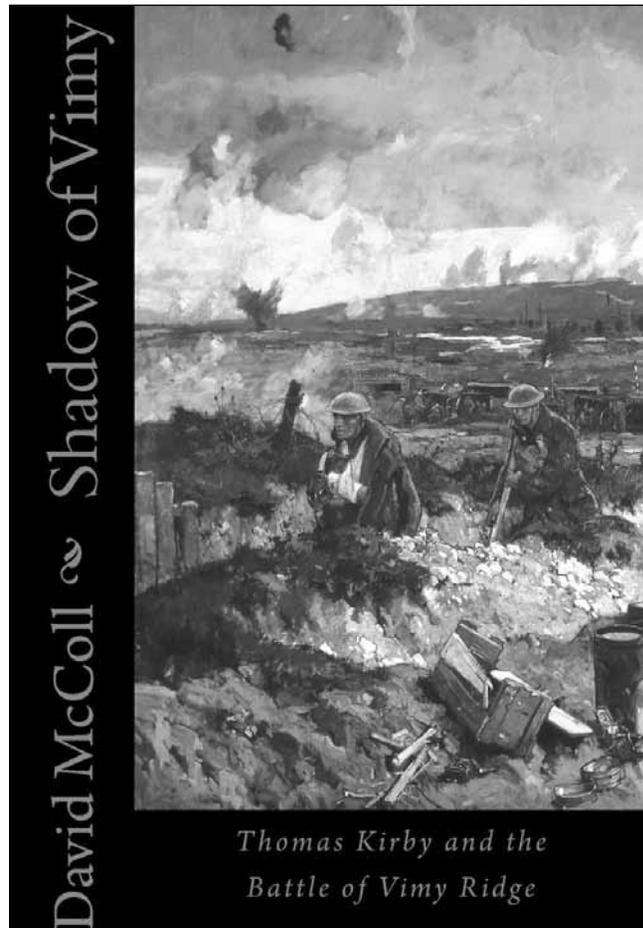
“Shadow of Vimy”

It is 1917, and the men of the Canadian Corps have gathered together, all four divisions for the first time since the war began; to assault the formidable German fortress of Vimy Ridge. After two years of intense fighting, neither the French nor the British have been able to oust the entrenched Germans, and Field Marshal Haig has turned to the only men he believes stand a chance of taking the ridge from them: the Canadians.

Thomas Kirby is a lieutenant in the Princess Patricia’s Canadian Light Infantry, a veteran of the war since the bloody fields of Ypres. He is aided by his trusted sergeant, American volunteer Frank Bennett, and together they wait in the shadow of Vimy Ridge.

When a dangerous German prisoner escapes with the aid of a traitor, Kirby leads a manhunt to apprehend him before he can return to German lines with vital information, which could spell doom for the upcoming Canadian offensive.

It is a story of murder and betrayal set among the mud, blood and carnage of the Great War, where, in the shadow of Vimy Ridge, a nation waits to be born



Shadow of Vimy is available in paperback and e-book format from Amazon/ Kindle. Proceeds from sales will support the Vimy Ridge Foundation, Wounded Warriors Canada, Soldier On and the Royal Canadian Legion.

MFRC hosts Deployment and Reunion Program Brunch and Bowl



A group of youngsters enjoying breakfast with the man himself, Santa Claus. Photo: Jamie Doherty, MFRC

by Jamie Doherty, MFRC

The MFRC Deployment and Reunion Program hosted Breakfast Brunch and Bowl with Santa at St James Lanes on Sunday December 4th from 9:30-Noon.

Over 80 adults and children of all ages came out to the event. The one thing all families had in common was that they were experiencing one of the phases of deployment; preparing for an upcoming deployment, currently experiencing a deployment, or recently reunited from a deployment.

Colonel Andy Cook, 17 Wing Commander, Wing Chief Warrant Officer Mike Robertson, and Joel Roy, Executive Director of the MFRC, also attended this event.

The event started off with a delicious breakfast of pancakes, sausage, fresh fruit, coffee, and juice catered by St. James Lanes in their party room that was decorated for the season.

A special guest then joined us (Santa!) and had a

chance to chat with all of the children and their families as he toured around the room. Santa handed out candy canes and each child got to leave with a pair of festive looking Christmas socks filled with some goodies.

The families were then able to participate in glow in the dark bowling for just over an hour. The whole facility was reserved just for our party.

It was a fabulous event that provided an opportunity for families and children to get to know one another, created support networks and overall just have a fun and stress free morning.

If you would like more information on how the Deployment and Reunion program can provide additional support services to you and your family, please contact Jamie Doherty of the MFRC Deployment and Reunion Program at Jamie.doherty@forces.gc.ca

The MFRC Op-Deployment Program would like to wish you all a Very Merry Holiday Season.

Thirty-two Years of Service Without a Uniform



Monique Danylchuk received a Government of Canada certificate of service from Col Iain Huddleston Director of Fleet Readiness, 1 CAD and Canadian NORAD Region during a farewell lunch in Winnipeg.
Photo: Capt Sue Ireson, Fleet Readiness

Captain Wright Eruebi, PAO, 1 CAD

Royal Canadian Air Force civilian employee Monique Danylchuk never wore the uniform in her 32-years of service with the Canadian Armed Forces, but in every other way she was military to her core. As her illustrious career winds to an end on November 11, 2016, many at 1 Canadian Air Division and Canadian NORAD Region will miss her.

A smoldering Bosnia-Herzegovina that was struggling to rise from the ruins of the bitter Balkan war would form one of the highpoints of Danylchuk's career. In 1996, Canada joined an international effort that was helping the Bosnian people return to daily life without fear. Canada named that effort Operation PALLADIUM. ROTO 13 included Danylchuk who deployed with the 2nd Battalion, Princess Patricia's Canadian Light Infantry as a Travel Coordinator. Danylchuk was an employee

of the Canadian Forces Support Agency and had volunteered to be deployed with the Patricias. The move was rare for a civilian at the time.

Born and raised in rural Woodridge, Man, Danylchuk had never ventured outside Canada before. Her deployment to Bosnia-Herzegovina opened her eyes to many firsts. Seeing firsthand Bosnia mortally wounded by war awakened a sense of patriotism that Danylchuk had never known before. She said, "The experience quickly put into perspective for me the security and comfort of Canada that I used to take for granted."

Danylchuk said that although she remembered her pre-deployment training well, once on the ground in Bosnia, the reality of the sights and sounds were beyond anything she could have prepared for.

"I saw many contrasts, like the beautiful scenery in the countryside that were dotted with homes that had been blown apart. I saw women washing clothes in the stream, young children

guarding livestock, and kids who begged for 'bon-bon,' a type of chocolate treat. Grownups begged openly in the marketplace. It broke your heart. It made you appreciate the life you left back home in Canada," Danylchuk said.

