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THE VOXAIR

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17 Wing Women Smash the Competition at Prairie Region Volleyball Tournament



MWO Heidi Twellman blocks the ball from coming over the net at the PR Volleyball Finals held on March 4th here at 17 Wing. For more on the tournament, see page 9. Photo: Mike Sherby.

IN THIS ISSUE:	435 HELPS FIND MISSING SNOWMOBILER	GUN CLUB NEWEST COM REC CLUB AT 17 WING	SGT ELTON ADAMS MOVES ON TO NATIONAL CBC MUSIC COMPETITION	GET READY FOR THE 2013 AIR FORCE RUN!	COMMUNITY RECREATION MEMBERSHIP CHANGES
	PAGE 2	PAGE 4	PAGE 6	PAGE 9	PAGE 12



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Exercise Cougar South



Two F-18 Hornets re-fuel from a CC-130 Hercules from 435 Squadron as part of Exercise Cougar South based out of Tampa, Florida. Photo: Submitted

Submitted

435 Squadron Air to Air Refuellers are on Exercise Cougar South which launches out of Tampa, Florida throughout the middle part of March. This valuable exercise allows 435 Squadron to flex its refuelling muscle in a demanding simulated operational environment. Operating from the scenic MacDill AFB, home of the KC-135 Stratotanker, 435 Squadron has been working hard to keep 410 Squadron's CF-188 fuel tanks full in order to fulfill their own busy training schedule. With two AAR crews flying two sorties a day, it is planned to provide the fighter jet receivers in excess of 600,000lbs of aviation fuel over the 2 week exercise - enough fluid to fill around 5 swimming pools! As well as supporting 410 Squadron, 435 Squad-

ron is also working on its own training or 'force generation'. As well achieving many crewmembers' flying currency checks, Capt Thom Doelman successfully passed an important landmark to become a Tanker Commander and Capt Kistjan Raths became a fully-fledged AAR ACSO. Flying in such a dynamic and densely populated airspace definitely provides a rewarding challenge for both aircrew and ground crew alike! Instruction from extremely experienced instructor pilots, such as TRSETs Captain Marc Boudreau, paired with the busy flight environment make for perfect learning conditions and, although AAR training is also routinely carried out in Canada, the training value of a high density airspace like Tampa truly is 'gold dust'.

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435 Sqn Helps Find Missing Snowmobiler



A message bundle is dropped from a CC-130 Hercules on exercise in 2012. Photo: Sgt Matt McGregor.

By: Sgt Bill McLeod
17 Wing Photojournalist

"It was only by luck we spotted him," said Captain Greg Boone. "It was blizzard conditions with very poor visibility."

Capt Boone was the aircraft commander of the CC-130 Hercules that spotted a missing snowmobiler in the Lake of the Woods region of northwest Ontario on the morning of March 5, during one of biggest storms of the winter in the region.

On March 4 at 6:48 pm the Baudette Sherriff's Department received a 911 call from a male saying his snowmobile had become stuck in the snow and slush on Lake of the Woods. Officers of the Ontario Provincial Police were alerted and the OPP North West Region Emergency Response Team (ERT) responded.

435 (Transport and Rescue) Squadron assisted the OPP with the search, launching at 1:50 am on the morning of March 5.

After flying a search pattern over the area, the CC-130 Hercules crew decided to backtrack on the path of the snowmobile and at 6:30 that morning spotted the fire started by the cold and wet snowmobiler.

"We dropped him a radio and confirmed that he was the person we were looking for and radioed the OPP with his updated coordinates," said Capt Boone. "We talked him through what was going to happen and kept him calm. We helped guide the OPP to him by flying over his lo-

cation and flicking our lights on and off."

The man had left his starting point on the morning of March 4 and called for help later the same day. According to OPP he was found cold but in good health on the morning of March 5.

This was Capt Greg Boone's first mission as an aircraft commander. He was just recently qualified by the squadron.

In Canada, search and rescue (SAR) is an integrated service delivered by the Canadian Forces (CF), the Canadian Coast Guard (CCG), the Royal Canadian Mounted Police (RCMP) and other federal, provincial, municipal and volunteer organizations. The CF has the primary responsibility for delivery of aeronautical SAR service. Primary responsibility for maritime SAR is shared by the CF and the CCG. The CF maintains a high standard of service in SAR operations; crews are on standby 24 hours per day, seven days per week.

The Canadian SAR area of responsibility is divided into three SAR regions: Victoria, B.C., Trenton, Ont., and Halifax, N.S., amounting to more than 18 million square kilometres of land and sea - an area one-and-a-half times that of Canada's landmass.

Each area has a supporting Joint Rescue Coordination Centre staffed by CF and CCG personnel to coordinate aeronautical and marine SAR operations in response to incidents in their area of responsibility.

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435 Squadron Welcomes New Exchange Pilot



Lt Henri Chantriaux is enjoying his exchange with 435 Squadron. Photo: Sgt Bill McLeod

By Sgt Bill McLeod
17 Wing Photojournalist

"I am very happy to be here. When I heard about a posting to Canada I immediately volunteered," says Lieutenant Henri Chantriaux, the newest pilot to join 435 (Transport and Rescue) Squadron.

Lt Chantriaux arrived in Winnipeg from France in mid-February, just missing some of the most frigid local weather in recent history, but just in time for a large snowstorm. The Armée de l'Air (French Air Force) pilot received his wings in November and is looking forward to learning about the CC-130 Hercules he will be flying.

In particular, Lt Chantriaux is interested in how Canada uses the CC-130 Hercules for search and rescue. "We have one squadron of 14 C-130 Hercules in France but we only do search and rescue with helicopters. I am lucky to see this kind of mission," he says.

"I am already getting chances to fly

a lot before beginning my training at the OTU (operational training unit) in Trenton," Lt Chantriaux said. "I have been to Brandon, Comox, Saskatoon, Prince Albert, and Thunder Bay. This weekend I am going to Tampa, Florida."

Lt Chantriaux says he should begin his training at the OTU in Trenton in April.

Lt Chantriaux is single, but is expecting his girlfriend to join him in August this year if everything goes well. "It is difficult for her to have a visa because we are not married," he says. The exchange posting in Canada will be 3 ½ years long.

He is also looking forward to getting involved in Canadian sports, especially the sports they don't play in France he says.

When asked about the weather, the south of France native says he hasn't minded the cold yet, but adds, "The main problem for me is that it's flat. It's just a shame you have this much snow here without mountains to ski."

17 Wing Winnipeg's Very Own Mount Everest

By: Mike Sherby
Voxair Manager

Since the end of December, Maj Arthur Jordan has climbed to the top of Mount Everest without ever leaving Winnipeg. He's just been taking part in a new fitness incentive being tried out by 435 Squadron.

Alongside the stairs in Hangar 16 stairwells, you'll find a list of the highest peaks on all of the continents, as well as the number of flights of stairs you'd need to climb in order to reach the top of those peaks. There's even an entry for Olympus Mons on Mars, the tallest mountain in the Solar System.

Maj Terence Fascione says he came up with the idea as an easy, fun way to get some exercise without getting too pushy about it.

"Lost of people use the stairs already," Maj Fascione says. "So it's just giving them a sense of achievement for what they're doing. We've even got a certificate type thing going on where you get a certificate for making the different peaks."

The idea has caught on over at the Squadron, and over the lunch break you can catch groups of people climbing up and down the stairs, trying to make it to the next peak. Capt John Andersen proudly showed me the certificate he'd just received for reaching the top of Mount Kosciuszko in Australia. He says he finds it a good incentive to get fit.



Lto R Maj Terence Fascione, Maj Arthur Jordan and Capt John Andersen stand in front of their motivational sign in the stairwell of hangar 16. Photo by: Mike Sherby

"It's something we do every day anyways, so why not keep track and get some fun out of it."

Maj Fascione says that the germ of this idea came to him when he was deployed in Basrah years ago.

"The power was out in the Air Traffic Control Tower," he says. "So we used to use the stairs there as a similar sort of thing."

