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# THE VOXAIR

The 17 Wing Community news source since 1952



Nora and Master Warrant Officer Maciej Witkowski and their son, Wesley, get up close and personal with Assiniboine Park Zoo mascot Winston the polar bear. Please see page 7 for complete story.  
 Photo: Martin Zeilig, Voxair Photojournalist

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# Manitoba Support Our Troops Scholarships Presented at 17 Wing

By Bill McLeod, Voxair Manager

Three deserving members of military families were presented with Support Our Troops scholarships at the 17 Wing Officers' Mess on Thursday, Feb 22.

The students included: Connor Stewart, studying Science at the University of Manitoba, Christiane Carthy, studying Psychology at the University of Winnipeg, and Caroline Jolivet, studying Science at L'Université de Saint-Boniface. Other scholarship winners were unavailable due to it being Reading Week in Manitoba.

The Master of Ceremonies for the presentations was Todd Stride, Senior Staff Adviser for Military Family Services, a division of the Canadian Forces Morale and Welfare Services (CFMWS).

On hand to present the scholarships were Colonel Andy Cook, 17 Wing Commander, Jon Reyes, Member of the Legislative Assembly for St Norbert and Special Envoy for Military Affairs for the Province of Manitoba, Ward Keith, Vice-President, Business Development & Communications and Chief Administrative Officer of Manitoba Public Insurance (MPI), and Rick Bochinski, Camp Director & WJHA Academic Outreach Coordinator for the True North Youth Foundation.

"In 2017, 28 scholarships were awarded to military family members, totaling a value of just over \$100,000," said Todd Stride. "My team at Military Family Services in Ottawa who manages the application process and disbursement process received over 400 applications from military family members across Canada.

It's a really competitive field."

Jon Reyes recognized the work of Ralph Eichler, the MLA for Lakeside, who championed the idea of Support Our Troops license plates in the province while in the opposition party.

"I myself am a veteran of 10 years of military service and I know firsthand the sacrifice that members and their families make in support of our freedoms," said MLA Jon Reyes. "That is why I am so proud we are able to offer Manitobans a license plate to proudly show their support for current members of the Canadian military."

17 Wing Commander, Colonel Andy Cook, thanked the two major sponsors of the Support Our Troops scholarships in the province, Manitoba Public Insurance and the True North organization. MPI supports Support Our Troops through the sale of the yellow ribbon license plates and True North, the parent organization of the Winnipeg Jets, gives \$100,000 a year as part of a deal struck for brand licensing.

According to Ward Keith of MPI, the Support Our Troops license plate program has been very successful.

"At Manitoba Public Insurance we have been so proud of the small role we have played in terms of introducing the specialty plate program in the province, and in particular, the Support Our Troops plate," he said. "For those of you who have the plate or have seen the plate I really do believe, no offence to our friends at True North who have their Winnipeg Jets plate,

that the specialty plate is the best looking one in the province."

"To date more than 2600 specialty license plates have been sold in the province and that has produced more than \$80,000 towards the Manitoba military scholarships," he added.

Rick Bochinski of the True North Foundation talked about the long history and special relationship between his organization and the military in Manitoba.

"True North is very honoured to have a partnership and a relationship with the military," he said. "It's very, very important, it starts right at the top with Mark (Chipman)."

"I'm inspired, after everything I've heard today, and I'm not the ultimate decision maker but it would be fantastic to see that relationship go beyond the 10 year mark, which I believe comes up in 2020 or 2021," Bochinski added.

On behalf of Support Our Troops, Col Cook presented the Spirit of Military Families coin to the Manitoba government and Manitoba Public Insurance, represented by Ward Keith and Jon Reyes, and to True North, represented by Rick Bochinski.

"In my two and a half years here I have only seen this coin presented one other time," Col Cook said.



Caroline Jolivet receives a scholarship during the Support our Troops Scholarship Presentations on February 22nd, 2018 at 17 Wing. (Left to right) 17 Wing Commanding Officer, Colonel Andy Cook, Mr. Ward Keith, Manitoba Public Insurance, Ms Caroline Jolivet, Pte Matthew Robitaille, Caroline's fiancé, and MLA Jon Reyes. All photos: Cpl Bryce Cooper



Ms Christiane Carthy (nee Jacques) receives a scholarship during the Support our Troops Scholarship Presentations on February 22nd, 2018 at 17 Wing Winnipeg. (Left to right) 17 Wing Commanding Officer, Colonel Andy Cook, Mr. Ward Keith, Manitoba Public Insurance, Christiane Carthy, and MLA Jon Reyes.



Connor Stewart receives a scholarship during the Support Our Troops Scholarship Presentations on February 22nd, 2018 at 17 Wing Winnipeg. (Left to right) 17 Wing Commanding Officer, Colonel Andy Cook, Mr. Ward Keith, MPI, Connor Stewart, Chief Warrant Officer Colin Stewart, and MLA Jon Reyes.

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17 Wing Commander, Colonel Andy Cook, representing Support Our Troops, presents the Manitoba Government, represented by Manitoba's Special Envoy for Military Affairs, MLA Jon Reyes and Mr. Ward Keith, Vice-President, Business Development & Communications and Chief Administrative Officer of Manitoba Public Insurance, with the Spirit of Military Family Coin during the Support our Troops Scholarship Presentations on February 22nd, 2018 at 17 Wing Winnipeg.



17 Wing Commanding Officer, Colonel Andy Cook, representing Support Our Troops, presents Mr. Rick Bochinski, Camp Director & WJHA Academic Outreach Coordinator for the True North Youth Foundation, with the Spirit of Military Family Coin during the Support our Troops Scholarship Presentations on February 22nd, 2018 at 17 Wing Winnipeg.

# Wing Helps Students Remember their Heritage



Bob Holliday with a Second World War photo of the Tod twins when they were stationed in England. All photos: Martin Zeilig, Voxair Photojournalist

## By Martin Zeilig, Voxair Photojournalist

Ernie and Doug Tod paid the ultimate sacrifice during the Second World War but the identical twin brothers, who grew up in St. Vital, are not forgotten.

They were commemorated with photographs and related memorabilia, including samples of wartime RCAF jackets, during a presentation by Captain Gord Crossley, 17 Wing Heritage Officer, on February 16 at Glenlawn Collegiate.

Bob Holliday, president of the St. Vital Historical Society and Museum also spoke about the Tod brothers prior to Capt Crossley's presentation.

"Like many others of their generation, the Tod brothers joined the armed forces during the Second World War," Capt Crossley said during his presentation before about 70 grade 11 students and some teachers in an informal gathering place at the school. "After Norberry Public School and Glenlawn High School, where they graduated with grade 10 in 1937, they found work at the Patricia Lake Gold Mines in Pickle Lake, Ontario in December 1939. In June 1940, they returned to Winnipeg."

They served together in the Royal Canadian Air Force.

"They insisted on serving in the same aircraft (something we would not allow today) and after surviving a ditching in the English Channel, for which one brother received a gallantry award, were both killed in action over Holland on 26 June 1943," said Capt Crossley. "They are buried side by side in Medemblik, Netherlands."

"I think it's very important to teach people history," said one grade 12 student, who's a member of the Air Cadets.

This was the first time he had heard of the Tod twins.

"We need to remember these peoples' sacrifices, otherwise it would all have been in vain," the student said. "I feel honoured to be able to tread on the same ground that they did. I don't take it for granted."

Warren Nightingale, Vice Principal of Glenlawn, called Capt Crossley's presentation "tremendously" informative and worthwhile.

"It brought to life the lessons that we teach to students," he said afterwards. "It's bringing alive, not just developing, good citizens in the world. We hold the story of the Tod brothers dear to our hearts. The story that Gord brought today is a true gift because it brings to life what a special place our building is, and because our greatest asset is our people. To learn about people who walked our hallways makes it a truly enriching experience."

Capt Crossley also brought along a gramophone, which is on the "Gramophone Memorial Tour".

The Gramophone has been with 17 Wing Heritage for some time and has been put on display at RCAF Mess dinners and taken to the St Vital Historical Society Museum a few weeks ago, said Capt Crossley.

After this, the gramophone will be displayed at Frontenac School, which will be twinned with Het Koggeschip School in Medemblik, Netherlands, he added.

"Dr Jeroen (Jay) Pinto, a family doctor from the Netherlands living in England, purchased an antique portable gramophone and originally used it to commemorate the RCAF crew of a Wellington bomber who were killed near Wilnis, Netherlands during the war," Capt Crossley commented. "The gramophone was played at the airfield that they flew from and the place where they crashed.

"The gramophone was later transported to Canada aboard the Canadian Warplane Heritage Avro Lancaster, one of only two flyable aircraft of this type left in the world. The Lancaster is marked VR\*A, the same markings as the 419 Squadron Lancaster in which Andrew Mynarski VC served (\* refers to the RAF roundel between the letters).

"The markings VR\*A inspired Dr Pinto to name this gramophone VERA. The name is also reminiscent of wartime singer Vera Lynn. 17 Wing Heritage has done some maintenance and restoration work on the gramophone and it is in good running condition.

