

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

Now available on the
CANEX
NO INTEREST CREDIT PLAN*

*No 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

May 02, 2012

VOLUME 61, ISSUE 09

FREE

Players Soar at 17 Wing Commander's Volleyball Tournament



Members of Set to Kill put up the block against Odds and Sods during the A division finals at the Wing Commander's Volleyball Tournament on Friday, April 27th. See Page 9 for more photos and results from the tournament. Photo: Alison Dickey

IN THIS ISSUE: FORT GARRY HORSE CELEBRATES CENTENNIAL

PAGE 7

1 CFFTS SWIMMER WINS 14 MEDALS AT CF NATIONALS

PAGE 8

SIGN UP FOR THE HEALTH AND WELLNESS CHALLENGE

PAGE 12

DOMENICA'S FLORAL DESIGN

2255-G Ness Avenue (at Whytewold Rd.)
 Ph.: 885-3665 or 832-6978

Send flowers to your loved one
 Around the world or in the city

Free Delivery to both North & South Base Locations

DAILY SPECIALS



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

What to Expect at the RCAF Run Village

ROYAL CANADIAN AIR FORCE
RUN · COURSE
DE L'AVIATION ROYALE CANADIENNE

Half-Marathon • 10 km • 5 km • 5 km Family Fun Run/Walk



Semi-marathon • 10 km • 5 km • Promenade familiale de 5 km

WINNIPEG • MANITOBA

SUNDAY MAY 27
DIMANCHE 27 MAI

SUPPORTING... MILITARY FAMILIES FUND and SOLDIER ON
À L'APPUI DE... FONDS POUR LES FAMILLES DES MILITAIRES et SANS LIMITES

REGISTER NOW AT / INSCRIVEZ-VOUS DÈS MAINTENANT AU

www.RCAFRun.ca



Similar to the Olympics or a triathlon, the organizers of this year's Royal Canadian Air Force Run know that every major athletic event should have a village. The village at the RCAF Run will be a social venue where participants and volunteers can connect, relax and enjoy the communal aspects of this fundraising effort.

Here, racers and volunteers can mingle amid rows of colourful tents and a big fire truck with the smell of burgers roasting on an open grill. Children can stay busy with face painting, balloons, and an obstacle course under the shadow of a 25 foot inflatable gorilla.

The RCAF Band will play tunes that will have people humming, while sponsors pitch in with live mascots,

snacks and other prizes.

"We're creating an environment that's enjoyable to people of all ages," said RCAF Run Deputy Chair Major Heather Collins. "Aside from food and fun stuff for kids, this is also where people can find answers to their questions, get first-aid assistance if needed and feel the excitement of being a part of something great for their community."

As part of the attraction this year, two tickets to anywhere WestJet flies in Canada will be given away in the prize draw.

"Some runners will come with a focus on achieving the best possible time in their race, and we wish them all the best," said Maj Collins. "For others, the village adds an environment where they feel the spirit of the event."

In terms of access, event organizers welcome the use of hand cycles, service dogs and support runners for those participating in the road races.

"We are proud to host a fitness event that embraces people of all abilities – especially Canadian Forces members who may have been injured in the line of duty," said Maj Collins. "To this end we request that all participants respect any special equipment or assistance requirements of fellow racers."

The RCAF Run is a national fundraising event scheduled for the last weekend in May. The main effort takes place in Winnipeg on 27 May 2012 and proceeds from this national fundraising effort will help support the Soldier On and Military Families Fund.

For more information on the RCAF Run visit: www.RCAFRun.ca

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) 895-8191

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

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

A Year He'll Never Forget

Singaporean student graduates from 1 CFFTS

Capt David Lee
1 CFFTS

1 Canadian Forces Flying Training School (1 CFFTS) completed another spring parade with the graduation of Air Combat Systems Officer (ACSO) course 1101 on 26 April 2012. Seven ACSO graduates received their wings during an afternoon ceremony attended by families, friends, and personnel from across 17 Wing.

For Singaporean student Second Lieutenant Elson Wong, the parade marked the end of a long journey to earn his wings qualification as a military aviator. "I've always loved aviation, and since [I was three years old] I could pinpoint and identify many kinds of aircraft," recalled 2Lt Wong.

Despite his optimism, 2Lt Wong had some concerns about his initial reception in Canada. "I was worried about getting along, being successful on the course and being homesick," he admitted. However, 1 CFFTS instructor Captain Jamie Brennan, 2Lt Wong's course director, met him at the Winnipeg airport to provide a warm welcome and things quickly fell into place. His course mates showed him around 17 Wing and the Winnipeg area, greeting his questions with smiles and letting him know that he wouldn't be alone in a new country.

Of course, a year-long curriculum can throw curveballs at the best student, and 2Lt Wong encountered some challenges in the second phase of his ACSO course. Undeterred and helped along by his course mates, he worked through his struggles during the Instrument Flight Rules (IFR) portion of the syllabus. "[My course mates] were of the attitude that, 'We're not going to let you fail off the course,'" he said. The extra tutoring sessions eventually became one of 2Lt Wong's fondest memories of his time in Canada.

2Lt Wong's course mates were impressed with his



approach and appreciated the different perspective he brought to the school. "Having someone that came from a different path was huge for us," said 2Lt Brian Norwick, who plans to visit his course mate in Singapore when the opportunity arises.

Capt Brennan was similarly impressed with 2Lt Wong's attitude throughout the course. "He was top-notch, with team spirit, enthusiasm and a willingness to learn. The fact that he was doing these things halfway

around the world from his home is pretty remarkable."

Apart from his work at 1 CFFTS, 2Lt Wong made the most of his time in Canada, venturing east, west and even south to warmer climes. Winter in Winnipeg marked the first time 2Lt Wong had ever experienced sub-zero temperatures. "It was fantastic," he said of seeing snow for the first time. 2Lt Wong was also able to experience first-hand the return of the Winnipeg Jets. "I actually won tickets at the Officers' Mess for the first-ever preseason game against Columbus," he said with a smile. "I didn't want to leave the arena – the crowd and the game were all new to me, and the people were so supportive of the team."

His course Motivex flight took him to Halifax, while a sixteen-hour road trip with a coursemate led to the Calgary Stampede. "I finally got the chance to dress up as a cowboy," he said wryly. ACSO 1101 also traveled to Houston, Texas on its F-USA flight, which allowed students and instructors to meet Canadian astronauts Jeremy Hansen and Chris Hadfield. "Meeting the astronauts was awesome," said 2Lt Wong, who also made it to Vancouver on his summer block leave.