Maj Fascione, Maj Jordan and Capt Andersen generally spend part of their lunch hour every other day going up and down the stairs. Maj Fascione says that on a given workout, they can do about 25 trips up and down the stairs. And there is certainly a sense of friendly competition between the three men.

"We've got one guy who's hit at least three peaks, and another guy has just finished his first peak, so we've got guys well on their way," says Maj Fascione.

However, Maj Fascione says that others may prefer to

be quieter about their achievements.

"What we've found is that people are doing it privately and keeping their own little log of what they're achieving. You can keep plugging away without even knowing."

It certainly is quite the work out, as this reported was winded after a single trip up the stairs. Maj Fascione says he plans to leave the signs up until July and then see if people want to carry on with the program.

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Take Aim and Fire with 17 Wing Gun Club



17 Wing Gun Club President, WO Michael McKay (R) and Club Secretary, WO Colleen Kelly-Wardle (L) take aim and practice their shooting skills at the indoor range located at Minto Armouries. Photo: Alison Boates.

By: Alison Boates
Voxair Photojournalist

A new Community Recreation club has come about here at 17 Wing, the Gun Club which was started in the fall of 2012. They currently have 30 members who shoot twice weekly at the Minto Armouries indoor range, at least in the winter months.

Anybody can join the club, for military members and dependents there is a regular membership. Then there's an ordinary membership for former members and their dependents and finally an associate membership for anyone off the street. Regular and ordinary members can join the club for a mere \$25/year and associate memberships are available for \$50/year plus the cost of joining the 17 Wing gym at building 90.

"You do not need a gun license to join our club," explains President WO Michael McKay. "For the most part, the executive of our club are all combat arms NCO's, so

we're the Range Safety Officer's for the ranges." The club actually has a few firearms that it owns, so members are free to come out and shoot with those when they meet.

"We shoot regularly on Tuesday's and Thursday's in the evening at Minto Armouries and then when the snow clears, we'll shoot outdoors at the St. Charles range regularly on weekends," explains McKay.

WO Colleen Kelly-Wardle and her husband, Jared are sport shooters in warmer months and when she saw the opportunity to join the 17 Wing Club, she was ecstatic, "It's nice to have a place closer to home because places to shoot in the winter months are very limited in the city. It's great to have a way to keep current in our sport and is much more affordable than other indoor clubs in the city."

Kelly-Wardle personally shoots a Smith and Wesson M&P 9mm gun, "I like it mostly because it's not too expensive to shoot and it's not as big of a kick when you

shoot it," she explained. The smaller the calibre of gun, the more affordable the ammunition is which is good for range shooting she added.

The 17 Wing club is a great way to explore whether or not you'd enjoy range shooting as a hobby and even gives you the opportunity to test it out for only \$25/year without a gun license. McKay hopes they will be able to offer the licensing course to members who are interested in the near future, which would allow them to then purchase their own firearms should they want to. "I think someone could get started with a range kit pistol like Colleen's for around \$650-\$700 depending where they shop," said Jared Wardle.

If you're interested in joining the Gun Club you can get in touch with WO McKay by e-mail or phone him at extension 4932 or join them on the 16th of March at the senior NCO's mess from 1700-2000 in the Jimmy Holland room upstairs following the WOSM Wine & Cheese.

One Squadron, One Team: Chinthes Introduce New Patch

Submitted by 435 Squadron

A series of different 435 Squadron SAR and AAR specialist patches have been proudly worn by the Squadron for many years. Although all members of the Squadron are extremely proud of their respective specialisations the new Commanding Officer, LCol Steve Lamarche, felt it was time for a change. Accordingly, a challenge was issued to the Squadron to design a new patch which would reflect a "One Squadron, One Team" theme.

The winning submission, subsequently endorsed by the WComd was designed by Sgt Wayne Webster, a member of the CASARA team. Sgt Webster chose to avoid the usual aircraft imagery and instead focused on the one icon that has been with the squadron



since its inception in 1944: the Chinthe (pronounced Chin-thee).

Chinthes are leogryphs (lion like creatures) and have been venerated in Burma and other South East Asian countries for centuries. They are typically found as guardians of pagodas and temples and small brass figurines of Chinthes even pre-date coinage as currency.

During WW II the legendary General Orde Wingate, at the suggestion of Burmese officers, decided to call his troops Chinthes (corrupted to Chindits) and, with its deployment to Burma, it was only natural for 435 Squadron to also adopt this creature on its heraldic arms. The subdued, camouflage green colour patch is in keeping with our khaki flying suits. The other, high visibility colour scheme is for use on the orange SAR Tech flying suits and, again, no mention of specialist role is made.



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Flying Tigers Perform at Junior Swim Championships



Meet manager, Sgt Michelle Nielson goes over the meet line-up with RCAF Coach of the year, Capt Greg King. Photo: Alison Boates

By: Alison Boates with results from Sgt Michelle Nielson
Voxair Photojournalist

The Junior Provincial Swim meet was held at the CanAm pool on Saturday March 2/13 and the Flying Tigers Swim Team from 17 Wing had five swimmers compete at the event. This particular meet ran all weekend long, including Friday night, Saturday morning and evening and again on Sunday morning. The event on Saturday evening included 228 swimmers from varying teams around the Province.

This is still the short course season for the swimmers with the length of the pool set up in 25 metre lengths.

Shaylin Hurtubise, Haley McKay, Sydney Hnatuk, Ryan Nielson and Makaela Hurtubise were the five swimmers at the event who would each swim anywhere from seven to nine swims ranging anywhere from 50m-400m lengths.

"Their goals are personal bests," said coach Mike Hurtubise who was giving tips from the sidelines as the swimmers warmed up with a 1000 yard swim. "Coaching means having to be their cheerleader and friend, all while keeping them motivated," he added.

The swimmers were required to have what's known as an 'A' time to be invited to the event but Hurtubise says he has them aim to achieve a 'AA' time when they're at meets.

Parent and team member Sgt Michelle Nielson was the meet manager for this event and she compiled the results from the whole event for the Tigers!

All 5 swimmers in attendance contributed to team points in this long meet that spanned four sessions over three days. They also had no DQ's, only one of three teams to be able to brag about that feat!

Sydney persevered through a meet that saw a large number of 10 & under swimmers. She shone in the mid-distance races adding ribbons to her collection for 200m individual medley, 200m Breaststroke, and 400m Freestyle.

Makeala was the team's top point contributor, earning a remarkable 21 points towards the final team total of 62. She placed in the top eight and earned ribbons for all of her qualifying events including a 4th place finish for



Shaylin Hurtubise dives into the pool at the Junior Championships on March 2nd for the Girls 11 and over 100M Freestyle final. Photo: Alison Boates.

the fast paced 50m Freestyle.

Shaylin posted a team meet record 7 out of 7 personal bests. This includes almost 16 seconds off of her 400m Individual Medley and an impressive 18 seconds off of her 200m Backstroke which saw her bring home a Bronze medal!

Haley kept pushing for more throughout the entire weekend. Just before heading out to swim in the 50m Freestyle, her final swim of the meet she said, "I want a medal". Despite being seeded 4th, she dug deep and touched the boards first earning her a Gold Medal!

Ryan maintained his energy and positive attitude through a total of nine events over just three sessions of the meet. He held top 10 finishes in all of his qualifying events including a 4th place finish for his 200m Backstroke.