Danylchuk's bravery might have come from her father who served with the Canadian Army as a military police officer before Monique was born. She says she remembers him as she grew up: "I saw people look up to him and they trusted him. It made an impression on me. It made me think that the military would be a good place to work."

Danylchuk would devote her entire career in service to Canada. She began with Canada Border Services where she served for four years. Then she joined the Canadian Forces Recruiting Centre in Winnipeg for six

years. By 1995, the Manitoba Regional Cadet Support Unit Headquarters in Winnipeg wanted someone with Danylchuk's skills. She applied and got the job. Danylchuk went on to serve Canada's cadets for seven years where her work influenced many young lives. Meanwhile, half way across the world, the Bosnian war raged. Unbeknown to her at the time, her career path had already made her uniquely qualified to join 38 Canadian Combat Brigade as a civilian. It was just in time for her to offer to deploy with the 2nd Battalion, Princess Patricia's Light Infantry and she was chosen.

Upon her return to Canada from Bosnia, Danylchuk was re-employed at the Canadian Forces Recruiting Centre where she served as the administrative secretary to the Commanding Officer. Shortly afterwards, Danylchuk was invited to 1 Canadian Air Division and Canadian NORAD Region in 2009 to relieve a senior administrative secretary and she quickly established herself as a quick learner. Danylchuk's position was confirmed and she would go on to serve out the rest of her time for the Crown.

Danylchuk served as administrative assistant to six Directors of Fleet Readiness at 1 Canadian Air Division and Canadian NORAD Region. In that time, she saw two of her bosses promoted to general, including Major-General Christian Drouin, the current Commander of 1 Canadian Air Division and Canadian NORAD Region.

Colonel Iain Huddleston, the current Director of Fleet Readiness, says Danylchuk's retirement marks the end of an outstanding career: "Monique may not have worn the uniform but she has provided the continuity and corporate knowledge that has been critical to those who wear the uniform. Around here, my staff and I will miss her, and I'll lean forward to say that I speak for the Commander and the entire 1 Canadian Air Division and Canadian NORAD Region family that she will be missed in so many ways."

Danylchuk plans to power down on work and spend more time with Lawrence, her husband, of 36-years. She also plans to visit her two grown sons, Nicholas and Nathan, in British Columbia more, and ride her motorcycle across Canada

RCAF Music Makes the Season Bright



"The Grinch" cast posing in Moose Jaw: Sgt Steve Champ, narrator, Sgt Marleau Belanger, Cindy Lou-Who, Sgt Cindy Scott, Sgt Katrina Limberatos and Sgt Annie McCrady as people of Whoville and Sgt David Grenon as The Grinch.
Photo: Becky Major, Voxair Photojournalist

By Becky Major, Voxair Photojournalist

Every December the Royal Canadian Air Force Band gears up to spread some holiday cheer around the prairies with their annual Christmas concerts. This year the band entertained audiences in Moose Jaw and Winnipeg while raising money for the United Way in both locations. The concert, titled "Tracking Santa Around the Globe", included holiday pieces from a variety of countries and promised excitement for audiences of all ages.

lowed for the performance of bigger works like "Fantasy of Carol on the Bells" by Robert Buckley. This piece was commissioned for the Naden Band in Victoria, BC while Capt Clark was their director and was his favourite on the program.

The largest work of the concert was an arrangement of Dr. Seuss' "The Grinch." A few of the band's own members dressed up as characters for the piece including The Grinch, the Narrator and the people of Whoville. But the

"The theme [Around the Globe] opened up a lot of possibilities for repertoire selection," explained the band's Commanding Officer, Captain Matthew Clark, "We were able to include pieces in many different languages thanks to our talented singers." These languages included songs in French, English, Filipino and Wendat/Huron, an Iroquoian language.

The holiday show this year signified a change for the band as they are beginning to reintroduce the traditional concert band back to the public. Usually this show would only feature Jetstream, the group's 20-piece show band, but this year the addition of concert band musicians al-

most popular actor was Sgt Marleau Belanger who portrayed a shy and timid Cindy-Lou Who. The audience burst into laughter as he shuffled on stage wearing a nightgown, a wig and carrying a giant Christmas ornament. For the Winnipeg show, the band was joined by Al Simmons, a Canadian children's performer who has won a Juno award for Best Children's Album. Mr. Simmons played the role of the Grinch and brought along his own props including his oversized binoculars and home made trumpet. His trumpet fanfare was one to rival the band's own trumpeters!

Another guest who joined the band for the Winnipeg performance was Member of Parliament for Winnipeg Centre Robert-Falcon Ouellette who played a traditional drum during "Huron Carol." He congratulated the band on their wonderful performance and expressed what a joy it was to play with the group. The RCAF band was also due to feature Loreena McKennitt, a well known Canadian composer and singer born in Manitoba; however, due to poor weather conditions, she was unable to travel to Winnipeg.

Audiences were enthused at the shows in both Moose Jaw and Winnipeg. During the piece "Dans nos vieilles Maisons", a traditional Québécois piece written by Muriel Millard in 1960, audiences were clapping along on their feet. Major Petra Smith, a member of 15 Wing Moose Jaw, was in attendance with her two sons Owen and Andrew. Major Smith had previously worked in Winnipeg and was already a fan of the RCAF Band before moving to Moose Jaw. When asked what her favourite song was she couldn't pick just one. "I loved the peaceful Japanese song [Touch of Light], but of course All I Want for Christmas is always a classic!"

The Voxair Looks Back at 2016



January

440 Sqn members and 38 CBG members prepare to load a snowmobile into the back of a CC-138 Twin Otter providing air support to 120 soldiers of the Arctic Response Company Group during Exercise First Run in Gimli, Manitoba, and on the ice of Lake Winnipeg on the weekend of January 15-17. The exercise is in preparation for Exercise Arctic Ram in February, when the ARCG will travel to Nunavut. The troops practiced search techniques, transportation using Light Over-Snow Vehicles and winter survival skills. Photo: Cpl Jean Archambault, 38 CBG Public Affairs/ Affaires publiques du 38e GBC

- Mike Manny, piano man
- 23 Health Services Change of Command



February

17 Wing Winnipeg plays CFB Edmonton during the first round of the 2016 Prairie Region Women's Hockey Championships, on February 1st, 2016 at the MTS Iceplex, Winnipeg, Mb. Photo: Cpl Darryl Hepner, 17 Wing Imaging, Winnipeg

- RCAF Band tours Winnipeg Schools
- 1 CAD member is chief official for swimming
- 17 Wing hockey teams compete at Regionals



