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Our Military Community Newspaper, 17 Wing Winnipeg

January 11, 2012

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FREE

2011 Air Force Run Pays Off



Photo: MCpl Colin Aitken

Major General Alain Parent, the Commander of 1 Canadian Air Division, presents a cheque for \$10,000 to Cpl (ret) Jeanne Balleny, who was representing Soldier On. The money was raised by runners in Winnipeg and Afghanistan participating in the 2011 Air Force Run. See page 3 for the story.

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Sacrifices Recognized

Two Team Winnipeg Members receive Sacrifice Medals



Sgt Mat Turner (right) receives the Sacrifice Medal from BGen St-Amand (left), DComd 1 Cdn Air Div. Sgt Turner also received the Canadian Forces' Decoration at the same ceremony.



MCpl Bryce Hooper (right) receives the Sacrifice Medal from BGen St-Amand (left).

Sgt Bill McLeod
17 Wing Public Affairs

Brigadier-General Pierre St-Amand, Deputy Commander 1 Canadian Air Division, presented Sacrifice Medals to two deserving Team Winnipeg members at a ceremony held at the Warrants and Sergeants Mess on Tuesday, 6 December 2011.

Sergeant Mathew Ryan Turner and Master Corporal Bryce Gerard Alan Hooper were piped into the ceremony in front of senior staff including BGen St-Amand, 17 Wing Commander Colonel Blaise Frawley, Wing Chief Warrant Of-

ficer Mike Scarcella, as well as members' families and friends. The Royal Canadian Air Force Band provided music before and after the ceremony.

"Those of us in uniform know that we have to be prepared to put ourselves in great danger," said BGen St-Amand. "By extension, our families are also asked to make significant sacrifices in support of their loved ones. Today it is a great honour to be here to put these medals on the chests of these heroes."

In 2008, Sgt Turner was deployed to Kandahar Air Field where he was the single electrician for approximately two months. From there he deployed to Camp

Nathan Smith to assist with a rewiring project. While travelling by convoy to Forward Operating Base Wilson his convoy came under attack from a suicide bomber during which Sgt Turner sustained injuries.

MCpl Hooper was deployed with Task Force 3-08, Roto 7 in 2008 with the Royal Canadian Regiment Battle Group, leaving his family for the third time in four years. He was deployed for an extended tour in Afghanistan, which included serving as a Bison Crew Commander in over 50 combat patrols outside the wire.

During the ceremony Sgt Turner was also presented with the Canadian Forces' Decoration for completing 12 years of honourable service to the country.

Sgt Turner presently works at 17 Wing Construction Engineering Squadron and MCpl Hooper works at 38 Service

Battalion at Minto Armouries.

The Sacrifice Medal was created to provide a tangible and lasting form of recognition for the sacrifices made by members of the Canadian Forces and those who work with them who have been wounded or killed under honourable circumstances as a direct result of a hostile action or action intended for a hostile force.

For more information about the Sacrifice Medal please visit:

<http://www.cmp-cpm.forces.gc.ca/dhr-ddhr/chc-tdh/chart-tableau-eng.asp?ref=SM>

For more information about 17 Wing please visit:

<http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>

VOXAIR

OFFICE HOURS

Monday to Thursday
0830-1600 hrs

CONTACT

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

Accounting
(204) 833-2500 ext 4121

Submissions/Reporter
(204) 833-2500 ext 6976

voxair@mts.net
+VOXAIR@PersSvcs@Winnipeg

VOXAIR STAFF

LCol JR Zuorro
Editor-In-Chief
(204) 833-2500 ext 5281

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

Maureen Walls
VOXAIR Manager

Michael Sherby
Production
Coordinator/Layout

Misra Yakut
Accounting

Alison Dickey
Photojournalist

Traci Wright
Proofreading

Capt Steve Neta
Wing Public Affairs
Officer

Sgt Bill McLeod
Wing Public Affairs
Photojournalist

Printed By
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(204) 325-4771

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Air Force Run gives back to the Military Community



Major General Alain Parent, the Commander of 1 Canadian Air Division, presents a cheque for \$10,000 to LCol June Zuorro, representing The Military Family Fund. Photo: MCpl Colin Aitken

Sgt Bill McLeod
17 Wing Public Affairs

Major-General Alain Parent presented cheques totaling \$20,000 to military charities from the funds raised by participants and supporters of the 2011 Air Force Run (AFR). The presentation took place at an event in the 17 Wing Officers' Mess on 13 December 2011.

AFR Co-chairs Major Kimberly Lee (US Air Force) and Major Rory Moore had initially set a goal of doubling the previous year's donation total, but ended up with nearly triple. Kandahar Airfield provided the largest contribution amount, raising \$14,000 at their shadow run event which took place on the same day as the AFR in Winnipeg.

17 Wing Administration Officer Lieutenant-Colonel June Zuorro accepted the cheque on behalf of the Military Families Fund, and Corporal (Ret.) Jan Balleny accepted the cheque on behalf of Soldier On, the two chari-

ties supported by the AFR.

Cpl (Ret.) Balleny is a beneficiary of the Soldier On program. She joined the Canadian Forces in 2002 as a Supply Technician and was diagnosed with poor circulation and kidney and heart problems shortly after joining. Cpl Balleny had her leg amputated just below the knee and has been informed that another amputation may be necessary.

Soldier On is designed to encourage injured and ill Canadian Forces soldiers to continue maintaining a healthy lifestyle by assisting their participation in physical fitness, recreation and sport activities.

The Soldier On fund has been used to help members with adaptive sports equipment like modified mountain bikes, basketball wheelchairs and hockey sledges. The fund has also been used to improve sports facilities, create home gyms and provide training for beneficiaries to compete at national and international levels.

The Military Families Fund (MFF) was created in

2007 by then Chief of the Defence Staff General Rick Hillier to provide Base and Wing Commanders a quick means of assisting military families when faced with an unexpected need.