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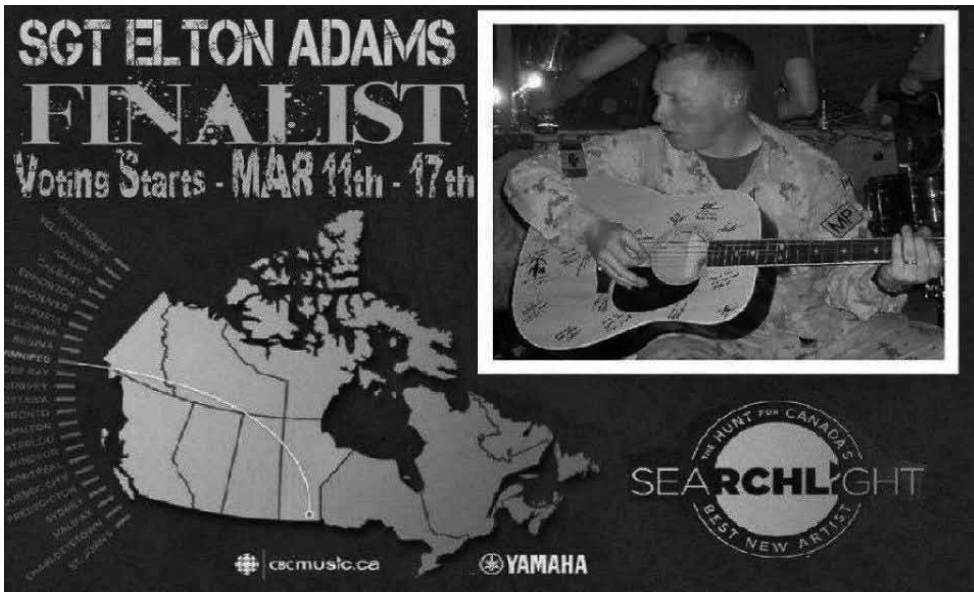
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17 Wing Sgt Wins Regionals in CBC's Search for Canada's Best New Artist!



By: Alison Boates
Voxair Photojournalist

If you haven't heard the name Elton Adams, then get ready to hear a lot of it in the next few weeks! Sgt Adams is an MP from right here at 17 Wing Winnipeg and he just won the right to represent Winnipeg in the National finals of CBC Music's Search for Canada's Best New Artist.

The competition began with 2800 bands and artists but that has now been dwindled down to 24 for the National competition. Voting began Monday and runs through Thursday for this phase of the competition. People are able to vote once per day per electronic device, so make sure you vote everywhere you can in order to support Sgt Adams.

"I'm just hoping to raise awareness for military members and their families who are suffering from physical and mental battle scars," explains Adams who also added that he thinks the troops need a musical radio voice to represent them. He recorded his first album back in

2009 and Gunslinger is the name of the song that Adams has entered into the competition which is the latest single he released. Adams was announced the winner of the regional competition for Winnipeg on the CBC radio show, Up to Speed last Friday, "I thought I was just going in for a top five interview but they told me I had actually won because my amazing fans had submitted thousands of votes," said Adams.

Adams stresses that it's very important his fans don't give up at any stage of the competition in order to win this thing! The next step will see that number of 24 artists shrink to 16 then eight, four and two until they announce the one and final winner!

If you're interested in learning more about Adams and his music, you can visit his website at: www.eltonadams.com and of course don't forget to vote for him to win the title of Canada's Best New Artist. We'll put a link to vote for him on the Voxair website or you can go to this address: <http://music.cbc.ca/#/Searchlight>.

Are You An Employment Equity Group Member?

This year, as part of DND's on-going commitment to Employment Equity, the Assistant Deputy Minister (Human Resources -Civilian) and the Director General Military Personnel Research and Analysis (DGMPPRA) are conducting a study on voluntary self-identification. The purpose of the study is to gain a better understanding of the factors that have an impact on the decision of designated group members to self-identify.

In an effort to obtain employees' views on the DND Self-Identification Program, focus groups will be conducted between January and April 2013 in the following locations: Ottawa/Gatineau, Esquimalt, Edmonton, Winnipeg, Toronto, Borden, Montreal, Valcartier and Halifax.

If you are a civilian member of an Employment Equity group (Aboriginal Peoples, visible minority, persons with a disability, and/or women) working in DND, please join one of our focus groups

to share your thoughts and experiences on self-identification. Your opinion is essential and it will help us ensure that the Department operates with policies and practices that build an inclusive workplace and a workforce reflective of the Canadian population.

For more information or to participate in a focus group, contact Sylvie Gaudreault, HR Functional Advisor, at 613-998-1671, or send an email to:

+Diversity-diversité@ADM(HR-Civ)
DDWB@Ottawa-Hull.

If you can not participate in a focus group but would like to offer your views, please send an email to the +Diversity mailbox.

Let yourself be heard, join us in a focus group!

Please note that this study has been approved by the DGMPPRA Social Science Research Review Board (SSRRB), in accordance with CANFORGEN 198/08.

Enjoy the Ice Before it's Gone!



With the 2012 Remembrance Day snowfall of 20-30 cm Cpl Gillis of WCE put every effort into making the ice rink surface for the southside RHU's. Cpl Gillis with his determination took it upon himself to use his personal equipment to move the 20-30 cm of snow to create the base for this skating rink. With his endurance of making the foundation and creating the ice surface, this ice surface provides the teen town and after school activity for the area residence of Tuxedo district to keep fit and have fun.

The ice rink has been voluntarily maintained for the past three years by volunteers like Cpl Gillis, Cpl Mueller, Pte Jewett, and MWO Rodgers who enjoy the pleasure of helping their community. The volunteers who try to keep the ice cleared with 100's of hours of volunteer time to maintain a skating surface is worth the thank you they receive from the children who use the ice. Photo submitted by: MWO Brian Rodgers.

New Wings at 440 Squadron



Cpl Brian Peers of 440 Sqn is presented his Flight Engineer wings by Commanding Officer LCol Desmond Brophy at a ceremony held at the squadron in Yellowknife on 14 February 2013. Photo: Sgt Fiona Ross

Twin Otter Scores Another First



A CC-138 Twin Otter of 440 Transport Squadron from Yellowknife drops a message bundle over a remote airstrip in Otter Rapids during EX Trillium Response 2013. The airstrip was the first ever built by 33 Combat Engineer Regiment and required 32 hours to complete. 33 CER was justifiably proud of their work. Photo: Capt Jeff Coleman



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435 SAR Tech Invested into the Order of Military Merit



Sgt Joel Manaigre, Deputy SAR Tech Leader at 435 Sqn, is invested into the Order of Military Merit on March 5 by His Excellency, The Right Honourable David Johnston, Governor General of Canada and Commander in Chief of the Canadian Armed Forces. Photo: Cpl Roxanne Shewchuk

By Sgt Bill McLeod
17 Wing Photojournalist

Sergeant Joel Manaigre, a Search and Rescue (SAR) Technician with 435 (Transport and Rescue) Squadron, was invested into the Order of Military Merit by His Excellency, The Right Honourable David Johnston at a ceremony held at Rideau Hall on 5 March 2013.

"As chancellor of the Order of Military Merit, I am honoured to recognize your outstanding service to our country," said the Governor General and Commander in Chief of the Canadian Armed Forces during the ceremony. "That applies to those of you who are being named Commanders, Officers and Members of the Order, and also to your loved ones, who offer such valuable support and encouragement."

Sgt Manaigre is presently the Deputy SAR Tech Leader at 435 Sqn and he has had a long and interesting career leading up to this point.

Enrolling in 1989 at the age of 20, Sgt Manaigre first joined the Royal Canadian Regiment as an infantryman and later became a member of the Canadian Airborne Regiment. He has deployed to the Persian Gulf, Somalia, Rwanda, and the former Yugoslavia.

Sgt Manaigre was accepted for the Skyhawks, Canada's elite military parachuting team, in 1998 and was noted for his community outreach as a member of that unit.

In 2004, Sgt Manaigre voluntarily remustered to SAR Tech and has embodied the motto, "That Others May Live" during numerous search and rescues.

Sgt Manaigre was posted to Winnipeg in 2009 and in 2011 he won his bid to summit the highest peak in North America, Mount Logan. He is very involved in his church, volunteering as financial officer and serving on 3 different committees.

At the end of his speech the Governor General thanked all of the members present and talked about the responsibilities of leadership. "Today you have inherited both the honour of the past and the responsibilities of service in the present-day, and that is why your leadership means so much," he said. "Your willingness to go above and beyond the call of duty is perhaps the greatest tribute you can pay to those who went before you."