It is about to go on tour again, this time to commemorate the Tod brothers, Ernest and Douglas, he added.

Capt Crossley even played a couple of old and brittle 78 (RPM) acetate records-- Glen Miller Orchestra songs (Delilah and Elmer's Tune) on the gramophone for his audience at Glenlawn.

One could imagine a wartime aircrew in their barracks after a bombing run listening to those same songs on a similar type gramophone.



Capt Gord Crossley at Glenlawn Memorial wall featuring the Tod Brothers photo, memorial plaque of all alumni who served, and gramophone from the era.

# Sports Trivia

## Winter Olympics 3 Trivia

by Stephen Stone and Tom Thomson

1. As a result of misconduct on the part of the French judge in Salt Lake City in 2002, this Canadian pairs figure skating team was awarded a co-gold medal with the Russian pair.

2. This Canadian cross-country skier is the only athlete ever to be awarded bronze, silver and gold medals for the same race in Olympic competition.

3. In 2002 this Canadian speed skater repeated her gold medal performance from 1998 in Nagano.

4. In which sport did Canada achieve its greatest success in 2002?

5. He was an integral part of Canada's double gold in ice hockey in 2002 with the "Lucky Loonie" thing.

6. Where are the two coins now?

7. Canada's double gold medals in hockey in 2002 were the first in 50 years. Which team won the previous gold medal in 1952?

8. In 2006 in Turin this Canadian became the oldest competitor to win an individual gold medal in Winter Olympic history.

9. In 2006 he became the oldest Canadian to win a gold medal in Winter Olympic competition when Brad Gushue recruited him to join his curling team.

10. Who is the oldest gold medal winner in Winter Olympic competition?

11. Her record as the youngest individual Winter Olympic gold medalist held for 70 years.

12. In 2006 this speed skater set the Canadian record for most medals by an individual in a single Winter Olympics.

13. In 2006 this Canadian became the only Olympian to win multiple medals in both Winter and Summer Olympics.

14. In 2010 in Vancouver, this skeleton racer gained instant folk hero status among Canadian sports fans by celebrating his gold medal victory with a big swig of beer on live television.

15. This Canadian was the first to win an Olympic gold medal on home soil.

16. These four Canadian women won gold and silver medals in two-woman bobsleigh in 2010.

17. What country set the record for most gold medals in a single Winter Olympics?

18. This competitor is the most decorated biathlete in Winter Olympic history.

19. Who was the most successful athlete at the 1980 Lake Placid Winter Olympics?

20. She is the only female speed skater to win 3 consecutive gold medals in one event in Winter Olympic History.

Sports Trivia Answers on page 14

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## Candidates wanted for Clearance Diver Occupation

Canadian Armed Forces (CAF) members interested in becoming Clearance Divers will be able to learn more during information sessions being held at bases and wings across Canada during the month of March.

“Any CAF member interested in finding out how to become a Clearance Diver is invited to attend,” says Lieutenant (Navy) Mike St-Pierre, Executive Officer of Fleet Diving Unit (Pacific).

It has never been easier to become a Clearance Diver as previous restrictions have been lifted. Voluntary Occupational Transfer is now open to any CAF member from any trade, with or without dive training. Provided you are qualified in your current occupation, meet the medical and fitness requirements, and have 48 months’ continuous service, you are eligible.

Clearance Divers are the masters of the underwater domain, and their primary mission is to locate, identify and neutralize explosive devices. They operate in a variety of environments from the deep sea to the rugged peaks of mountains to dry desert climates to the frigid waters of the Arctic, at home and abroad, and during times of peace and in war.

Clearance Divers operate in the most unforgiving environments employing sophisticated equipment and the latest technologies to achieve their mission. They are highly trained specialists who undergo intense, rigorous training, selected from the few who have what it takes to endure extreme conditions to achieve mission success.

The Clearance Diver occupation has a long and storied history. The first units were formed during the Second World War to disarm sea mines throughout Europe and the South Pacific. From their auspicious beginnings, Clearance Divers have been at the forefront of Royal Canadian Navy and CAF operations throughout the world, including operations in Afghanistan, Bosnia and Herzegovina, and most recently, Ukraine.

For more information:

- Information session schedule and training requirements (<http://esquimalt.mil.ca/FDU/Training/howtobeCD.htm>)

## Candidats recherchés pour le poste de plongeur-démineur

Les membres des Forces armées canadiennes (FAC) qui s’intéressent à la profession de plongeur-démineur auront l’occasion de se renseigner lors de séances d’information qui auront lieu en mars aux bases et aux escadres dans l’ensemble du Canada.

« Tous les membres des FAC qui veulent savoir comment devenir plongeur-démineur sont invités à assister à la séance », explique le lieutenant de vaisseau Mike St-Pierre, commandant en second de l’Unité de plongée de la Flotte (Pacifique).

Depuis que certaines restrictions ont été éliminées, il n’a jamais été aussi facile de devenir plongeur-démineur. Un reclassement volontaire est maintenant offert à tous les membres des FAC, peu importe leur groupe professionnel militaire, qu’ils aient ou non suivi l’instruction en plongée. Toute personne qualifiée dans son groupe professionnel actuel satisfaisant aux exigences en matière de santé et d’aptitude physique et ayant accumulé 48 mois de service sans interruption est admissible.

Les plongeurs-démineurs sont les maîtres du monde sous-marin. Leur principale mission consiste à trouver, à identifier et à neutraliser des dispositifs explosifs. Ils mènent des opérations dans divers milieux, de la mer profonde jusqu’aux sommets montagneux, en passant par le climat désertique et les eaux glaciales de l’Arctique, au pays et à l’étranger, en temps de guerre comme en temps de paix.

Évoluant dans des milieux des plus impitoyables, les plongeurs-démineurs font appel à de l’équipement sophistiqué et des technologies dernier cri pour accomplir leur mission. Ce sont des spécialistes hautement qualifiés qui doivent réussir une instruction intense et rigoureuse, permettant de trier sur le volet les quelques plongeurs de la même trempe de ceux qui peuvent subir des conditions extrêmes pour réussir la mission.

Le groupe professionnel militaire des plongeurs-démineurs a une longue et riche histoire. Les premières unités ont vu le jour à l’époque de la Deuxième Guerre mondiale, pour désarmer des mines marine en Europe et dans le Pacifique-Sud. Depuis ces débuts prometteurs, les plongeurs-démineurs ont continué d’être au premier plan des opérations de la Marine royale canadienne et des FAC partout dans le monde, notamment lors d’opérations en Afghanistan, en Bosnie-Herzégovine et plus récemment, en Ukraine.

Renseignements :

- Calendrier des séances d’information et exigences en matière d’instruction (<http://esquimalt.mil.ca/FDU/Training/howtobeCD.htm>)

## PSP Fitness and Sports Instructor Supports Deployment



**BGen (Ret) Peter Atkinson, Senior Vice-President Personnel Support Programs (Centre), presents the General Service Medal-EXPEDITION to David Chung, 17 Wing PSP Fitness and Sports Instructor (Left) and Chris Merrithew, the new 17 Wing PSP Manager, Fitness, Sports, and Recreation (Right) on Feb 21, 2018.**

**By Martin Zeilig, Voxair Photojournalist**

David Chung, Fitness and Sports Instructor, Personnel Support Programs, had only been back in Winnipeg for a month after a six month deployment in Kuwait, and he was already thinking about his next trip sometime in the future to visit new foreign friends.

He was on Operation IMPACT -- the Canadian Armed Forces’ (CAF) support to the Global Coalition against Daesh in Iraq and Syria, says the Government of Canada (National Defence and the Canadian Armed Forces) website.

Under this mission, the CAF: conducts air operations, provided training and assistance to the Iraqi security forces, helps regional forces build their capacity, provides medical services to Coalition forces, supports the Coalition with highly-skilled CAF members, explains the online material.

Chung says he made some great friends from other countries during the deployment. Canadians worked alongside military members from Italy, the Netherlands, and the United States.

“I was friends with all of them,” Chung said on

February 26. “I built relationships with all the camps. I received an invitation from the Italian Task Force Chief for dinner at the Italian camp. I got to eat some authentic Italian food. I was allowed to bring friends too. I’ll be doing some travelling in the future.”

Chung worked as a fitness/sports/recreation coordinator during his deployment. He has a Bachelor’s Degree in Kinesiology from the University of Manitoba and is a Certified Personal Trainer (CSEP-CPT).

“I was busy all the time running personal programs and, of course, fitness classes, recreation programs, and team bonding activities,” he said.

Chung noted that he first found out about the overseas opportunity during a recruitment for deployment last year.

“So, I applied and made the selection to go for training in Halifax,” he said. “I completed the assignments, and from that point I was ranked amongst my peers.”

There were 26 men and women from across Canada in the process, Chung observed.

“I didn’t hear anything for a couple of months, and then in April, 2017, I received a call to go to Maple Resolve at CFB Wainwright,” he said. “It was a military exercise. I was doing fitness, sports and recreation coordinator. I was gone for two months.”