The MFF does not replace traditional support programs but has the advantage of being more rapidly accessible by commanders. It has enabled families to attend repatriation ceremonies, helped spouses to accompany injured or ill soldiers to hospitals and allowed spouses or families to attend the return of wounded soldiers to Canada. It has also helped offset the costs of memorials, psychological assistance, rehabilitation, home care and education for military families.

For further information about the Military Families Fund please visit:

<http://www.cfpsa.com/mfamily/>

For further information about Soldier On please visit:

<http://www.cfpsa.com/Splashpages/SoldierOn/>

17 Wing Promotions



Captain John Fullerton, Commanding Officer and Director of Music for the Royal Canadian Air Force Band, is promoted to that rank by 17 Wing Commander Colonel Blaise Frawley on November 9, 2011. The Air Force Band's role is to provide musical support to the Canadian Forces, all levels of government, and a variety of public functions.



Major Ryan Setter, the 17 Wing Commander's Executive Assistant, is promoted to that rank by Wing Commander Colonel Blaise Frawley with the assistance of Wing Chief Warrant Officer Mike Scarcella. Major Setter was promoted on 01 December, 2011 in the Wing Conference Room.

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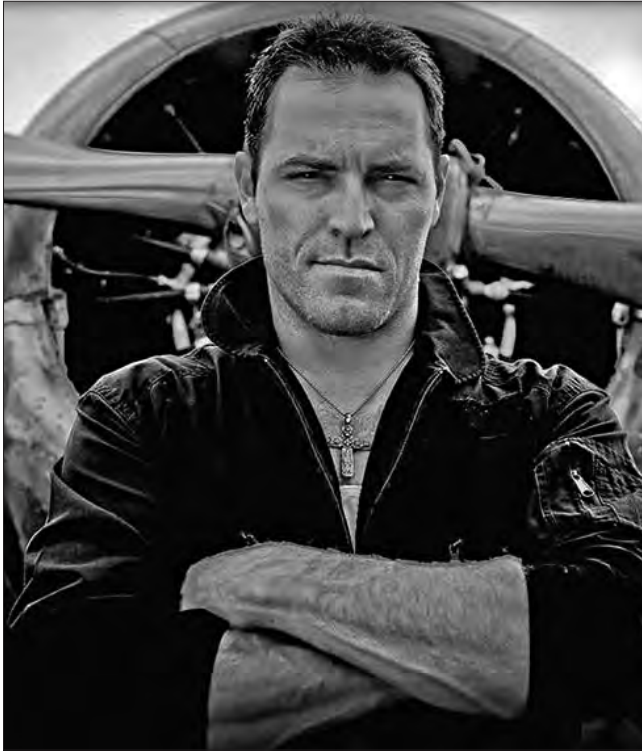
Country Superstar appointed Colonel Commandant of the Royal Canadian Air Cadets

The Honourable Peter MacKay, Minister of National Defence, has announced that George Canyon, former Honourary Colonel of 14 Wing Greenwood and well-known Canadian country music singer and songwriter, has been appointed as the first-ever Colonel Commandant of the Royal Canadian Air Cadets.

"We are absolutely thrilled that George is the first Colonel Commandant of the Royal Canadian Air Cadets," said Minister MacKay. "Being a former Air Cadet himself, he has always exuded a keen interest in aviation and has made several positive contributions on military matters. He will be an exceptional role model and mentor, motivating Canada's youth to reach their full potential."

Canyon joined Air Cadets as a young boy with the full intention of becoming a Royal Canadian Air Force (RCAF) pilot. When a diagnosis of type 1 diabetes prevented him from pursuing his dreams of becoming a pilot, he simply switched gears. His big break came in 2003 when he came in second place during the talent contest Nashville Star, which launched his music career.

After learning to manage his diabetes through diet, lifestyle and the effective use of insulin pump technology, and passing a series of medical tests, Canyon has been able to obtain his pilot's license. With his own plane, his personal story of perseverance, and a project he named "The Sky's Not The Limit," Canyon organized



George Canyon, the newly appointed Colonel Commandant of the Royal Canadian Air Cadets. Photo: georgecanyon.com

several speaking engagements and concerts to inspire youngsters afflicted with type 1 diabetes and urged them to take ownership of their disease, pursue their dreams and achieve any goals that they set for themselves.

"Being a kid is hard enough without having a disease that limits your choices. If I can tell my story and change a life or two, that's the kind of imprint I want to leave," says Canyon.

His personal values, keen interest in aviation, and inspirational messages make him an ideal spokesperson for the Royal Canadian Air Cadets, and their first-ever Colonel Commandant. His personal story complements the mission of the Cadet Program, which is to contribute to the development and preparation of youth for the transition to adulthood and enable them to meet the challenges of modern society through a dynamic, community-based program.

As Colonel Commandant, Canyon will have the responsibilities of developing, promoting and sustaining strong community ties, fostering esprit de corps, and acting as a spokesperson and role model. For the Royal Canadian Air Cadets, Canyon is certainly living up to the title of his Canadian Gold album: "One Good Friend."

For more information and updates related to this Honorary Appointment, please visit www.cadets.ca.

- Air Force News

The Rick Hansen 25th Anniversary Relay at 17 Wing

Capt Mike Mitchell
1 Cdn Air Div

25 years from his previous Man in Motion World Tour, Beginning on August 24, 2011 in Cape Spear, Newfoundland and Labrador, the easternmost point in North America and approximately 15 kilometres south and east of St. John's, Rick Hansen's 25th Anniversary Relay will retrace the Canadian segment of the original Tour. This time however, one man in motion will be represented and celebrated by many in motion, engaging 7,000 participants from across Canada who have made their own difference in the lives of others.

The relay will pass through 17 Wing Winnipeg on 21 Jan 2012 on its way to Vancouver. Three 17 Wing members, Captain Dave Horne from the AOC at 1 CAD (who participated in the original Man in Motion tour in his hometown of Odessa, Ontario), Corporal Carey Williams, 23 Health Services and Corporal Fraser Cameron from 402 "City of Winnipeg" Squadron will be the Medal-Bearers who will run the relay for the Wing, passing along the Rick Hansen Medal as they run the relay



Rick Hansen wheeling through the rain in Salem, Oregon, during the original Man in Motion World Tour. Photo: rick-hansen.com

route. In addition to the Medal-Bearers, a number of 17 Wing and 1 CAD units will support the relay with volunteers.