The Sky's the Limit - Girls Fly Too!



During the annual The Sky's No Limit- Girls's Fly Too event in Yellowknife Capt Melissa Dawe of 435 Squadron spoke to many young women, their families and educators about careers in military aviation. Above she speaks to a group of students interested in what she does and why she wanted to be in the military. Photo: Gloria Kelly

By: Gloria Kelly
Prairie NDPAO

"The new normal in the Royal Canadian Air Force", that's how Captain Melissa Dawe sees herself and other young women today choosing a career in military aviation.

Capt. Dawe is a navigator and qualified search master at 435 Transport & Rescue Squadron at 17 Wing Winnipeg. She was in Yellowknife taking part in The Sky's No Limit - Girl's Fly Too event as part of Women in Aviation Worldwide Week. She also spoke at two events as part of International Women's Day 2013.

"There is not one trade or profession within the Canadian Armed Forces that women are excluded from," Capt Dawe told students at Aurora College. "In the field of military aviation there are many choices. The crew on a Hercules aircraft that I fly in is a good example. Then there are all the people on the ground that keep us ready to fly."

As a navigator and qualified search master Capt Dawe has seen a lot of Canada and many parts of the world. On the Canadian perspective she said she has seen parts of this country most people never think about. Miles and miles of trees, lakes, frozen tundra and some of the most beautiful but unforgiving terrain can be the order of the day when the team is out on a search helping to locate anything from a downed aircraft to an overdue hunter in all kinds of weather and day or night. "This is a vast and beautiful country with awesome people

from coast to coast."

So why did Capt Dawe choose to become a navigator and go on to become a search master? "It's the challenge, the enjoyment and the satisfaction at the end of the day. Plus, on any given day we can be out on a search or transporting vital equipment to just about anywhere in the world."

A graduate of Royal Military College, Capt Dawe stressed to every group she spoke to the importance of life long learning and keeping up with changes in your chosen field.



Her role as a navigator is a great example, she said. Today she does not regularly take positions by the stars and plot on a paper map as was once the case. Although she knows how, her work today is much more systems and technologically based.


When speaking to educators she said it is important for teachers and mentors of young women, and young men, to be aware of the diversity that the military has to offer. Like everything else in society the military evolves with the times, career opportunities are there and the training provided is second to none.

Capt Dawe said she is well aware the opportunities she and her peers have today came about thanks to women considered trailblazers in military aviation. "Canada is almost unique in its belief women are capable of any military profession and my generation benefits from that. I like to call it the new normal but I never take it for granted," she said.

Have you got a story you'd like to share with us?
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Time to Get Ready for the 2013 RCAF Run

By: Alison Boates
Voxair Photojournalist

It's time to get excited and look forward to this year's RCAF Run which will be held on May 26th here at 17 Wing. We here at the Voxair thought it would be good time to get all of the information out to anyone interested in participating this year.

17 Wing Winnipeg is the home of the Royal Canadian Air Force and that's why each year since 2009, they've hosted the RCAF Run, a premiere running event that is open to all ages and abilities. The platinum certified course takes participants through the base and along the flight line. Everyone receives a medal directly from one of our members in uniform. All proceeds from your registration will go towards supporting ill and injured troops and their families. As well, food, refreshments and entertainment will be available at the post-race BBQ!

Here is what you need to know in order to participate in this year's run:

There will be NO race-day registration and early bird registration ends on April 30th! The race options available this year are: individual half marathon, two person



LCpl Halpin and Winnipeg Jets mascot, Mick E. Moose wait to congratulate runners at the finish line of the 2012 RCAF run at 17 Wing. This year's event will take place on May 26th. Photo: Alison Boates

relay half marathon, 10km race, 5km race or the 5km family fun run or walk. If you get your registration in before the early bird deadline, you can save a fair bit of money on your entry fees. Fees run anywhere from \$36.75 to \$136.50 depending on the event you're looking to participate in. In order to encourage young people to join in the culture of active living, reduced registration fees are being offered for participants aged 19 years and under on Race Day! For a full list of the registration fees and any other information, visit the website at: www.rcafrun.ca. The run has a solid history of filling up fast, so make sure you get your registration in as soon as possible in order to ensure your participation!

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Drop by your local Military Family Resource Centre to find out what they can do for you. Join them for coffee breaks, support groups, second language training, special events and more.



Contact the Family Information Line at **1-800-866-4546** for answers to your questions, concerns and support.



Browse www.familyforce.ca - a site for and about military families.



La famille
La force
conjointe



Communiquez avec votre centre de ressources pour les familles des militaires pour découvrir ce qu'ils peuvent faire pour vous. Rejoignez-les pour des pauses café, des groupes de soutien, de la formation en langue seconde, événements spéciaux et plus encore.



Contactez la Ligne d'information pour les familles au **1-800-866-4546** pour obtenir des réponses à vos questions, préoccupations ou lorsque vous souhaitez avoir de l'appui.



Naviguez www.forcedelafamille.ca - un site pour et au sujet des familles des militaires.

Prairie Region Volleyball Tournament Hosted at 17 Wing

By: Mike Sherby
Voxair Manager

Although it was cold and snowy on Monday, March 4th, 2013, things got pretty hot in Building 90 for the 2013 Prairie Region Volleyballs Championships.

Due to scheduling problems, this year's tournament took on an abbreviated form, as only two teams each from the Men's and Women's division were able to attend. The 17 Wing Men's team took on the players from CFB Edmonton whilst the 17 Wing Women squared off against Cold Lake.

LCol Halpin, the acting Wing Commander, started the tournament off with a ceremonial serve, afterwards joking that he hoped the players did it better than he did. After practice games in the morning, the Women's final was up first.

The 17 Wing Women's team easily defeated CFB Cold Lake 3-0. Capt Julia Rantz, the team's coach, says the team had high expectations going into the tournament and that she wasn't disappointed.

"We had a very strong team this year," says Capt Rantz. "But after playing Cold Lake in the first game we had a little bit of a scare. But we got ourselves together and played really well."



The 17 Wing Women's Volleyball team playing against the Cold Lake team. Photo: Mike Sherby

Capt Rantz says that she hopes to do better in this year's CF National Volleyball Championships. The team made it to the championships last year, but couldn't get any traction and ended up finishing fifth out of five teams. Capt Rantz says that she has good reason to believe the team will do better this time out.

"Our season went really well, and we've been really lucky. Plus we've got a lot of well rounded players. Ev-

eryone, even our bench, we can count on to put in. As a team this year, we've really meshed together."

Following the Women's game, the men's teams played each other for a chance to go to Nationals. Unfortunately, the 17 Wing Men's team did not fare as well in the tournament as the Women. Facing off against a strong team from CFB Edmonton, 17 Wing played a great match but were just not able to keep up and ended up losing the match three games to zero. Congratulations to everyone who participated in the Prairie Region Volleyball Tournament, and best of luck to the 17 Wing Women's Team at the CF Nationals.

