

**Fountain Tire**  
 3020 Portage Ave.  
 Winnipeg, Manitoba  
 204-888-0808

Now available on the  
**CANEX**  
**NO INTEREST CREDIT PLAN\***

\*On approved credit. See our brochure for details.  
 For more information please call CANEX.  
 204-765-2343



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

April 04, 2012

VOLUME 61, ISSUE 07

FREE

## MND Announces Multi-Use Facility for Winnipeg



The Minister of National Defense, Peter MacKay, shakes hands with 17 Wing Commander Col Blaise Frawley while he was in town on March 22nd, 2012 to officially announce the building of a \$9.8 million multi-use facility to enhance the delivery of care and the quality of life for Winnipeg's military community. See Page 2 for more details. Photo: Cpl Beverly Dunbar.

IN THIS ISSUE:

1 CFFTS GRADUATION

PAGE 3

CHANGE OF COMMAND  
 AT CFSSAT

PAGE 5

17 WING WINS  
 PRAIRIE REGIONAL  
 WOMEN'S VOLLEYBALL  
 CHAMPIONSHIP

PAGE 8

**DOMENICA'S**  
**UNISEX HAIRSTYLING**

2255-G Ness Avenue

Ph: 885-3665 or 832-6978



**Mon & Tues**  
 9:00 am - 6:00 pm  
**Wed to Fri**  
 9:00 am - 8:00 pm  
**Saturdays**  
 8:30 am - 5:30 pm



- Military Men Cuts.....\$11
- Perm & Cut.....\$45
- Flat Tops.....\$11
- Frost & Cut.....\$45
- Colour & Cut.....\$40
- Senior Mens Cut.....\$10
- Childrens Cuts.....\$10-15
- Ladies Cut.....\$17
- Ladies Blow Dry.....\$17
- Foil.....\$4 to \$6



PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

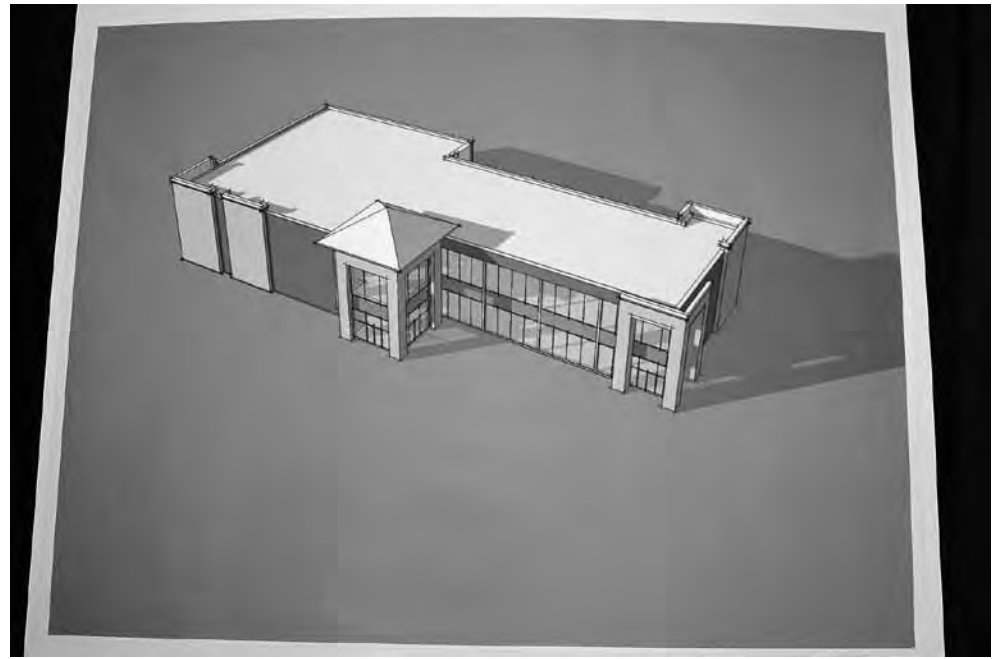
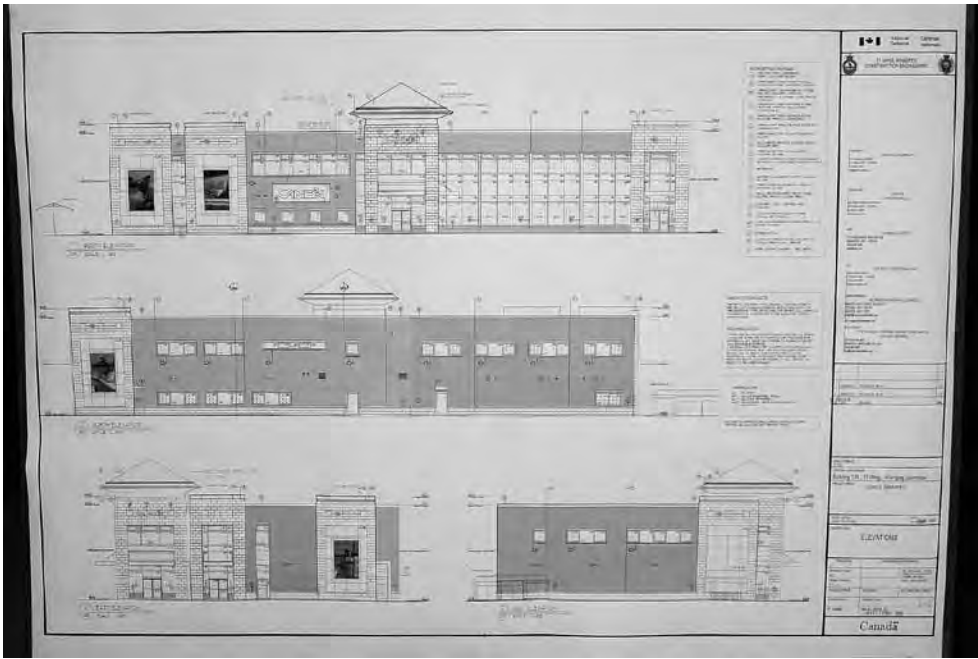
**Steven Fletcher,**  
 Member of Parliament

Charleswood-St. James-Assiniboia

Phone: 204-984-6432  
 Fax: 204-984-6451  
 3111-A Portage Avenue  
 Winnipeg, Manitoba R3K-0W4

FOR REGULAR UPDATES ON STEVEN FLETCHER VISIT [WWW.STEVENFLETCHER.COM](http://WWW.STEVENFLETCHER.COM)

# “Caring for our Own”



Displayed during the Minister of National Defence, Honourable Peter MacKay's press conference, March 22 2012, were the actual architectural drawings of the new CANEX complex to be built at 17 Wing Winnipeg. Photos: Cpl Beverly Dunbar.

By: DND News Release

Defence Minister Peter MacKay today announced plans to construct a \$9.8M multi-use facility to enhance the delivery of care and the quality of life for Winnipeg's military community.

He also used the opportunity to announce a new “Caring for our Own” publication that communicates the comprehensive way in which the Department of National Defence and Canadian Forces commit to supporting ill and injured CF personnel from the time of injury through recovery, rehabilitation and transition back into military or civilian work forces.

“I am proud that we are taking this concrete action to improve the well-being of our military personnel, our veterans, and their families” said Minister MacKay.

“As one of the four pillars of the Canada First Defence Strategy, we have enshrined care for Canada's men and women in uniform as a top priority of this government.”

The new facility, which will be built outside the security perimeter at 17 Wing Winnipeg, will optimize the operations of several units whose services are essential to the morale and well being of military personnel and their families. Services will include Winnipeg's Integrated Personnel Support Centre, Military Post Office, Dispute Resolution Centre, SISIP Financial Services, and a CANEX retail outlet.

The role of the Integrated Personnel Support Centre (IPSC), one of 24 across the country, is to provide one-stop access to services and benefits to ill and injured CF personnel, veterans and their families. This new facility will consolidate Winnipeg's existing Integrated Person-

nel Support Centre's resources under one roof, and will be more appropriately situated and better suited to meet the needs of its clients.

“In order to accept the challenges and risks that come with military service, our personnel and our families need to be confident that they are being cared for,” said Colonel Blaise Frawley, commander of 17 Wing. “I am thrilled to see the vision for this integrated facility coming to fruition, making essential services more accessible to those who need them.”

Contract tendering, award, and construction is expected to be complete by fall 2013. The facility will be 65 per cent publicly funded, with 35 per cent of funds coming from non-public funds.

## Canex Returns to 17 Wing Winnipeg

By: Alison Dickey  
Voxair Photojournalist

A Canex is finally returning to 17 Wing. Part of an Expressmart, it will be located between the Westwin Community Centre and the MFRC on Wihuri Road. It will be a two-story building that will house the Injury Personnel Support Cen-

tre along with the Canex, Baldwinson Insurance, Hairforce Barbershop, SISIP, Dispute Resolution Centre, a CF Post Office as well as offices for NPF Human Resources, Accounting and the Voxair.

“The plan is to review the design and go for tenders early summer 2012 and hopefully awarding the tender in the fall with a planned completion date of fall

2013,” explained PSP Manager Rick Harris.