February

A student from Canadian Forces School of Survival and Aeromedical Training (CFSSAT) constructs a shelter in Crystal City during the Air Operations Survival Course in Resolute Bay, Nunavut from January 29-31, 2016. Photo: Cpl Justin Ancelin, 17 Wing Imaging

- Men's Prairie Regional Curling Championship
- Last Dakota Navigator trainer remembered
- SAR Tech memorial jump in Trenton



March

Winnipeg Jets' Mark Scheifele 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

- 402 Sqn heads south for foreign airport training
- 38 Brigade exercises in the Arctic at Resolute Bay
- 2016 Yellow Ribbon Gala



March

Members of the Nijmegen team stretch after their first march training at CFB Winnipeg MB, on 8 March 2016. Photo: Cpl Gabrielle DesRochers

- 17 Wing Women's Volleyball team win Prairie Regional Championship
- Spring weather makes WinterFest a success
- 17 Wing member wins powerlifting gold medal



April

402 Squadron took flight on 16 March 2016 with an aircrew where 6 out of 8 members were female. 1st Row: Capt Melissa Couturier, 2Lt Karina Dabolins, 2Lt Paige Campbell, 2Lt Abigail Edwards, Capt Jennifer Finateri, Capt Geneviève Dussault. 2nd Row: Capt Hooman Shirazi, 2Lt Chris MacKnight. Photo: Capt Geneviève Dussault

- Cvet's Pets help members with PTSD
- Manitoba Airshow to return this summer
- 435 Sqn Change of Command

The Year in Review

April



Winnipeg may finally be experiencing spring weather but for 440 Squadron supporting Task Force operations and ensuring a steady flow of supplies and personnel during Operation NUNALIVUT on April 9, 2016, it's still winter. Photo: Cpl Parks, Task Force Image Technician

- Military spouse and her sister star on Ellen show
- HMCS Winnipeg Command Team visits the city of Winnipeg
- Griffin Archive a treasure trove of information

May



The RCAF Band released a video on Sunday, May 1, that was filmed in 11 Hangar last October. Please page 8 for the complete story on their concert at the Manitoba Theatre For Young People (MTYP). Photo: Bill McLeod, Voxair Manager

- CFSAS hosts Arctic transformation discussion
- RCAF Run will host Snowbirds and CF-18
- What do Padres actually do?

May



The Wing Commander's Challenge helped launch the Health and Wellness Challenge on Wednesday, May 11. The rain ended just in time to make the run a pleasure although some street flooding caused the route to divert that morning. Photo by MCpl Rick Ayer.

- Soldier For A Day gives hands-on experience to civilians
- 17 Wing DAAG tells their stories to Nelson McIntyre Collegiate students
- Spitfire Band tours middle east to entertain deployed members

June



Canadian Forces (CF) Search and rescue technician (SAR Tech) WO Glen Hood glides to the ground at the Canopy Control Course in Gimli, Manitoba, May 18th, 2016. Photo by Ordinary Seaman Erica Seymour.

- 3 CFFTS and 435 Sqn rescue threatened canoeists
- Astronauts make a stop in Winnipeg
- Voxair reporter jumps with the SAR Techs in Gimli

June



The Canadian Forces Snowbirds fly past prior to the start of the 8th Annual Royal Canadian Air Force (RCAF) Run, at 17 Wing, Winnipeg Manitoba, on 5 June 2016. Please see pages 6-7 for more RCAF Run coverage. Photo: MCpl Rick Ayer

- Are you as fit as a fire fighter?
- Dreams take flight for special kids
- Wing Commander's Honours and Awards

July



Flags flew at half staff in Winnipeg last week in memory of Captain Zachary Cloutier-Gill and Captain Bradley Ashcroft who lost their lives in a civilian aircraft accident. Photo: Bill McLeod, Voxair Manager

- Deer Lodge celebrates 100th anniversary of caring for veterans
- Meet the new Chaplain
- Air Cadets celebrate 75 years in Manitoba

The Voxair Looks Back at 2016



August

Naty is about to smash the ball during a game of cricket on the 17 Wing Sports Field during a Day Camp activity during the dog days of summer last week. The Day Camps are a great way for kids to stay healthy and active during the summer break. Photo: Bill McLeod, Voxair Manager

- VETS Canada helps homeless vets in distress
- 435 Sqn defends Pacific at Rimpac
- Singer's goal is awareness of PTSD



August

17 Wing Winnipeg's OCdt Maduako Ezechukwu, #9 in blue, and CFB Edmonton's Cpl Ivan Yaruk, #4 in white, battle for the ball during the Prairie Regional Championship game at 17 Wing Winnipeg, Manitoba, on August 15th, 2016. Photo: OS Erica Seymour 17 Wing Winnipeg, Imaging.

- 17 Wing leads RCAF in restructuring initiative
- 435 Sqn locates overdue boaters during SAR season
- Coping with grief at 17 Wing



September

Master Corporal Brandon Terry helps a young girl with the 17 Wing Fire Hall obstacle course, during the 17 Wing Winnipeg Fall Fair on September 10, 2016 at Canadian Forces Base Winnipeg, Manitoba. Photo: Cpl Beaudin 17 Wing Winnipeg, Imaging.

- 38 CBG dusts off their flying kitchen
- Experience of a lifetime for 17 Wing Nijmegen marchers
- Herc pull kicks off annual GCWCC campaign at 17 Wing



September



Top: The Honourable Harjit Sajjan, the Minister of National Defence, takes questions at a town hall meeting at 17 Wing on September 13. Left: The Battle of Britain ceremony was held at the Garden of Memories on September 18. Right: Ralph Wild, who served during the Battle of Britain, lays a wreath at the ceremony. Photos: Cpl Daryl Hepner, Sgt Daren Kraus, and Cpl Paul Shapka.

- Hubbell scholarships awarded to deserving cadets
- Care and Share Golf tournament a great success
- Aboriginal Leadership Opportunity Year with the CAF



October

The first ever Morale-A-Palooza was held at 17 Wing on 28 September 2016 to celebrate the Canadian Forces Morale and Welfare Services 20th Anniversary. The CFMWS mission is to enhance the morale and welfare of the military community. Photo: Bill McLeod, Voxair Manager

- Ukrainian officers learn Canadian ways
- 435 Sqn member wins Queen's Medal for top shot
- Furry friends are blessed at 17 Wing Chapel



October

A Search And Rescue (SAR) technician jumps out of a CC-130 Hercules, on October 4, during the 2016 Chinthex Search and Rescue Exercise in Lethbridge, Alberta. Photo: Cpl Darryl Hepner, 17 Wing Imaging

- Master Sensei holds last seminar at 17 Wing
- Nav who graduated 60 years ago flies again
- 17 Wing plays for CAF Sports Day in Canada

The Year in Review

November



The 402 Sqn Pipes and Drums march down Portage avenue, Winnipeg towards the St. James Legion concluding the Remembrance Day Ceremony held at Bruce Park on November 11, 2016. Photo: Cpl Paul Shapka, 17 Wing Imaging.