<p>Sharon Blady MLA for Kirkfield Park 832-2318 SharonBlady.ca</p>	<p>Jim Rondeau MLA for Assiniboia 888-7722 JimRondeau.ca</p>	<p>Deanne Crothers MLA for St. James 415-0883 DeanneCrothers.ca</p>

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Sudoku

My Sudoku

Rated: Advanced

5				9	2			1
	2			1		7	9	
			4	3		5		
3		1			7			
			8			3		4
		4		5	6			
	6	3		7				8
7			9	8				2

Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as :
Beginner * Advanced * Master

Crossword

Canadiana Crossword

Epithets

By Bernice Rosella and James Kilner

ACROSS

- 1 Bad actors, perhaps
- 5 Moises or Filipe
- 9 ___necks (Albertans jokingly)
- 12 Newspaper item
- 13 Normandy battlefield
- 14 Edible sorrel
- 15 Mentor
- 16 Rocky rises
- 17 Ironic
- 18 Stadium sounds
- 20 Bear
- 22 Weather map feature
- 25 Road house
- 26 Canted
- 27 Fen
- 28 Wildebeest
- 31 Le Carre character
- 32 Offspring
- 33 Chez ___
- 34 Cornered (with at)
- 35 ___ town (Calgary jokingly)
- 36 Spud ___ (Prince Edward Islanders, jokingly)
- 37 Rug
- 38 Mug material
- 39 ___landers (British Columbians jokingly)
- 42 Up chuck
- 43 Ms Lennon
- 44 Every
- 46 Duck
- 50 Scanning tech.
- 51 Heat meas.
- 52 Tantalize
- 53 Nazi leader
- 54 Summer cooler
- 55 Caucasus dweller

DOWN

- 1 ___ Town (Toronto, jokingly)

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
22	23	24			25						
26				27				28	29	30	
31				32				33			
34				35				36			
39	40	41			42						
43				44	45			46	47	48	49
50				51				52			
53				54				55			

- 2 ___ Ghraib
- 3 Soviet satellite
- 4 ___Jumpers (Saskatchewanians jokingly)
- 5 Donald Sutherland, for one
- 6 Southeast Asian land
- 7 Over, poetically
- 8 Not celebrated
- 9 Cornfield features
- 10 Light brown
- 11 Stockwell and others
- 19 A kind of kernel
- 21 Health pro
- 22 Metrical foot
- 23 Greek portico
- 24 Slippery
- 25 Charged particle
- 27 Calgary's river
- 28 The one to blame
- 29 Rodin subject
- 30 Euro has-been
- 32 Drunkard
- 33 Newfoundlanders, jokingly
- 35 Pale green melon
- 36 Attached
- 37 Twelfth Greek letter
- 38 Prince Albert, for short
- 39 Fool
- 40 Fairy tale starter
- 41 Pamplona performer
- 42 ___nosers (Nova Scotians jokingly)
- 45 Co. trailer
- 47 ___ Boot
- 48 Compass pt.
- 49 Soak

Philatelist's Corner with Alf Brooks

Raoul Wallenberg



He was a Swede who was appointed special envoy to Budapest in 1944. He issued protective passports and sheltered Jews in buildings designated as Swedish territory, saving tens of thousands of lives from the Nazi Holocaust.

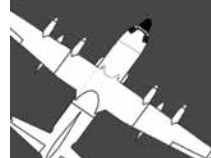
was detained by Soviet authorities and disappeared, likely dying in Moscow in 1947. For his work his memory was honoured by Israel as one of the "Righteous Among the Nations."

This year Sweden issued a souvenir sheet to commemorate Wallenberg;

Canada Post and other postal authorities have also honoured him with postal issues.

In January 1945 he

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Report Building Maintenance Issues to Save Water Energy and Money

By: 17 Wing Sustainability Office

Reducing water and energy consumption in the workplace is everyone's responsibility. While the personnel at 17 Wing Construction Engineering work hard to maintain the buildings and infrastructure at 17 Wing, they are not always made aware of maintenance issues occurring in the workplace. As a result, these problems may go unaddressed for long periods of time. Simple maintenance issues such as a dripping faucet, leaking toilet or cracked weather stripping can result in the unnecessary consumption of water and energy. As the consumption of these resources increases, so does the cost of their associated utility bills. While these issues may appear to be minimal, if left unaddressed, their impacts and associated costs will only grow in size. For instance, did you know that a leaking toilet can waste up to 200,000 litres of water annually and window/door drafts can contribute towards 30% of a building's

overall energy use?

In order to reduce this unnecessary consumption, the 17 Wing Sustainability Office would like to remind personnel in the workplace to report any observed building maintenance issues to their Building OPI. Once reported, the Building OPI can further address these issues through the appropriate channels.

One reminder that you may see throughout the Wing is the new Leaking Faucet Sticker. These awareness stickers will be placed in washrooms throughout the Wing and remind personnel to report any dripping faucets. While a simple initiative, the goal is to promote awareness and cut down on unnecessary water waste.

For more information regarding the Leaking Faucet Stickers or other 17 Wing Sustainability initiatives, please contact the 17 Wing Sustainability Office at +17WingSustainabilityOffice@forces.gc.ca

Celebrate Earth Hour March 23rd from 8:30-9:30 p.m.

While there are many differences of opinions related to climate change, many scientists have agreed that its impacts to the global environment are already apparent and may become more severe over time. One way to promote the awareness of climate change and reduce your environmental impact (and utility bill) is to participate in Earth Hour on Saturday, March 23rd at 8:30 p.m.

Occurring in March each year, Earth Hour is an international lights out event that promotes individuals and businesses to turn off their lights for one hour. The goal of the event is to raise awareness about the solutions to climate change.

While the concept of Earth Hour may appear to be small in size, it demonstrates that together, small actions can make a big difference to help fight climate change. Last year, over 10 million Canadians turned off their lights for Earth Hour. By participating in the event, you and millions of others throughout the

world are demonstrating to global leaders that we all must work together to achieve fair, effective, science-based solutions to this growing issue. In addition, turning out your lights will have a small, but positive impact on your utility bill!

So how can you participate? It's easy! All you have to do is turn off your lights

for Earth Hour on Saturday, March 23rd from 8:30 – 9:30 p.m. Since many of you will be at home during this time, why not make an event out of it? Light some candles and pull out the flashlights. Eat dinner by candle light, play a board game or go out for an evening walk in your neighbourhood. Remind your family that they can still have fun without a TV or computer.

Remember, one small action can contribute to

something much greater, so turn off your lights for Earth Hour and tell your family, friends and co-workers too!

For more information, visit the official Earth Hour Website at www.earthhour.org, @earthhour on Twitter or contact the 17 Wing Environment Office.



A leaking faucet can waste 9000 L of water per year. – NRCan

If there is a leaking faucet in your workplace, please notify your Building OPI.

Un robinet qui fuit peut gaspiller 9000 l d'eau annuellement. – RNCan

S'il y a un robinet qui fuit dans votre milieu de travail, veuillez en aviser le BPR de votre bâtiment.

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17 Wing Winnipeg Membership Fees

Effective 1 April 2013

Single Family

Regular Membership

Tier I – Current Regular/Reserve Force Members	N/A	\$92
Tier II – Former CF Members	\$85	\$92

Ordinary Membership

Current DND/NPF/MFRC Employee's/Former DND/NPF/MFRC Employees in receipt of a Pension for DND/NPF service, serving RCMP members and commissionaires/other	\$106	\$132
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Associate Membership

Annual	\$405	\$575
6 Month	\$221	\$299
Monthly	\$42	\$55

Club Only

Regular/Ordinary Members	\$30	\$45
Associate Members	\$56	\$85

Drop In Fees

Children (14 yrs & under)	\$3	
Students (15-17 yrs) Proof of age required	\$4	
Adults – Facility / Swim	\$7	
Family		\$12
Fitness Class Drop in	\$8	

Taxes are included Visa, Master Card, Debit, Cheques or Cash accepted**



Community Recreation

Effective 01 April 2013, former CF members and their families will now be included in the regular membership category of the CRA. The new rates are indicated on the membership fees table.

Can I obtain a Membership for the 17 Wing Community Recreation Association (CRA)?

- Regular and Reserve Force Members can obtain a membership for their family (includes spouse and dependants under the age of 18 or up to the age of 25 if they are a full time student) \$92.00 per annum
- Former CF Members can obtain a single Membership for \$85.00 per annum or a family membership for \$92.00 per annum
- Current DND, NPF, MFRC employees, former DND, NPF, MFRC employees in receipt of a pension from DND / NPF service, serving RCMP members, commissionaires and other full time contractors employed at a CF location are eligible for an ordinary membership.

Can my family be a member?

- Yes your family members can be included on a family membership, (includes spouse and dependants under the age of 18 or up to the age of 25 if they are a full time student)
- The CF member, DND / NPF / MFRC employee must be the person who completes the forms and signs the documents.