17 Wing has been trying to get a new Canex for a number of years and then the need was very evident when the Canex Expressmart closed in 2005.

“It's amazing the number of questions we'd get about where's the Canex and why don't we have one here and now we're happy to say that it's on its way,” says Harris.

### VOXAIR

#### OFFICE HOURS

Monday to Friday  
0830-1500 hrs

#### CONTACT

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

Accounting  
(204) 833-2500 ext 4121

Submissions/Reporter  
(204) 833-2500 ext 6976

voxair@mts.net  
+VOXAIR@PersSvc@Winnipeg

#### VOXAIR STAFF

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

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

Michael Sherby  
Voxair Manager  
(204) 833-2500 ext 4120

Alison Dickey  
Production Coordinator/  
Photojournalist

Maureen Walls  
Sales Coordinator  
(204) 815-8191

Misra Yakut  
Accounting

Traci Wright  
Proofreading

Capt Jordan Woodman  
Wing Public Affairs  
Officer

Sgt Bill McLeod  
Wing Public Affairs  
Photojournalist

Printed By  
The Winkler Times  
(204) 325-4771

Visit Us Online: [www.voxair.ca](http://www.voxair.ca)

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col. Frawley. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or third party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.

Correspondence should be addressed to:  
The Voxair  
17 Wing Winnipeg,  
PO Box 17000 Stn forces  
Winnipeg, MB R3J 3Y5  
This newspaper is printed using  
environmentally safe inks.  
Publications Mail Agreement No. 1482823

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included. (Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in The Voxair Newspaper of products and/or services for exchange in donations.

Do your part...  
recycle  
or pass along  
this newspaper  
when  
you're  
done.





## Kendall's Restaurant & Catering

**Featuring:**

- Homemade stock soups, burgers, gravy, etc...
- Check out our Clubhouses: “Fresh Roast Turkey”
- Ukrainian Buffet is our specialty
- Catering available
- Banquet rooms available (up to 230 people)

*~Mention this ad and get 10% off menu prices~*  
(Excludes daily specials, buffets, and catering)

Open Tuesday - Saturday • Come in for Breakfast, Lunch, and Supper  
Take out orders available  
1755 Portage Avenue, in the Royal Canadian Legion St. James Branch #4  
Call: 470-7010 or 888-3759

## THE VOXAIR

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

# 1 CFFTS Graduation

## An Old Dog Learns New Tricks



The 2012 Intermediate Airborne Electronic Sensor Operator (AES Op) graduating class from 1 CFFTS. Photo: Cpl Jean Archambault



Pte Paul Edwards is one of the graduates of the Intermediate Airborne Electronic Sensor Operator (AES Op) Course offered at 1 CFFTS. Photo by: Pte Niko Niedziela

By: Capt David Lee, 1 CFFTS

1 Canadian Forces Flying Training School (1 CFFTS) celebrated the graduation of Intermediate Airborne Electronic Sensor Operator (AES Op) Course 1153 on 22 March 2012. Eight AES Op graduates received their wings during an afternoon ceremony as friends, family and 1 CFFTS staff members looked on.

While students at 1 CFFTS come from many different backgrounds, Private Paul Edwards' path is definitely the road less traveled. Prior to joining the Canadian Forces, Pte Edwards worked on Bay Street in Toronto as a financial analyst, and later as a manager of sales and marketing in both the information technology and business consulting fields.

Pte Edwards joined the Canadian Forces in August 2010 under the AES Op Direct Entry Program. After completing Basic Military Qualification (BMQ) in St-Jean-sur-Richelieu in November 2010 he came to Winnipeg for Other Job Training (OJT) with 402 Squadron. His employment included working with the new Defence Resource Management Information System (DRMIS), which was noteworthy for Edwards since he had worked with the software's supplier – SAP – at a corporate level in his previous life. "It was interesting to be working as a user on a product that I had seen at a higher level," he notes. "What I've come to realize is that the jobs I like the most are those with a hands-on aspect."

A corporate career came with its own rewards, including the salary and prestige one might expect from working in corporate finance. Still, leaving that world behind hasn't been difficult for Edwards, who says he's had no trouble explaining his choice to those who don't

understand why he'd take a pay cut. "Without sounding like a commercial, the qualities of duty, loyalty, integrity and courage are all important to me," says Edwards. Ultimately, the organizational values of the CF aligned with Edwards' own, easing his transition into military life.

As for his former colleagues, there are about a dozen that Edwards speaks to on a regular basis. While many don't understand his choice to join the CF, he says that everyone is supportive of his decision. "They recognize that this is a fit for me," he says. Like many other CF members, Edwards also has a family history of military service. "Three of my uncles and a grandfather had served, so that was in the back of my mind before I joined," he says.

At 48 years old, Edwards has more life experience under his belt than a typical direct entrant into the AES Op trade. "I tried not to play the 'old man' role on course," he jokes. "I didn't want to be the father figure. I tried to be youthful, but not in a mid-life crisis kind of way." He believes that as he's gotten older he's become more selfless, so he tried to be the "course uncle" – a trusted confidant, but also a fun-loving friend.

Private Shawn James completed his AES Op training with Edwards, and speaks glowingly of his course-mate and friend. "We've been really good friends from the beginning," says James, a 25-year-old who also completed BMQ with Edwards. "He's been around the block, and he's been there for us as a course on a personal level. His ears are always open and his experience is endless."

"One thing with Paul is that he doesn't like mentioning his age – as he says,

"There shouldn't really be an age in the military –

if I'm tasked to do a job, then I should be able to do it whether I'm 25 or 50."

Edwards maintains that it's his willingness to learn from his life experience – not the amount of years he's lived – that makes the difference for him. "If you choose to recognize your life experience, you have that much more to pull from at any age," he notes. "So it's not age that matters so much as the things age brings with it."

As one of the newest graduates from 1 CFFTS, Pte Edwards is posted to 407 Squadron in Comox, British Columbia, where he will fly on the CP-140 Aurora. Edwards says that he looks forward to being the interface between the crew and the aircraft, as well as working in a team environment and actually operating the aircraft's systems. The posting is also a personal fit, as Pte. Edwards has two daughters, aged 11 and 14, who currently reside in Parksville, BC.

"I'm excited that my posting is going to allow me to be an active father," exclaims Edwards, whose daughters have openly expressed their pride in their father. "Even when I'm away doing my job, they understand that I'm doing it for them and for others."

According to James, who was exactly half of Edward's age when the duo completed BMQ, age is just a number when it comes to his senior. "In Basic, you couldn't even tell the difference – he was right there with us young guys."

Whatever comes next for Edwards and his fellow graduates, that combination of experience and energy – perhaps in different proportions, depending on the individual – will help them overcome any obstacle.

### Professional & Business Directory

#### RUTLEDGE LAW OFFICE

R.F. RUTLEDGE, B.A., LL.B.

COUNTRY CLUB PLAZA

310-3025 Portage Ave.

Phone: 987-7575 Fax: 837-3638

#### BALDWINSON INSURANCE

Rec Centre (Wheatwold Rd.)

Drivers Licences &

autopac 889-2204



mmmm.  
**MARIGOLD**  
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering



1245 Inkster Blvd  
2591 Portage Ave  
1380 Elllice Ave  
718 Osborne St

# Air Cadets From Around Manitoba Tour 17 Wing



Two of the Air Cadets receive a briefing on the Navigation Systems in the Dash-8 Aircraft by a member of 402 Winnipeg Squadron. Photo: Capt Judy Undiks.



Air Cadets have the opportunity to sit in the cockpit of the C-130 Hercules aircraft as members of 435 Search and Rescue Squadron familiarize them with the operational aspects of the aircraft. Photo: Capt Judy Undiks.

## Submission by: Capt Judy Undiks Air Cadet League of Manitoba

Staring up at the vast wing span of the Hercules C-130 Aircraft, Air Cadets from Fisher Branch, Beausejour, Melita, Strathclair, Russell and Thompson were given a valued familiarization of the assets of the Canadian Forces and the Aviation Industry on Saturday, March 17 in Winnipeg. "Bringing these completely different squadrons together for this tour was a memory to last a lifetime," said Warrant Officer Second Class Jessica Arnfinson of 317 Strathclair Squadron. "Air Cadets is not just about classes and drill; it is about adventures, friendships and people you will never forget."

Over 100 Air Cadets were given a fascinating tour of 17 Wing's Combined Aerospace Operations Centre, 435 Search and Rescue and 402 Winnipeg Squadrons, 17 Wing Logistics and Engineering Branch, Air Force His-

tory and Heritage Museum, Red River College's Stevenson Campus, Winnipeg Airports Authority Inc. Firehall and the Western Canada Aviation Museum.

Volunteers from each facility treated the Air Cadets to the highlights of their roles within the aviation industry. "It was a very impressive day for these young Canadians," said Leigh Joiner of the Air Cadet League of Canada (Manitoba Branch). "Our sincere thanks goes out to all of the volunteers who gave of their time to provide these Air Cadets with an opportunity that would be hard to match in a rural area such as Thompson."