- Piper achieves lifetime dream of playing at Vimy Ridge
- Society honours the memory of Sir William Stephenson
- DND / CAF Ombudsman visits 17 Wing and meets with staff and members

December



Holiday greetings and memories of 2016 from 17 Wing command.

- 435 Sqn hosts informational spouses day at hangar
- Pilot pays back first flight - nearly 40 years later
- WComd's Hockey tournament promotes esprit de corps

<p>WEIGHT wellness Lifestyle Program</p> <p>Combine good nutrition and physical activity for a healthy lifestyle!</p>	<p>Wednesdays 1 February - 22 March 2017 0800 - 1100 hrs</p> <ul style="list-style-type: none"> • Real life eating for real people • Manage hunger & food cravings • Incorporate physical activity • Maintain motivation • Set realistic goals • Look beyond the fads • Find community resources 	<p>Free!</p> <p>Free for military members, DND employees and their adult family members! For more information or to register please contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca</p>
--	---	---



CARSTAR thanks the men and women that serve our country.

CARSTAR proudly offers:

- Collision repair
- Auto glass repair & replacement
- Rust Check
- Out of Province insurance accredited
- AIR MILES® reward miles*

Military Personnel and Family

2 for 1

Rust Check Special




*AIR MILES® reward miles not applicable on MPI claims.

<p>CARSTAR on Saskatchewan 2750 Saskatchewan Avenue Winnipeg, Manitoba 204-837-2399 saskatchewan@carstar.ca</p>	<p>CARSTAR on Fife..... 204-632-7712 CARSTAR on Henderson..... 204-338-1551 CARSTAR on Chevrier..... 204-475-7193 CARSTAR Stonewall..... 204-467-4329</p>	
---	--	---

Language Training Centre Student Promoted



On Wednesday, 7 December 2016, Colonel Andy Cook, 17 Wing Commander, promoted Warrant Officer Darrell Bedard, Language Training Centre student, to the rank of Master Warrant Officer. Photo: Sgt Daren Kraus

Quilts of Valour Presented to IPSC

by Martin Zeilig, Voxair Photojournalist

A modest size white patch, with bold black lettering, is stitched onto the lower left edge of "Glorious and Free"-- the name of an impressive 1 x 2 metre quilt with a giant red Maple Leaf at its centre. The patch indicates that the quilt was designed by Brandy Lynn Maslowski and was made by the Manitoba Branch of Quilts of Valour with fabric donated by Northcott Canada, a fabrics company.

Edith Taylor, a Quilts of Valour representative, presented "Glorious and Free" to Frank Emond, the Services Manager, Integrated Personnel Support Centre, on December 14. The quilt now hangs on a wall in the reception area.

Besides the "Glorious and Free" quilt, Edith Taylor and two other quilters, Brenda Reaume and Lori Sproule donated two large plastic bags of quilts to IPSC. All of the women are members of Prairie Quilters, as well as Quilts of Valour members.

"Working on the quilts has given me a sense of purpose, and a satisfaction of being able to help others in a way that we can share quilted hugs," Ms. Taylor said. "It comes from our hearts."

She added that they had support from quilters in Flin Flon and other communities in Manitoba and expressed



Frank Emond, IPSC Services Manager with Manitoba Quilters President Edith Taylor and quilter Lori Sproule display one of the many donated quilts. This quilt is titled "Glorious and Free." Photo: Martin Zeilig, Voxair Photojournalist

her hope that the quilts will help ease the pain of those service people suffering with Post Traumatic Stress Disorder, and other medical challenges.

Mr. Emond said that he's been dealing with the Quilts of Honour organization since 2009 after receiving a phone call from Ms. Taylor. "She asked me if I'd heard of Quilts of Valour. Once she explained it to me, I quickly agreed to meeting with her and to present these quilts to personnel, who are being medically released from the military." The quilts bring comfort to people who have issues like PTSD and other medical challenges, which may lead to their release from the military, he said.

Mr. Emond emphasized that the large "Glorious and Free" quilt symbolizes Canada, and will enable clients to see the values they've been defending. "I just don't give the quilt. I present it to the person as a measure of respect for those who make the quilt," he said.

Quilts of Valour - Canada was founded in 2006 by Lezley Zwaal in Edmonton, Alberta. Quilts Of Valour - Canada acknowledges the significant contributions

made by injured Canadian Armed Forces members and veterans.

The Quilts of Valour website says that they create specially designed quilts for presentation to injured CFA members and veterans. The positive response they received from Quilts of Valour recipients motivated the expansion of Quilts of Valour - Canada.

Quilts of Valour - Canada Society is a Registered Charity with the Canada Revenue Agency and is a Federal Not-for-profit Corporation with Corporations Canada.

"Our mission is to ensure that injured Canadian Forces members are recognized for their service and commitment to our country. We give this support through the presentation of quilts to comfort our past and present Canadian Forces members," says their website.

Over seven thousand injured CFA members and veterans have received quilts so far and the organization has goals of reaching ten thousand by 2018.

STRESS: Take Charge!
A Canadian Forces Program
Le stress : ça se combat!
Programme des Forces canadiennes



Want to increase your stress hardiness, enhance your performance, ramp up your resilience?

Stress: Take Charge!
23 & 24 January 2017
0800 - 1600 hrs

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

Le stress: Ça se combat!
23 et 24 janvier 2017
0800 h à 1600 h

Health Promotion in the Canadian Forces
STRESS MANAGEMENT
ENJEUX DE SANTÉ DANS LES FORCES
Promotion de la santé dans les Forces canadiennes

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

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

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

HOOK & SMITH 201-3111 Portage Ave., Winnipeg, Manitoba R3K 0W4
Barristers, Solicitors & Notaries Public
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.



award winning
Assiniboia Animal Hospital

Gentle with Pets & Prices

889-5570
3050 Portage Avenue

www.pspwinnipeg.ca

January 2017 ACTIVE KIDZ bld 33

Children's Program
Ages 4 to 12 years
Free with a Membership
\$2 per child with no membership

Tuesdays 1630 - 1930
Thursdays 1630 - 1930
Saturdays 0915 - 1130

Tuesday	Thursday	Saturday
10 Paper Planes Mini Floor hockey	12 Finger Painting Tag Games	14 Paper Hats Circle Games
16 Popsicle Stick crafts Soccer	18 Paper Fortune Teller Ball games	21 Picture Frames Bean Bag toss
23 Bead Bracelets Soccer baseball	25 Heads up 7-up & Stamps Obstacle Course	28 Bubble art Minute to win it
30 Pictionary Frisbee Games		