A brief celebration will take place prior to the run, where the Wing Commander, COL Frawley, will address the Rick Hansen team and the 17 Wing Medal-Bearers, and with the assistance of the RCAF Band, will send them on their way across the Wing.

The average Relay distance covered in a day will range from 40 to 80 kilometres. The Medal-Bearers will carry the Rick Hansen Medal using a variety of modes of movement, with each Medal-Bearer covering an average distance of 250 metres.

The Rick Hansen 25th Anniversary Relay will travel through more than 600 communities as it makes its nine-month, 12,000-kilometre journey across Canada before concluding in Vancouver on May 22, 2012.

Each Relay day will conclude with an End of Day Celebration, which will provide the opportunity for communities to come together, recognize their own difference makers, raise awareness about accessibility and inclusiveness and inspire a new generation to take action to help make the world a better place. All participants and 17 Wing members are welcome to attend the End of Day celebration at the Forks, please check the Rick Hansen Relay (www.RickHansenRelay.com) website for details.

Philatelist's Corner with Alf Brooks Jets Postage



Sweaters, tee-shirts, caps, license plates: and the list goes on, all the souvenirs that you can buy to show your support now that the Jets have returned to Winnipeg.

In November Canada Post issued three sheets of postage stamps to honour the Jets in its Picture Postage program, showing two crests and the first goal scored by the Jets in their first game. You can buy the three sheets of twenty one stamps each, good for domestic letters. And you can also buy stamps with an image you submit; just Google Picture Postage Canada, and create your personal postage stamps.

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Silent Recognition

Canada Post issues Canadian Pride stamps



Canada Post has issued a series of five stamps, including two which celebrate the men and women of the RCAF. Photo: canadapost.ca

CWO J.W. (Bill) Dalke
2 Cdn Air Div CWO

When the Christmas season is upon us, my wife Jacque and I always welcome receiving the many Christmas cards that come to our door. Some offer the sole contact of the year received from a distant relative or old friend. As has been my custom in the past, I also take note of the stamps on the envelopes.

Canada Post issues a surprising variety of stamps and many relate to significant events. This year I made a unique discovery. On one envelope that we received, I could not help but notice a stamp that carried a clear picture of the shoulder of a Search and Rescue Techni-

cian with a Sergeant rank badge slip-on and Canada flag patch on the distinctive orange SAR Tech uniform. In the background are what appear to be rough seas and a vessel. It brought to mind the amazing commitment and work done by our SAR Techs in uniform across the country.

Even more surprising than that, though, was another envelope that we received which this time had a stamp showing the shoulder of a CF member wearing Cadpat (our green Canadian Disruptive Pattern uniform), again with the Canadian flag patch prominently displayed there. The background this time showed a helicopter with a slung load in a tropical area with a couple of individuals watching. This image immediately brought to mind the CF's contribution to OP HESTIA, the impressively rapid Canadian humanitarian response to the tragic earthquake in Haiti.

My stamp discoveries prompted me to do some on-

line investigation that revealed the fact that Canada Post had actually issued a set of five stamps depicting "Canadian Pride". These stamps focussed on depicting the Canadian flag in many areas. In addition to the flag shown on the Canadian soldier's Cadpat and the SAR Tech's uniform, the other designs include our flag on a traveller's backpack, on a hot air balloon and also on the famous Canadarm.

I was not aware of any special announcement regarding the issue of these stamps but I thought it was worthwhile now to point them out. This silent recognition certainly illustrates the tremendous pride of our nation in our CF members who serve their country and I, for one, was very pleased to see it. They say that a picture is worth a thousand words, so please have a look at the picture of the two stamps we received on our holiday mail and see if they do not also give you a great sense of pride as well.

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The Canadian Forces School of Aerospace Studies

The Canadian Forces School of Aerospace Studies (CFSAS) was established in 1987 to meet the growing air force need for professional technical education. With an annual student throughput exceeding 1000, it is now responsible for the professional development of all air force officers and for the delivery of selected CF specialty training. "We provide courses on professional development, aerospace systems, space, electronic warfare, and operational test and evaluation, which are delivered through both distance learning and traditional residential methods," stated LCol Luc Guillette, Commandant CFSAS.

A cornerstone of the training and education provided at CFSAS, the Air Force Officer Development (AFOD) Program is being developed and delivered to meet the common professional development requirements of air force junior officers. Maj Doug Blakely, the Officer Development (OD) Flight Commander described the program:

"The AFOD Program consists of five blocks. Blocks 1 thru 4 are completed via distance learning and then to complete the program, students must successfully complete a residential Block 5 for three weeks here at 17 Wing Winnipeg."

"The AFOD program is made up of four themes: operations, management, communications and leadership," related AFOD Program Director, Maj Terry Smith. "The program is set up so that the students know exactly what is expected of them from the beginning of each block. Once they begin a block, they have 12

months to finish it."

While Blocks 1 and 5 are currently in development, Blocks 2 thru 4 are available via distance learning. As of October 2011, there have been approximately 1700 students who have completed these three Blocks. Additionally, CFSAS has established the 'AFOD Community' to make all program content freely available, in both official languages, to any DND member who possesses a DNDLearn account.

"Most people think distance learning means boring page turning presentations, but that is not AFOD," said Maj Blakely, adding that the course material is very interactive and includes both online discussion forums and dedicated facilitators.

A key component of the school, the Information Support (IS) Flight, led by Maj Patrick Castonguay, provides integral assistance to the entire unit and each of its courses. Resources include the LGen Lewis Library, the Multimedia Lab (MML), embedded graphic arts and IT support, a Modeling and Simulation Battle Lab, and two Tier III UAVs.