The Air Cadet League of Canada (Manitoba) Inc. is a civilian volunteer non-profit organization partnered with the Canadian Forces to implement the Air Cadet Program in Manitoba. There are eight units in Winnipeg and sixteen units throughout Manitoba with a total membership of almost 1,400 teenagers. Air Cadets participate in a prescribed program during the school year

and may be chosen to attend summer camps for athletic, survival, aerospace, leadership, music, glider pilot and private pilot training.

In the past four summers, Manitobans have been selected for the International Air Cadet Exchange to Australia, Belgium, France, Hong Kong, Israel, New Zealand, the United Kingdom and the United States. Over thirty thousand dollars in scholarships, bursaries and awards are available to the Air Cadets ready to pursue post-secondary education.

For more information on Air Cadets visit: [www.aircadetleaguemb.ca](http://www.aircadetleaguemb.ca).

## HABING LAW

BARRISTERS, SOLICITORS & NOTARIES



**RONALD HABING**  
BA. LL.B.  
and  
**SIDNEY LAVIOLETTE**  
BA. LL.B.

REAL ESTATE & MORTGAGES • WILLS & ESTATES  
• FAMILY & CIVIL LITIGATION • FAMILY LAW •  
BUSINESS LAW

**2643 Portage Avenue**  
Phone: (204) 832.8322  
Fax: 832.3906

## A LONG STANDING TRADITION



- Traditional and Contemporary Funerals
- Preneed Arrangements
- Indoor Scattering Garden
- On-Site Crematorium
- Parking
- Across from Brookside Cemetery

Call: (204) **949-2200**

Gimli Call: (204) 642-7124

3030 Notre Dame Avenue  
Winnipeg, Manitoba, Canada R3H 1B9

[www.nbardal.mb.ca](http://www.nbardal.mb.ca)  
Email: [info@nbardal.mb.ca](mailto:info@nbardal.mb.ca)

**neil bardal**  
Funeral Centre

THE ONLY FUNERAL HOME OWNED AND OPERATED BY THE BARDAL FAMILY

Proud to offer a  
**10% MILITARY DISCOUNT**  
on all retail parts & services



Sales • Leasing • Service • Parts •  
Collision & Glass Repairs for all makes & models

**St. James**



670 Century Street Phone: (204) 788-1100

[stjamesvw.com](http://stjamesvw.com) [stjamesaudi.com](http://stjamesaudi.com)

# Change of Command at CFSSAT



On 20 March 2012 in the Officer's Mess (Building 76), 17 Wing, Winnipeg, Manitoba, CFSSAT host their change of command ceremony. The outgoing Commandant is Lieutenant-Colonel (LCol) Daniel Desrochers and the incoming commandant is Major (Maj) Yves Soulard. Photo: Cpl Jean Archambault.

## Sgt Bill McLeod 17 Wing Photojournalist

17 Wing Winnipeg, Man- Major Yves Soulard assumed command of the Canadian Forces School of Survival and Aeromedical Training from the outgoing Commandant, Lieutenant-Colonel Daniel Desrochers at a ceremony held at the 17 Wing Officer's Mess on 20 March 2012.

17 Wing/Air Force Training Centre Commander Colonel Blaise Frawley presided over the signing ceremony before the outgoing and incoming Commandants of CFSSAT addressed the friends, family and military colleagues attending the Change of Command.

"CFSSAT is one of those organizations that kind of works quietly in the background, but what you do is critical to the operational mission of the Air Force," said Colonel Frawley.

Colonel Frawley thanked LCol Desrochers for his leadership and decision making ability and the work that CFSSAT had performed during his tenure, like the hundreds of air crew that trained at CFSSAT, the ongoing work they are doing on Arctic survival, and the Wing events that CFSSAT had played a leadership role in before reminding Major Soulard that he had big shoes to fill and that he would find his new command challenging.

"It's a school of contrasts. We still have a 1950s chair where we spin aircrew and pilots around until they become disoriented, side by side with a state of the art

flight simulator for hypoxia recognition training. We use digital maps and satellite tracking devices to keep tabs on where our students are and at the same time we use an 8 track tape and I have guys teaching students to make fire with a flint and damp wood in a rain shower," said LCol Desrochers.

During his speech LCol Desrochers also thanked the Wing units that support CFSSAT operations and the outside units that CFSSAT works hand in hand with to develop courses and procedures.

A visibly emotional Major Yves Soulard said he was looking forward to the challenges awaiting him at CFSSAT and thanked his friends and coworkers from 1 Canadian Air Division and especially his wife, Amanda. He got a laugh from the audience when he said, "What's an 8 track?"

Major Soulard joined the Canadian Forces in 1998 and is coming from the A3 Maintenance Cell at 1 Canadian Air Division where he was responsible for oversight of the CH124 operational airworthiness, readiness, and training matters.

"Coming from my background I didn't get a lot of exposure to SAR (Search and Rescue) Techs, aeromedical, infantry and bioscience officers and I'm looking forward to working with you and picking your brains," said Major Soulard.

LCol Desrochers was just promoted to that rank and will be assuming a position at 1 Canadian Air Division.



*Contributing to the financial well-being  
of the Canadian Forces community!*



*Nous contribuons au bien-être financier  
de la communauté des Forces canadiennes !*



Life Insurance • Financial Planning • Financial Counselling • Financial Education  
Assurance vie • Planification financière • Counselling financier • Éducation financière

**1-800-267-6681 • [www.sisip.com](http://www.sisip.com) • Winnipeg: 204-984-3222**

## 407 Squadron 71st Anniversary Reunion

June 1<sup>st</sup> - 3<sup>rd</sup>, 2012

Are you a former  
Demon?

Come help us celebrate  
71 years of demon  
tradition & honour our  
WWII Veterans!



Planned Events include:  
hangar & aircraft tours, family flights, demon assoc. meeting, dinner & dance,  
BBQ, & other activities around the local area

[www.407reunion.com](http://www.407reunion.com)

Email questions to: [demonreunion2011@gmail.com](mailto:demonreunion2011@gmail.com) or Join us on Facebook!

# MND Visits 2 Cadet Units in Carman



The Honourable Peter MacKay, Minister of National Defence, poses with members of 575 Royal Canadian Air Cadet Squadron (Southport/Portage) and 19 Royal Canadian Army Cadet Corps (Portage) in Carman, Manitoba on March 22, 2012. While there, he spoke on the importance of Cadets and the strong leadership skills that they possess. Also in the photograph are Capt Matthew Tompkins (Military Assistant to MND) and Candice Hoepfner (MP Portage-Lisgar) Photo: Sgt Quinn Bailey.



Defence Minister Peter MacKay meets with members of the 575 Royal Canadian Air Cadet Squadron and the 19 Royal Canadian Army Cadet Corps in Carman, MB. Photo: Sgt Quinn Bailey



The Honourable Peter MacKay, Minister of National Defence, meets members of 575 Royal Canadian Air Cadet Squadron (Southport/Portage) and 19 Royal Canadian Army Cadet Corps (Portage) in Carman, Manitoba on March 22, 2012. While there, he spoke on the importance of Cadets and the strong leadership skills that they possess. Photo: Sgt Quinn Bailey.

## CF Men's Hockey Championship All-Stars



This year's CF Men's Hockey Championship All-Stars included (L to R): Capt Stephane Guillemette from the Quebec region, Cpl Gabe Proulx from the Ontario region, LS Barry Noseworthy from the Atlantic region, Cpl Derek Desbiens from the Quebec region, MVP Cpl Robin Quenneville also from the Quebec team and Cpl Chris Lindsay from the Atlantic region. Photo: Cpl Piotr Figiel.

*award winning*  
**Assiniboia  
 Animal  
 Hospital**

*Gentle with  
 Pets & Prices*

**889-5570**  
**3050 Portage Avenue**

# 17 Wing Hosts Indoor Target Archery Championships



This was the second Indoor Target Provincial Archery Championship Tournament that the 17 Wing Archery Club has hosted. 55 Archers and over 100 spectators were in attendance. The Club wishes to express its sincere gratitude to the Wing Commander, for his kind permission and to PSP staff for their co-operation in coordinating the facility. Photo: Alison Dickey

Congratulations to the Archers & Bowhunters Association of Manitoba (ABAM) members who won medals in the 2012 Canadian Indoor Championships:  
 Robyn Yaremchuk - Gold Medal - Precub  
 Hunter McGinnis - Silver Medal - Cadet  
 Keenan Brown - Silver Medal - Junior  
 Allan Gunter - Gold Medal

Kevin Tataryn - Gold Medal  
 Doris Jones - Silver Medal  
 Keenan Brown, Allan Gunter, and Dave Jackson - Gold Medal - Team event  
 The winner of the Men's Master Compound Class was Chief Warrant Officer Gary Micklethwaite of 2 Canadian Air Division.