2Lt Wong is excited to return home to Singapore, where his parents and two older sisters still reside. He is looking forward to his assignment flying on the KC-135 Stratotanker as part of the Singapore Air Force's 112 Squadron. In a months time he'll be receiving his Singaporean wings and his Officer's ceremonial sword, and memories of his time at 1 CFFTS won't be far from his mind. "My last checkride was the happiest flight I ever had," he said. "I was speechless and my face went numb from smiling. It's still numb, and I think that's going to last for a while."

For 1 CFFTS, 2Lt Wong will be the last of a string of seven Singaporean students who have maintained a constant presence at the school since 2007. The school welcomed its first Singaporean student in 1995.

Parliamentarians recognize RCAF personnel

By Dominique Boily

On Tuesday, April 24, 2012, members of the Royal Canadian Air Force (RCAF) were recognized on Parliament Hill during the sixth annual "Air Force Day on the Hill" event.

Lieutenant-General André Deschamps, commander of the RCAF, along with Air Force personnel representing the spectrum of RCAF activity and achievement, rank and composition, were invited to the Senate visitors' gallery to be formally recognized by Senator Joseph Day, the host and champion of this annual event.

The Air Force Day on the Hill events were organized by the Air Force Association of Canada (AFAC) in coordination with Senator Day's office.

"Honourable Senators, our recent missions in Afghanistan and Libya as

part of the United Nations and NATO forces have served as a reminder to us of just how professional, capable and adaptable the Royal Canadian Air Force is as a military force....It is comforting to know that the brave men and women of the Royal Canadian Air Force will be there to protect our Canadian values at home and abroad," said Senator Day during the Senate tribute.

Parliamentarians showed their appreciation to members of the RCAF at an evening reception that provided an informal atmosphere for RCAF members to share their experiences with our national leaders.

Defence Minister Peter MacKay, Minister of National Defence; Associate Defence Minister Julian Fantino; Veterans Affairs Minister Steven Blaney, Minister of Veterans Affairs; Parliamentary Secretary to the Defence Minister, Chris

Alexander, Colonel (ret'd) Terry Chester, AFAC's national president; and Mr. Dean Black, AFAC's national executive director and publisher Airforce magazine, were among those who attended the reception.

"Today is 'Air Force Appreciation Day'. Please join my fellow parliamentarians and me as we pay tribute to the outstanding contributions made by the men and women of the Royal Canadian Air Force," said the Minister MacKay during the reception. "Whether patrolling our waters, performing search and rescue missions, providing emergency assistance to Canadians during wildfires and floods, or working with our allies to bring peace and security to the citizens of Afghanistan and Libya, our Air Force members consistently showed bravery, skill and determination."

During the reception, LGen Deschamps specifically highlighted the con-

tributions of four RCAF members who participated in recent missions as examples of the many accomplishments of Air Force personnel.

"Our people are our most valuable resource and I am very pleased to have 20 members here with me," he further said. "They are your fellow Canadians who have chosen to dedicate their lives to protecting Canada and Canadian interests. But with these contributions comes sacrifice. And yet, if you ask them if it is worth it, the resounding response will be 'yes!'"

Senator Day took advantage of the occasion to make a special presentation to Master Warrant Officer (Ret'd) Vic Johnson, who has 53 years of unbroken service in the RCAF and the Air Force Association of Canada, where he served as assistant editor and editor of Airforce magazine.

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 (Whytefold Rd.)

Drivers Licences &

autopac 889-2204

A Manitoba Public Insurance product



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

RCAF Piper Walks Vimy Ridge in his great-grandfather's Footsteps



Pipe Major Sgt Matt MacIsaac plays the bagpipes on the Canadian National Vimy Memorial following in the footsteps of his great-grandfather who played during the battle. Photo credit: MCpl Pierre Theriault

**By: Capt Vincent Bouchard
Public Affairs Officer**

Pipe Major (Sergeant) Matt MacIsaac played the bagpipes for the 95th Anniversary of the Battle of Vimy Ridge in Europe from 7 to 11 April, 2012, as part of a group of military personnel providing ceremonial support for Veteran's Affairs.

To play on the historical site where the Canadian military made the difference 95 years ago had special meaning for him because his great-grandfather played the pipes at Vimy in 1917.

"I feel very fortunate and proud to be the piper for the 95th Anniversary of the Battle of Vimy Ridge as my great-grandfather John A. 'Black Jack' MacDonald played here during the Great War," said Sgt MacIsaac. "He was a very well known and respected piper and I'm honoured to have followed in his footsteps."

Pipers also served as stretcher bearers during the battle.

Canadian Forces provided ceremonial support to Veterans Affairs Canada consisting of a military contingent of 105 personnel, which included a 50 member ceremonial guard, a flag party, a vigil party, a 30 member CF band, a padre, piper, bugler, flag bearer, historian, and support personnel.

The CF participated in several events and activities while overseas. The events included a private wreath-laying ceremony in St. Julien (Belgium), a Last Post ceremony at the Menin Gate Memorial (Belgium), a VAC-led anniversary ceremony at the Canadian National Vimy Memorial and battlefield tours of Vimy Ridge led by a DND/CF historian.

Sgt MacIsaac comes from a family that has played the pipes for at least four generations, and several are actively serving in the RCAF. He is from St. Peters, Nova Scotia and is the Pipe Major of the Pipes & Drums of the Royal Canadian Air Force Band at 17 Wing in Winnipeg. He began to play the pipes at age 10, and joined the military three years ago for the challenge and opportunity to

play the pipes in the military as a full time job. Before joining the CF, Sgt MacIsaac spent 8 years on the road as touring musician playing with Natalie MacMaster, the popular fiddle player from Cape Breton, NS.

The pipes are a significant part of the CF musical tradition and have been included in all important commemoration ceremonies. Sgt MacIsaac's performance on the pipes at Vimy was moving, despite the bad weather conditions, which made the piping even more challenging.