Within 36 hours of returning to Winnipeg, Chung was offered the job in Kuwait. He was called into the office of then Manager, Fitness, Sports and Recreation Manager Tina Bailey and, as he said, “had the bomb dropped” on him.

He didn’t hesitate.

“Six weeks later, I was off to Kuwait,” Chung continued. “I had to get all my medical, dental and psychological evaluations done here. Then, I got everything ready and prepared the handover for my duties here (which were split amongst his colleagues).”

As with military personnel, all his personal protective equipment-- a fragmentation vest, helmet, reflect belt, among other things-- was supplied by Wing Supply.

Once arriving in Kuwait, he lived in a modular tent with six other people, including PSP staff and a

couple of military personnel, he added, noting that he and Chris Merrithew, who’s now the Manager, Fitness, Sports and Recreation at 17 Wing, were the only two people from Winnipeg there.

“I had a single bed, an end table with three drawers, and a locker,” Chung said, noting that each person’s space is separated by a plastic sheet. “You have a little bit of space. I slept with earphones on and soft music. It lulled me to sleep.”

Chung’s standard workday was from 0800 until 1700 hrs.

“I worked with units individually, day and evening,” he said, mentioning that he also worked with another CAF civilian sports/fitness/rec coordinator. “If they wanted to watch a movie, play board games, or do PT (physical training), I’d organize it. We had a fitness tent with weights and a separate cardio tent with treadmills, stationary bikes and related equipment. I was really busy with personal programs. That was continuous throughout my time there.”

During his down time, Chung said he would ride a bike along the paved road leading to the other nations’ campsites.

“The heat was definitely a shocker,” he admitted, mentioning that the temperatures soared to a searing 58-59 degrees Celsius at one point earlier on in his stay before “cooling off” to about 30 C during the latter stages of his deployment. “You don’t realize how much you become acclimated to the hot weather until you’ve returned to cooler temperatures. It was quite nice to return home.”

But, the highlight of his tour was making a lot of friends.

“I would meet them at the mess and would be off on my own and sit down with random people,” Chung, who received a General Service Medal at a ceremony in the Wobbly Prop on February 21, said. “I made some great friends. It was definitely a good life experience learning about new cultures and meeting people from around the world. I think I got a lot of personal development out of it.”

# Former RRR Commanding Officer at centre of Pats centennial celebrations

by Cpl Natasha Tersigni, 38 CBG PA



Retired Lieutenant Colonel Ed Staniowski was a fan favourite during Regina Pats Centennial Salute Homecoming Weekend held February 16 – 19, which combined both military and hockey traditions for the Princess Patricia's Canadian Light Infantry (PPCLI) namesake hockey team. Before joining the army reserve unit, the Royal Regina Rifles, LCol Staniowski helped the Regina Pats claim a Memorial Cup in 1974 before spending 13 years in the NHL, 3 with the Winnipeg Jets. The homecoming weekend celebrated the 100th anniversary of both the Regina Pats and Memorial Cup and the weekend activities included a Gala dinner hosted at the Regina Armoury, a NHL and WHL alumni game which LCol Staniowski played in and a regular season WHL game between the Moose Jaw Warriors and the Regina Pats.

All photos: Cpl Natasha Tersigni

To honour the Regina Pats centennial anniversary and to recognize their strong ties to the military community, the hockey organization partnered with the Canadian Armed Forces for the Regina Pats Centennial Salute Homecoming Weekend held February 16 – 19. The whirlwind celebration including a Gala dinner hosted at Regina Armoury, an NHL All-Star Celebrity Classic Game and a regular season WHL game between the Regina Pats and Moose Jaw Warriors. At the centre of the celebrations was former NHL player and retired Royal Regina Rifle Commanding Officer Lieutenant Colonel Ed Staniowski.

LCol Staniowski, or 'Steady Eddy' as fans knew him, was a goaltender with the Regina Pats and helped the team win the Memorial Cup in 1974. The next year, at just 17 years-old, LCol Staniowski was drafted into the NHL by the St. Louis Blues. He went on to play 13 seasons and 219 games in the NHL including with the Hartford Whalers and Winnipeg Jets. Upon retiring in 1985, LCol Staniowski felt the call to serve his country in a different way. In 1988, he joined RRR as an infantry officer and quickly rose in rank. He was instilled as the RRR Commanding Officer in 1998 and went on to serve internationally including deployments to Africa and Afghanistan during his 29-year career.

For the gala dinner on Feb. 16 LCol Staniowski was joined by 49 former NHL and WHL players for the premiere event. With funds from the dinner being donated to community organizations, including CAF Soldier On program, LCol Staniowski spoke during the evening on the importance of the program; something he knew firsthand.

"During my time in uniform I was very fortunate to see a number of Canadians step forward and sacrifice much in service of the Canadian Armed Forces," said LCol Staniowski

"The program is recognized in improving the quality of life for ill and injured members by re-introducing them to an active sport lifestyle alongside their brothers and sisters in arms. To date 3,500 Canadian

soldiers, sailors and air men and women have benefited from the program."

Weekend activities continued following the Friday evening gala. On Saturday the NHL alumni players took to the ice for a friendly All-Star game of Team Saskatchewan versus Team WHL, with LCol Staniowski strapping on the skates and playing net for Team Saskatchewan. Fans attending the game were invited to tour two LAV-6 that were on display courtesy of members from 2 PPCLI. Inside the arena, fans were treated to a performance from the 2 PPCLI drumline before the game started and 2nd Battalion, Princess Patricia's Canadian Light Infantry Deputy Major \*\* Mitton was invited down to the ice for the ceremonial puck drop. On Sunday the Pats hosted the Moose Jaw Warriors and 15 members of the Solider On hockey team attended the game as Pats guests and watched the hometown team beat their rivals 4 – 2.



Major Andrew Mitton, Deputy Commanding Officer of the 2nd Battalion, Princess Patricia's Canadian Light Infantry drops the puck for the Regina Pats Centennial Salute Homecoming Weekend NHL All-Star Celebrity Classic on Feb. 17, 2018, at Regina's Brandt Centre. (Left to Right) former NHL player and current Anaheim Ducks coach Scott Niedermayer, Major Mitton and former Winnipeg Jet Pat Elynuik.

# Firefighter Took the Long Road to CAF



Private Ian George ready and able to carry out any task required of him as a fire-fighter at 17 Wing. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Private Ian George says he will never forget the first fire he ever went to as a member of the District of North Vancouver Fire and Rescue Services (DNV&RS).

"It was at a nudist colony," he said during an interview.

Possible jokes aside, that's all Pte George, now in the military and at the 17 Wing Fire Hall, revealed about that experience several years ago.

He was a member of the DNV&RS, which included working on fire boats for a period of time, from May 1998- April 2009.

"The reason I resigned from that job was to join the RCMP because I wanted to try policing," said Pte

George, 41, who was raised in Hamiota in Western Manitoba and who was posted to 17 Wing in August 2017. "I was always interested in it."

He began, as the RCMP website says, "an extensive 26-week training program at Depot," the RCMP Training Academy in Regina, Saskatchewan.

"I was in Regina for a couple of months, and I decided to resign for personal reasons," Pte George said. "Coming from Fire Service to policing is a very different experience. I wasn't prepared to work with people with more aggressive personalities, especially after having been a firefighter for so long in a relaxed environment."

Before he joined the RCMP, Pte George took a job with Manitoba Corrections.

"I was hired in April 2009 after 10 weeks of training in Winnipeg and other locations," he said. He was taught some self-defence techniques, how to interview people to obtain answers, suicide prevention courses, how to de-escalate potentially dangerous situations, and other related courses.

His first posting was at Agassiz Youth Centre in Portage la Prairie. When he resigned from the RCMP, he returned to his job at Agassiz YC in April 2011. Pte George noted that he also worked at the Women's Correctional Centre until April 2014.

"I bought a lawn care and snow removal business in Portage," he said. "I had that business for almost a year before selling it in March 2015, because I joined the military."

Pte George observed that going through basic training in St. Jean, Quebec wasn't that much of an effort for him; because, when he went through Fire College in Brandon, Manitoba in 1997, it was run like a paramilitary organization at the time.

He also had been through that previous training with Manitoba Corrections and, of course, with the

RCMP, which is similar to the military.

"So, I'd already come from a background with that training," Pte George said. "I already had a basic idea of what Basic Training was about. It wasn't a big deal for me."

Afterwards, he was assigned to the Fire Academy at CFB Borden for fire fighter training.

"But, I approached my Commanding Officer at the time asking if I could be transferred back to Winnipeg and do on the job experience at the Firehall," Pte George said.

That was in August 2015.

"Then, in January 2016, I returned to Borden to do the fire course (the six month Basic Fire Course QL3)," Pvt George continued. "I looked at it as a refresher course even though I'd gone through it years before in civilian fire training."

From Borden he was posted to CFB Cold Lake and then to 17 Wing.