Can my neighbour be a member?

- Anyone can join the facility; we have an Associate membership for monthly, 6 month and 12 month memberships. Please see membership fees

What facilities are available?

- Pool, gym floor, cardio room, sauna, 4 x glass back squash courts, children's splash pool, work out rooms, spin bikes, theatre, and hot tub. We also have a fitness trail at the back of the facility, baseball pitches, soccer field and outdoor rink during the winter with open access to our community.

What activities are available?

- Swim lessons, a range of fitness classes, children's School In-service, Spring and Summer Camps, Squash coaching, Drop in sports programs for adults, Active Kids Program (workout while your children participate in an active kids program 3 x per week) Active Kids Program is available FREE to all who hold a current Recreation Association Membership. We also offer Birthday Parties during weekends with a range of themes available.
- A range of clubs including Swim Team, Wood Hobby Shop, Garden Club, Triathlon, Ceramics, Strategy Gaming, Strength Club, Gun Club, Scuba Club, Karate, Toastmasters and Archery.
- The PSP Community Recreation Team hosts a range of events throughout the year including Fall Fair, Family Halloween, Christmas Concert, Winter Festival and Volunteer Appreciation. We work in partnership with a range of partners to provide quality events to our community.
- Good Food Box Program – a cost effective, healthy eating program. You can order online and collect your food from the Westwin Community Centre.
- Tickets to a range of sports and cultural events are available throughout the year. You can also visit the MTS link on the front page of our website for up to date discount tickets to a range of events.

To find out more about our programs / events please visit www.pspwinnipeg.ca or contact 204 833 2500 x 5139 / 5976 / 2057 / 2059



HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

Plan, Shop, Cook and Enjoy!

Submitted

March is Nutrition Month! With a growing emphasis on healthy living, it is a great opportunity for you to explore how to build healthy eating into your daily routine. This year, the focus for Nutrition Month is to encourage you to put your best food forward when grocery shopping for healthy food! Your mission for the month, should you choose to accept it, is to Plan, Shop, Cook and Enjoy!

Here are some great ways to you get started...

1. Plan Well

Planning ahead will help you to save time, effort and money. It will also help you to eat better. Before you head to the store, think about what meals you'll be making, scan flyers for specials, check your kitchen's inventory and make a grocery list. A food journal could help you to plan your meals and achieve your healthy eating goals especially if you're multitasking with work, family, and other priorities!

2. Shop Smart

Making smart choices at the grocery store can help you stock a healthy fridge and pantry. To make healthier food choices, read the nutrition labels on pre-packaged foods and compare products according to the Nutrition Facts table. Fill your cart with nutrient-rich foods and skip processed foods that are high in fat, sugar or salt

and have a low nutritional value. Focus on the perimeter of the grocery store, eliminate unnecessary visits to the center aisles.

3. Cook Healthy

Prepared and packaged meals can be fairly expensive and less healthy than the meals you make at home. Go homemade! You'll eat healthier and save money! Start with simple make-at-home meal ideas such as home style pizza, roasted chicken or tomato soup. Healthy eating doesn't have to be complicated; nutritious convenience foods, such as frozen fruit or pre-chopped vegetables, can offer simple shortcuts. Remember to stay stocked up; a well-equipped pantry can help you cook nutritious and delicious meals any day of the week!

4. Enjoy!

Being overly concerned about the amount of calories and nutrients you consume can have detrimental effects on your motivation. Find healthy foods you enjoy and take the time to eat and savour every bite. Positive eating habits are an important step towards better health and a healthy body weight.

To learn about Nutrition Month, visit www.dieticians.ca or contact Health Promotion at (204)833-2500 ext 4150 for resources or to find out about upcoming nutrition courses.

The Canadian Forces Community Recreation Needs Assessment Survey is now available at:

www.thevoxair.ca or

www.pspwinnipeg.ca



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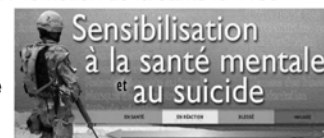
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March 11-15th is Social Work Week

Social work is a profession concerned with helping individuals, families, groups and communities to enhance their individual and collective well-being. It aims to help people develop their skills and their ability to use their own resources and those of the community to resolve problems. Social work is concerned with individual and personal problems but also with broader social issues such as poverty, unemployment and domestic violence.

Human rights and social justice are the philosophical underpinnings of social work practice. The uniqueness of social work is in the blend of some particular values, knowledge and skills, including the use of relationships as the basis of all interventions and respect for the client's choice and involvement.

Social workers uphold the following core social work values:

Value 1: Respect for the Inherent Dignity and Worth of Persons

Social work is founded on a long-standing commitment to respect the inherent dignity and individual worth of all persons. When required by law to override a client's wishes, social workers take care to use the minimum coercion required. Social workers recognize and respect the diversity of Canadian society, taking into account the breadth of differences that exist among individuals, families, groups and communities. Social workers uphold the human rights of individuals and groups as expressed in The Canadian Charter of Rights and Freedoms (1982) and the United Nations Universal Declaration of Human Rights (1948).

Value 2: Pursuit of Social Justice

Social workers believe in the obligation of people, individually and collectively, to provide resources, services and opportunities for the overall benefit of humanity and to afford them protection from harm. Social workers promote social fairness and the equitable distribution of resources, and act to reduce barriers and expand choice for all persons, with special regard for those who are marginalized, disadvantaged, vulnerable, and/or have exceptional needs. Social workers oppose prejudice and discrimination against any person or group of persons, on any grounds, and specifically challenge views and actions that stereotype particular persons or groups.

Principles:

- Social workers uphold the right of people to have access to resources to meet basic human needs.
- Social workers advocate for fair and equitable access to public services and benefits.
- Social workers advocate for equal treatment and protection under the law and challenge injustices, especially injustices that affect the vulnerable and disadvantaged.
- Social workers promote social development and environmental management in the interests of all people.

Value 3: Service to Humanity

The social work profession upholds service in the interests of others, consistent with social justice, as a core professional objective. In professional practice, social workers balance individual needs, and rights and freedoms with collective interests in the service of humanity. When acting in a professional capacity, social workers place professional service.

Value 4: Integrity in Professional Practice

Social workers demonstrate respect for the profession's purpose, values and ethical principles relevant to their field of practice. Social workers maintain a high level of professional conduct by acting honestly and responsibly, and promoting the values of the profession. Social workers strive for impartiality in their professional practice, and refrain from imposing their personal values, views and preferences on clients. It is the responsibility of social workers to establish the tenor of

their professional relationship with clients, and others to whom they have a professional duty, and to maintain professional boundaries. As individuals, social workers take care in their actions to not bring the reputation of the profession into disrepute. An essential element of integrity in professional practice is ethical accountability based on this Code of Ethics, the IFSW International Declaration of Ethical Principles of Social Work, and other relevant provincial/territorial standards and guidelines. Where conflicts exist with respect to these sources of ethical guidance, social workers are encouraged to seek advice, including consultation with their regulatory body.

Value 5: Confidentiality in Professional Practice

A cornerstone of professional social work relationships is confidentiality with respect to all matters associated with professional services to clients. Social workers demonstrate respect for the trust and confidence placed in them by clients, communities and other professionals by protecting the privacy of client information and respecting the client's right to control when or whether this information will be shared with third parties. Social workers only disclose confidential information to other parties (including family members) with the informed consent of clients, clients' legally authorized representatives or when required by law or court order. The general expectation that social workers will keep information confidential does not apply when disclosure is necessary to prevent serious, foreseeable and imminent harm to a client or others. In all instances, social workers disclose the least amount of confidential information necessary to achieve the desired purpose.

Value 6: Competence in Professional Practice

Social workers respect a client's right to competent social worker services. Social workers analyze the nature of social needs and problems, and encourage innovative, effective strategies and techniques to meet both new and existing needs and, where possible, contribute to the knowledge base of the profession. Social workers have a responsibility to maintain professional proficiency, to continually strive to increase their professional knowledge and skills, and to apply new knowledge in practice commensurate with their level of professional education, skill and competency, seeking consultation and supervision as appropriate.