February 2017 ACTIVE KIDZ bld 33

Children's Program
Ages 4 to 12 years
Free with a Membership
\$2 per child with no membership

Tuesdays 1630 - 1930
Thursdays 1630 - 1930
Saturdays 0915 - 1130

Tuesday	Thursday	Saturday
7 Valentine's Day Cards Scooter Games	2 Heart Hangers Balloon Volleyball	4 Valentine's Day Coloring Team Building Games
14 Valentine's Day Card Holders Badminton	9 Valentine's Day Cards Tag Games	11 Valentine's Day Cards Circle Games
21 Paper Lanterns Tag Games	16 Weaving Wheels Capture the treasure	18 Monograms Bowling
28 Magic Scratch Obstacle Course	23 Bookmarks Mini Floor Hockey	25 Masks Bean Bag toss

Registration for Winter Swimming Lessons 2017

Is ongoing
Classes begin the week of Tuesday January 10th 2017



Cours de Natation Session de hiver 2017

Est en cours
Les classes débutent le mardi le 10 janvier 2017

www.pspwinnipeg.ca

GOOD FOOD BOX PROGRAMME DE LA BOÎTE VERTE

17 WING WINNIPEG 17^E ESCADRE WINNIPEG

A community-based program designed to encourage healthier eating through the promotion of fresh fruits & vegetables!

Il s'agit d'un programme communautaire qui a pour but d'encourager une alimentation saine grâce à une plus grande consommation de fruits et de légumes frais!

It is a bulk-buying program that aims to lower your grocery bill by buying bulk, fresh fruits & vegetables from local farms & distributors.

Afin de diminuer le montant de votre facture d'épicerie, les fruits et légumes sont achetés en grosses quantités auprès des fermiers et des distributeurs locaux.

THE BOXES ARE PREPARED MONTHLY!
Chaque boîte contient divers fruits et légumes frais, nutritifs et de qualité. Le choix dépend de la saison et des occasions d'achat au meilleur prix.

ORDERS CAN BE PLACED ONLINE AT www.pspwinnipeg.ca

PASSER SA COMMANDE PAR INTERNET À www.pspwinnipeg.ca

JAN	FEB / FÉV	MAR / MARS	APR / AVR
ORDER BY / DATE LIMITE 13 JAN 2017	ORDER BY / DATE LIMITE 10 FEB / FÉV 2017	ORDER BY / DATE LIMITE 10 MAR / MARS 2017	ORDER BY / DATE LIMITE 13 APR / AVR 2017
PICK UP / RAMASSER 18 JAN 2017	PICK UP / RAMASSER 15 FEB / FÉV 2017	PICK UP / RAMASSER 15 MAR / MARS 2017	PICK UP / RAMASSER 19 APR / AVR 2017

Pick up between 1600 - 1730 hrs / Ramasser entre 16 h à 17 h 30

Small Box \$17 / Petite boîte 17 \$
Large Box \$27 / Grande boîte 27 \$

NO ORDERS ACCEPTED AFTER THE DEADLINE. / AUCUNE COMMANDE NE SERA ACCEPTÉE APRÈS LA DATE LIMITE.

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

Free! MOVIE NIGHTS 2017

TOM HANKS
THE UNTOLO STORY BEHIND THE MIRACLE ON THE TUNDRA
SULLY
FILMED WITH IMAX CAMERAS

WEDNESDAY 11 JANUARY
Doors Open - 1830 hrs • Show Time - 1900 hrs
BLDG 90 THEATRE
SNACK AVAILABLE FOR PURCHASE • \$1 EA.

MORE FREE movie nights to come!
FEB 8

For more information contact: deanne.bennett@forces.gc.ca • Ext. 7013

Free Family Movie Night Sunday January 15

Doors Open - 1500 hrs • Show Time - 1530 hrs
BLDG 90 THEATRE

Next Movie Night Feb 12

Popcorn & Slushies available for purchase - \$1 each

INTER-COMM

A skills building course designed to IMPROVE personal communication skills
Un cours de développement des aptitudes de communications interpersonnelles

PRESENTED BY / PRÉSENTÉ PAR
MFCRC CRFM ET ENERGISER LES FORCES

TUESDAYS & THURSDAYS / LES MARDIS ET JEUDIS
February 21, 23, 28 & March 2 / 21, 23, 28 février et 2 mars
9 am - 12 pm / 9 h - 12 h

Childcare is available for children ages 18 months to 5 years old / Le service de garde est offert pour les enfants de 18 mois à 5 ans

FOR INFORMATION OR TO REGISTER CALL / POUR INFORMATIONS OU POUR VOUS INSCRIRE
204-833-2500 ext/poste 4150

REGISTRATION DEADLINE: FEBRUARY 14, 2017 / DATE LIMITE D'INSCRIPTION: 14 FÉVRIER 2017



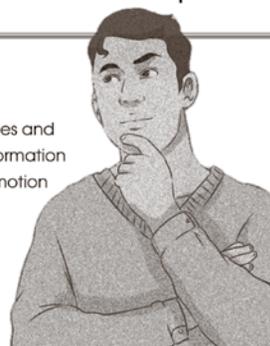
Let's Talk

How to reduce morale further - how you and your people can stay miserable

Free!
Friday, 27 January 2017
1200-1400hrs

Sometimes good intentions do not have the desired impact.
Come explore common strategies that are utilized and discuss the impact they have on individuals and the workplace.

Free for military members, DND employees and their adult family members! For more information or to register please contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca



Mental Fitness and Suicide Awareness

It's one thing to look after your body. Just don't forget about your mind.

Mental Fitness & Suicide Awareness: Supervisor Training
This course is course coded!
19 January 2017
0800 - 1600 hrs

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

Force Mentale et Sensibilisation au Suicide - Formation du Superviseur
Il s'agit d'un cours auquel on a attribué un code!
19 janvier 2017

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprit.

Sensibilisation à la santé mentale et au suicide





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

Stress Free Child Care

For each 30 day period that a parent is away on a deployment, the family is granted \$60 (per family) in Stress Free Childcare money. These funds are not for day to day childcare fees, rather it is meant for casual childcare (either through the MFRC Occasional Childcare Centre or a caregiver of your choice in your home). Certain exceptions apply for frequent deployments (e.g. 435 Sqn.). For more information on this program, please contact jamie.doherty@forces.gc.ca or 204-833-2500 Ext 5391.