For more information about the Pipes and Drums of the RCAF Band please visit:

<http://www.rcfb-arc.forces.gc.ca/rcfb-marc/page-eng.asp?id=1222>

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

Arnbjorn S. Bardal Njall O. Bardal Neil O. Bardal Eirik L. Bardal

- Traditional and Contemporary Funerals
- Indoor Scattering Garden
- Parking
- Preneed Arrangements
- On-Site Crematorium
- 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
Email: info@nbardal.mb.ca

THE ONLY FUNERAL HOME OWNED AND OPERATED BY THE BARDAL FAMILY

EMPOWER
LUNCH

Sponsored by:

FEATURING SPECIAL
GUEST SPEAKER

Featuring General
Rick Hillier (Ret.)
Former Canadian
Chief of the Defence

Be inspired by one of
Canada's most sought-
after speakers as he
brings his perspectives on
leadership to Winnipeg's
business community.

Tickets are \$90 each.
Corporate tables are available.
All proceeds to Junior
Achievement Manitoba
For tickets and sponsorship
opportunities, call **204.956.6080**
manitoba.jacan.org

RETIRED GENERAL
RICK HILLIER

11:30 AM
 MAY 23, 2012

RADISSON
 WINNIPEG
 288 PORTAGE AVE

Making Sawdust: Join the 17 Wing Wood Hobby Club



Vice President of the Wood Hobby Club, Capt Martin Brisebois (R) helps out a fellow club member, Juergen Hannapel (L) with the construction of a bench in the wood shop located in the Westwin Community Center (building 21). Photo: Alison Dickey

By: Alison Dickey
Voxair Photojournalist

If you've ever been interested in wood-working but figured you just didn't have the money to invest in all of those fancy tools, well you're in luck. For a small annual fee of \$52 + tax you can join the Wood Hobby Club at 17 Wing Winnipeg. The shop is located at the back of the Westwin Community Centre and is a wood hobbyists dream.

Table saws, mitre saws, drill presses, and planers only begin to describe the kinds of tools and machinery you'll find in the wood shop. It also boasts many workbenches giving members that much needed space required for most woodworking projects. They also have a lot more specialized equipment and one very valuable resource is the properly vented finishing room for painting or staining your completed projects.

"Each new member must undergo a safety check-out on all the equipment before they are allowed to use any tool," said Vice President of the Club, Capt Martin Brisebois. "We strive to make this a fun and safe environment for everyone, so proper safety attire is required and I'm happy to say that all of our members still have 10 fingers and 10 toes!" he added.

The club is funded through non-public funds, so between the annual membership fees and the Christmas raffle they hold where members volunteer their

time and expertise to build a few different pieces of custom furniture to raffle off, the club is able to keep up the maintenance required on the machinery and occasionally replace an outdated piece. "With the Christmas raffle proceeds this year, we're looking at getting a new router table," said club president Peter Young.

If you are interested in joining the wood hobby club you can contact either President, Peter Young at local 2022 or Vice President Capt Martin Brisebois at local 2650 or by e-mail.

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



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



670 Century Street Phone: (204) 788-1100
stjamesvw.com stjamesaudi.com

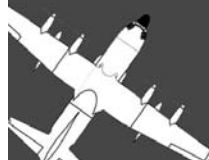


award winning
Assiniboia
Animal
Hospital

Gentle with
Pets & Prices

889-5570
3050 Portage Avenue

THE VOXAIR



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

PLA Air Force Academy Visits Winnipeg Defence Team

Chinese Air Force Receives Warm Welcome



MGen Alain Parent, Commander 1 Canadian Air Division/Canadian NORAD Region, welcomes the delegation of staff and students from the Air Force Academy of the People's Liberation Army to Winnipeg on 24 April 2012. Photo: Sgt Bill McLeod.

By Sgt Bill McLeod
17 Wing Photojournalist

17 Wing Winnipeg, Man. – Twenty-seven staff members and students from the Peoples Liberation Army (PLA) Air Force Academy received a warm welcome when they visited Winnipeg on 24 April 2012.

Major-General Alain Parent, Commander 1 Canadian Air Division/Canadian NORAD Region, welcomed the group to Winnipeg and the 17 Wing Officers Mess. "You are very lucky," he said. "We will very likely have a high of 22 degrees today. Normally in Winnipeg it is much colder."

MGen Ligu He, Political Commissar of the PLA Air Force Academy, introduced his colleagues, MGen Liu Xinjiang, Senior Advisor of PLA Air Force Academy, and MGen Li Yang, Chief of Training at the academy and

thanked the RCAF for the warm welcome.

MGen Parent gave the visitors a briefing on the operational Royal Canadian Air Force and an overview of the responsibilities and core missions of the RCAF, highlighting our NORAD role. He then handed over the floor to Brigadier-General Martin Galvin, Commander 2 Canadian Air Division.

BGen Galvin introduced Major Tony Ament from the Canadian Forces School of Aerospace Studies, who briefed the visitors on Air Force Officer Development. This was followed by a briefing from Maj Paul Adams on pilot training in the RCAF.

Questions from the students of the PLA Air Force Academy showed their keen interest in all aspects of the RCAF. Some of the questions were about the traditions of the RCAF, and also how one's initiative and social abilities as an aspect of leadership are measured

in RCAF training.

One of the students asked MGen Parent if he considered the RCAF more effective due to the recent high operational tempo; the acquisition of new aircraft in the fleet; and the quality of RCAF training. MGen Parent responded with a resounding yes to all three of these questions.

After a buffet meal and discussions between members of the two Air Forces the delegation left for Ottawa. This is the second PLA Air Force Academy delegation to visit Winnipeg in the last two years.

For more information about the RCAF please visit:
<http://www.rcaf-arc.forces.gc.ca/v2/Default.asp>

(En français)

<http://www.rcaf-arc.forces.gc.ca/v2/Default.asp>

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



Images: Department of National Defence

WE CARE FOR ALL VETERANS OF ALL AGES AND THEIR FAMILIES

The Fort Garry Horse Celebrates Centennial



Early Saturday morning a monumental parade of vintage military vehicles from the "ghost squadron" convoyed with the regiment's current fleet of Mercedes G-Wagons to City Hall, where the regiment reaffirmed their Freedom of the City. Photo: MCpl Houston

By MCpl Draper Houston

With a Sherman tank rumbling up Portage Avenue in downtown Winnipeg, 38 Canadian Brigade Group's Fort Garry Horse Regiment (FGH) celebrated their centennial over the weekend of 12-15 April 2012. The FGH hosted current/former members and guests in a full weekend of events to mark 100 years of service. The event list included a book launch, a city bus tour, and the Cavalry ball held at the famed Fort Garry Hotel.