Canadian Association of Social Workers (CASW)
Code of Ethics © 2005

Kids Care

The Military Family Resource Centre offers child care on a casual basis for children 6 months - 5 years old. If you need some time for yourself to work out/ run errands/etc, we can help.

Hours: Tuesday & Thursday
9 a.m. to 12 p.m.; 9 a.m. to 4 p.m.; 1 to 4 p.m. on Hourly

Fees: \$5/hour or: children under 2 years: \$12/3hours; \$28/7 hours; siblings ½ price children over 2 years: \$10/3 hours; \$24/7 hours; siblings half price.

Location: 630 Wihuri Rd
Register: 204 833-2500 extension 2491 (min 24 hours in advance)

This service is being offered on a trial basis by the MFRC. The program meets quality standards as licensed by Manitoba Early Learning and Care and is staffed by trusted Westwin Children's Centre staff.

Mental Health and Addiction Statistics

Prevalence and Incidence

- 1 in 5 Canadians will experience a mental illness in their lifetime. The remaining 4 will have a friend, family member or colleague who will.
- Mental illness affects thinking, mood or behaviour and can be associated with distress and/or impairment of functioning, with symptoms that vary from mild to severe.
- About 20% of people with a mental disorder have a co-occurring substance use problem.
- Schizophrenia affects 1%, major depression impacts 8% and anxiety disorder 12% of people.
- 1 in 10 Canadians 15 years of age and over report symptoms consistent with alcohol or illicit drug dependence.
- 3.8% of adults in Ontario are classified as having moderate or severe gambling problems.

Who is Affected

- 70% of mental health problems and illnesses have their onset during childhood or adolescence.
- Young people age 15-24 are more likely to report mental illness and/or substance use disorders than other age groups.
- Overall, men were 2.6 times more likely than women to meet the criteria for substance dependence. 25% of male drinkers are high-risk drinkers compared to 9% of female drinkers.
- Women were 1.5 times more likely to meet the criteria for a mood or anxiety disorder than men.
- Canadians in the lowest income group were 3-4 times more likely than those in the highest income group to report fair to poor mental health.

Access

- Only one-third of those who need mental health services in Canada actually receive them.
- 71% of family physicians ranked access to psychiatrists in Ontario as fair to poor.
- While mental illnesses constitute more than 15% of the burden of disease in Canada, these illnesses receive only 5.5% of health care dollars.

Stigma

- Just 50% of Canadians would tell friends or coworkers that they have a family member with a mental illness, compared to 72% who would discuss diagnoses of cancer or 68% diabetes in the family.
- Only 12% of Canadians said they would hire a lawyer who has a mental illness, and only 49% said they would socialize with a friend who had a serious mental illness.
- 46% of Canadians think people use the term mental illness as an excuse for bad behaviour; and 27% are fearful of being around people who suffer from serious mental illness.

Cost to Society of Mental Illness and Addictions

- In Canada mental illness is the second leading cause of human disability and premature death.
- On any given week, at least 500,000 employed Canadians are unable to work due to mental illness, including approximately 355,000 disability cases due to mental and/or behavioural disorders plus approximately 175,000 full-time workers absent from work due to mental health issues.
- Mental Health is the number one cause of disability in Canada, accounting for nearly 30% of disability claims and 70% of the total costs.
- Tobacco is responsible for one-quarter of cancer deaths in Ontario.
- \$51 billion is the estimated cost of mental illness to the Canadian economy in terms of health care and lost productivity.
- \$34 billion is the cost of mental illness and addictions to the Ontario economy.

According to the World Health Organization, depression will be the single biggest medical burden on health by 2020.

Taken from <http://www.camh.ca/en/hospital/Pages/home.aspx> CAMH Center for Addiction and Mental Health

Winnipeg Military Family Resource Centre Family Counselling Program

The MFRC Family Counselling Program specializes in working with families from the military community who want the expertise and services of professionals who understand the unique military lifestyle. The program offers a wide spectrum of services from counselling, support groups and educational sessions to resource materials. Services are provided to individuals, couples, children and families. All services are confidential and offered at no charge.

Adult Counselling

Services include mental health and wellness, operational stress injuries, deployment stress, separation and divorce, relationship counselling, addictions, family violence.

Children & Youth Counselling

Mental health and wellness, deployment and posting stress, bullying, sexuality, relationship issues (parents, siblings, peers), school concerns, separation and divorce.

Special Needs Services

We can assist with determining what special needs services your family and extended family may require as well as accessing government, health, education and community services in Winnipeg, surrounding areas and across Canada.

Parenting Support

Pre-natal and post-partum issues, single parenting, divorce and impact on children, parent teen conflict and coping with other parenting challenges. We also provide services designed for fathers to strengthen the bond with their children.

Respite

Information on accessing deployment, emergency and casualty childcare. Assistance in developing your family care plan and childcare options in the community.

Community Development and Resources

Presentations on families and the military, consultation with community service providers, resource packages, books, videos and handouts are available on a variety of topics and government publications. We would be happy to put together a package of relevant materials to assist you and your family.

Family Liaison Officer

Provides services to families of current, former and deceased CF members.

For information on any of the information listed please contact the MFRC social workers.

Haley Schroeder MSW, RSW
833-2500 ext 4512
haley.schroeder@forces.gc.ca

Laurie-Anne Johnson MSW, RSW
Family Liaison Officer
833-2500 ext 4478
laurie.johnson2@forces.gc.ca

All services are provided by registered clinical social workers who are members in good standing with the Manitoba Institute of Registered Social Workers and Canadian Association of Social Workers.

Fax: 204.489.8587 • Email: winnipegmfrfc@familyforce.ca

102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5

Chaplain's Corner

Saint Patrick's Day

Since this article will come out just before Saint Patrick's Day, I thought I may as well write about it, and educate myself at the same time. For the average person, St. Patrick's Day is a wonderful time to party, drink copious amounts of beer, wear some green, and blow off the winter blahs, knowing that spring is not far away. And it is all legit, because that is what this day has become famous for. Its history is actually quite deep, and indeed somewhat interesting. So, let me give you a few tidbits.

As you have probably gathered from the name, this festival day has a religious background, Catholic to be more precise. In this case it is named after Saint Patrick, who is the most commonly recognised of the patron saints of Ireland. It is celebrated on March 17th which is the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. Traditionally people would attend church in the morning and celebrate in the afternoon. Because the celebration day came during the season of Lent where certain restrictions existed, the prohibition against the consumption of meat and alcohol was lifted for this day so people could dance, drink, and feast on the traditional meal of Irish bacon and cabbage.

Saint Patrick was born in Roman Britain in the fourth century into a wealthy family, where his father was a deacon, and his grandfather was a priest in the Christian church. At the age of 16 he was kidnapped and taken to Ireland as a slave. He was told by God to escape to the coast and board a ship for Britain. Once back in Britain he quickly joined the church and studied to be a priest. In the year 432 he felt that he should return to Ireland, as a bishop, to Christianise the Irish. And here enters one of the symbols we associate with Saint Patrick's Day – the shamrock. Irish legend and folklore tells that one of Patrick's teaching methods was to use the shamrock to explain the Christian doctrine of the Trinity.

The shamrock now means much more to the Irish than just what I mentioned above. Three is Ireland's magic number – hence the shamrock, a classic symbol representing different things, the Trinity; Crone, Mother and Virgin; Love, Valour and Wit; Faith, Hope and Charity; to name a few. Numbers played an important role in Celtic symbolism. Three multiplied by nine which is sacred to Brigit. To the Irish everything good comes in threes. Story telling in the Irish tradition is based on threefold repetition; and, the three accomplishments that are well regarded are: a clever verse, music on the harp, and the art of shaving faces.