## Wing Headquarters Gets Egged!!



The Community Recreation March Break Camp held an egg drop competition at Building 137 on March 28th. In the ages 5-8 group the winners were: 1st place - Trenton Vandal, 2nd place - Belle Thornton and 3rd place - Carson Setter. In the ages 9-12 group the winners were: 1st place - Alexandra Balckney-Kennedy, 2nd place - Alyia Tkacz and 3rd place - Alyssa Hester. Photo: Alison Dickey



**17 WING  
 JUNIOR RANKS**

**MONDAY – THURSDAY**

Lunch 1130 – 1300 hrs  
 Afternoon 1500 – 1900 hrs

*(Hours may be extended to 2200 hrs depending on attendance)*

**FRIDAY**

Lunch 1130 – 1330 hrs  
 Afternoon 1500 – 2400 hrs

**SATURDAY – SUNDAY**

CLOSED

*Hours will fluctuate on nights with scheduled events*

**Pool Tables Air Hockey Foosball**

**Cable TV Shuffleboard**

**WIFI Internet Wii Games TGIF's**

Available for Weddings, Socials, Private or Unit Functions / Contact the Junior Ranks Admin Office Bldg 61 / 204-833-2500-5245

# 17 Wing Wins Prairie Regional Volleyball Championship



The 2012 PR Women's Volleyball Champions from 17 Wing Winnipeg include: Back Row L-R - Capt Nicole Pye, WO Stacey Kowhanski, Capt Jill Strelieff, Maj Andrea Keeping, Ron Nicolas (Coach) Front Row L-R- Pte Regyn Guinto, Capt Emmanuelle Gratton, Capt Melissa Couturier, Capt Tammy Dunnett. Photo: Submitted.

By: Ron Nicolas

"Talent wins games, but teamwork and intelligence wins championships." - Michael Jordan.

This holds true for the 17 Wing Women's Volleyball Team as they took home the Prairie Regional (PR) Championship in Edmonton, Alberta from March 18-23. The ladies were definitely a force to be reckoned with as they made their presence on the court known even during warm ups preceding the games. During the whole tournament the women remained undefeated, despite some difficulties and set backs prior to the PR Championships.

Two weeks before the tournament, the team was excited and ready to compete in Edmonton. No one expected that the team would lose some players due to illness, injuries, and last minute TD. Losing the team captain, Captain Julia Rantz (CISM) and Capt Myrian Lafrance was a big blow to the morale and talent of the team.

So a week before the tournament there was a lot of scrambling and adjustments taking place in practices.

"You figure the team would have been in a panic and broken. But it was the exact opposite, everyone pulled together as a team, which I believe is the reason for the success. They were calm, collected,

and confident," said Coach Ron Nicolas (PSP)

Players had no choice but to step up and fill in. Major Andrea Keeping had to fill in as a setter, which was not her natural position. Warrant Officer Stacey Kohanski from Thunder Bay was called upon last minute, entering the tournament without any practices with the team. Private Regyn Guinto stepped up as well in her first time being involved with a CF sports program.

Team cohesion was the team's strongest trait, both on and off the court, and they were not only strong physically but mentally as well. The strategy coming into the tournament was an emphasis on defence. In order to have a strong defence, individual players had to be smart and mentally tough. The opposition was forced to work hard for each of their points, and in the end our defence proved too much for them.

Capt Nicole Pye, Capt Jill Strelieff, and WO Kohanski all made their presence known at the net with big blocks. Liberio, Capt Melissa Couturier, the defensive specialist, held the team together and Capt Tammy Dunnett played great back court defence. Maj Keeping made amazing sets throughout the week that resulted in copious amounts of kills! Pte Guinto and Capt Emmanuelle Gratton were our top guns, burying every ball they hit. In the finals, Cold Lake was no

match for Winnipeg, as they were swept in three sets.

An honourable mention must be made to Capt Gratton (CISM) for exhibiting talent, class, and leadership, as she was selected as the Most Valuable Player of

the PR Championships. The women of 17 Wing will represent the Prairie Region as they compete in the National Volleyball Championships in Greenwood, Nova Scotia from April 21-27.

*The Joint Veterans Association  
invites you to ...*

**The Annual Decoration Day Service and Parade  
Commemorating the  
67th anniversary of VE Day**

**Winnipeg's Cenotaph  
(Memorial Boulevard)**

**Sunday, May 6<sup>th</sup>, 2012  
2:00 p.m.**

*Come pay tribute to those who fought for freedom.*

**Sharon Blady**  
MLA for Kirkfield Park  
832-2318  
SharonBlady.ca

**Jim Rondeau**  
MLA for Assiniboia  
888-7722  
JimRondeau.ca

**Deanne Crothers**  
MLA for St. James  
415-0883  
DeanneCrothers.ca



# Wing Commander's Curling Bonspiel Rocks!



On March 21 2012 the annual 17 Wing Commander's Curling Bonspiel was held in the Heather Curling Club of St. Boniface, Manitoba. The teams consisted of both civilian and military employees. Photo: Cpl Beverly Dunbar.

By: Shane Gibson (with files from Chris Merrithew)

The annual Wing Commander's Curling Bonspiel was held last week, and the event was once again another roaring success.

"It looked like everyone was having a lot of fun, which is great for morale and esprit de corps," says sports coordinator Chris Merrithew. "It was great having the Wing Commander and Wing Chief participating as well."

A total of 20 teams took to the ice at this year's bonspiel, which was held at the Heather Curling Club on 21 Mar 12.

"It was a great turn out," explains Merrithew, estimating that roughly 100 people competed in the all day event. "It was great to see everyone come out and having fun participating."

As well as the curling competition, the bonspiel also featured a skills competition where curlers lined up to see who could get their stone closest to the button without the help of sweepers. WO Matt Marshall took first prize in the skills competition and Jared Mitchell came in second place.

A number of prizes were awarded during the bonspiel, with Norm Vermette winning the "most unorthodox release out of the hack"

and the most spirited team award going to the 1 CDN AIR DIV HQ SUP "The Rockers" who took home Asham curling bags for the honour .

"They were a great group and they were having lots of fun out there," says Merrithew of the most spirited squad. "They were always very positive, had a great attitude and had a lot of fun out there, which is what the Wing Commander's tournaments are all about."

Many teams came to the bonspiel decked out in fun costumes, and the best outfit prize went to WO Bob "Elvis" Rex, who did his best impression of the King of Rock Roll, complete with bushy sideburns.

Overall Merrithew was very happy with how well this year's bonspiel went, and says he's already looking forward to next year's event.

"It was a great day enjoyed by all the members and we look forward to having everyone out again for the next Wing Commander's bonspiel next year."



The names of the teams at the 2012 17 Wing Commander's Curling Bonspiel were: CFS-SAT AMT #1/2, Iron Chef #1/2, Flying Socks, Green Team, Odds N' Sods, 1 CAD HQ Sup, WTISS #1/2/3, A6, HP, A4CE, Hight Techs, Youville Whol's, Mawdesley Maulers, Slippery Sliders, 2 CAD and WCOMD. Photo: Cpl Beverly Dunbar.



**The Mortgage Centre**

Yass Marandi, AMP  
Mortgage Broker  
Lic.#M10000449

- A military spouse specializing in DND mortgages
- 120 days rate hold on pre-approvals
- Competitive rates and unmatched services
- Accredited Mortgage Professional

Mobile: 204.451.5408  
Office: 905-426-4200 ext: 231  
Fax: 204.478.5474  
ymarandi@durhammortgage.com  
www.durhammortgage.com/ymarandi

Durhammortgage.com Ltd. Reg. # 10231

**Healthy Pets for Happy Families**

**Charleswood Veterinary Hospital**  
889-3110  
3717 Roblin Blvd.  
(Just East of the Charleswood Bridge)

---

**Crestview Veterinary Hospital**  
888-7463  
3025 Ness Ave.  
(Corner of Ness and Sturgeon Rd.)

**Associated Veterinary Hospitals**

- ◆ Medicine
- ◆ Surgery
- ◆ Ultrasound
- ◆ Dentistry
- ◆ Vaccinations

# Safe Disposal of Hazardous Waste

As the spring cleaning season is approaching, many of us may not realise that some of the materials we want to dispose of should not actually be placed with our regular garbage pickup. If not disposed of correctly, many of these items have the potential to negatively impact human health and the environment.

While 17 Wing has developed a comprehensive program to manage the disposal and recycling of hazardous products that are generated by the Wing, because of liability and cost issues, 17 Wing does not allow privately generated commercial or domestic hazardous waste to be brought on to the Wing for disposal or recycling. However, there are options available to citizens of Manitoba who generate hazwaste for disposal in a legal and environmentally friendly manner.

Miller Environmental Corporation

In cooperation with the City of Winnipeg, Miller Environmental Corporation has a free household hazardous waste program which allows citizens to have their privately generated hazardous waste safely and effectively disposed of. To utilize the service offered by Miller Environmental Corporation, you can take your waste to the following:

Miller Environmental Corporation

1803 Hekla Avenue

Phone: 925-9615

Open from 9 a.m. - 4 p.m. on the first Saturday of each month from November to March.

Open from 9 a.m. - 4 p.m. on the first and last Saturday of each month from April to October.