On Friday, 13 April 2012, the regiment held two events concurrently. Attendees from out of town were treated to a bus tour of Winnipeg that focusing on locations of historical significance to the FGH. The tour included stops at the Brookside Cemetery (the largest and oldest concentration of military graves in Canada), the Winnie the Bear exhibit at the Assiniboine Park, and of course the historic Upper Fort Garry gate that the regiment wears on its cap badge.

Facta Non Verba – A History of the Fort Garry Horse launched at a local Mc-

Nally Robinson with the two authors, Gordon Crossley and Michael McNorgan available for book signings. The two authors answered questions, provided a description of the book, and told how they brought their dream project into reality.

Later that evening, all those congregating in Winnipeg for the celebration attended a "Meet and Greet" reception at McGregor Armoury to catch up with old comrades and meet new friends.

Early Saturday morning, the sound of a Sherman tank pierced the early morning air as it fired up to participate in the monumental parade, which included additional vintage military vehicles from "Ghost Squadron" and members of the 1226 Fort Garry Horse Army Cadets. The regiment's current fleet of Mercedes G-Wagons convoyed with the old-guard vehicles from McGregor Armouries to City Hall, where the regiment reaffirmed their Freedom of the City.

After the Freedom of the City parade, the regiment mounted up in a seemingly endless line of vehicles and conducted a roll past. Sergeant Taylor Warren led-off

the entire parade with five troops mounted on horseback and dressed in traditional WWI cavalry uniforms.

The parade moved from City Hall to the Manitoba Legislature along Winnipeg's two busiest roads—Main Street and Portage Avenue.

Once at the Legislature, the regiment dismounted and conducted a another parade, the meaning of which was two-fold: to celebrate the FGH centennial and the stand up of 38 Combat Engineer Regiment (CER).

MGen Chris Whitecross, Chief Military Engineer and Reviewing Officer of the parade, looked on as the FGH "Trooped" their guidon to mark the 100th anniversary of the regiment.

LCol Dave Atwell, Commanding Officer of the FGH, then participated in the signing of the documents to officially stand-up 38 CER as an independent unit. Since 2006, the FGH had incubated 31 Engineer Squadron (31 ES, as a part of 38 CER) to build their leadership base and assisted them in becoming a regiment. The soldiers of the newly founded

31 ES exchanged their black berets—the trademark of the armoured corps—for the traditional green berets worn by combat engineers during the parade.

On the evening of 14 April 2012, hundreds of past and present FGH descended upon the Fort Garry Hotel in Winnipeg for the Cavalry Ball. The illustrious hotel made an exquisite and very appropriate venue, not just because of the name, but due to its location only meters from the Upper Fort Garry Gate that appears on the FGH cap badge.

A farewell brunch wrapped up the weekend festivities on Sunday, April 15th. There, those that rekindled connections with old friends and comrades wished each other farewell.

The weekend of 13-15 April was truly a momentous weekend. While celebrating the history of the Fort Garry Horse, those attending also bore witness to the beginnings of a new regiment, 38 Combat Engineer Regiment. The weekend's events proved a resounding success, and marked an anniversary the FGH will never forget.



**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

RCAF Swimmer Wins 14 Gold Medals at CF Nationals



Capt Stephanie Bigelow, an Air Combat Systems Officer (ACSO) at 1 CFFTS Winnipeg, competes in the Women's 200 meter butterfly at the CF National Swimming Championship. Photo: Cpl Katie Hodges.

**By Sgt Bill McLeod
17 Wing Photojournalist**

Captain Stephanie Bigelow, an instructor at 1 Canadian Forces Flying Training School (1 CFFTS), part of the Air Force Training Centre in Winnipeg, is going to have to develop a strong neck.

Capt Bigelow was draped with 14 gold medals for swimming at the CF Nationals held at the Etobicoke Olympium complex in Toronto during the 2012 Ontario Masters Swimming Competition. The competition was held from 30 March to 1 April.

Only 3 of the 14 gold medals counted for the CF Nationals competition, the other 11 medals were Ontario provincial medals. "The Canadian Forces tries to buddy up with a local competition for the Nationals," said Cap-

tain Bigelow. "It would be a small meet if we didn't."

Capt Bigelow won the gold medal in the CF Nationals for the 100 meter butterfly, the 100m freestyle, and 200m individual medley. The remaining Ontario Masters Championship medals were earned in the women's 50, 100, and 200m butterfly, 200 and 400m individual medley, and 100m breaststroke. The relay team won gold in the 800m medley relay, 400m medley relay, 400m freestyle relay, 200m freestyle relay, and 200m medley relay.

Other members that made up the Manitoba team included 2nd Lieutenant Jacinda Smit from 1 Canadian Air Division, Capt Alex Bronson from 17 Wing Transport and Electrical Mechanical Engineers, and Lt Casey Gergeley from 742 Signals Squadron based out of Shilo, Manitoba. The teams had to include 2 men and 2 women to compete in the relay races. The same team recently competed in the 2012 Manitoba Masters Provincial Championships, using the small meet as a venue to help train for larger competitions.

2Lt Jacinda Smit also won the 50, 100 and 200m freestyle and the 50 and 100m backstroke events in her age category winning two CF Nationals medals and Capt Bronson had a first place finish and three second place wins in the Ontario Masters Championships. All team members shared the relay wins.

Capt Bigelow grew up in the

Canadian Forces and the water. Her father was a CF Pilot Instructor at Moose Jaw when she was born and she was enrolled in swimming lessons when she was 2 years old. She began racing competitively at age 8 with the Dartmouth Crusaders Swim Team until her family was posted to Comox, where she joined the Comox Valley Sharks Aquatic Team. Several members of the Comox Valley team went on to become Olympic athletes and Capt Bigelow was in the same lane when she was named to the Canadian Junior National Team, the feeder team for Canada's Olympic Team.

In 2004 she decided to drop out of the Junior National Team and join the Canadian Forces and in 2008 she completed a chemistry degree from the Royal Military College. After finishing top of her Air Navigation course at the then Canadian Forces Air Navigation School (CFANS) she was selected to become an instructor at the renamed 1 CFFTS.