The MML was created when the decision was made to migrate the officer development program from a traditional class-

room environment to a distance learning online format. "They work hand in hand with the course developers to produce dynamic and interactive online content for the AFOD program," stated Maj Castonguay. "The quality of the MML product is outstanding with the added benefit that the intellectual property right to the material is retained by the air force."

The Modeling and Simulation Battle Lab is configured to support all courses offered at the school. According to Maj Castonguay, "it is an experiential learning environment where the students can put their theoretical learning to use in a highly interactive setting."

CFSAS conducts both basic and advanced specialty training in the fields of Space and Electronic Warfare (EW). The basic courses are one week in duration and are focused on detailed knowledge of the respective subjects, while the advanced courses are three weeks long and are oriented to the application of concepts.

The Space and EW programs offered at CFSAS have gained international recognition and several countries routinely send students to 17 Wing Winnipeg for these courses. "The school has hosted students from numerous countries, all of

which see value in the courses we offer," indicated Capt Richard Hough, the director of the EW programs.

As an example of the integrated nature of the school, the advanced Space and EW courses both make extensive use of the Modeling and Simulation Battle Lab to enhance the learning experience.

Reflective of its innovative outlook CFSAS has recently entered into a unique partnership with the University of Manitoba (U of M), Faculty of Graduate Studies. This partnership provides the opportunity for students to obtain a Masters degree in conjunction with the successful completion of the Aerospace Systems Course. Two degrees are being offered: a Masters of Public Administration (MPA) and a Masters of Engineering (M. Eng.).

Not all students on the ASC are required to complete a Masters degree. For those who wish to take advantage of this opportunity it is an individual decision to apply to the U of M for the desired program. The Faculty of Graduate Studies will then offer acceptance to selected applicants.

In order to obtain the degree in one year, a student must complete coursework through the university in addition to the requirements of the ASC. For the MPA, the student must write and defend a comprehensive exam. In the case of the M. Eng. the student must write and defend a thesis.

Mr. Jeff Paul, a retired Major who is now a civilian instructor for the course, was (Continued on page 7)



Promotion in the field



MCpl Brian Nymoen, an AVS TECH in 402 Sqn Winnipeg, was away at the Air Force Command Academy in Borden and was surprised to be promoted to MCpl while attending his Primary Leadership Qualification. MCpl Nymoen (left) was in full combats with rucksack getting ready to go out in the field portion of the course and was presented his promotion by CWO Chartier, ACA Cmdt (right).

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2011 Junior Ranks Mess dinner



17 Wing Commander Col Frawley (right) attaches his epaulettes to Honourary 17 Wing Commander Philippe Pare (centre), with help from WCWO Scarcella. Photo: Sgt Bill McLeod



(L-R) Colonel Blaise Frawley, 17 Wing Commander, Philippe Pare, Honourary 17 Wing Commander, Honourary WCWO Daniel-Lee Trommelen, Honourary 17 Wing CWO, and WCWO Michael Scarcella, 17 Wing CWO. Honourary Colonel Philippe Pare carves into the turkey during the Junior Ranks Christmas Dinner. Photo: Sgt Daren Kraus

CFSAS (continued)

instrumental in the development of this initiative. "Previous ASC graduates are also eligible to apply to the University of Manitoba for acceptance into either Masters program. For those ASC graduates that are accepted, the students simply take the required courses to complete the degree," explained Mr. Paul.

A recent addition to CFSAS is the Operational Test and Evaluation (OT&E) course. This course is designed to prepare personnel posted to test and evaluation units throughout the air force.

"The repatriation of some of this training from contracted agencies has led to significant cost savings and has the added benefit of being tailored to meet the challenges of the evolving Canadian Operational Airworthiness environment," said Mr. Frank Decker, a retired Major who is now a civilian instructor at CFSAS.

A significant improvement to the OT&E course is the use of organic UAV assets to accomplish course objectives. This nascent capability is being developed as a powerful training aid for use

on both the ASC and the OT&E courses. The benefits afforded by these state-of-the-art training aids are significant and provide the air force with knowledgeable and effective project officers at all levels of acquisition and test and evaluation.

Moreover, these assets will be a valuable tool for students participating in the M. Eng. program. There is further potential to integrate this capability into the Advanced Operational Electronic Warfare (AOEW) Course and the AFOD Block 5.

Boldly addressing the needs of the future, CFSAS has integrated modern philosophies of instructional design and technological capability to readily meet the evolving needs of the air force. This novel approach to training and education allows CFSAS to exemplify its motto: Strength Through Knowledge

Additional information on courses offered at CFSAS can be found at: <http://17wing.winnipeg.mil.ca/cfsas>

-Submitted by CFSAS

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2011: THE YEAR IN REVIEW

January



- The MND visited the base on Jan 25th, where he announced \$62.8 million worth of new investments in the RCAF.
- The 17 Wing Team took home the silver medal at the 2011 Prairie Region Basketball Championships, which were held at 17 Wing from the 21-23 of January.

February



- SAR Tech Sgt Ernie Whelan completes his six-day, 100 km cross country ski trek across Lake Winnipeg to raise money for and awareness about Diabetes.
- CFHA begins renovations to 32 of the Wing's Residential Housing Units,
- The 17 Wing Women's volleyball team scored a silver medal at the Prairie Region Championships, which were held in Cold Lake.