Examples of household hazardous waste include:

- aerosol cans
- antifreeze (radiator/windshield washer fluid)

- batteries (including automotive batteries)
- bleach
- BBQ and camping fuel
- compressed gas cylinders/propane tanks
- chemical lawn fertilizers
- gasoline
- household cleaners and disinfectants (toilet, oven or drain)
- herbicides (weed killers)
- motor oil, oil filters and plastic oil containers
- insect repellent
- pesticides/insecticides (insect and rodent killers)
- paint brush cleaners/solvents
- oil-based paints (latex paints can be put out for regular garbage collection if the lids are off the cans and the paint is dry and hard)

Computer Equipment and Electronics

Numerous household electronic items can contain heavy metals such as lead, mercury and cadmium and will not be picked up with your regular garbage collection. These items include:

- televisions
- computer monitors (cathode ray tube (CRT) and flat panel display types)
- desktop computers (CPUs, hard drives, mice, keyboards and cables)
- laptops
- desktop printers
- DVD players
- VCRs
- stereos
- microwaves
- scanners, copiers and fax machines
- phones and cell phones
- rechargeable batteries

Electronic collection depots are conveniently located throughout Winnipeg. Visit <http://www.greenmanitoba.ca> or call 311 for the location of a depot in your area.

Rechargeable Batteries & Cell Phones

The Rechargeable Battery Recycling Corporation offers free recycling of used portable, rechargeable batteries and cell phones. Collection boxes are available at local businesses including The Source, London Drugs, Home Depot, Staples and Canadian Tire.

For any additional questions or comments, please contact the 17 Wing Environment Office or the following:

City of Winnipeg Recycling and Garbage Information Line

204-986-8888 - Code 9811

Green Manitoba Website: <http://www.greenmanitoba.ca>

City of Winnipeg Waste Disposal Website: <http://winnipeg.ca/waterandwaste/>

École francophone

Maternelle à 8<sup>e</sup> année

Programme sports-arts-études

École la plus près de la 17<sup>e</sup> Escadre

Transport scolaire

Garderie francophone

Centre de la petite enfance  
et de la famille

École Roméo-Dallaire



DIVISION SCOLAIRE  
FRANCO-MANITOBAINE

81, chemin Quail Ridge, Winnipeg (Manitoba) R2Y2A9  
<http://rdallaire.dsfm.mb.ca> • [romeo.dallaire@atrium.ca](mailto:romeo.dallaire@atrium.ca)

(204) 885-8000



## HOUSEWATCH

Don't leave your house to chance—  
leave it to us.

Did you know that your homeowner's insurance policy may require that your home be checked regularly, as often as everyday when you're away?

Commissionaires' team of bonded security professionals will perform routine internal and external inspections of your property. Our new WiredTime technology places beacons strategically throughout your home and property, allowing you to keep track of us while we keep track of your home security, giving you complete peace of mind.



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



**COMMISSIONAIRES**  
TRUSTED. EVERYDAY. EXPERIENCE.  
[www.commissionaires.mb.ca](http://www.commissionaires.mb.ca)  
942-8553 ext 2300

## Free of Charge ~ Representation ~ Advocacy ~ Assistance

LEGION  
SERVICE BUREAU NETWORK

WE  
CARE!

The Legion Service Bureau Network serves Veterans, members of the CF, RCMP, and their families by representing their interests with Veterans Affairs Canada and the Veterans Review and Appeal Board for disability benefits under the Pension Act or the New Veterans Charter.

The Legion's professional service officers are mandated by legislation to provide representation, advocacy and financial assistance **FREE OF CHARGE**, Legion member or not.

Call Toll Free at 1-877-534-4666

[www.LEGION.ca](http://www.LEGION.ca)



Image: Department of National Defence

## WE CARE FOR ALL VETERANS OF ALL AGES AND THEIR FAMILIES

# International Women's Day

# RCAF Run 2012



Submitted by: 2Lt Jessica Roberts

On 5-6 March, Capt Whitney Camm and 2Lt Jessica Roberts (from 1 Cdn Air Div) had the opportunity to attend the annual United States Sea Service Leadership Association Joint Women's Leadership Symposium in Washington, D.C. This year marked the 25th anniversary of the event and the theme was "United in Service: Our Global Impact." It was focused on empowering women to make a difference in the global community and was only the second year that it was open to personnel from all branches of the service, as well as international attendees from various services. To date, it is the largest gathering of military women in the world, with more than 1700 attendees, including several women from Canada, Tanzania, Australia, France, Norway and

the UK.

This symposium is intended to provide networking opportunities for military women, to highlight the accomplishments of successful women in leadership roles and, most importantly, to provide inspiration from women "pioneers" and to discuss the unique challenges faced by women and how to overcome them. To this end, the two days were filled with interesting speeches and panels of fascinating women. Ms. Michelle Flourney, Former Under-Secretary of Defense for Policy spoke about the lessons that she learned from working in the Pentagon, and about how to lead and make a difference. Ms. Tina Tchen, Assistant to the President of the United States and Chief of Staff to the First Lady Michelle Obama spoke about the White House's vision for Women in Leadership in the future, and US Olympic Athlete and humanitarian Ms. Jackie Joyner-Kersey spoke about how to overcome doubts and rise to the challenges that we set for ourselves.

Most impressive was the number of female General Officers in attendance. The most interesting part of the conference was an inspiring female Flag Officer panel that featured a member of each of the five branches of the US Armed Forces. These five officers all joined the military when women were first allowed into the US service academies and have built incredibly successful careers for themselves despite significant odds. They spoke with alacrity and honesty, and minced no words about how difficult their journeys were, but also spoke about how every one of them loved their careers and the military way of life.

Overall, the presentations were insightful and the speakers were well chosen to meet the objectives of the symposium. The success stories of the women in leadership positions were inspiring, and their examples gave confidence to all present to continue to pursue excellence in their own fields. The most common issue that was discussed was that of finding a balance between a career and family life, which was spoken to insightfully by many of the presenters, most of who had managed to achieve it.

The symposium was a valuable experience and highly worthwhile to any who find the opportunity to attend in the future.



The RCAF Run is for Everyone!

On the last weekend of May, the RCAF gets active!

The inaugural Royal Canadian Air Force Run takes place on 27 May 2012 and is a chance for everyone to add wings to their running shoes while joining our community partners in support of Soldier On and the Military Families Fund.

Physical fitness is an essential component of CF readiness. CF members are expected to volunteer or participate as runners or walkers in this event. Let's celebrate a culture of active living by reaching out to our fellow Canadians.

Race categories for the 17 Wing event include: a platinum certified half-marathon, 10 km Road Race, 5 km Road Race and 5 km Family Fun Run/Walk. This is a public event so feel free to encourage participation among friends and family.

Runners and walkers are encouraged to register online at [www.RCAFRun.ca](http://www.RCAFRun.ca) at the earliest opportunity as fees will increase after the early bird deadline of 30 April. Events like ours will take place at RCAF Wings across the country during the last weekend of May, so you will be part of a national effort.

Those interested in volunteering should contact Capt Erin Macpherson at local 5988.

Soldier On and the Military Families Fund strive to ensure that members have access to world-class care and support when they need it. These programs rely on funding from events like the RCAF Run to make it happen.

Looking forward to seeing the whole Defence Team out on 27 May!

## Golf Club Memberships Available Now!

The CFB Winnipeg Golf Club will soon be open for the 2012 Golf season. The Club will be offering new incentives for current members as well as new members. If you are a CF student on course at 17 Wing, you will definitely want to look into the monthly memberships being offered. As well, Family and Junior memberships are also an attractive option.

Come out early to take advantage of payment plan options, which allow you to spread your membership fees over the period between April and September.

For more information on this option and memberships please contact the golf Club Manager at local 6909.

## CFB Winnipeg Golf Club AGM

CFB Winnipeg Golf Club Annual General Meeting

When: 1900 hrs, Wednesday, 11 Apr 12

Where: WO & Sgts Mess

This meeting is open to all Golf Club members and prospective members. Elections of committee members will be held. Hope to see you there! Questions may be directed to the Golf Club at local 6909.

**Assemblée générale annuelle du club de golf de la BFC Winnipeg**

Quand : Le mercredi 11 avril 2012 à 19 h

Où : Au mess des adjudants et des sergents

Cette assemblée est ouverte à tous les membres du club de golf et les personnes intéressées à s'y joindre. L'élection des membres du comité aura lieu lors de cette assemblée. Nous espérons que vous serez des nôtres! Si vous avez des questions, vous pouvez communiquer avec le club de golf au poste 6909.



**HOOK & SMITH** 201-3111 Portage Ave,  
Winnipeg, Manitoba R3K 0W4

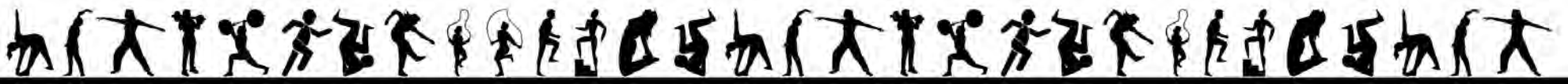
*Barristers, Solicitors & Notaries Public*

Dennis A. Smith, Winston F. Smith, Q.C.,  
Grant W. Davis and Bernard Toews

Telephone - (204) 885-4520 Fax - (204) 837-9846

Email: [general@hookandsmith.com](mailto:general@hookandsmith.com)

Providing legal services to the community since 1984 in the areas of corporate and commercial law, real estate (residential and commercial), civil litigation, wills and estates, family law and transportation law.