"There aren't a lot of similarities between CAF firefighting and civilian firefighting," Pte George observed. "The variety of calls I went to as a civilian firefighter were a lot broader, especially when you work between the mountains and the water."

For example, and perhaps the most obvious difference, there aren't as many firefighters in the CAF fire halls as there are in civilian halls, he added.

"The reason the military fights fires like they do is due to lack of manpower," Pte George said. "In North Vancouver, we could get 15 firefighters to a house fire. We had a mutual aid agreement with other nearby cities. I have a huge amount of respect for people who join the CAF. What I've seen so far, is that you have to wear a few more hats in the military. I'm glad I joined the military. It's been a good experience, so far."

# Is your tax refund burning a hole in your pocket?

by Joyce Sharp, CANEX/SISIP Financial

Ah yes, it's that special time of year when people are eagerly looking forward to their tax refund! A time when some start dreaming of the things they think they need: a new living room, appliances or even a vacation to wash away the winter blues... And so they start spending their refund, before they've even received it.

For some, a tax refund could potentially be a significant amount to receive all at once, and what you do with it could have considerable impact on your future finances! So, before taking any action it is important to realize that you need to have a vision for your money, in other words, an idea of what you want to do with your tax refund (large purchase, investment or simply savings)!

A financial advisor might call this vision or structure your investment objective. If there is existing debt for example, why not pay it off instead of adding to it, or why not invest it as part of your retirement planning? Therefore, be sure to put your tax refund to work for you now, to reap the benefits later.

So, consider talking to someone who will know how your tax refund can have the largest impact on your savings, because what you don't want to do is leave this money sitting in your bank account, whittling away, earning little to no interest.

When it comes to investing, the primary deciding factors will be your investment objectives, risk tolerance, and what you want the money to do for you in the short and long term. As investment options go, besides the universe of Mutual Funds, SISIP Financial also provides simple savings solutions with their Canadian Armed Forces Savings Plans

Your SISIP Financial Advisors have a thorough understanding of the military lifestyle as well as established expertise in pay/benefits systems, including pension and lump-sum awards and can help you decide what you want your money to do for you.

Remember to make your money work hard for the task at hand: financial stability and a healthy and successful financial future!

# Votre remboursement d'impôt vous brûle-t-il les doigts ?

Joyce Sharp, Financière SISIP /CANEX

Eh oui, nous voici à la période de l'année où les gens attendent avec impatience le remboursement d'impôt ! Le temps de commencer à rêver à ce dont ils pensent avoir besoin : un nouveau décor de salon, des électroménagers ou même des vacances pour estomper la dépression hivernale... Ils tendent ainsi à dépenser leur remboursement avant même de l'avoir reçu.

Pour certains, le remboursement d'impôt pourrait signifier un montant considérable d'un seul coup ; ce que vous en faites pourrait donc avoir des répercussions importantes sur vos finances à l'avenir ! Par conséquent, avant de faire quoi que ce soit, il est important de savoir qu'il faut un objectif pour cet argent, c'est-à-dire il faut avoir une idée de ce que l'on veut faire avec son remboursement d'impôt (que ce soit un gros achat, un investissement ou l'épargner tout simplement) !

Voilà ce qu'un conseiller financier appellerait un objectif d'investissement. Si par exemple, on a une dette, pourquoi ne pas la rembourser au lieu d'y ajouter, ou encore, pourquoi ne pas investir le remboursement en vue de sa retraite ? Assurez-vous donc de faire travailler ce remboursement maintenant pour en récolter les fruits plus tard.

Pensez à consulter quelqu'un qui saura comment votre remboursement d'impôt pourrait avoir le plus gros impact sur votre épargne : vous ne voudriez surtout pas voir cet argent croupir dans votre compte bancaire, ou se dissiper sans rien rapporter en intérêt ou presque.

Lorsqu'il s'agit d'investir, les facteurs décisifs sont vos objectifs d'investissement, votre tolérance au risque et ce que vous voulez obtenir de votre argent à court et à long terme. Pour ce qui est des options d'investissement, outre la panoplie de fonds communs de placement, la Financière SISIP vous propose des solutions d'épargne simples grâce à ses Régimes d'épargne des Forces armées canadiennes.

Les conseillers de la Financière SISIP connaissent très bien le mode de vie militaire et possèdent une expertise bien établie en ce qui a trait aux systèmes de paie/avantages, dont la pension et les indemnités forfaitaires ; c'est pourquoi ils sont en mesure de vous aider à faire des choix pour faire fructifier votre argent.

Souvenez-vous que votre argent doit travailler fort pour le but que vous vous êtes fixé : la stabilité financière et un avenir financier robuste et prospère !

## Meet the Veterans Ombudsman / Venez rencontrer l'ombudsman des vétérans

Guy Parent

All Veterans, military, RCMP, and their families are invited to a Veterans Ombudsman Town Hall and a consultation with an Intervention Officer.

Tous les vétérans, militaires, membres de la GRC et leur famille sont conviés à une assemblée publique de l'ombudsman des vétérans et à une consultation privée avec un agent d'intervention.

March 21, 2018 | Le 21 mars 2018

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# Winterfest 2018

by Martin Zeilig, Voxair Photojournalist

More than anything else, Winterfest at 17 Wing is about "the creation of a community" that supports one another and has fun together, according to Joël Roy, Executive Director of the Military Family Resource Centre.

His comments were made amidst the throng of smiling, chatting adults and children milling about in Building 90 (Recreation and Fitness Centre) during Winterfest 2018 on March 3.

Admission to Winterfest for military members was three dollars person/ nine dollars per family; while the public paid four dollars/person, and \$12/family.

The annual event, which attracted 250 people (both civilian and military) under sunny skies and relatively mild temperatures, was co-organized by Personnel Support Programs Community Recreation and the MFRC.

Dawn Redahl, Fitness & Sport Leader, PSP, and John Bailey, Employment, Education and Youth Coordinator, MFRC, were the co-organizers of Winterfest.

"I think the turnout is really good," remarked Redahl, during an interview outside as she drew one's attention to the team skis, "generously donated" by Master Warrant Officer Paul Marcotte, that were being used by participants in an obstacle course set up on the lawn. "There are lots of people working here too. These are perfect winter conditions."

Just as advertised there were activities available for people of all ages: sleigh rides (actually a big wagon drawn by a couple of powerful Belgium horses); Winston the Polar Bear, the mascot of Assiniboine Park Zoo was posing for photographs with families and boogying to the blaring rap music outside; bannock making; a display in the theatre of exotic and some not so exotic reptiles, amphibians and insects by Prairie Exotics; an



Dawn Redahl, Acting Community Recreation Coordinator, receives a well deserved pat on the head from Polar Bear mascot, Winston, for her good work as OPI of Winterfest 2018. You're the tops, Dawn! Photo: Martin Zeilig, Voxair Photojournalist



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obstacle course set up on the relatively snow clear lawn out front; tables for cookie decoration and crafts set up in the lobby; glitter tattoos; and more, including two different types of chili (prepared by Wing Food Services) and buns with beverages being served in the lower level Multipurpose Room.

Woodcock Cycle Works, located at 433 St. Mary's Road, had a modest sized winter cycling display, which included a couple of fat bikes and a table with gear, set up on the parking lot of the adjacent Community Centre.

The company even donated a children's fat bike, which was being raffled off by the Winterfest committee.

"It was fantastic to see so many families come out," said Tim Woodcock, the genial owner and founder of the company, noting that he will be doing a free bike repair clinic on Sunday, June 3 in Building 90, from 1000-1100 hrs "I like community events. For me, it's a way of giving back (to the community at large)."

He mentioned, too, that Wing Chief Commander Colonel Andy Cook even took a short spin on one of the

fat bikes at the opening of Winterfest.

"I had a good time," said Staff Sergeant Lionel Kress, a member of the US Detachment at 1 Canadian Air Division. "There were a lot of kids here today."

He was assisting Breanne Syvret, the assistant program coordinator of Fit Kids Healthy Kids for the Manitoba Sports Federation, at a children's play zone on the lawn of Building 90.

"I think it's wonderful," offered Nora Witkowski, who was in attendance with her husband, Master Warrant Officer Maciej Witkowski, and their three year old son, Wesley. "We're having a great time. Wesley really like the sleigh ride. The weather is absolutely beautiful. It's a perfect day for a family event."

"It's nice to see a wide variety of events for everyone, and everyone coming together to experience this great event," said Chris Merrithew, Manager, Fitness, Sports and Recreation, near the conclusion of the three hour Winterfest.

He also praised the staff at MFRC, PSP Com Rec, and all the volunteers for "the phenomenal" job they did to organize and run Winterfest.

## #TBT 1966: All About Snow

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**AN AIRFORCE NEWSPAPER**

Vol. 15, No. 5.
WINNIPEG, MANITOBA
March 11, 1966

# ALL ABOUT SNOW

*The Editors couldn't pass this article up. For the readers benefit, "Heres Snow."*



Trying to find a place for it all is a problem. Imagine the byproduct of all this if a thaw of great magnitude set in. "Ball boys, ball".