March



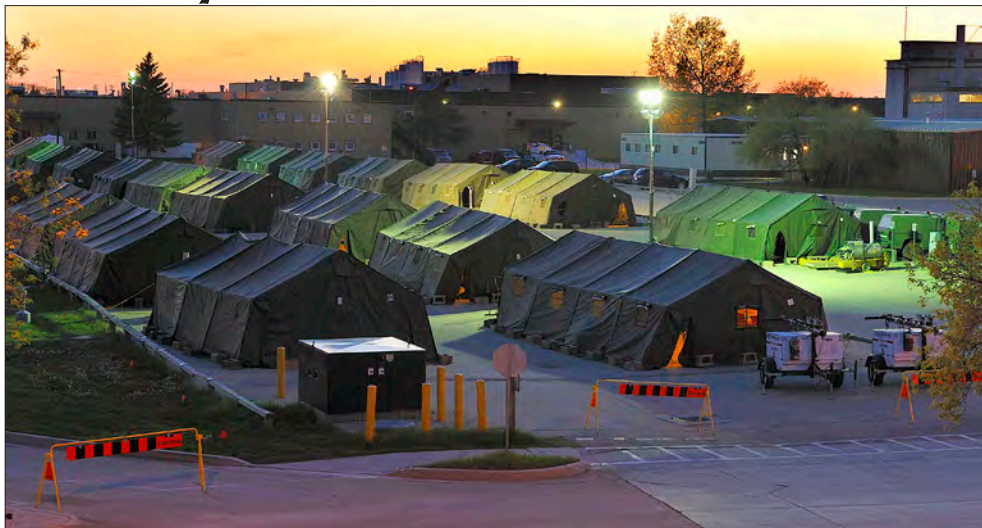
- Kapyong Barracks was opened for use in helping to make sandbags to fight flooding in Manitoba.
- MFRC Winnipeg started renovations to expand their multipurpose room. The work helped free up more room for the various groups that make use of the facility.

April



- PSP hosted the annual WComd Volleyball tournament on April 29. Eleven teams competed in the fun tournament with the odds and sods team taking home 1st place in the A division.
- The Winnipeg MFRC celebrated their 20th Anniversary by filling a time capsule up with some memories. The time capsule will be opened in ten years.

May



- 17 Wing opened its doors to military members from all over Canada during the OP LUSTRE efforts to fight flooding in Manitoba.
- 435 Squadron began its deployment in Sicily to help support Op Mobile.
- 17 Wing Winnipeg hosted the 3rd Annual Air Force Run, which saw over 1000 people participating to raise money for the Soldier On Campaign.

June



- Colonel Blaise Frawley assumed command of both 17 Wing and the Air Force Training Centre from LCol David Reyenga.
- The 17 Wing 'Wingin' It' team participated in the annual Heart and Stroke Foundation's Big Bike fundraiser. The team managed to raise over \$2100 to help the charity.

2011: THE YEAR IN REVIEW

July



- The Honourable Peter MacKay, Minister of National Defence, visited 17 Wing to announce \$3.9 in funding for the renovation of the 23 Health Services Clinic.
- MGen Alain Parent assumed command of 1 Cdn Air Div and the Canadian NORAD region from MGen Yvan Blondin.
- BGen Rick Pitre assumed command of 2 Cdn Air Div/Air Force Doctrine and Training Division from BGen Martin Galvin.
- The 17 Wing golf team took top honours at the CF Prairie Region Golf Tournament, which was hosted by 4 Wing Cold Lake.

August



- The 17 Wing Winnipeg Soccer Team won the silver Medal at the Prairie Region Soccer Tournament, which was hosted by 17 Wing Winnipeg.
- The Honourable Peter MacKay, Minister of National Defence, renamed the Air Command to its historic name, The Royal Canadian Air Force.
- The 17 Wing Winnipeg Fire Department received an Osh Kosh 6000 Fire Truck courtesy of CFB Borden.

September



- The Winnipeg Jets unveiled their new jersey at a press conference held at 17 Wing. The Jets' stylized new logo pays tribute to the past and present of the RCAF.
- Community Recreation and the MFRC hosted the annual 17 Wing Fall Fair on September 10th.
- 24 members of the 435 Squadron deployed to Op Mobile returned home to the cheers and tears of family members.

October



- The 17 Wing Dispute Resolution Centre celebrated its 10th year of operations.

November



- The CANEX Tim Hortons on Ness Avenue opened up to the delight of 17 Wing Personnel.
- The renovations were well underway as part of the \$3.9 worth of upgrades being done to the 23 Health Services Centre.

THE VOXAIR
Your 17 Wing
Community Newspaper

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- ◆ Ultrasound
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- ◆ Vaccinations

En action pour nos vétérans

Le gouvernement du Canada offre **aux vétérans un accès plus facile et plus rapide aux services et aux avantages.**

Les vétérans reçoivent plus rapidement que jamais les décisions sur leurs demandes de prestations d'invalidité et de participation au Programme de réadaptation. De plus, les vétérans qui préfèrent des options de libre-service en ligne peuvent s'inscrire à **Mon dossier à ACC** en tout temps, jour et nuit.

De plus, des améliorations récentes à la Nouvelle Charte des anciens combattants offrent :

- **un plus grand accès** à l'aide financière mensuelle pour vétérans;
- **un paiement mensuel additionnel** pour les vétérans gravement blessés;
- **un revenu annuel plus élevé pour les vétérans admissibles;**
- **de nouvelles options plus souples pour les paiements liés au Programme d'indemnité d'invalidité.**

Si vous êtes un vétéran et avez besoin d'aide, vous pouvez en apprendre davantage sur les services et les avantages en consultant **veterans.gc.ca** ou en composant le **1-866-522-2022**.



Taking Action for Our Veterans

The Government of Canada is making it **faster and easier for Veterans to access services and benefits.**

Veterans now receive decisions on applications for disability benefits and the Rehabilitation Program faster than ever before. And Veterans who prefer online self-service options can sign up for their personalized **My VAC Account** at any time, day or night.

In addition, recent improvements to the New Veterans Charter provide:

- **Improved access** to monthly financial support for Veterans;
- **An additional monthly financial payment** for seriously injured Veterans;
- **A higher annual income for eligible Veterans;** and
- **New flexible options for Disability Award Program payments.**

If you're a Veteran and you're in need of support, you can learn more about services and benefits at **veterans.gc.ca** or call **1-866-522-2122**.