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

## Payment Plans Now Available for PSP Summer Camps!!

Would you like to spread the cost of paying for your children attending Summer Camp with Community Recreation?

We have payment plan options for Military members and civilian workers at 17 Wing Winnipeg.

If you would like to set up a payment plan then please contact the front desk on Local 5139 between 0700 – 1700 weekdays only.

## Colonies de vacances du service des PSP - Programme de règlement par versements

Aimeriez-vous payer par versements les droits de participation de vos enfants à une colonie de vacances organisée par les Loisirs communautaires?

Nous offrons aux militaires et aux employés civils de la 17<sup>e</sup> Escadre Winnipeg diverses possibilités pour ce qui est du règlement des droits par versements.

Si vous souhaitez établir un calendrier de règlement par versements, veuillez vous adresser à la réception, poste 5139, entre 7 h et 17 h un jour de semaine.

## Order Your Good Food Box Online



The Next Good Food Box Pick-Up is: April 25th. All orders must be received by: April 20th. Orders are accepted at bldg 90 front desk all day or you may place your order online at [www.bk.cfpsa.com/winnipegpub](http://www.bk.cfpsa.com/winnipegpub); boxes are picked up in bld 33 conference room between 1600-1800hrs.



Visit: <http://www.bk.cfpsa.com/winnipegpub/>

**TAKE A STEP TOWARDS AN ADDICTION FREE LIFESTYLE, BUTT OUT TODAY!**

**POSEZ UN GESTE POUR UN MODE DE VIE SANS DÉPENDANCE : ÉCRASEZ-LA DÈS AUJOURD'HUI !**

**BUTT OUT | ÉCRASEZ-LA**

**MONDAYS—information & medication**  
0800—1000 hrs  
Building 63, Rm. #110

**LUNDI—information & médicaments**  
0800h—1000h  
bâtiment 63, chambre 110

**Top Fuel  
Top Performance**

17 & 24 April 2012  
0800—1600 hrs

*Find out when, what and how much to eat to get the most out of your food and activity!*

**Bouffe-santé pour un rendement assuré**

17 et 24 avril 2012  
0800h à 1600h

*Venez découvrir quand, quoi et quelle quantité manger pour retirer le maximum de vos aliments et de vos activités!*

Health Promotion in the Canadian Forces STRENGTHENING THE FORCES  
**ÉNERGISER LES FORCES**  
Promotion de la santé dans les Forces canadiennes

**For more information or to register contact Health Promotion local 4150**

**Top Fuel for Top Performance**

17 & 24 April 2012  
0800—1600 hrs

*Find out when, what and how much to eat to get the most out of your food and activity!*

**Bouffe-santé pour un rendement assuré**

17 et 24 avril 2012  
0800h à 1600h

*Venez découvrir quand, quoi et quelle quantité manger pour retirer le maximum de vos aliments et de vos activités!*

Health Promotion in the Canadian Forces STRENGTHENING THE FORCES  
**ÉNERGISER LES FORCES**  
Promotion de la santé dans les Forces canadiennes

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

**Bouffe-santé  
pour un rendement assuré**

17 & 24 April 2012  
0800—1600 hrs

*Find out when, what and how much to eat to get the most out of your food and activity!*

**Bouffe-santé pour un rendement assuré**

17 et 24 avril 2012  
0800h à 1600h

*Venez découvrir quand, quoi et quelle quantité manger pour retirer le maximum de vos aliments et de vos activités!*

Health Promotion in the Canadian Forces STRENGTHENING THE FORCES  
**ÉNERGISER LES FORCES**  
Promotion de la santé dans les Forces canadiennes

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

*We all have our*  
**(ANGRY)**  
*moments.*

**Managing Angry Moments (MAM)**

30 April & 14 May 2012  
(Must attend both days.)  
0800 - 1600 hrs  
Building #135, Room #114

*Through education MAM 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 (GMC)**

30 avril & 14 mai 2012  
(Doivent assister aux deux jours.)  
0800h à 1600h  
bâtiment 135, chambre 114

*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

**Managing Angry Moments (MAM)**

30 April & 14 May 2012  
(Must attend both days.)  
0800 - 1600 hrs  
Building #135, Room #114

*Through education MAM 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 (GMC)**

30 avril & 14 mai 2012  
(Doivent assister aux deux jours.)  
0800h à 1600h  
bâtiment 135, chambre 114

*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

*Mieux vaut être que se rendre*  
**(DE COLÈRE).**

**Gérer les moments de colère (GMC)**

30 avril & 14 mai 2012  
(Doivent assister aux deux jours.)  
0800h à 1600h  
bâtiment 135, chambre 114

*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



[www.mfrc.mb.ca](http://www.mfrc.mb.ca)

204.833.2500 ext. 4500



# KIDVENTURES Summer Day Camps

MFRC Kidventures Summer Day Camp Staff welcomes you to join us as we Travel Through Time. Have you ever wondered what life would be like living amongst cavemen and women? Or maybe you have dreamt of the endless possibilities that the future holds for us? You are in luck! This summer we are unlocking our time machine for eight weeks to take a few lucky participants on the trip of lifetime. If your children have what it takes, we are recruiting for crew members starting Monday, 2 April 2012.

### Camp Registration

Defence Team Registration Starts: Monday, 2 April 2012

Civilian Registration Starts: Monday, 10 April 2012.

To register, please visit the MFRC Office (102 Comet Street) between 08:30 - 16:30. For more information, please call 833-2500 Ext. 4500.

### Camp Participants

Kidventures is open to children 6-12 years old.

Children must be finished kindergarten and be entering Grade 1 in the fall.

### Camp Fees

\$100.00 per child per week.

A non-refundable deposit of \$25.00 per child per week is due at the time of registration. If all 8 weeks are booked a \$200.00 non refundable deposit is required. The balance is to be paid on or before 15 June 2012 (Post-dated cheques accepted).

Eligible for the Children's Fitness Tax Credit.

### Camp Hours

09:00 - 16:00

Extended Care is available from 07:00 - 09:00 & 16:00 - 17:00 at a cost of \$20.00 per family (pre-paid) or \$5.00 per day.

### Camp Location

Westwin Children's Centre in the Westwin Community Centre - 680 Wihuri Road (formally Whytewold Road)

### 2012 Camp Themes

July 3 - 6: Stone Age Build from stone and learn to protect yourself against the elements with only minimal supplies.

July 9 - 13: Mount Olympus Mythical creatures and factual heroes come to life this week as we set the stage for an Olympic festival.

July 16 - 20: Silk Road We find our way down the road to riches, but only team work will help us make it through the challenges that arise.

July 23 - 27: Knights and Ladies

Join us for a feast fit for a king and a festival that will have us dancing around the table. Be careful though not to be fooled by Merlin.

July 30 - August 3: Route to Gold

Do all paths lead to gold? This week we find out just how good our navigation skills are as we travel across rough terrain to claim our treasure.

August 7 - 10: Wonderland

Follow us down the rabbit hole to a place you never even imagined. The people and places will make you wish time could stop.

August 13 - 17: Man on the Moon

Discover what the moon is really made of when we build our spaceship to take off into space.

August 20 - 24: Infinity and Beyond

Will the future be just like the movies or not even close? Prepare to explore as we make our pathway to the future.

# Upcoming MFRC Programs

## ADULT PROGRAMS

### NEXT CHAPTER

Thursday, April 19

9:30 - 11:30 a.m.

Register by April 13

Are you in the "next chapter" of your parenting life? Do you have school aged kids, and are looking to socialize with other parents with school age kids? This group will help you find yourself as you go thru the middle years before the teen years!!! Each month we will discuss a different topic while having some fun and food with friends. This program is designed for parents of children ages 6 and up. Child care will be provided if you have younger children.

### MOM'S NIGHT OUT

Tuesday, April 24

6:30 - 9:30 p.m.

Register by April 11

This month the theme is "relax, spring is coming!" We will be doing some relaxing, followed by some spa treatments, followed by some fun and food! Please bring a snack or dessert to share with the group.

### AROUND THE WORLD IN 11 MONTHS

Friday, April 20 at 5 p.m.

Register by April 13

No need to pack your bags...just bring your family as we explore Italy! We'll provide the passport, dinner and entertainment! Dinner will be an Italian feast of pasta followed by a surprise Italian themed activity. Each month staff from the MFRC will be taking you on a wild adventure to a different part of the world. At each event we'll be stamping your passport. The more events you attend the more stamps you'll get, the more stamps you get, the better the prize at our December event.

### SECOND LANGUAGE TRAINING SPRING 12

It is now time to register for our Second Language Training Programs in either French or English. The course duration is ten weeks and will consist of two three hour classes per week. The spring session offers French Levels 2 and 5 as well as English class. Courses will start the week of April 23; deadline for registration is April 13.