Imagine his thoughts as he contemplates the umpteenth shovel load of snow. Never mind, your PT is getting a pat on the back.



No parking this side. Ditto for the other as the banks get higher and higher on Ness Ave.



We don't blame you lady for turning your back on it. Looking at your predicament brings a lump to our throats also.

Did you know that snow isn't always white? Depending on where in the world you are, it can be blue, green, red—or even black. The unusual coloring is created by tiny fungi or dust particles collected en-route by falling snow.

Exactly what is snow? It's ice flakes. Snow starts out as drops of water held in clouds or upper air. To turn into snow, the drops must have a core, or center, such as a piece of dust, upon which the drops can crystallize.

Occasionally, you can catch a single snow flake in your hand and give a once-over before it melts. Usually, however, flakes combine into groups before they reach earth.

Throughout history, man has been fascinated by this winter "rain." The word crystal comes from the ancient Greek, Kryos—icy cold, frost. Snow is a word of Anglo-Saxon derivation. In 1555, Archbishop Olaus Magnus of Uppsals, Sweden, discovered that all snowflakes are six sided.

Silver Lake, Colorado, holds the record for the most snow fall in a day—76 inches back in 1921. The greatest seasonal snowfall—73 feet—occurred at Tamarack, California, in the winter of 1907, according to researchers at Allied Chemical Corporation.

While you may agree that snow can be an inspiring sight, it often creates a nuisance by *choking your driveway and walks and tying up traffic on busy city streets.*

In the what-to-do-about-snow-when-it-falls category, the first snow-melting apparatus was patented by a New York City resident in 1869. The involved device separated a mass of snow into flakes, and then melted them. Solvay calcium chloride, a chemical is especially good at melting snow and ice. The chemical melts snow even at temperatures at 40 below zero, and can be used easily to melt snow and ice on the driveway, path or front stoop, similar to the way highway departments use it to clear the roadways. Solvay calcium chloride, available at hardware and building supply stores, comes in 25, 50 and 100-pound bags.

Snow has always been a subject not only of practical concern, but of poetic expression as well. Most literary critics agree, for instance, that "Snowbound" (1886) is John Greenleaf Whittier's finest poem. Longfellow wrote a poem entitled "The Cross of Snow" (1879), while one of Robert Frost's best-known works is "Stopping by Woods on a Snowy Evening" (1923).

Surprisingly, however, snow serves farmers as well as poets. In certain areas of the country where winters are severe, snow blankets dormant vegetation—and protects it from the fatal cold. Its blanket effect retains heat rising from the warmer layers of earth below.

But no matter how great the amount of snowfall in your community this winter, according to the Bible, we'll always have snow. "God thundereth marvelously with His voice; great things doeth He, which we cannot comprehend. For He saith to the snow, Be thou on the earth." And by golly it is!

# Around The Wing



BGen (Ret) Peter Atkinson, Senior Vice-President Personnel Support Programs presents a Certificate of Service to Pat Naugler, Officers' Mess Admin Assistant, for 10 years service. Photo: Bill McLeod, Voxair Manager



BGen (Ret) Peter Atkinson, Senior Vice-President Personnel Support Programs presents a Certificate of Service to Don Mills, 17 Wing PSP Reconditioning Specialist, for 20 years service in the Canadian Forces Morale and Welfare Services. Photo: Bill McLeod, Voxair Manager



Major Bill Dalke, centre, receives his Certificate of Service after 35 years with the CAF from 2 Canadian Air Division Chief Warrant Officer Pierrot Jette and 2 CAD Commander Brigadier-General Dave Cochrane at his Depart with Dignity celebration on Feb 23, 2018. Photo: Bill McLeod, Voxair Manager

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# Preparing Nutritionally for the 10th Annual RCAF Run

by Martin Zeilig, Voxair Photojournalist

When nutrition specialist Bill Diehl-Jones speaks about training for a race, he focuses on all three phases of preparation—pre, during, and post-race.

An Associate Professor, Faculty of Health Disciplines, Athabasca University; Adjunct Professor in the Department of Biological Sciences, University of Manitoba, Diehl-Jones was interviewed on nutrition in advance of the 10th Annual RCAF Run on May 28.

“The RCAF run is your annual chance to take off with the Royal Canadian Air Force,” says the RCAF Run website. “Choose between three timed races or the family fun walk/run and join us ... for a day of active fun.” The three timed races cover a 5K, a 10K and, an individual or two-person relayed half marathon route, all of which are certified by the Manitoba Runner’s Association.

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

“It’s all about making sure you have appropriate calories and nutrients to support your training,” Diehl-Jones said. “There’s no real trick to that. It’s all about balance.”

It’s no secret that fueling can make or break a race, says an article in Runner’s World, *What to Eat and Drink the Day Before Your Big Race—and What Not To*. But it’s not just what you eat during a run that matter (October 31, 2017).

The article suggests, among other things, to eat a higher-than-normal proportion of bread, pasta, rice, or other carbs (and less protein, fat, and vegetables) at every meal—not just dinner.

“You might not be as hungry as usual during the taper,” says 11-time marathoner Kelly Hogan, M.S., R.D., of Mount Sinai Hospital in New York City, who is quoted in the article. “Eating smaller meals every couple of hours can help you get enough carbs without stuffing yourself.”

You’re going to sweat a lot during your run, the article notes.

“When it’s warm and you’re out for more than an hour, you’ll lose a lot of sodium,” it says. “To boost levels beforehand, sprinkle salt on prerace meals, says Hogan, and opt for salty snacks and sides like pickles or sauerkraut.

It’s essential to start your run properly hydrated.

“If you’re already running on empty, you can’t make that up during the race,” says personal trainer Kelli Shallal, M.P.H., R.D., also in the Runner’s World article.

“Divide your body weight in half and drink at least that many ounces per day in the week leading up to your race. Set timers during the day to stay on track.”

Don’t eat anything greasy or creamy, emphasizes the article.

“Fatty foods can upset your stomach, keep you awake at night, and cause GI problems on race morning,” says personal trainer Melissa Majumdar, M.S., R.D. “Make a reservation where you know you can get a safe, standard meal,” she says. “By now you should know what works best the night before a long run, and you want to replicate that as closely as possible.”

Meanwhile, a National Defence Food for Action Handbook, *Top Fuel for Top Performance*, which is available from PSP Health Promotion, says that whether training for your first 10k, competing in your 12th triathlon or assigned to a physically demanding military exercise, what you eat makes a difference.

“Like everyone else, you need a nutritionally balanced diet to be healthy,” it says.

The handbook also recommends drinking plenty of fluid to maintain urine output, and limiting beverages that contain alcohol.

“Drink as much as you can tolerate,” it suggests during physical activity. “The more fluid in your stomach, the more quickly you absorb it. Try to drink 150-300 millilitres (1/2 to 1 1/2 cups) every 15 to 20 minutes. The more you sweat, the more you need.”

After the physical activity: “Replace fluid weight loss by 150%. Consume at least 1.5 litres per kg body weight loss. Drink water and choose foods (pretzels) and/or beverages (tomato juice) that contain salt.”

Re-fuel with carbohydrate and protein, says the booklet.

For more information: go to the Runner’s World website: <https://www.runnersworld.com/nutrition-weight-loss>

Contact PSP Health Promotion second floor in the Canex, or any of the Fitness & Sport Instructors, PSP/Canadian Forces Morale and Welfare Services (CFMWS), in Building 90.

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# 17 WING FIRE CHIEF'S CORNER



## Babysitter's Guide to Fire Safety

As the babysitter, you are responsible for the children in your care. Here are some important points you need to know if there's a fire emergency in the home where you babysit.

### BEFORE THE PARENTS LEAVE:

Write down the complete address and phone number of the place where you are babysitting and phone numbers for:

- Fire, Police, Ambulance & Emergency Services – often one number – 9-1-1.
- Where the parents can be reached.
- Neighbour(s).
- Find out if they have a fire escape plan and where is the meeting spot
- Keep this information in your pocket so that it's with you at all times in case of an emergency.

### PLAN YOUR ESCAPE:

If there is a fire while you are in charge, you must know what to do:

- Is there already a fire escape plan for the home that the family has established and is familiar with? If so, familiarize yourself with it. If not, develop one.
- Identify all escape routes.
- Find at least two ways out of each room.
- Plan how you and the children will escape safely.
- Decide on an outside meeting place.
- Ask for a demonstration of the smoke alarm.

### GUIDE TO FIRE SAFETY:

The best way to keep fire safe is to be watchful of the children in your charge:

- Never leave children unsupervised.
- Check on sleeping children regularly.
- Keep matches and lighters out of their reach.
- Do not light candles while babysitting.
- Don't smoke on the job.
- Keep children away from the stove, hot liquids, electric lamps and space heaters.
- Keep space heaters at least 1 metre (40 inches) from drapes, furniture and bedding.
- Cook safely and only if you have permission.
- Turn pot handles in to avoid children knocking them over or pulling them down.
- Smother a pan fire with a lid. Never use water.
- Make sure you know what cooking materials can be used for the microwave.