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

Community Recreation Winter Schedule

For more information on any Community Recreation program, please visit: cfcommunitygateway.com

	Children & Family Programs	Fitness Pass Classes	Drop-In Adult Recreation Programs	Casual Swim	Lap Swim	Holiday & Special Events
Mondays	1800-1930 Family Gym	1700-1800 Indoor Cycling 1800-1900 Aqua Fit		1630-1900 (Kiddie Pool Only) 1900-2000 (Both Pools)	0830-0730 1100-1300	
Tuesdays	1630-1900 Swimming Lessons 1630-1915 Active Kids	0630-0730 Muscle Boot Camp 1800-1900 Yoga	1930-2100 Indoor Ball Hockey	1900-2000 (Kiddie Pool Only) 2000-2130 (Limited Space)	0830-0730 1100-1200 1500-1600 1900-2000	
Wednesdays	1800-1900 Family Gym	1630-1730 Fitness Class		1630-1900 (Kiddie Pool Only) 1900-2000 (Both Pools)	0830-0730 1100-1300	December 21st - Movie - A Christmas Story December 28th - Movie - Elf January 1st - Movie - The Santa Clause
Thursdays	1630-1900 Swimming Lessons 1630-1915 Active Kids	0630-0730 Muscle Boot Camp	1900-2100 Squash 1930-2100 Outdoor Ice Hockey	1900-2000 (Kiddie Pool Only) 2000-2130 (Limited Space)	0830-0730 1100-1200 1500-1600 1900-2000	
Fridays		1800-1900 Weight Room Circuit		1630-1800 (Kiddie Pool Only) 1800-2100 (Both Pools)	0830-0730 1100-1300 2100-2145	December 30th - Holiday Jitters January 6th - Holiday Jitters
Saturdays	0900-1200 Swimming Lessons 0915-1130 Active Kids	0930-1030 Muscle Boot Camp		1300-1600 (Both Pools) 1600-1700 (Both Pools)	1600-1700	Birthday Party and Special Event Bookings Available December 17th - Shop'N'Drop
Sundays		0930-1030 Yoga		1300-1600 (Both Pools) 1600-1700 (Both Pools)	1600-1700	Birthday Party and Special Event Bookings Available December 4th - Zooker & Crabs with Sides

THE GOOD FOOD BOX

The Good Food Box is a community based program designed to encourage healthier eating through the promotion of fresh fruits and vegetables.

Each box has a variety of high quality fresh and nutritious fruits and vegetables from local farms and distributors.

GOOD FOOD BOX DATES

September
Order by Sep 15
Pick up on Sep 21

October
Order by Oct 20
Pick up on Oct 26

November
Order by Nov 17
Pick up on Nov 23

*Orders can be placed at the Rec Centre (Bldg 90) monitor desk with a payment of cash, cheque, inter-act or credit card.

Small Box - \$15
Large Box - \$25

CONVENIENT • FRESH • NUTRITIOUS

Managing Angry Moments
27 February & 5 March 2012
(MAM)
(Must attend both days.)
0800 hours to 1600 hours
Building #135, Room #132

MAM is neither a counselling nor a treatment program. Through education, it aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

For more information or to register contact Health Promotion local 4150

Gérer les moments de colère
27 février & 5 mars 2012
(GMC)
(Doivent assister aux deux jours.)
0800h à 1600h
bâtiment 135, chambre 132

GMC n'est ni une thérapie ni une thérapie ni un traitement. Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptation qui vous conviennent.

Pour s'inscrire, composez Promotion de la santé le 4150

WEIGHT wellness

Pour s'inscrire ou pour de plus amples informations, communiquez avec le bureau de promotion de la santé: Poste 4150

For additional information and to register contact: Health Promotion @ local 4150

Programme Style de vie POIDS santé

début: (mardi) 17 janvier – 6 mars 2012
heure: 1130 h – 1300 h
bâtiment: #33

Date: (Tuesdays) 17 January – 6 March 2012
Time: 1130 hours – 1330 hours
Location: Bldg. #33, MPR

LEARN MORE ABOUT ALCOHOL, OTHER DRUGS AND GAMBLING
- TWELVE MODULES AVAILABLE

APPRENEZ - EN PLUS SUR L'ALCOOL, LES AUTRES DROGUES ET LE JEU EXCESSIF
- DOUZE MODULES DISPONIBLES

Supervisor's Training
Alcohol, Other Drugs and Gambling
18 January 2012
0800 hrs - 1600 hrs
Bldg. #135 Room #132

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

This training is course coded and is required for all military or civilians in a supervisory role.
CANFORGEN 043/09

For more information or to register contact Health Promotion local 4150

Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif: formation des superviseurs
18 janvier 2012
0800h à 1600h
bâtiment 135, chambre 132

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

Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code.
CANFORGEN 043/09

Pour s'inscrire, composez Promotion de la santé le 4150

STRESS: Take Charge!
A Canadian Forces Program

Le stress : ça se combat!
Programme des Forces canadiennes

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

Stress: Take Charge!
8 & 9 February 2012
0800 hours to 1600 hours
Bldg. #135, Room #132

To register contact Health Promotion local 4150

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

Le stress: Ça se combat!
8 & 9 février 2012
0800 h à 1600 h
bâtiment 135

Pour s'inscrire, composez Promotion de la santé le 4150



www.mfrc.mb.ca

204.833.2500 ext. 4500



MFRC programs not only for those with children

When we ask members of our community why they don't use the programs and services offered by the Winnipeg MFRC, the response we hear most often is that they don't have any children, or that their children are grown.

It is a common misunderstanding that MFRCs are only open to those who have young children. Military families are not just those who have children. The military member and their spouse are also a military family.

In fact, the MFRC offers a whole range of adult-specific programs aimed at partners, spouses and parents of military members. Adult programs comprise a large portion of the MFRC's monthly newsletter and promote health, education and social well-being within our community.

The workshops and programs we run allow military families to meet people with common interests and are open to all members of the community.

Participating in the programs is a

fantastic opportunity to step out of your normal routine and experience something new.

The courses and programs that we can offer are limited only by your participation. So take some time to look through the pages of our newsletter. If you see a program that interests you, sign up. If there is something you would like to learn or an event that you think will be of interest to our community, let us know.