French Level 2: Monday, Thursday, 6 - 9 pm

French Level 5: Monday, Wednesday, 6 - 9 pm

English: Tuesday, Thursday, 6 to 9 pm

To register or for more information, dial ext. 4515.

## VOLUNTEER PROGRAMS

### VOLUNTEER APPRECIATION DAY

Tuesday, April 17

2 - 9 p.m.

Register by April 13

Stop in to visit with other volunteers and staff members and celebrate National Volunteer Week. There will be goodies to eat and drink, and special opportunities to be pampered!

### AN EVENING OF DECADENT DESSERTS

Tuesday, April 19 7 to 9 p.m.

Register by April 16

Enjoy a sampling of taste-tempting desserts with other volunteers as we celebrate volunteer dedication at the Winnipeg MFRC.

## CHILDREN'S PROGRAMS (0-5 YEARS OLD)

### DATE NIGHT CHILD CARE

WESTWIN CHILDREN'S CENTRE

Wednesday, April 18 5-7:30 p.m.

Children under 2: \$10, children over 2: \$8.

Half price for each additional child from the same family. Register by April 13.

Leave the kids with us while you enjoy some "grown-up" time. Children 1 - 5 years old. Please call 833-2500 ext. 2491 to register

### MAD SCIENTIST

WESTWIN CHILDREN'S CENTRE

Tuesdays, April 10, 17, 24 & May 8, 1 - 2:30 p.m.

\$30 per child, \$45 per family  
A five week program aimed at children 3-5 years old. Science concepts will be explored through fun hands-on activities.

## CHILDREN & YOUTH (6-18 YEARS OLD)

### U-PUTTZ BLACK LIGHT MINI GOLF

Friday, April 27

6 - 8 p.m.

Both Youth Centre's will be heading to U-Puttz Black Light Mini Golf on Friday, April 27<sup>th</sup>, 2012. The cost is \$10 per participant and includes 2 rounds of mini golf, one drink, a hotdog, and chips. Each participant is also permitted to bring up to \$10 for concession purchases if they wish. Sign up today at your Youth Centre. Be sure to have your permission form and monies in by Wednesday, April 25<sup>th</sup> to secure a spot! We will not be accepting any late or day of registrations.

\*Membership/ Medical forms must be completed! Please see staff for more details.

### SLEEPOVER AT THE MUSEUM

Friday/ Saturday, May 4 & 5, 2012

\$35 per child (6 to 12 years old)

Do things really come to life at night? To register or for more information, please call 833-2500 ext. 4500.

Registration and payment deadline: 20 April 2012.

**Liberty Tax Service**  
**Military & Veterans Appreciation Days**

For a limited time, Veterans & Active Duty Military can get their taxes done for FREE at Liberty.

*Sure, it's not as important as serving Canada. But for us, it's essential to give back to those who have given so much.*

**April 2 - 7**

1-866-290-2222 LibertyTaxCanada.ca

**FREE Tax Preparation for Veterans & Active Duty Military.**

Osborne Village  
194 Osborne Street  
between Stradbrook and Confusion Corner  
204-421-9299

April 2 - 7  
Liberty provides accurate tax preparation service with a money back guarantee.

**Liberty Tax Service**

# Chaplains Corner

## Stability and Sameness vs Change & Newness

Submitted by: **Padre Gordon Mintz**  
Hangar Line Chaplain

As I write this I am looking at the majesty of our Rocky Mountains. They are a wonderful reminder of the stability and the sameness or constancy of some aspects of life – usually the things that truly matter. Looking out the window I also notice the snow melting and shoots of green, the new growth of Spring, reminding me of the newness of life and the opportunity that change brings for new challenges and fresh starts.

Spring is awesome! I love this time of year. The days get longer and the grass greener. The weather has been great and is getting even better and, in general, our spirits are lifted by the fresh air of Spring. Winter appears to be fully behind us at this time, and yet, we still have hockey playoffs and the hope of our Winnipeg Jets making the playoffs crowning an awesome year in which saw their return to our city. Really this time of year is the best of both worlds.

Spring is season of changes and for us in the military it also means posting season. This can be a new hope for those who would welcome such a change especially if it comes with a promotion, but it can also be a very trying time for a person or a family. New people will be joining the squadrons and units on the Wing bringing with them fresh energy and new ideas. Any change is stressful especially if it involves a move. This is true even though the military does quite a bit to make the transition easier. We have all had to deal with different stresses in our lives. When facing a stressful situation, it is an important time to remember what has helped us to deal effectively with stress in the past. Perhaps it is walking, sports, reading, quiet meditation or prayer, whatever it is take time to do what you need to do to de-stress and let your body and soul regenerate.

Spring is also a very spiritual time. In the life of

the Christian church this is the Easter season. It is the season where we celebrate the risen Lord who embodies new life and new hope. Other religions have “new life” festivals at this time of year. Our hope is invested in that spiritual place of a deep inner peace which the glory and beauty of the mountains reminds me of. This is not just a “things are going okay” place. It is deeper and richer than that. It shares the sense of security, rock solid stability and beauty of a mountain vista. It may be fleeting at times but we know that we can revisit it. Through prayer we can truly rest and experience the new hope, the resurrection hope and life-giving presence of God no matter what circumstances we find ourselves in. This is a teaching of all the major faiths. Posted, staying, new responsibilities or the same old ones all bring different stresses and we need to know how to allow our spirit to be revived and revitalized and perhaps even resurrected by the new hope of the season. In the midst of the newness of life we need to draw strength from the things that are the same. One thing that remains constant at all times is God’s great love for each of us no matter where we are on our spiritual journey. All parents know that they will always love their children even when they do things that we do not like very much. A parent’s love for their child is constant. Multiply the constancy of that love by infinity and you start to approach the everlasting, unchanging, and rock solid stability of God’s love for you and me.

My prayer is that we may all remember the stability and sameness of God’s love for us as we journey through the new changes that life brings us each season. Spring reminds us of the resurrection hope that enriches the newness of life and gives us the peace that passes all understanding.

Have a Happy and blessed Easter and Happy Spring!

Blessings,  
Padre Gordon Mintz

# Congratulations to Intersection Hockey Winners!

## The A Division Champions - The Make B-Leafs



Front row L - R: Cpl Chris Murray, MCpl Darren Burgess, Cpl Fred Richer, Sgt Jason Cuppage, Maj Clayton Kotzer  
Back row L - R: MCpl Brent Conway, Cpl Kenny Keating, Cpl Ryan Robertson, Cpl Keith Ivany, Cpl Paul Vielflaure, Sgt Scott Ballam

## The B Division Champions - The WCE Beavers



Back row left to right: Pte Brad Christensen, Vic Lee, Sean Armstrong, Maj Sean Ivanko, Dave Hopwood, MCpl Dave Tower, Denes Vujevic, MCpl Jason Loboz;  
Front row left to right: Jon Sim, Pte Ian Boucher, Ray (Patrick Roy) Sylvestre, Capt Megan Kavanagh, LCol Steve MacEwan

## 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

## FURNISHED CONDO FOR RENT

Available immediately. 2 bdrms, 1 bath, dishwasher, in-suite laundry, gas fireplace, TV, wireless internet, indoor parking, fenced yard. Close to the Grace Hospital, and 10 minutes from the base. \$1400 MONTHLY  
E-MAIL corinnehere@hotmail.com

## Wanted:

Looking for one or more of the old Land Tan Shirts, Size 16 - for a special project. Preferably new, or in good condition.  
Call 612-3397

## 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.

## Air Force Uniforms

Two pair of lightweight pants 6732 (32"-34" waist)  
Two jackets size 7040  
Two shirts- one short sleeve 15" - one long sleeve 15 1/2  
One raincoat 6742 short/medium  
One senior officers cap 7 1/4  
Service shoes size 9  
All in excellent condition  
Free for pickup in Niverville, MB  
Call 388-4407

Send us an email today to place your FREE Classified ad at [Voxair@mts.net](mailto:Voxair@mts.net)

# Taroscopes

BY NANCY

**Aries (March 21 - April 19):** Caring for another and being the advisor is a role you are drawn to but this can set you up to be used. Dig deeper to reveal if someone else has a hidden agenda. Get to know people better before opening up totally. Their actions speak louder than words. Question excessive flattery.

**Taurus (April 20 - May 20):** Stay focused and you'll stay on course. Multi-tasking isn't advised right now. Patience is required and a willingness to work longer hours. Pushing for immediate results or rushed efforts won't be as impressive or lasting. Teach others by example; they are watching all the time.

**Gemini (May 21 - June 21):** If you are getting the lion's share of the work while others get off light make it work in your favor. If it could lead to a promotion or a deal that would facilitate your overall life plans then this could be a gift. Take breaks when you can and listen to what your heart and soul have to say.

**Cancer (June 22 - July 22):** You've settled nicely into your lifestyle but you can't live in the past. When you try something new you get a new lease on life. People you meet enrich your life. Making decisions should feel effortless as things seem clearer to you now. Strive to follow both your head and your heart.