Capt Bigelow hopes to continue her winning streak at the Rescue 2012 World Lifesaving Championships in Adelaide, Australia from 4-18 November.

For more information about 1 CFFTS please visit:
<http://www.rcf-arc.forces.gc.ca/17w-17e/schools-ecoles/page-eng.asp?id=461>

(En français)

<http://www.rcf-arc.forces.gc.ca/17w-17e/schools-ecoles/page-fra.asp?id=461>

For more information about CF National Sports please visit:

<http://www.cfpsa.com/en/psp/Sports/index.asp>
(En français)

<http://www.cfpsa.com/fr/psp/Sports/index.asp>

École francophone

Maternelle à 8^e année

Programme sports-arts-études

École la plus près de la 17^e Escadre

Transport scolaire

Garderie francophone

Centre de la petite enfance
et de la famille



DIVISION SCOLAIRE
FRANCO-MANITOBAINE

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

(204) 885-8000



**HOUSE GUARD
HOUSESITTERS**
BONDED • PROFESSIONAL • FULL SERVICE CARE

- PET SITTING
- HOME SECURITY
- PLANT CARE

**BBB Accredited
Since 1993**

**"Winner BBB 2010 Market
Place Excellence Award"**

**We are the Bonded
Professionals to Trust with
your Pets, Plants and Home!**

Bus: (204) 668-3900
www.houseguard.tel
E-Mail: info@houseguard.ca



RCAF Captain Competes at World Masters Athletics



Capt Serge Faucher leads Alain Vandepontseele of Belgium in the 800 meter preliminaries. Photo credit: Stephen Burger

By Sgt Bill McLeod
17 Wing Photojournalist

Captain Serge Faucher, Deputy Squadron Aircraft Maintenance Engineering Officer for 402 "City of Winnipeg" Squadron located at 17 Wing Winnipeg, posted personal bests in all three races he competed in at the 2012 World Masters Athletics Indoor Championships held on 3-8 April in Jyväskylä, Finland.

On the first day of competition Capt Faucher placed 13th in the 800 meter event with a time of 2:15:41. On the second day he made it to the semi-finals in the 200 meter race and posted a 25.35 second time for an 11th place finish. In his fifth race in as many days Capt Faucher ran 55.78 seconds in the 400 meter semi-finals, finishing 9th overall, just missing the finals by one position.

While in Finland, Captain Faucher met several national champions, former Olympians and Pan Am athletes including race-walking legend Marcel Jobin who holds several age-group Canadian records and has participated in the 1976 and 1984 Olympics. At the World Masters, Jobin won gold in the 3000 meter track walk and silver in the 10k road walk.

Masters Athletics is a class of the sport of athletics aimed at veteran athletes where the competitions feature five year age groups beginning at age 35, allowing veteran athletes a chance to compete in a friendly environment against people with similar abilities or just an opportunity to get in better shape.

Capt Faucher is now planning on attending the 2013 World Masters Athletics Track and Field Championship to be held in Porto Alegre, Brazil.

For more information about the World Masters Athletics please visit:
<http://www.world-masters-athletics.org/>

For more information about 402 "City of Winnipeg" Squadron please visit:
<http://www.rcaf-arc.forces.gc.ca/17w-17e/sqns-escs/page-eng.asp?id=411>

Wing Commander's Volleyball Tournament



It was the Wing Replenishing team vs. the 1 CFFTS team competing for top honours in the B Division final. Photo: Alison Dickey



In the A Division final it was Set to Kill vs. Odds and Sods. Photo: Alison Dickey

Alison Dickey
Voxair Photojournalist

The Wing Commander's Volleyball Tournament took place on Friday April 27th at the building 90 gymnasium as well as building 21. Fourteen teams representing various units participated in the event.

In the A Division, Set to Kill were undefeated winning all six of their games in the morning and the championship came down to them and the second place team, Odds and Sods, who also had a successful morning winning five of their six games. It was a close match for the two teams but ultimately it was Set to Kill who were crowned champions of the A division.

The B Division finals saw the Wing Replenishing Team face off against the team from 1 CFFTS. In the end, it was the 1 CFFTS team that pulled out the victory.

Congratulations to all the winners and thank-you to all teams who made this event a success.

THE VOXAIR
Your 17 Wing
Community Newspaper

The Mortgage Centre

Yass Marandi, AMP
Mortgage Broker
Lic.#M1000449

- 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
y.marandi@durhammortgage.com
www.durhammortgage.com/y.marandi

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

Fore! CFB Winnipeg Golf Club is open for business!



The beautiful weather on April 23rd and 24th drew quite a few people out to the golf course at 17 Wing in order to play a couple of rounds. For more information on the golf club, contact the manager at local 6909. Photos: Alison Dickey.



CFB Winnipeg Golf Club

The CFB Winnipeg Golf Club is now open for the 2012 Golf season.

2012 Golf Club membership fees are very reasonable and are as follows:

Regular Membership:	\$300 (includes GST);
Ordinary Membership:	\$325 (includes GST);
Associate Membership:	\$350 (includes GST)

If you were not a member of the CFB Winnipeg Golf Club in 2011 and you take out a 2012 membership, you will receive a 10% discount on your membership fees.

If you were a Golf Club member in 2011 and renew your membership in 2012 and you bring in a new member (not a member in 2011) to the Golf Club you will receive a 10% discount on your 2012 membership fees for every new member you bring in (up to a maximum discount of 50%).

For CF students on course at 17 Wing, you will definitely want to look into the monthly memberships being offered.

Family membership rates and Junior memberships are also an attractive option.

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

For more information about obtaining a golf club membership, payment options, and any other questions you may have regarding the Club, please contact the Golf Club Manager at local 6909.

Get Clicking for the NPS Week Photo Contest

In the spirit of celebrating and recognizing the contributions of civilian employees at the Department of National Defence, the 2012 edition of the National Public Service Week photography contest will run from May 1 to June 30.

This participative and fun activity across all regions of the Department of National Defence aims to make a strong connection through the use of images – telling the story of civilian employees in various work environments and in different locations, and by highlighting the diversity of dedicated people and jobs with the unique culture of National Defence.

The contest is open to all civilian employees and military members of the De-

fence Team and the photos must include civilian employees.

In addition to an award for the top three photos, other entries will be selected for inclusion in the DND Civilian Photo Library for use in future promotional and communications products.