Service de garde durant le déploiement

Pour chaque période de 30 jours que le parent militaire est déployé, sa famille peut recevoir jusqu'à 60 \$ par mois pour des services de garde. Ces fonds ne sont pas accordés pour couvrir les frais de garde quotidiens mais sont plutôt destinés à la garde occasionnelle d'enfants (soit par le Programme du garde occasionnelle du CRFM ou par un fournisseur de service de garde de votre choix). Un formulaire doit être rempli et remis à la coordonnatrice du programme dans les 3 mois suivant la provision du service de garde. Certaines exceptions sont applicables pour les déploiements fréquents (ex : Escadron 435). Pour de plus amples informations concernant ce programme, contactez jamie.doherty@forces.gc.ca ou 204-833-2500 poste, 5391

Mature Women's Group

Join us for an evening of coffee and conversation as we discuss topics geared to midlife. If you're a 45+ woman this is a great way to meet others and share your wisdom and expertise about navigating life's journey.

Monday, January 16

7:00 to 9:00 p.m.

Free

Registration deadline: January 13

Groupe de dames – 45+

Joignez-vous à nous pour une soirée de café et de conversation touchant la force de l'âge. Si vous êtes une femme âgée de 45+ ans, vous aurez l'opportunité de rencontrer d'autres femmes et de partager avec elles votre sagesse et vos expériences de vie.

Lundi 16 janvier

19h - 21h

Gratuit

Date limite d'inscription : 13 janvier

Présenté en anglais

French Coffee North Side

Join us each Wednesday morning for a coffee and chat with Francophones. We alternate our locations between the MFRC and the South Side Youth Centre. Make sure to check our schedule.

Wed., January 18

9:30 to 11:00 a.m.

Free

Presented in French

Child care is provided for children 18 months to 5 years old.

Café français - Côté nord

Joignez-vous à nous les mercredis matins pour prendre le café et jaser entre francophones! Nous alternons nos cafés français entre le CRFM et le centre jeunesse sur le côté sud. Surveillez notre horaire.

Mercredi 18 janvier

9 h 30 - 11 h

Gratuit

Programme d'halte accueil

Présenté en français

Le service de garde est offert pour les enfants de 18 mois à 5 ans

French Adult Activity - Joie de Vivre

Catch fur trade fever at Fort Whyte Alive! Experience true voyageur joie de vivre by snowshoe as you play games and explore artifacts. Stop by the cabane à sucre and soothe your sweet tooth with some snow taffy. This uniquely "Manitoban" fun is not to be missed!

Sunday, January 22

1:00 to 3:00 p.m.

Fort Whyte Alive, 1961 McCreary Rd

\$10 per person

Registration deadline: January 18

Activité en Français pour adultes - Joie de Vivre

Attrapez la fièvre de la traite de la fourrure à Fort-Whyte! Venez revivre la joie de vivre du voyageur en jouant des jeux dans la neige en raquette et en découvrant des items historiques. Nous ferons un tour à la cabane à sucre pour un peu de tire sur la neige. Cette expérience « manitobaine » est à ne pas manquer!

Dimanche 22 janvier

13 h - 15 h

FortWhyte Alive, 1961, ch. McCreary

10 \$ / personne

Date limite d'inscription : 18 Janvier

Présenté en français

Happiness Project

Based on the International bestseller 'The Happiness Project'. Discuss and share ways to make our lives more fulfilling. Each group member will require a copy of the book to read and reflect. Books may be preordered for \$15.

Monday, January 23

1:30 to 3:30 p.m.

South Side Youth Centre, 347 Doncaster St.

\$15 for first time participants

Registration deadlines: January 16

« Happiness Project »

Basé sur le bestseller international, « The Happiness Project », nous discuterons et partagerons des moyens pratiques pour épanouir notre vie. Chaque participant doit se procurer une copie du livre pour lire et pour réfléchir. Le livre peut être précommandé au CRFM pour 15 \$.

Lundi 23 janvier

13 h 30 - 15 h 30

Centre Jeunesse – sud 347, ch Doncaster

15 \$ pour le livre

Date limite d'inscription : 16 janvier

Présenté en anglais

Volunteer Information & Orientation Evening

Planned especially for new and potential volunteers, this evening is also a great opportunity for current volunteers to refresh their understanding of the Volunteer Program and share their experience with new volunteers. We will look at the roles and responsibilities of volunteers, the volunteer opportunities available at the MFRC, and how to have the best volunteer experience possible.

Thursday, January 26

7:00 to 9:00 p.m.

Free

Registration deadline: January 20

Child care is provided for children 18 months to 5 years old with pre-registration.

Soirée d'information et orientation pour bénévoles

Prévue en particulier pour les bénévoles, cette soirée est aussi une occasion pour les bénévoles actuels de rafraîchir leur compréhension du programme de bénévolat du CRFM. Nous allons examiner les rôles et les responsabilités des bénévoles, les possibilités de bénévolat offertes au CRFM et la façon d'avoir la meilleure expérience de bénévolat possible.

Jeudi 26 janvier

19 h - 21 h

Gratuit

Date limite d'inscription : 20 janvier

Préinscription pour la garde d'enfant.

Managing Back and Leg Pain

This is a self-care method which can help reduce lower back pain, lower leg and foot tension. Using the techniques found in Yoga, you will discover ways to ease tension and pain in your own home, on your own time.

Monday, January 30

Monday, February 6

Mon., March 13, 20

7:00 to 8:00 p.m.

\$20 for all four sessions

Registration deadline: January 23

Bring a yoga mat and wear comfortable clothes.

Gestion de la douleur au dos et aux jambes

Ceci est une méthode d'auto-soins qui peut aider à réduire la douleur au bas du dos, aux jambes et aux pieds. Vous découvrirez des moyens d'atténuer la tension et la douleur par vous-même. Apportez un tapis de yoga et portez des vêtements confortables.

Lundi 30 janvier

Lundi 6 février

Les lundis 13 et 20 mars

19 h - 20 h

20 \$ pour 4 sessions

Date limite d'inscription : 23 janvier

Présenté en anglais

Guest Speaker / Conférencière d'honneur
KIM MILLS
Author of the Blue Ribbon, military spouse
member of 3 year military family volunteer /
Auteur du Blue Ribbon, épouse militaire, membre
de 3 ans de participation des familles de militaires

Entertainment by / Musique de la
The Royal Canadian Air Force Band
Musique de l'Aviation royale canadienne

Yellow Ribbon Gala
2017

VICTORIA INN Hotel and Convention Centre
1808 WELLINGTON AVE.