If it's been a while since you've

checked out the adult programs at the MFRC, or if it's the first time you're thinking about participating, please feel free to check out the programs. Everyone is welcome.

If you are not receiving our monthly Community Connections newsletter, please email wpgmfrc@mfrc.mb.ca, or check us out on Facebook at www.facebook.com/WinnipegMFRC

If you have an idea for a program, call the MFRC at 833-2500 extension 4500.

MFRC free drop-in childcare

Free drop-in child care is available at 102 Comet Street on Tuesday, Wednesday and Thursday from 10 am to 3 pm. The drop-in child care will allow parents to participate in programs, volunteer, attend appointments with MFRC coordinators or the social workers, or just come in for a coffee and chat.

In order to access the drop-in childcare, parents must remain in the MFRC (102 Comet St) for the duration of care. Children one year of age and older are eligible for the service. Parents are asked to please bring items their child may need, including snacks and diapering supplies.

Upcoming MFRC Programs

Adult programs

SCRAPBOOKING DROP-IN

Tuesdays, January 10, 17, 24, 31
9:30-11:30 a.m.

Are you wanting to get some of your scrapbooking finished, but you don't seem to have the time? Or, you would like some help with a specific technique? Join us for a bilingual scrapbooking drop-in morning. We will have someone on hand to help you and offer ideas and suggestions. Please bring your own supplies and tools.

SIT AND STITCH

Thursday, January 26 6-8 p.m.

Join us for a drop in sit and stitch club! Bring in your current project to work on while socializing and having some snacks. A knit and crochet instructor will be on hand to help beginners with techniques and or a new craft! All levels of knitters and crocheters are welcome!

FRENCH CONVERSATION WORKSHOP

Tuesdays, January 10, 17, 24 6 to 7:30 p.m.

This group will meet to improve their French language skills. You will have the opportunity to discuss a number of topics in French. Participants must have obtained an intermediate level to attend. Register today, it's free! For more information, call ext. 4515.

FAMILY PROGRAMS

BOWLING

Saturday, January 21 1-3 p.m.

Academy Lanes, 394 Academy Rd
\$3 per person

Register and pay by January 17
Calling all deployed and newcomer families - let's go bowling!! We'll have a great time throwing strikes and gutter balls. Snacks and beverages are included.

CHILDREN'S PROGRAMS

Let's Go!

WESTWIN CHILDREN'S CENTRE

Tuesdays January 17- March 20

1:15-2:15 p.m.

Do your children have more energy than your four walls can handle? Join

us Tuesday afternoons for a chance to let loose and get moving! Children and parents will have the opportunity to play together with large muscle toys. There will also be parachute and cooperative games, music, movement and a lot of FUN!

CREATIVE TOTS

WESTWIN CHILDREN'S CENTRE

Thursdays, January 12, 19, 26 9:30 to 11 a.m.

Parents/caregivers and children 0-5 come and join us for free play, art, songs and stories. This free drop in program is a great way to meet others and introduce your child to a group setting. Please bring a peanut free snack for your child. For more information, call 833-2500 extension 2491.

DATE NIGHT CHILDCARE

WESTWIN CHILDREN'S CENTRE

Wednesday, January 25 5-7:30 p.m.

\$8 per family

Register by January 23

Leave the kids with us while you and your spouse/friends take some time to connect (dinner? uninterrupted conversation?) Children 1 - 6 years old. Please call 833-2500 ext 2491 to register.

FAMILY SCIENCE NIGHT

WESTWIN CHILDREN'S CENTRE

Thursday, January 19 6:30-7:30 p.m.

Register by January 16

Parents and preschoolers experience some cool hands on science experiments. Explosions! Concoctions! Fun ways to learn science principles. Call 833-2500 ext 2491 to reserve a spot.

ALPHABET SOUP

MFRC, 102 COMET

Wednesdays, Feb 1, 8, 15, 22, 29 March
7 9:30-11 a.m.

Register by January 26

Songs stories and Food! Parents and children will share some rhyme time then parents will prepare food and gain recipe ideas while children play. We'll come together to eat and have another story or two. The program will promote literacy, nutrition and fun!

<p>Yellow Ribbon Gala</p> <p>Saturday, February 18, 2012</p> <p>Delta Winnipeg</p> <p>Keynote speaker: General Walter Natynczyk Chief of the Defence Staff</p> <p>Guest speaker: Melissa Fung, journalist and author of <i>Under an Afghan Sky: A Memoir of Captivity</i></p> <p>Entertainment by: The Royal Canadian Air Force Band</p> <p>Cocktails 6 p.m. ~ Dinner 7 p.m.</p> <p>\$100 per person* \$900 for a table of 10*</p> <p>*A charitable donation receipt will be issued for a portion of the purchase price</p> <p>For more information or to purchase tickets, contact 833-2500 extension 4500 or visit www.yellowribbongala.ca</p> <p>Dress: Black tie optional Military: Formal wear, black tie or Mess Kit/2B Mess Service</p> <p>Tickets available until February 3, 2012</p>	<p>Gala des rubans jaunes</p> <p>Le samedi 18 février 2012</p> <p>Delta Winnipeg</p> <p>Conférencier d'honneur le Général Walter Natynczyk Chef d'état-major de la Défense</p> <p>Conférencière invitée Melissa Fung journaliste et auteur du livre <i>« Under an Afghan Sky: A Memoir of Captivity »</i></p> <p>Musique de la Musique de l'Aviation royale canadienne</p> <p>Cocktails à 18 h ~ Dîner à 19 h</p> <p>100 \$ par personne * 900 \$ pour une table de 10*</p> <p>*Un reçu pour les dons de bienfaisance vous sera remis pour une partie du prix d'achat</p> <p>Pour de plus amples informations ou pour acheter un billet composez le 833-2500 poste 4500 ou visitez www.yellowribbongala.ca</p> <p>Tenue: Tenue cravate noire optionnelle Militaire : tenue de soirée, tenue cravate noire ou tenue de mess/No 2B</p> <p>Les billets seront en vente jusqu'au 3 février 2012</p>
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Interns find out what Canada's Airforce does for Canadians



Kai Olsen, Susan Schipper, Anna Murawski, MGen Parent, CWO St-Jean, Leezann Freed-Lobchuk and Andrew Tod. CF Photo: Cpl J Archambault

For Kai Olsen, Susan Schipper, Anna Murawski, Leezann Freed-Lobchuk and Andrew Tod, their a recent visit to the Royal Canadian Air Forces 1 Canadian Air Division and Canadian NORAD Region (1 Cdn Air Div/CANR HQ) headquarters located at 17 Wing Winnipeg was an eye opening experience.