Now, everyone knows that part of Saint Patrick's Day is the wearing of green; ah, but not so fast, because according to history the colour associated with Saint Patrick was blue. Over the years the colour green and its association with this day grew. History points out that as early as the 17th century green ribbons and shamrocks were worn in celebration of this day. In the 1798 rebellion, in order to make a political statement, Irish soldiers wore all green uniforms on the 17th of March in hopes of catching the public's attention. An interesting note, the wearing of the Shamrock was seen as so rebellious in Queen Victoria time, that Irish regiments were forbidden to display it. To this day the phrase "the wearing of the green", meaning to wear a shamrock on one's clothing, stems from a song of the same name.

The Leprechaun, a feisty Irish fairy, who looks like an old man, is approximately two feet tall, and dressed like a shoemaker. According to legend they generally live alone and are somewhat unfriendly, but what everyone remembers about them is that they possess a hidden pot of gold. According to legend, if you can catch a leprechaun he can be forced to reveal the whereabouts of his treasure, but you must keep your eyes on him every second. If you take your eyes off of him even for an instant he is gone and the treasure with him.

The Blarney Stone, is set in the wall of the Blarney Castle tower in the Irish village of Blarney. Kissing the stone is supposed to bring the kisser the gift of per-

suasive eloquence (blarney). The origins of its magical powers aren't clear, but one legend indicates that an old woman cast a spell on the stone to reward a king who had saved her from drowning. Kissing the stone while under the spell gave him the ability to speak sweetly and convincingly.

Saint Patrick's Day traditions are based some on fact, and some on legend, how much of each, one never really knows. But to the average person, it really doesn't spoil the party. And in reality, it is now more of a secular celebration than a religious one. In Ireland where it had its roots, it did not become a public holiday until 1903. But here are a couple of other tidbits you may not have known.

Saint Patrick's Day is a public holiday in Newfoundland and Labrador. One of the longest-running Saint Patrick's Day parades is in Montreal. These parades have been held continually since 1824. The city flag of Montreal is broken into four quadrants by a heraldic cross. In the upper left is a fleur de lys, of the Royal House of Bourbon which represents the French settlers who were first to claim the island of Montreal. The second quadrant immediately below bears a Lancastrian rose representing the English component of the city's population. The top right or third quadrant bears a thistle representing those of Scottish descent. And you guessed it, the fourth quadrant bears an Irish shamrock, indicative of the fact that many of Montreal's early settlers and their descendants are of Irish descent.

So, you have gained a bit of history, a bit of folklore, a bit of legend. No matter where you may go in this world, every region's history is built upon the same components; some fact, some fiction, some legend, and the exact mixture is somewhat unknown. As you take to the time to celebrate with some of your Irish friends, or just celebrate with friends and neighbours, see what you might discover about this day – perhaps some truth, perhaps some legend, but hey, to the Irish a great tale is very valuable.

Celebrate, burn off the winter blahs, and be good to each other; and, remember that green around here can also mean that spring is right around the corner. It is amazing how far things have come from the humble beginnings of Saint Patrick.

Have a great week.
Padre Darryl Levy



Together in Church

CATHOLIC

CHAPLAINS

Padre Mark Mawson (Wing Chaplain)

Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudenorio

Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

Ms Catherine Landry

W Chap Admin Assistant

Office: 833-2500 ext 5087

Masses (English only)

Tues, Weds, Thurs 1210 hrs

Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Darryl Levy

(Baptist) Office 833-2500 ext 5785

Padre Frank Staples (UCC)

Det. Dundurn. Office 833-2500 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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

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

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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



PERSONAL CLASSIFIEDS

Wanted: Volunteers!

1 Canadian Air Division is looking for volunteers to work in the kit shop. Flexible hours. 1 day a week between 10:00 hrs and 14:00 hrs. Please contact PO2 Jennifer Ross at 833-2500 ext 6512

Volunteers Wanted!

The Western Canada Aviation Museum is looking for volunteers in the artifacts, library and restoration departments. Applicants must be able to use a computer for data inputting and indexing. Let us know what your skills are but if you're willing to learn new things, we can teach you! We are always looking for help in other departments as well. Please contact the museum reception desk at: 204-786-5503 to volunteer.

House For Sale!

1040 SQ/FT Bungalow just minutes from 17 Wing, perfect starter home or for those newly posted in! Recent upgrades include: Insulation, kitchen, main bath and many more. Call Paul @ 204-803-3232 for more info and/or a showing. List price \$284,800

Mens Airforce mess kit, size 46. Price \$200
 Mens tuxedo shirt (worn once), size 17 1/2 neck, 36-37 sleeve. Price \$20
 Ladies mess kit skirt. Size 12-14, 42" long. Call for price. Phone no. (204) 221-0225

The 17 Wing Archery club is looking for old artificial Christmas trees to use for greenery around the targets. Anyone who has one to spare can contact Scott at: Scott.Allingham@forces.gc.ca

Send us an e-mail today to place your FREE Classified ad at: voxair@mymts.net

Taroscopes

BY NANCY

Aries (March 21 – April 19): So much of what you experience in life seems random: still you must feel there is meaning to maintain a sense of hope. What you do does have a purpose and an impact. Release limiting beliefs. Leave stifling situations. Don't allow other people's expectations to define you.

Taurus (April 20 – May 20): Deal with essentials and you'll have peace of mind. Set boundaries but also move outside your comfort zone as you explore relationships. Even if you don't understand everyone appreciate their diversity. Through these interactions you'll learn new things about yourself and others.

Gemini (May 21 – June 21): Adversity, frustrations and other people's hidden agendas impact strongly on your life right now. Keep your wits about you when people use words to manipulate your feelings. Progress is made one step at a time. Something wonderful is about to happen so keep your eyes open.

Cancer (June 22 – July 22): The speed with which things happen surprises you. Someone's extreme response seems to come from out of the blue. This heightens your awareness of the importance of balance and fairness. Be honest with others even if it means taking a stand. Note repetitious behavior patterns.

Leo (July 23 – August 22): Strive to do things that fully engage you. Strong emotional reactions indicate that something is wrong or the issue is important to you. Physical realities and life choices may be the reason for your current situation. Knowing the cause is empowering for you can then explore solutions.

Virgo (August 23 – September 22): Things are changing. You can't go back. Still this doesn't mean things will be difficult; in fact there are vast improvements. Embrace the unknown and if you remain positive and trust things will work out, they will. Be creative when problem solving.

Libra (September 23 – October 23): You'll find you're on centre stage even when you don't expect to be. Express your beliefs and stand up for others even in the face of people's doubts and defeatist attitudes. Failures are great teachers. Don't let them hold you back. Declare your intentions. Reach for the stars.

Scorpio (October 24 – November 21): You'll find out you can manage even when you're low on energy and resources. Take time to determine what you feel is the definition of success. Identify what brings you joy, what makes you feel whole and what motivates you. Use this information to plan for the future.

Sagittarius (November 22 – December 21): So many wonderful things are coming your way. You feel a great release of stress. Watch for the chance of a lifetime. You could win something special or go on a dream vacation. More money or an opportunity for advancement you'd hoped for may come your way.

Capricorn (December 22 – January 19): A chance meeting or event leaves you feeling so full of joy you are overflowing with confidence and happiness. There's a sense that all you wished for has come to pass. Your patience has paid off. There's a new spring in your step and fire in your heart. Enjoy.

Aquarius (January 20 – February 18): Show those you care about how much they mean to you. Consider what they bring to your life. Adopt or devote time to your spiritual practice. Tap into the strength it provides. Expect synchronistic events and meetings. Enjoy these fleeting, but lovely moments.


Pisces (February 19 – March 20): Focus on what you want then establish the means to get it. Make things manageable by staying within your budget or physical limitations. Setbacks and difficulties won't be as unsettling if you are realistic and organized. Have extra materials or supplies on hand and back up files.

FOR APPOINTMENTS CALL 775-8368


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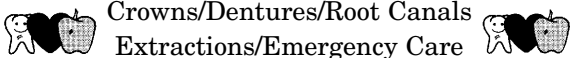
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