### BURN PREVENTION:

- Always test hot foods and liquids before feeding.

### FIRE SAFETY: WHAT TO DO, BECAUSE FIRE SPREADS FAST – DON'T DELAY!

- If your clothes catch fire, STOP, DROP & ROLL on the floor to smother the flames.
- Cool minor burns with cold water. If your skin is blistered, charred or dead white, get emergency help immediately.
- When you see flames, smell smoke or hear the smoke alarm, get everybody out of the house.
- Feel the door first. If it is hot and/or there is smoke, do not open; find and use another exit.
- Crawl low under smoke – the air near the floor is safer to breathe.
- If you cannot escape, close the door and seal around it with cloth to prevent smoke from entering the room.
- Always use the stairs and never the elevators.
- Designate a meeting place a safe distance from the house and make sure everyone is there.
- Take the children to a neighbour.
- Phone the emergency number from the neighbour's home.
- Give the complete address, describe the situation and inform the operator if anyone is still inside.
- Stay on the phone until you are told to hang up.
- Do not go back to the house for any reason.

### EMERGENCY NUMBERS:

- FIRE: \_\_\_\_\_
- POLICE: \_\_\_\_\_
- AMBULANCE: \_\_\_\_\_
- PARENTS: \_\_\_\_\_
- NEIGHBOUR: \_\_\_\_\_

# Nursing Students Helping Unlock the Potential of Food at 17 Wing



Nursing students Alyssa Penner (Left) and Kristen Pot (Right) with their display for Nutrition Month hoping to help 17 Wing Members eat healthier.

Photo: Martin Zeilig, Voxair Photojournalist

### by Martin Zeilig, Voxair Photojournalist

Alyssa Penner and Kristen Pot want to help personnel at 17 Wing to "Unlock the Potential of Food" – the official name of a public campaign celebrating dietitians across Canada, notes information on the Dietitians of Canada website.

The two fourth year University of Manitoba nursing students are doing their required nine week community health rotation at PSP Health Promotion. They are here two days a week, working on a project for Nutrition Month 2018, an annual public campaign celebrating dietitians across Canada. The campaign will run in March.

"The official campaign sponsors for 2018 are Avocados from Mexico, Dairy Farmers of Canada and Diabetes Canada, and our fact sheet sponsor is Loblaw's Inc.," notes the Dietitians of Canada website.

"Nutrition Month has been planned and delivered by Dietitians of Canada for more than 30 years in March. It began in the late 1970's as a 'Nutrition Week' with a small group of community dietitians. Local dietitians across several provinces then began planning events and activities in their workplaces, shopping malls, libraries, and with the media.

"In 1981, The Canadian Dietetic Association (now Dietitians of Canada) and all the provincial dietetic associations jointly sponsored the first National Nutrition Week. The primary purpose of the Campaign was to increase public awareness about the importance of healthy eating by identifying dietitians as the most credible source of food and nutrition information. By the end of the decade, the campaign was expanded to a month.

"Each year, a Nutrition Month theme is selected by Dietitians of Canada based on a scan of the environment and with input from members."

Diane Brine, Manager, Health Promotion, observed that she and Health Promotion Administrative Assistant Shalynn Froelich, are working closely with Penner and Pot.

"We gave them the scope of what we're looking at," she said, remarking, too, that Health Promotion gets contacted every year by the U of M's nursing program to see if they want to have two student nurses. "They came up with the idea for the activities. It's up to them to make the project their own. We're enjoying their company and enthusiasm."

"We kind of picked a very broad category (on nutrition)," said Pot, who plans to work in a northern First Nations community in Manitoba after she graduates this year.

She and Penner are creating a poster plus a jeopardy type game with questions about nutrition.

"Nutritious snacks, in the right portion sizes, can be part of a healthy eating plan," says information in a handout Penner and Pot provided to a reporter, and which will be available to personnel during their public displays. "When you're on the run during a busy day, think of snacks as mini-meals that offer some nutritional value and an energy boost. Examples are an apple with peanut butter or cheese with crackers. Choosing healthy snacks can be a great way to get all the nutrients your body needs each day."

Once March begins, they'll have a lunch and learn event in the Canex board room, which now serves as their office/workshop, among other things.

"We'll also play the (jeopardy) game, and have healthy snacks," said Penner, who noted that she has plans to specialize in paediatric nursing.

On a couple of other days in March they'll also set up kiosks with poster displays in 16 Hangar and the Recreation and Fitness Centre in Building 90, she added.

"Personally, I've never had the experience of working with the military," Penner said. "It's extremely interesting. It's a whole other world. I'm really looking forward to interacting with the military, and to remind them that you have to eat healthy and take care of yourself. I find it really cool that 17 Wing is so self-sufficient, just like their own little community within Winnipeg."

"To be able to engage with CAF members here will, hopefully, fulfill a need in regards to additional nutritional information," Pot said.

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 9 MAR 17 @ 1600hrs  
 CONTACT Marc Lavallee@5511

LUNCH PROVIDED

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**TOURNOI DE CURLING DU**  
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LE JEUDI 22 MARS 2018  
 DE 7 H 30 À 16 H

CLUB DE CURLING HEATHER  
 120, RUE YOUVILLE

COÛT EST 20\$ Par équipe – DATE LIMITE D'INSCRIPTION :  
 LE 9 MARS 2018, À 16 H

COMMUNIQUEZ AVEC Marc Lavallee, AU POSTE 5511

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**SEED STARTING WORKSHOP**  
 with Mick Manfield, Master Gardener  
 Saturday, April 7 @ 1000 - 1100 hrs @ Bldg 90 MPR **FREE!**

Have you always wanted to start your own seeds so that you are ready for spring planting? Join Master Gardener, Mick Manfield, as he explains how to start your own plants from seed, what equipment to buy that will help with successful seed starting; the advantages and disadvantages of certain growing pots; and some useful tips and tricks on seed storing and seed viability.

**COMPOSTING BASICS & GETTING STARTED**  
 with Mick Manfield, Master Gardener  
 Saturday, April 21 @ 1000 - 1100 hrs @ Bldg 90 MPR

Regardless of whether you are a garden enthusiast with a large yard or an apartment dweller, there is a composting system that will work for you. All you need to get started is a compost bin and a little bit of knowledge. Join Master Composter, Mick Manfield, as he explains the basics of backyard composting and how to get this rich, free soil amendment in one season.

**AMAZING PRAIRIE HERB GARDENS**  
 with Dave Hanson  
 Thursday, June 14 @ 1830 - 1930 hrs @ Bldg 90 Theatre

What says summer better than fresh herbs paired with your favorite recipes? Join local herb and organic gardening educator Dave Hanson for a fragrant, show-and-tell presentation on how to grow a fantastic prairie herb garden. Topics will include plant selection, growing in the garden as well as containers, plant maintenance through summer and of course to how to harvest and enjoy. Dave always travels with unique plants...so look forward to getting to know everything from the classics to exotic plants like cinnamon and allspice.

**NATIVE PLANTS IN THE LANDSCAPE**  
 with Kelly Leask  
 Tuesday, June 19 @ 1830 - 1930 hrs @ Bldg 90 Theatre

Join Kelly Leask, manager of Prairie Originals native plant nursery, to learn how and why to incorporate native perennials into your urban garden. Get to know some of Manitoba's most beautiful wildflowers and learn about the birds, butterflies and bees they can attract to your backyard.

To register for the FREE workshops go to  
[www.caconnection.ca/winnipeg](http://www.caconnection.ca/winnipeg) or in-person at Bldg 90 front desk

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 15 et 16 mars  
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- Learn to read food labels to make better choices - Apprenez à lire les étiquettes des produits
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- Learn how to adjust your eating to lose weight or bulk up - Apprenez à modifier votre alimentation et vos exercices pour perdre du poids ou augmenter votre masse musculaire

Free to Military members, DND/NPF Employees and adult family members! For more information or to register call Health Promotion at (204) 833-2500 ext.4150 Or email [healthpromo@forces.gc.ca](mailto:healthpromo@forces.gc.ca)

Gratuit pour les membres militaires, de leurs familles et les employés du DND! Pour plus d'informations ou pour vous inscrire, composez promotion de la santé au (204) 833-2500 4150, Ou par courriel [health.promo@forces.gc.ca](mailto:health.promo@forces.gc.ca)

**WEIGHT wellness**  
**Lifestyle Program**

Combine good nutrition and physical activity for a healthy lifestyle!

Wednesday's  
 7 March—26 April  
 1300-1600 hrs

- 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

Free! 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](mailto:healthpromo@forces.gc.ca)

**INTRO TO DRONE WORKSHOP**  
**FREE!**

**GRATUIT!**  
**INTRODUCTION AUX DRONES ATELIER**

Capt Matthew Johnson (17 FD Amb), President of M3 Aerial Productions will discuss his experiences in the UAV industry. The workshop will introduce the rapidly developing drone industry, where it is, where it's going and current opportunities for commercial UAV operators. (View live demonstrations!)