In addition to touring the operations centre 'that never sleeps' and having the opportunity to chat informally with the 1 Cdn Air Div/CANR HQ Commander - Major-General Alain Parent, and Chief Warrant Officer, CWO Guy St-Jean, the five Manitoba Legislature Interns were briefed on the many missions performed by the men and women stationed there.

1 Cdn Air Div/CANR HQ is the operational headquarters of the Royal Canadian Air Force (RCAF), which commands 11 of the RCAF's 13 wings, and the headquarters for the Canadian NORAD Region (CANR) with responsibility for overseeing the monitoring of Canada's airspace in support of the nation's commitments to the North American Aerospace Defence Command (NORAD). The Commander also serves as the Combined/Joint Force Air Component Commander for operations in Canada and overseas in support of Canada Command and Canadian Expeditionary Forces Command



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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 Gord Mintz

(Anglican) 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

THE CHARLESWOOD MEDICAL CLINIC at 3360 Roblin Blvd.

is pleased to announce the association of DR. ROBERT CRONIN to the clinic in Family Practice.

DR. CRONIN is accepting new patients who currently do not have a family physician (Military families encouraged to call)

To set up an appointment, please call 831-4741

For Sale: Jeep Wrangler Sport 2 DR Red. Only 15500 KM, bought new in Nov 2010. Maintenance records available. Transferrable warranty. Non-smoker. Interior in excellent shape, manual, removable doors, Roll cage, fog lamps, Cruise control, AM/FM/CD/AUX, 3 pieces removable freedom Top w/ protective carrying case(CD owner info included), Hidden rear storage compartment, Folding rear seat, Alloy Wheels, Traction Control, Dual Airbag Anti-Lock Brakes (ABS), Privacy Glass
Denis 275-7581 or 5611

Volunteers Wanted:

1 Canadian Air Division kitshop is looking for volunteers. Flexible hours, 1 day a week between 10:00 hrs and 14:00 hrs.

For Sale - Westinghouse floor model radio, model 683, circa 1940's, excellent working order, original operating manuals, providence available, \$350.00, Barbara 415-4563

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NEW ARRIVALS

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BINGO: Monday, Wednesday & Friday at 7:30 pm
Early Bird starts at 7:00 pm
SENIOR'S BINGO: Thursdays at 1:30 pm
CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday & Saturday evening 8:00-12:00 pm
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

Taroscopes

BY NANCY

Aries (March 21 - April 19):

As the year begins you have a window of opportunity to firmly establish what you've already begun or to get a new venture off the ground. You'll find it exciting to express your creative talents, speak your mind and show your proficiency. Also, your efforts will soon show a return.

Taurus (April 20 - May 20):

You're full of awareness that everything is beautiful and all things are possible. This is an ideal time to share your dreams with another. Find comfort in music and be gentle with any mood swings you experience. This restful period prepares you for upcoming adventures.

Gemini (May 21 - June 21):

You've worked out most of the details in a life-changing venture. Brainstorm with friends to discover solutions to any outstanding issues or challenges that arise, especially anything related to finances. Remain relaxed and flexible. You'll be able to manage quite well.

Cancer (June 22 - July 22):

If you've been too preoccupied to take in the world and those around you, prepare for a wake-up call. Someone wants to bring you down to earth. Don't let their harsh words get to you. Ultimately unconditional love and trusting in the positive potential of others is a worthy ideal.

Leo (July 23 - August 22):

No matter what you do, things seem to work out to your advantage. Still some things take longer to pan out. Be patient. There's always a new idea popping into your head spurring you on to new adventures. It's not about where you end up but the fun you had getting there.

Virgo (August 23 - September 22):

You've supported and encouraged others and now you would like to receive some support in return. But sometimes it isn't possible. Instead of hoping for others to provide for you give yourself what you need. Listen to your heart speak and it will tell you what you crave.

Libra (September 23 - October 23):

Do what excites your spirit and calls to you. What inspires you energizes you. Listen to the music inside you and dance to your own beat. Nothing is a total waste. Use your own sense of value when you measure your level of satisfaction with an experience.

Scorpio (October 24 - November 21):

Invest in what brings you joy. Take all the wonder inside and bring it out into the world. You have so much to express. Take lessons in a creative pursuit if you don't already have an avenue to release your passions. Or teach if you already know your stuff. A new market opens up.

Sagittarius (November 22 - December 21):

Honesty is the best policy in all communication. Little white lies can catch up to you. If you bend the truth, don't go overboard. Your words may not have been meant to give rise to a crisis but if others take the game away from you, all you can do is watch the fireworks.

Capricorn (December 22 - January 19):

Allow yourself to get swept up in the flow of all that is happening as you breathe new life into a dream. Take centre stage and let your passions fuel your creativity and self-expression. Back your big dream with some cash and you'll be a success.

Aquarius (January 20 - February 18):

It's worth it to take things to a deeper level. Use a creative outlet to show what introspection has taught you about life and yourself. Allow your imagination freedom when seeking new venues for your wares. You are multi-faceted and multi-talented. Face your fears.

Pisces (February 19 - March 20):

Stay focused on your heart's desire and it will be easier to navigate the rough stretches. Shocking news comes out of the blue but you have unique skills and abilities which help you throughout this crisis. Don't get caught up in issues, rise above them and ride the winds of change.

FOR APPOINTMENTS CALL 775-8368

THE VOXAIR

Your 17 Wing Community Newspaper



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