2017
Cocktails 6:00 pm – Dinner 7:00 pm
Music & Casino following dinner
Cocktails à 18 h – Dîner à 19 h
Musique et casino déjeunent
après le repas

Gala des rubans jaunes

Saturday **FEBRUARY 18 FÉVRIER** le samedi

\$100 per person* or Table of 10 for \$900
100\$ par personne ou 900\$ pour une table de 10

INCLUS: VERNISAGE, DÎNER, MUSIQUE EN VIVANT, CASINO
INCLUS: VERNISAGE, DÎNER, MUSIQUE EN VIVANT, CASINO

DRESS: FORMAL ATTIRE, INDISPENSABLE ACCEPTABLE
TENUE: TENUE DE SOIRÉE OU COWBOY

For ticket information / Pour obtenir des renseignements sur les billets **204.833.2500 ext / poste 4500**

MFRC/CRFM - 102 Comet Street / 102, rue Comet - Winnipeg, MB R2S 2C6 - 420px - 420px

Today's Trivia Answers

1. \$48.00.
2. Toronto Argonauts – 16. (Edmonton Eskimos are second with 14 victories.)
3. Saskatchewan Roughriders – 15.
4. Winnipeg Blue Bombers – 24. (Winnipeg has won the Cup 10 times.)
5. 65th (November 27, 1977) – 68,318 people saw the Montreal Alouettes defeat Edmonton 41-6 at Olympic Stadium in Montreal.
6. All three have won seven Grey Cups.
7. Three players have won the MVP three times; Doug Flutie, Damon Allen, and Sonny Wade.
8. Don Sweet (K) – Alouettes – 1974, 1977, 1979. Dave Sapunjis (SB) – Stampeders – 1991, 1992, 1995.
9. Russ Jackson – Ottawa Roughriders (1969) – four.
10. Edmonton Eskimos – five (1978-1982).
11. #10 Bernie Faloney (QB); #10 Angelo Mosca (DT).
12. Lui Passaglia (K/P/WR) – B.C. Lions – 408.
13. Bob Cameron (P) – Winnipeg – 353.
14. Milt Stegall (SB) – Winnipeg – 147.
15. George Reed (RB) – Saskatchewan – 134.
16. Henry "Gizmo" Williams (WR/PR/KR) – Edmonton – 26.
17. Paul McCallum – Saskatchewan – 62 yards (October, 27, 2001, vs. Edmonton).
18. Zenon Andruzyshyn – Toronto – 108 yards (October 23, 1977, vs. Edmonton), Christopher Milo – Saskatchewan – 108 yards (October 29, 2011, vs. Hamilton).
19. Tyrone Williams (WR) – Vanier Cup – University of Western Ontario – 1989; Super Bowl – Dallas Cowboys – 1993, 1993; Grey Cup – Toronto – 1996.
20. Anthony Calvillo – Montreal – 79,816.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Be careful not to focus so much on what you expect, that you miss what is really happening. Foster loving relationships through kind words and actions. Get lots of rest to avoid angry outbursts you'd regret. Share what you have. Declutter. Donate what you know you'll never use.

Taurus (April 20 – May 20): Following your bliss is high on your list of things to do in 2017. Factor in the time it takes to deal with essentials when planning adventures and projects. Rely on the help of others when their expertise is greater than yours. Otherwise, strive to be self-sufficiency and independent.

Gemini (May 21 – June 21): Your energy might seem very low, but this is just a phase. You'll soon feel stronger and revitalized. At that time you can tackle outstanding challenges and new changes easily. Until then determine what excites and interests you. Focus on these things when your energy returns.

Cancer (June 22 – July 22): When you're in charge you feel like you must deal with issues, set an example and have all the answers. This can make life a lot of work. Stop trying so hard to make a good impression all the time. Let life flow and see how it goes. There is a time to work and a time to relax.

Leo (July 23 – August 22): Pooling your resources with someone else increases your economic status. Partnerships are also a way to gain the benefits of another's knowledge. Sharing the load is an added bonus. Don't get caught up in the cycle of buying what's "in." Consider the pluses to minimalist living.

Virgo (August 23 – September 22): Be proud of all that you've accomplished. It's not always obvious right away but if you care about what you do and do it with consideration, putting in your best effort, you will see positive results. Prioritize responsibilities. Deal with challenges. Spend time with children.

Libra (September 23 – October 23): Live in the moment. Make choices that increase your joy in life and improve your chances of success. Wanting to experience kinship and kindness. Celebrate when you achieve a goal. Deal with a sense of isolation by reaching out to those people you'd like to know better.

Scorpio (October 24 – November 21): You've got the urge to pull up stakes and move on. Your budget will ultimately determine how far you can go. Alert others if your choices will impact on them. And though they are entitled to their opinions, don't let this limit your life. It's about boundaries and respect.

Sagittarius (November 22 – December 21): Others praise your competency and care. This eases any inner angst when you're caught between your expectations and reality. When you are pushed to make a change you're not as flexible as you'd like others to think you are. Prepare to make a difficult choice.

Capricorn (December 22 – January 19): Teach others what you know. Share your feelings. Enjoy time with loved ones. Initiate meaningful chats. Be open to what others say, even if you don't like what you're hearing. Changes in key relationships affect your whole life and give rise to an inner sense of urgency.

Aquarius (January 20 – February 18): Host a pot luck or find a cozy place where you can relax with friends and family. Avoid large crowds. Enjoy good music. Do more of what feeds your soul and fires up your spirit. Rediscover an activity you once loved. Hone a talent. Immerse yourself in a special cause.

Pisces (February 19 – March 20): Set your course. Make specific goals based on what you feel most strongly about changing. Identify the steps required to be successful. Be honest about your strengths. Ask for assistance with what challenges you. Get in the game. Stretching is good for your mind and body.

PERSONAL CLASSIFIEDS

MODEL AIRCRAFT FOR SALE AT AVIATION MUSEUM
Large selection of plastic model aircraft of all scales (1-32 ... 1-444) at great prices. While supplies last. Proceeds go to the Aviation Museum.

PLEASE CALL JOHN @ 204-885-2905
OR PAM @ 204-786-5503

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.

FOR APPOINTMENTS CALL 775-8368

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

PROUD OF OUR PAST



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

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

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



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



mmmm. . .
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering

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



Chaplain's Corner

Patience and Kindness

by Padre Emanuelle Dompierre (Mental Health Chap, 23 CF H Svcs C)

Ah, January! A time for resolutions, choices, and restraint. "This year I'm going to quit smoking, lose weight, stop biting my nails. I'll do this and I'll do that." In blows February 1st and there you are smoking, ashamed, blaming yourself for not making it happens. You get discouraged and you decide the resolution can wait until next year.

But what does that desire to change really mean? Maybe we're not happy with who we are. We want to be better, feel freer, be proud of who we are, move forward and so on. Which brings me to what this article is really about: change is both an exercise and a process. It's important to remember that achieving goals, no matter what they are, takes patience. It's a bit like training for

a half-marathon. Contrary to what many people believe, it's not just about heading out and running a little more than 21 km. In order to succeed, have fun and avoid injury, there are other steps that also need to be taken. Race training is sometimes spread out over many weeks and involves weight training, a nutritional program, a sleep schedule, appropriate equipment and plenty of motivational tools. Patience is part of that—patience while running and patience while preparing.