This is a great opportunity to have fun and be creative, challenge your colleagues, engage your teams, and make sure your area (base/wing/station) is featured in this contest. Get clicking!

Deadline: June 30 2012

For further information, email: +DND Photo Contest - Concours photo MDN@ADM(HR-Civ) DDWB@Ottawa-Hull

Concours de photographie de la SNFP au MDN – Mai et juin 2012

À vos appareils! Une image vaut mille mots! Concours de photographie de la SNFP au MDN – Mai et juin 2012

Dans un esprit de célébration et de reconnaissance des contributions des employés civils au ministère de la Défense nationale, l'édition 2012 du concours de photographie de la Semaine nationale de la fonction publique (SNFP) se déroulera du 1^{er} mai au 30 juin.

Cette activité, qui se déroule dans toutes les régions du ministère de la Défense nationale, vise à établir des liens étroits au moyen d'images qui illustrent les expériences des employés civils dans divers milieux de travail et dans différents emplacements, et qui font ressortir la diversité du personnel dévoué et des emplois dans le cadre de la culture unique de l'Équipe de la Défense.

Le concours est ouvert à tous les em-

ployés civils et aux militaires de l'Équipe de la Défense et les photos doivent inclure des employés civils.

En plus de décerner un prix aux trois meilleures photos, on sélectionnera d'autres photos qui seront versées dans la

Photothèque des civils du MDN et utilisées à des fins promotionnelles et dans des documents de communications.

Voilà une belle occasion de vous amuser et d'être créatifs, de mettre vos collègues au défi, d'impliquer vos équipes et de vous assurer que votre

région (base/escadre/station) soit mise en lumière. À vos appareils!

Date limite : 30 juin 2012

Règlements du concours de photos et pour savoir comment y participer

Pour plus d'information, écrivez à : +DND Photo Contest - Concours photo MDN@ADM(HR-Civ) DDWB@Ottawa-Hull



The PSP Community Recreation Spring guide is now available.

Visit www.cfcommunitygateway.com for more information.

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 barcodes strategically throughout your home and property, allowing you to keep track of us while we keep track of your home security, giving you complete peace of mind.



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

COMMISSIONAIRES
TRUSTED. EVERYDAY. EVERYWHERE.
www.commissionaires.mb.ca
942-9553 ext 2300

USAF Member Wins at Canadian National Powerlifting Championships



USAF Captain Chris Marron lifts some serious weight at the Bldg 90 gym. Photo: Cpl Piotr Figiel

By 2Lt Mat Strong

United States Air Force Captain Chris Marron, Instructor and Flight Commander at the Instrument Check Pilot School here at 17 Wing Winnipeg, recently won his 93 kg weight class at the Canadian Powerlifting Championships held in Calgary, Alberta, from 10-11 April 2012.

Capt Marron, holder of 12 Manitoba records and now a Canadian Champion lifted a total of 1471.58 lbs on his way to victory at the Calgary event. Divided between 3 lifts of squats, bench presses and dead lifts, the total of the three highest weights is what is used to determine the winner. Capt Marron squatted 496.04 lbs, bench pressed 413.36 lbs and dead lifted 573.20 lbs.

Capt Marron started lifting when he was 15, in his home town of Tampa Bay, Florida, but is a Canadian born dual citizen, from London, Ontario. This enables him to compete and hold records in Canada during his posting here in Winnipeg.

His overall achievements are very impressive and he is quick to remind Manitoba military lifters that they too can set records. "The Manitoba Powerlifting Association has a division devoted entirely to military members" Capt Marron said, "and too many of the spaces are currently left unfilled." He hopes that his success will encourage others in the Winnipeg military community to give powerlifting a try.

Capt Marron hopes to compete next for Canada in Stockholm, Sweden from 13-18 June 2012. Anyone interested in more information about the Manitoba Powerlifting Association, or the sport in general can reach Capt Marron at 833-2500 ext 5334, or chris.marron@forces.gc.ca.

Parenting Exercises

By Christine Sulek
Director Military Family Services

Whether your parenting partner is only a few kilometers away or across the continent, parenting during an exercise is a lot like parenting through a deployment. It takes stamina, perseverance and sometimes more than a little caffeine. Here are some tips to help make it manageable.

1. Avoid scheduling multiple activities at the same time. No matter how fabulous you are, it is hard to be in more than one place at once. Share driving duties with other parents whenever possible.

2. Expect the worst. If the baby is sick and the dog just got skunked, the roof will probably also leak while your spouse is away! Plan for the worst and make sure you have access to emergency funds if the other partner is going to be away for more than a few days. Keeping a handyman on speed dial isn't a bad idea either.

3. Look into respite care or drop-off babysitting. Even a couple of hours per week will sometimes be enough to help. If you can, swap some time off with a friend who has children who are close in age. Keep in mind that it is reasonable to

use some of that field pay for babysitting.

4. Keep a stock of quick meals in the freezer for "those days". Breakfast for supper is perfectly acceptable. Pizza has all the food groups!

5. Help young children remember the absent parent with photos, stories, videos and letters. Sometimes phone calls are difficult or happen at awkward times. Recording a favourite bedtime story beforehand will help keep their voice alive.

6. Lower your standards. The vacuuming can usually wait. There will be days when mediocre parenting is good enough. Be forgiving and give yourself credit for doing it all.

7. Most importantly, take care of yourself. Don't forget to eat properly, sleep enough and keep up your support network. Nothing restores the soul like a listening ear.

To get in touch with a listening ear, don't hesitate to call the Family Information Line from 8:00 a.m. until midnight on weekdays (EST). On weekends and holidays, leave a message and a counselor will return your call as soon as possible.

Christine Sulek is a Family Information Line counsellor, spouse of a CF member and mother of three.

Are you up-to-date with your Vaccines?

Planning for your Protection. A message from your Community Health Nurse: Michelle M. Long, RN, BSW, BScN 23 CH Health Services Centre.

Certain vaccines are administered over a period of weeks or months so it is important to make an appointment as soon as possible especially when you need to provide proof that you are up to date with your vaccines i.e. Annual Personnel Readiness Verification (APRV) Screening or if you know you will be travelling (for deployment or personal vacation).

Ideally, you should make your appointment 6 to 8 weeks in advance but this may not be possible if you are unexpectedly deployed.