Capt Matthew Johnson (17 FD Amb), Président des Productions Aériennes M3 discutera ses expériences dans l'industrie UAV. Cet atelier présentera l'industrie rapidement développée des drones, son état actuel, où elle s'en va, ainsi que les opportunités courantes pour les opérateurs commerciaux des UAV. (Voir les démonstrations en direct!)

Monday, March 12<sup>th</sup>  
 1830 to 2130 hrs  
 Bldg. 90 – Theatre

Lundi, le 12 Mars  
 18 h 30 au 21 h 30  
 Bât. 90 – Théâtre

TO REGISTER:  
 On-line: [www.caconnection.ca/Winnipeg](http://www.caconnection.ca/Winnipeg)  
 or in-person at Bldg 90

INSCRIVEZ-VOUS:  
 En ligne à : [www.connexionca.ca/Winnipeg](http://www.connexionca.ca/Winnipeg)  
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Any questions, please call: Pour toute question, veuillez communiquer avec :  
**Capt Matthew Johnson @ 204-800-0220**

**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!  
 26 March 2018  
 0800 – 1600 hrs

For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150 or [healthpromo@forces.gc.ca](mailto: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!  
 26 mars 2018

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

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

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[www.facebook.com/WinnipegMFRCYouth](http://www.facebook.com/WinnipegMFRCYouth)

# Upcoming MFRC Programs and Events

### Op Deployment Family Dinner Date

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

Monday, March 19 - 5:00 to 7:00 p.m.

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

Registration deadlines: March 16

Presented in French & English

### Op-Déploiement – Souper de famille

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

Lundi 19 mars - De 17 h à 19 h

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

Date limite d'inscription : 16 mars

Programme bilingue

### South Side Parent Group

347 Doncaster St. South Side Youth Centre

A 'community' of parents discuss topics related to all the trials and tribulations of being a parent to kids of all ages. Drop in and have coffee and snacks and get to know your neighbours, as your kids play and socialize with others.

Thursday, March 15 - 9:30 to 11:30 a.m.

Free. Drop-in program

### Spring Break Youth Centre Hours

Come down and join in on some fun hands-on activi-

ties and games. There will be lots of indoor and outdoor games to participate in. There is no preregistration required.

Monday - Thursday

March 26 - 29

1:00 to 4:00 & 5:00 to 9:00

North Side Youth Centre - 102 Comet St.

Free, Drop-in

### Activités de la Semaine de relâche

Centre Jeunesse – nord - 102, rue Comet

Venez et participez à des activités et des jeux amusants. Il y aura des activités à l'intérieur et à l'extérieur, du bricolage et du sport. Aucune inscription nécessaire.

Du lundi au jeudi, du 26 au 29 mars 2018

De 13 h à 16 h et de 17 à 21 h

Frais d'adhésion applicables. Contactez le personnel des centres Jeunesse pour plus de détails.

Programme d'halte accu

### The Second Language Training Service

is designed to facilitate the integration of civilian spouses/partners of CF members who are posted to locations where the surrounding community's primary language is unfamiliar. The primary participants eligible to access Second Language Training are civilian spouses/partners and children of CF members sixteen years of age and over. Special consideration may be given to children fourteen to fifteen years of age. A minimum of five primary participants must be registered for a course to be offered. A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85% of classes. Courses are also open to military members for a non-refundable cost of \$50 and to members of the community at a non-refundable cost of \$100 per session. Duration: 10 weeks.

Classes start the week of April 11. Register by March 30

French beginner

Mondays & Wednesdays: 9:00 to 12:00 p.m.

English Beginner

Tuesdays & Thursdays: 9:00 a.m. to 12:00 p.m.

French intermediate

Mondays & Wednesdays: 6:00 to 9:00 p.m.

English Intermediate

Tuesdays & Thursdays: 6:00 to 9:00 p.m.

### Le Service de formation en langue seconde

visé à faciliter l'intégration des conjoints civils – de droit ou de fait - de militaires qui sont affectés à des endroits où la principale langue parlée n'est pas la leur. Les participants principaux admissibles à une formation en langue seconde sont les conjoints civils de militaires – de droit ou de fait – et les enfants de militaires âgés de 16 ans et plus. Une autorisation spéciale peut être accordée aux enfants de 14 et 15 ans. Un dépôt de 50 \$ est requis lors de l'inscription, qui sera remboursé si l'étudiant(e) se présente à 85% des cours. Les cours sont aussi ouverts aux membres militaires au coût non remboursable de 50 \$ et aux membres de la communauté à un coût non remboursable de 100 \$.

Classes débutent la semaine du 11 avril. Inscription au plus tard le 30 mars.

FRANÇAIS DÉBUTANT

Lundis et mercredis de 9 h à 12 h. Durée : 10 semaines.

ANGLAIS DÉBUTANT

Mardis et jeudis de 9 h à 12 h. Durée : 10 semaines.

FRANÇAIS INTERMÉDIAIRE

Lundis et mercredis de 18 h à 21 h. Durée : 10 semaines.

ANGLAIS INTERMÉDIAIRE

Mardi et jeudis de 18 h à 21 h. Durée : 10 semaines.

### Learn to...Herb Garden

Come out and learn to start your herb garden early. We will learn about the herbs and what they need to thrive. You will leave with some little planters of herbs.

Tuesday, March 20 - 6:30 to 8:30 p.m.

\$5

Registration deadline: March 14

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Saturday **MARCH 24 MARS** samedi

**12:00 pm** **12 h**

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17 WING'S **GOT TALENT**

**THINK YOU'VE GOT WHAT IT TAKES?**

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Open to all members of the 17 Wing Community.

★ Auditions accepted until March 18, 2018 ★

Event will be held on **April 29, 2018** • 17 Wing • Bldg. 90 Theatre

Rules and details available at the MFRC, or online at [cafconnection.ca/Winnipeg](http://cafconnection.ca/Winnipeg)

17<sup>e</sup> ESCADRE **A DU TALENT**

**VOUS PENSEZ AVOIR CE QU'IL FAUT ?**

**SOUMETTEZ VOTRE AUDITION AUJOURD'HUI !**

Ouvert à tous les membres de la communauté de la 17<sup>e</sup> Escadre

★ Date limite pour la soumission d'une audition : 18 mars 2018 ★

Événement le **29 avril 2018** • 17<sup>e</sup> Escadre • Bât. 90 - Théâtre

Détails et règles disponibles au CRFM ou en ligne à [connexionfac.ca/Winnipeg](http://connexionfac.ca/Winnipeg)

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## Sports Trivia Answers

1. Jamie Sale and David Pelletier of Edmonton.
2. Beckie Scott of Vegreville, AB. In 2002 Scott won the bronze medal in women's 2 X 5 km pursuit. Larisa Lazutina of Russia won silver but was subsequently stripped of her medal for a drug violation elevating Scott to second. Original gold medal winner Olga Danilova of Russia was later stripped of her medal for a drug violation elevating Scott to first. The process for Scott to receive her gold took two-and-a-half years.
3. Catriona Le May Doan of Saskatoon in 500 metres.
4. Short track speed skating - 6 medals - 2 gold, 1 silver, 3 bronze.
5. Trent Evans, the ice maker from Edmonton, who embedded the mystical loonie on top of a Canadian dime at centre ice.
6. The loonie resides in the Hockey Hall of Fame in Toronto. The dime is in Evans' personal safe deposit box.
7. The Edmonton Mercurys sponsored by the Waterloo Mercury car dealership. The "Mercs" were also world champions in 1950.
8. Duff Gibson - Vaughn, ON - aged 39 years - skeleton. Gibson held the record until 2014 when Ole Einar Bjordalen of Norway won gold in the 10 km biathlon sprint at age 40.
9. Russ Howard of Midland, ON who turned 50 during the Turin Games.
10. Robin Welsh - Great Britain - aged 54 years - curling - Chamonix - 1924.
11. Sonja Henie - Norway - figure skater - St Moritz - 1928. Her record was passed by Tara Lipinski, American figure skater, in 1998 in Nagano.
12. Cindy Klassen - Winnipeg - 5 medals - 1 gold, 2 silver, 2 bronze.
13. Clara Hughes - Winnipeg. 2 bronze in road cycling, gold, silver and 2 bronze in speed skating.
14. Jon Montgomery - Russell, MB.
15. Alexandre Bilodeau - Rosemere, Quebec - freestyle skiing - men's moguls - Vancouver - 2010.
16. Kaillie Humphries and Heather Moyse - gold. Helen Upperton and Shelley-Ann Brown - silver.
17. Canada - 14 - Vancouver - 2010.
18. Ole Einar Bjordalen - Norway - 13 medals - 8 gold, 4 silver, 1 bronze.
19. Eric Heiden - USA - speed skating - 5 gold medals. Heiden was the only gold medal winner in all 5 races. He set 1 world and 4 Olympic records and single-handedly won more gold medals than all nations except the Soviet Union (10) and East Germany (9).
20. Bonnie Blair - USA - 500 metres - 1988, 1992, 1994. She also won gold in the 1,000 metres in 1992 and 1994 and bronze in the 1,000 in 1988.