In that way, running a half-marathon becomes a process, and the chances of succeeding improve if all of those elements are in place to get us to the finish line. And there is a greater likelihood that the experience can be repeated if that process is coupled with patience. That patience also ties in with the patience we must show towards ourselves. I personally believe that being good to

yourself is the basis of any worthwhile process. If I were to treat the people who come to the mental health clinic the way they treat themselves, I'm sure they would never come back.

If there's one thing I wish for you this New Year, it's that you show yourself kindness, that you give yourself permission to have the patience to acquire the tools you need to be better, happier, freer, proud of yourself and to move forward—whether it's part of your resolutions or not. Crossing the finish line requires both the right preparation and running one kilometre at a time, accepting that the results might not be the ones you had hoped for. But remember, that doesn't diminish your value. Some goals take a lifetime to achieve. Happy New Year and, don't forget: patience!

Patience et Bonté

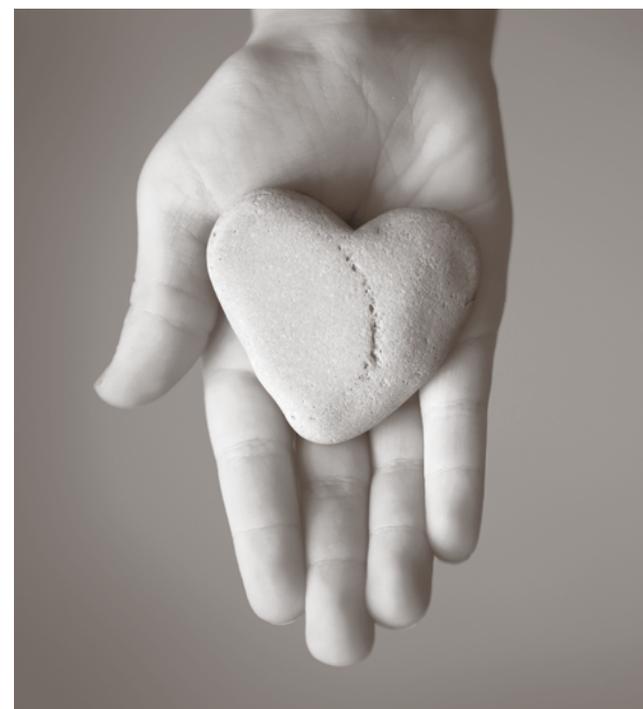
Padre Emanuelle Dompierre (Mental Health Chap, 23 CF H Svcs C)

Ah! Janvier! Mois des résolutions, des décisions et des restrictions. « Cette année je vais arrêter de fumer, je vais perdre du poids, je vais cesser de me ronger les ongles, je vais faire ceci et cela.» Arrive le 1er février et d'aucun, honteux, fume et se blâme de ne pas y arriver, se décourage et parfois remet sa résolution à l'année prochaine.

Mais qu'est-ce que le désir de changer veut dire au fond? Peut-être qu'on est pas heureux comme on est, qu'on a envie d'être mieux, de se sentir plus libre, d'être fier de soi, d'aller de l'avant et j'en passe. Ce qui m'amène au cœur du sujet de cet article; changer est à la fois un exercice et un processus. C'est pourquoi je veux rappeler que pour réaliser des objectifs, quels qu'ils soient, ça prend de la patience. Un peu comme l'est un entraînement pour le semi-marathon. Contrairement à ce que beaucoup de gens croient il ne s'agit pas de sortir dehors et de simplement courir pendant un peu plus de 21 km. Si l'on veut réussir, avoir du plaisir et éviter de se blesser il a quelques étapes de plus à respecter. Un entraînement à la course est parfois étalés sur de longues semaines, inclus des sessions de musculation, un programme nutritionnel, une hygiène de sommeil, un équipement approprié et toutes sortes de moyens en vue de rester motivé. La patience fait partie du lot; patience pour courir et patience pour s'y préparer.

En ce sens-là, courir un semi-marathon devient un processus car nos chances d'y arriver sont augmentées si tous les éléments nécessaires pour se rendre à la ligne d'arrivée sont en place. Par ailleurs, il y a aussi de fortes possibilités que ce processus additionné à la patience permette de répéter l'expérience à plus d'une reprise. La patience dont je fais mention ici est aussi en lien avec celle que nous exerçons envers nous-mêmes. Et être bon envers soi-même est, à mon humble avis, la base de tous les processus qui se respectent. Si je traitais les personnes qui se présentent à la clinique en santé mentale comme elles le font souvent envers elles-mêmes je suis persuadée qu'elles ne reviendraient plus.

S'il y a une chose que je vous souhaite en ce début d'Année est que vous ayez de la bonté envers vous-mêmes, que vous vous donniez la permission d'être patients pour avoir tous les outils dont vous aurez de besoin pour être mieux, heureux, plus libres, fiers de vous-mêmes et aller de l'avant que ce soit en maintenant vos résolutions ou non. Se rendre à la ligne d'arrivée implique nécessairement une préparation appropriée mais aussi de courir un km à la fois en acceptant que les résultats ne seront peut-être pas ceux escomptés. À cet effet rappelez-vous toujours que votre valeur n'en est pas pour autant diminuée et que certains objectifs sont parfois l'œuvre de toute une vie. Bonne Année et surtout, patience!



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

Padre Kevin Olive
(Pentecostal)
ext TBA

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

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

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

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

Padre Frederic Lamarre
(Roman Catholic Pastoral Associate)
ext TBA

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

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

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

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

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

MAIN OFFICES
Building 64,
Lower Level, North End.

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

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

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

CARE & SHARE BENEVOLENT FUND
Contact Wing Chaplain Office for further information.

Proudly assisting military members and their families for over 22 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



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. Kelly P. Land, B.A., LL.B. Mindy R. Lofchick, LL.B.
Alan R. Goddard, B.A., LL.B. Serge B. Couture, B.A., LL.B. Allan L. Dyker, B.A., LL.B.
Bruce D. Haddad, B.A., J.D. Katherine C. Misko, B.A., J.D.

Our fees conform to the ERS guideline

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

JUDY LINDSAY
Team Realty

We've Been There and Done That!



Joanne Robertson, CD
Military Relocation Specialist



Eldren Thuen, BA, CD
Military Relocation Specialist

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

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

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



ON THE MOVE IN 2017 ?



BROOKFIELD MILITARY RELOCATION SPECIALIST

204-987-9808

RE/MAX EXECUTIVES REALTY 3505 roblin blvd
terie@homesinwinnipeg.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 McGurruy
(204) 799-3022
mcgurruy@mts.net

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