Each CF member is unique. Vaccine recommendations are based on factors such as:

- Occupation/profession
- your current health status
- destination (s)
- time before your departure
- your itinerary

- purpose of your trip
- duration of your trip
- sanitary conditions of your destination (s)

Appointment:

CF Members can book an appointment by calling

Tel. 833-2500 ext. 5777

Note: getting an appointment may take a few days to 2 to 3 weeks.

Confirmed appointment:

- Arrive on time and bring:
 - your vaccination booklet
 - APRV Screening Form, if applicable
 - your itinerary including your departure date and duration of your stay, if applicable
- Call 833-2500 ext. 5777 to cancel well in advance if needed.

Vous êtes à jour avec vos vaccins?

Certains vaccins sont administrés sur une période de plusieurs semaines ou mois, de sorte qu'il est important de prendre un rendez-vous dès que possible, surtout lorsque vous devez fournir preuve que vous êtes à jour avec vos vaccins par ex. vérification annuel de l'état de préparation du personnel (VEPP) ou si que vous allez voyager prochainement (pour déploiement ou vacances personnelles).

Idealement, vous devriez prendre rendez-vous 6 à 8 semaines à l'avance mais cela peut ne pas être possible si vous êtes déployé de manière inattendue.

Chaque membre des FC est unique. Les recommandations pour vaccins sont axées sur les points tels que:

- Métier/profession
- votre état de santé actuel
- destination(s) choisie (es)
- délai avant votre départ
 - votre itinéraire
 - but du voyage
 - durée du séjour
 - conditions sanitaires à votre destination

Rendez-vous:

Les membres des FC peuvent prendre un rendez-vous en appelant Tél. 833-2500 ext. 5777

Notez: Obtenir un ren-

dez-vous peut prendre de quelques jours jusqu'à 2 à 3 semaines.

Rendez-vous prévu:

- Arrivez en temps et apportez:
 - votre carnet de vaccination
 - Formulaire VEPP, le cas échéant
 - votre itinéraire incluant date de départ et durée du séjour, le cas échéant

- Appelez 833-2500 ex. 5777 pour annuler en avance au besoin.

HOOKE & SMITH
Barristers, Solicitors & Notaries Public
Dennis A. Smith, Winston F. Smith, Q.C.,
Grant W. Davis and Bernard Toews

201-3111 Portage Ave,
Winnipeg, Manitoba R3K 0W4



Telephone - (204) 885-4520

Fax - (204) 837-9846

Email: general@hookandsmith.com

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



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

**Coming Soon... The CF Health and Wellness Challenge – one choice at a time!
1-31 May 2012**

In support of the CF Health and Physical Fitness Strategy, Strengthening the Forces Health Promotion Program has created the CF Health and Wellness Challenge.

Do you enjoy friendly competition? Are you ready to make a healthy lifestyle your way of life? Take the first step and sign up for the CF Health and Wellness Challenge today! Registration opened 1 April 12. By registering for the Challenge you will have access to health information, healthy eating tips, updates, and many other “exclusive” resources. <http://cmp-cpm.forces.mil.ca/healthchallenge-defisante>

Join us for the CF Health and Wellness Challenge – one choice at a time 1-31 May 12! Register with your Health Promotion office to become part of the 17 Wing Winnipeg team and receive a checklist of ‘daily choices’ (activities to complete). The more ‘daily choices’ you can check off, the more points you get. It’s that simple! There are even one-time monthly “bonus choices” to increase your total score.

Challenge yourself! It’s FUN, it’s FREE, and you

have a chance to win a prize!

Register today at your local health promotion office and be a winner!

This Challenge is open to Regular Force, Reserve Force, DND civilian, NPF, MFRC, and CF immediate family members over the age of 18. To register contact Health Promotion at local 4150 or 4160.

STRESS: Take Charge!
Le stress : ça se combat!

Want to increase your stress hardness, enhance your performance, ramp up your resilience?
Stress: Take Charge!
16 & 23 May 2012
0800 - 1600 hrs

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?
Le stress: Ça se combat!
16 & 23 mai 2012
0800 h à 1600 h

For more information or to register contact Health Promotion at local 4150
Pour s'inscrire, composez Promotion de la santé le 4150

Mental Fitness and Suicide Awareness

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

Mental Fitness & Suicide Awareness

This course is to promote mental fitness and to lessen the incidence of mental health injuries including deliberate self-harm and suicide within the military community.

**9 May 2012
0800 – 1600 hrs**

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

(204) 833 2500 local/poste 4150 WELLNESS Lifestyle Program

Programme Style de vie POIDS-santé

The tools you need for a better lifestyle
Healthy eating, physical activity and attitude!
Les outils dont vous avez besoin pour un meilleur style de vie
Saine alimentation, activité physique et attitude!

For more information, contact your local health promotion office.
Pour plus amples renseignements, contactez votre bureau local de la promotion de la santé.

www.forces.gc.ca/health/engraph/services_e.asp / www.forces.gc.ca/health/engraph/services_f.asp

Alcohol, Other Drugs and Gambling: Supervisor's Training
25 April or 28 May 0800 hrs - 1600 hrs

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. DAOD 5019-7

Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif: formation des superviseurs
25 avril ou 28 mai 0800h à 1600h

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. DAOD 5019-7

For more information or to register contact Health Promotion at local 4150
Pour s'inscrire, composez Promotion de la santé le 4150

LET'S GET STARTED PARTONS DU BON PIED MAY MAI

Strengthening the Forces presents THE CF HEALTH AND WELLNESS CHALLENGE
Énergiser les Forces présente LE DÉFI DE LA SANTÉ ET DU MIEUX-ÊTRE DES FC

Rise to the Challenge
<http://cmp-cpm.forces.mil.ca/healthchallenge-defisante>
Soyez à la hauteur du Défi

Canada

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

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

Canada



www.mfrc.mb.ca

204.833.2500 ext. 4500



Forces Families Everywhere Upcoming MFRC Programs

With Canadian Forces (CF) families living all over the world, the place they call "home" often spans across Canada's 10 provinces and three territories and over many international borders. Canadian Military Family Resource Centres (C/MFRCs) are found across these same areas to ensure that CF families can access the support they need.

As community based organizations, each C/MFRC meets the needs of its community by delivering unique local services, as well as the core components of the Military

Family Services Program (MFSP). These include:

- Community orientation;
- Language training;
- Programs for children and youth
- Employment and education assistance; and
- Information and support throughout a CF member's deployment and reunion with his or her family.