Winter Olympics Sport Trivia wraps up next issue with part three. Go Team Canada!

# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** You may be frustrated at the lack of consideration of others. Better to ask for explanations and answers. Be pro-active not reactive when it comes to life and people. Make an annual plan now to stay on track this year. Do things that energize you. Ask for help when you need it.

**Taurus (April 20 – May 20):** Judging your own progress by comparing yourself to others can excite or depress you. It's better to meet or beat your personal best. Work a cushion into your financial plan in case costs for a renovation project go over budget. Set aside funds for short and long-term life goals.

**Gemini (May 21 – June 21):** No matter the immediate outcome keep working on your goals. Attend to details, deadlines and documents. Be patient and persistent. Take note of trends. You can use the information to speed up success. Gauge when it's best to go with the flow or when to push for results.

**Cancer (June 22 – July 22):** Life is an adventure in self-discovery. There is no need to judge your experiences as good or bad. Keep re-defining what gives your life purpose. Plan a get together to keep in touch with loved ones. Share the constant cycle of endings and beginnings. They bring sadness and joy.

**Leo (July 23 – August 22):** Spend quality time with those you care about. Listen patiently to their concerns. Put your own agenda aside for now and simply be empathetic. Set a good example. Your reputation is important. Be above reproach. Show integrity at all times because everything is connected.

**Virgo (August 23 – September 22):** Learn as much as you can before taking action. How you feel about yourself is changing. Being true to the new you means releasing some old habits and assumptions. You may have to risk disappointing others. Focus on one thing at a time. Multitasking isn't doable right now.

**Libra (September 23 – October 23):** Helping someone to see the positive in a challenging situation lets them know you care. For peace of mind clear up a misunderstanding. Take a mini vacation or stay-cation. Create a workable routine that optimizes energy peaks and allows for rest when your energy dips down.

**Scorpio (October 24 – November 21):** Sometimes what you think is obvious is not. Take the time to dig up hidden details. Fact check. Trust your common sense. There may be a hidden agenda or someone has lied by omission. Go with your gut. Don't be blinded by the urge for action or rush to relieve boredom.

**Sagittarius (November 22 – December 21):** In conflict situations be diplomatic. The person who opposes you now may be an ally later. Circumstances keep changing for everyone. Competition between friends can be intense. Be gracious if someone else wins. Their success can motivate you to try harder to excel.

**Capricorn (December 22 – January 19):** You can learn a lot about yourself when you look at the things you own. Does your space reflect current or outdated interests? What image do you want to convey? Missed opportunities in one area of life are balanced by success in others. Appreciate what you have.

**Aquarius (January 20 – February 18):** Subtly doesn't always work. Get your message across by being bold and blunt. You'll discover who your real friends are. Others may be going through changing or challenging times. Show empathy but resist the urge to fix things. Self-sufficiency is empowering.

**Pisces (February 19 – March 20):** Focus on a few main goals. Identify emotionally draining issues and challenges. Take steps to address what you discover. Spend time with people who motivate and inspire you. Avoid manipulative people. Take a vacation or give yourself a time out to reconnect with your soul.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

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Friday Night — 7:00 PM • Saturday Afternoon — 3:30 PM

**MARCH 9 & 10 – Halo Jump**

**MARCH 16 & 17 – The Covers**

St. Patrick's Day Celebration – March 17th

Pipe Band at 7:30 PM

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# Chaplain's Corner

## The Crucifixion: have we changed?

by Capt Greg Girard

Do you think, given the chance, we would crucify Jesus all over again?

What is a great score in golf? On a par 71 course, perhaps 62, depending on the conditions? That would be amazing! Now imagine what a "perfect" game would look like. A perfect shot, on every hole. Well, it would be 18, on 18 holes! Not impossible, but...?

Now, let's say someone came along who actually did that. They were the perfect golfer! Did your eyebrows go up? Right. It's possible, but no one could do that. But, now let's imagine that they not only did it once, but again the next day with hundreds of witnesses. And then they did it again, and again, day after day after day.

What would happen? I bet I know. First, he would be accused of cheating: was he using steroids, magnetism, or perhaps satellites? He would be pressed to reveal his secret, even hounded. Then it would become hatred, accused of ruining the game. Each day he golfed 18, the protests would grow. Finally, he would be brought before the courts, and tried as the cheater who would not reveal how he did it. It would be speculated that he was perhaps the chief of cheaters, since he could keep up the rouse despite all

investigations and accusations. Only death could end the lie he was accused of.

This is not far off of who Jesus was. But, Jesus was not perfect in something as simple as golf. He was absolutely perfect, at life. At one point he actually said to those who were planning his murder, "Can any of you find me guilty of even one sin?" (John 8:46) The silence was deafening.

They did not care if he could heal any and every illness, raise the dead, walk on water, calm a storm, or feed thousands with a few fish and a couple loaves. He offended them, their pride. He cleared the temple, and called them out on hypocrisy: Perfection. He was faithful to God: passionate defence of His honour. Finally: Crucifixion.

Easter is coming, so we think about Jesus. What we did to him, "who knew no sin" (2 Cor.5:21). There is a double edge to Jesus' perfection. One is that it is a testimony to His love of his Father, and "all that is good and green in this world." Good to the point of offending us.

The other side to his perfection is what it brings forth in us. A perfect golfer would not survive our sinfulness, our jealousy and irrationality. It's a good thing there never was one! But, there was One who was perfect at life, and it exposed all that is wrong in us (amazing that, 2,000 years later, his name is still a curse word).

Clearly, we have not changed.



## Faith and Life

### PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

**SUNDAY SERVICE:** (English Only) 1100 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 Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

**CHAPLAINS**

**Padre Lesley Fox**  
(United Church)  
- Protestant Faith  
Community Coordinator  
ext 5272

**Padre Laura Coxworth**  
(Pentecostal)  
ext 5785

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

### JEWISH

**CHAPLAIN**

**Padre Noteh Glogauer**  
(Rabbi)  
ext 6914



**17 Wing Military  
Community Chapel**  
2235 Silver Ave  
(west off  
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Wihuri Road)

**INFO PHONE NUMBER**

For chaplaincy services and related information, phone ext 6800 and follow the prompts.

### CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

**SUNDAY MASS:** (Bilingual) 1600 hrs

**CHAPLAINS**

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

**Padre Paul Gemmiti**  
(Roman Catholic Priest)  
- Catholic Faith Community  
Coordinator  
ext 4885

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

**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**  
Administrative Assistant  
204-833-2500 ext. 5087  
Building 64,  
Lower Level, North End.

**EMERGENCY DUTY CHAPLAIN**  
Contact MP Dispatch ext 2633.

**WEBSITE**

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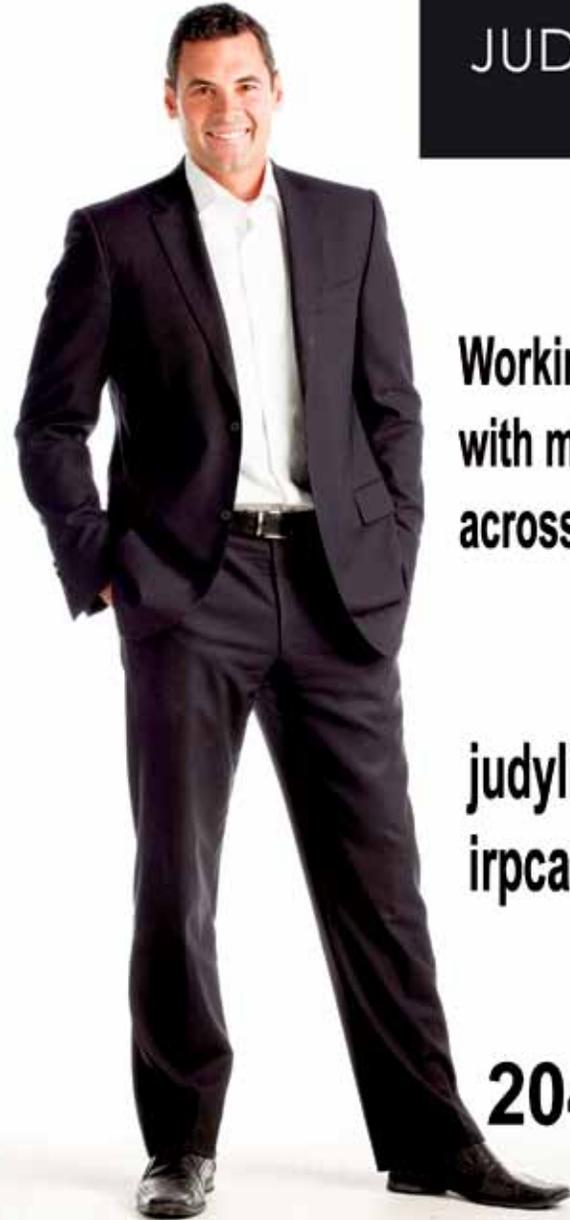
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