**Leo (July 23 - August 22):** Things aren't happening as quickly as you'd like but a new-found patience sustains you. Focus on healthy lifestyle choices for yourself and those you care for. You're appreciated and blessed. All the good you have offered up comes full circle. When you help others you help yourself.

**Virgo (August 23 - September 22):** Face a new challenge straight on. Take care of your body. Partner with others to complete a project. Respect yourself and your contributions as much as you do others. Greater self-awareness can show you what strengths you can build on.

**Libra (September 23 - October 23):** Listen to your elders. You may have to modernize the message but the wisdom can still be relevant. Use it as a guide when making decisions about how to nurture a personal dream. You don't have to come up with all the answers yourself. Rely on trusted others to help.

**Scorpio (October 24 - November 21):** You're energized by faith in your own convictions and in your ability to make sound decisions. Let go or put on the back burner any distractions so you can start something new. Prioritize. Use what you have wisely. Always keep the "big picture" in mind.

**Sagittarius (November 22 - December 21):** Revitalized, comfortable and strong you strive to gain respect in your community. Connections feel right at this time, and may fuel your desire to resolve old emotional issues. If something haunts you, it may be time to offer an apology or be open to receiving one.

**Capricorn (December 22 - January 19):** Continue to make adjustments in life and you'll find an even greater sense of joy. You are blessed and attract equals to you who can help you feel whole or complete. Enjoy the fruits of your labour. What you've worked at continues to grow. Prosperity and joy abound.

**Aquarius (January 20 - February 18):** Be careful what you tell people. Someone may share your secrets if it serves them. A parting of ways may be inevitable if a sense of equality is lost. Fear of loss may trigger an offer, though it will be too little too late. Practice unconditional love but also set boundaries.


**Pisces (February 19 - March 20):** Situations where you can be yourself allow your soul to flourish. When you exude self-confidence it attracts others. Enjoy life - no need to have an excuse to get together with friends. Your life is richer when you share your own gifts generously. Strive to "walk in grace" each day.

**FOR APPOINTMENTS CALL 775-8368**

**THE VOXAIR**  
**Your 17 Wing Community Newspaper**

**NEW ARRIVALS**

Puzzled about Manitoba Driver Licences and Plates?



Obtain them at your Base Insurance Office in the Main Rec Centre

**autopac**  
A Manitoba Public Insurance product

- Fire insurance? • Contents?
- Driver Licences? • Auto Insurance?

Call us or drop in to:

**BALDWINSON INSURANCE**

BLDG 90 (REC CENTRE) • WHYTEWOLD RD  
MONDAY TO FRIDAY: 8:30 AM TO 5:00 PM  
Phone: 889-2204  
Fax: 885-1964

**Barala Kennels**  
YOUR PET'S HOME AWAY FROM HOME



- BOARDING ALL BREEDS OF CATS & DOGS
- INDIVIDUAL QUARTERS AND OUTDOOR RUN
- PET EXERCISE AND PLAY AREA • SEPARATE CAT FACILITIES
- CENTRAL AIR CONDITIONED AND HEATED KENNELS
- AIRPORT PICKUP & DELIVERY

OWNERS: GARTH AND SARA GRANT  
[barala@mts.net](mailto:barala@mts.net) [www.baralakennels.com](http://www.baralakennels.com) 633-2629

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...  
**ST. JAMES LEGION**  
Branch No. 4  
Royal Canadian Legion  
1755 Portage Avenue  
Winnipeg, Manitoba

**Texas Hold'em**  
Tues 7 p.m.

**Line Dancing**  
Every Tues & Wed  
8 to 10 p.m.

**Dancing To Live Bands**  
Fri & Sat  
9 p.m. - 1 a.m.

**Meat Draws**  
Every Fri 5 - 7 p.m.  
Every Sat 2 - 4 pm

**ASSINIBOIA UNIT NO. 283**



Army, Navy & Air Force Veterans in Canada  
3584 Portage Avenue Winnipeg, MB  
Club rooms: 837-6708

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

WELCOME ALL MILITARY PERSONNEL

**GASTHAUS GUTENBERGER**  
**GERMAN RESTAURANT**

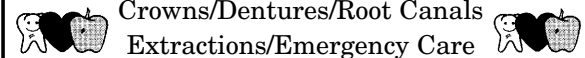
- Authentic German & Continental Cuisine
- Schnitzel • Beef Rouladen • Homemade Spatzle
- Fine German Desserts • Fine Wines and German Beer

Open Daily Monday - Friday Saturday 4:30 pm - Midnight  
11 am - 11 pm Sunday 11 am - 10 pm

**2583 Portage Avenue (1 block west of the Moray bridge)**  
**Phone: 888-3133 for reservations**  
**Catering Service Available**

**Dr. Philip S. Pass** B.S.C., D.M.D.  
**Complete Family Dentistry**

Preventative/Cosmetics/Orthodontics  
Crowns/Dentures/Root Canals  
Extractions/Emergency Care



Evening and Saturday Appointments Available  
**420-3025 Portage Ave. ph: 987-8490**  
ALL DENTAL PLANS ACCEPTED

**BUYING OR SELLING...  
MAKE IT A STRESS FREE MOVE WITH THE CLEMENTS**



**Proudly serving our  
Military Families with:**

- 26 years of military service
- Complimentary relocation package couriered to you within 24 hours

Toll free: 1-877-778-3388  
Business: (204) 987-9808

**Grant Clements & Kelly Clements**  
CD, FRI, SRES SRES, CERC

- Registered Relocation Specialists
- Senior's Real Estate Specialists
- Canadian Employee Relocation Council



ReMax Executives Realty

**Contact us Online:**

[clements@buywinnipeg.com](mailto:clements@buywinnipeg.com)

[www.buywinnipeg.com](http://www.buywinnipeg.com)

## Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 888-7973 FAX: 832-3461

E-Mail: [info@cgklaw.ca](mailto:info@cgklaw.ca) Website: [www.cgklaw.ca](http://www.cgklaw.ca)

George E. Chapman Q.C.  
Alan R. Goddard  
Krista P. Piché

Kelly P. Land  
Michael J. Law  
Almer N. Jacksteit

Lorraine M. Scollin  
Mindy R. Lofchick  
Serge B. Couture

*Our fees conform to the ERS guideline*

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

## Leigh Nanton & Kristen Bilodeau

Family Helping Families

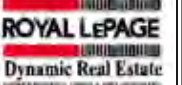


Winnipeg's Mother Daughter Team  
[info@leighnanton.com](mailto:info@leighnanton.com)

- Your business is our TOP priority
- Long term Military relocation specialists
- Past Military client references available
- Superior service & satisfaction guaranteed

989-5000

[www.leighnanton.com](http://www.leighnanton.com)



## www.HomesInWinnipeg.com

Relocating in 2012 ?



**I look forward to assisting you with your real estate needs  
to obtain the best value for the sale or purchase of your home**



**terie langen**

- Experienced Military Relocation specialist with 20+ years
- Accredited Buyer Representative

877.778.3388  
204.779.7000

[terie@homesinwinnipeg.com](mailto:terie@homesinwinnipeg.com)

**Bringing Homes & Families Together**

- Moved extensively throughout North America & Europe as a military family and have special empathy for family concerns.
- Resident of Winnipeg 30+ years, working in the city & surrounding areas.
- Member of a network of professional Realtors at every base/wing. Call for a referral to a professional contact at your destination.



3505 roblin blvd  
winnipeg, manitoba



**MAXIMUM Realty Ltd.** Serving Winnipeg & Surrounding Areas  
Residential - New Homes - Condos - Relocation - Referrals



**Lee Wren**  
(204) 781-4487  
[leewren@mts.net](mailto:leewren@mts.net)



**Eva Bessas**  
(204) 470-3332  
[ebessas@mts.net](mailto:ebessas@mts.net)



**Brendan McGurry**  
(204) 799-3022  
[mcgurry@mts.net](mailto:mcgurry@mts.net)

It's Your Home!  
Why trust just Anyone?

phone: (204) 987-9800

Email: [linda@lindavandenbroek.com](mailto:linda@lindavandenbroek.com)  
Website: [www.lindavandenbroek.com](http://www.lindavandenbroek.com)

Gold 7 years in a row!



Proven Performance!

**Linda van den Broek** RE/MAX EXECUTIVES REALTY  
Sales Associate



**Trudy M. Johnson, B.A.**  
Relocation Specialist

30 Years of Professional Success in the  
Winnipeg Real Estate Market

Toll Free 1-877-778-3388  
Cell 1-204-981-1529  
[trudyj@mts.net](mailto:trudyj@mts.net)  
Re/max Hall of Fame

**"spirited energy"**



The Strength of Teamwork . . .  
The Reputation of Results

**Dan Vermette**

Service en  
Français

THE DAN VERMETTE  
TEAM

255-4204

[danvermette.com](http://danvermette.com)



## Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

**Award Winning Service**



**Proud to Assist Military Families**

**Relocation Specialist**

29 Years Experience  
in the Winnipeg  
Real Estate Market

[www.joannegebauer.com](http://www.joannegebauer.com)

[joanne@joannegebauer.com](mailto:joanne@joannegebauer.com)

Toll Free: 1-877-778-3388