Regardless of where they live, all CF families are eligible to receive the ben-

efits these programs provide. Today, the Program ensures that support is available for all loved ones of CF personnel, including spouses, children and parents. Families of reservists and of the fallen are also eligible to receive these benefits. The reality though is that not all military families are able to regularly access the support provided through their local C/MFRCs whether due to their location, current circumstances, lifestyle, or simply a lack of awareness.

In response, the FamilyForce website connects all CF families to their local C/MFRC through one central, easy to use directory. This "one stop shop" site also links families to national information, resources and services and provides general information about the Program.

Dedicated to supporting all Canadian military families, FamilyForce responds to the individual and collective needs of CF communities regardless of geographic location.

If you are a CF family member, take a look at www.familyforce.ca today.

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 cave-men 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

Registration has begun. 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

ADULT PROGRAMS

MOM'S NIGHT OUT

THURSDAY, MAY 24 AT 7 P.M.

REGISTER BY MAY 17

STAR GRILL, 2069 PORTAGE AVE.

THIS MONTH, MOM'S NIGHT OUT IS ON THE MOVE!! WE ARE GOING OUT FOR DINNER!

JOIN OTHER MOM'S AT STAR GRILL, ACROSS FROM THE FOOTBRIDGE TO ASSINIBOINE PARK. WE MEET AT THE RESTAURANT AND WILL HAVE SOME GREAT FOOD AND FUN WITH FRIENDS!! REGISTRATION IS REQUIRED.

CREATIVITY CAFÉ

THURSDAY, MAY 12, 10 TO 11:30 A.M.

\$5 PER PERSON.

REGISTER BY MAY 10

JOIN US AS WE PREPARE FOR OUR SUMMER GARDENS! WE WILL DECORATE A FLOWER POT FOR OUR FAVOURITE PLANT. DRESS TO GET MESSY AS WE WILL ALSO PLANT AN HERB GARDEN.

AROUND THE WORLD IN 11 MONTHS

THURSDAY, MAY 10 AT 5 P.M.

REGISTER BY MAY 5

\$5 PER PERSON (FREE FOR 3 YEARS AND UNDER)

NO NEED TO PACK YOUR BAGS...JUST BRING YOUR FAMILY AS WE PARTY IN THE USA. WE'LL PROVIDE THE PASSPORT, DINNER AND ENTERTAINMENT! DINNER WILL BE A BBQ FOLLOWED BY CARNIVAL GAMES. 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.

DEPLOYMENT SUPPORT NETWORK

MONDAY, MAY 14, 7 TO 9 P.M.

REGISTER BY MAY 7

IS YOUR LOVED ONE AWAY? WOULD YOU LIKE TO CONNECT WITH OTHERS EXPERIENCING A DEPLOYMENT? JOIN US ONCE A MONTH FOR A CHANCE TO MEET NEW PEOPLE, MAKE NEW FRIENDS AND LEARN NEW COPING SKILLS IN A FUN, SOCIAL SETTING.

MFRC BOOK CLUB

TUESDAY, MAY 11, 10 A.M. TO NOON

REGISTER BY MAY 17

WOULD YOU LIKE TO EXPAND YOUR BOOK LIBRARY? COME AND JOIN THE MFRC'S BOOK CLUB. EACH MONTH A HOST WILL PICK A BOOK TO READ. DURING THE MEETING, WE WILL DISCUSS THE BOOK AND ANSWER QUESTIONS REGARDING ITS CONTENT. PLEASE CALL THE MFRC FOR INFORMATION ON THE CHOSEN BOOK AND WHERE YOU CAN GET A COPY OF IT.

FRENCH CONVERSATION WORKSHOP

THURSDAY, MAY 10 & 24, 6 TO 7:30 P.M.

THIS GROUP WILL MEET ONCE A WEEK 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

CHILDREN'S PROGRAMS (0-5 YEARS OLD)

DATE NIGHT CHILD CARE

WESTWIN CHILDREN'S CENTRE

WEDNESDAY, MAY 16, 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 MAY 10.

LEAVE THE KIDS WITH US WHILE YOU ENJOY SOME "GROWN-UP" TIME. FOR CHILDREN 1 - 5 YEARS OLD; SCHOOL AGE CHILDREN MAY WISH TO VISIT THE MFRC YOUTH CENTRE.

PLEASE CALL 833-2500 EXT. 2491 TO REGISTER

MAD MUSICIAN

WESTWIN CHILDREN'S CENTRE

TUESDAYS, MAY 15, 22, 29 & JUNE 5, 12

1 TO 2:30 P.M.

\$30 PER CHILD, \$45 PER FAMILY

A FIVE WEEK PROGRAM AIMED AT CHILDREN 2-5 YEARS OLD. MUSIC, SONGS, MOVEMENT AND INSTRUMENTS! CALL 833-2500 EXT. 2491 TO REGISTER.

CHILDREN & YOUTH (6-18 YEARS OLD)

THUNDER RAPIDS FUN PARK

FRIDAY, MAY 25, 6 - 8 P.M.

BOTH YOUTH CENTRES WILL BE HEADING TO THUNDER RAPIDS FUN PARK ON FRIDAY, MAY 25TH, 2012. THE COST IS \$15 PER PARTICIPANT AND INCLUDES 2 GO KART RIDES (OR 1 GO KART RIDE AND 1 BUMPER BOAT RIDE), 1 ROUND OF MINI GOLF AND 1 BATTING CAGE TOKEN, PLUS A FOOD PACKAGE. 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, MAY 23RD 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.

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.

Fax: 204.489.8587 • Email: wpgmfrc@autobahn.mb.ca

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

Chaplain's Corner

A Spring Reflection Among Other Reflections

*April is the cruellest month,
breeding
Lilacs out of the dead land, mixing
Memory and desire, stirring
Dull roots with spring rain.
Winter kept us warm, covering
Earth in forgetful snow, feeding
A little life with dried tubers.*

TS. Elliot – The Wasteland

TS Elliot was responding to his own feeling of spring. He was fully aware that many people find spring light and full of hope, but it is with great sadness that we should mention how difficult life can be. Sometimes people express the weight of living through grey days. Simply put, in spring, we sometimes feel the rain without the sun. How do we confront the sadness deep inside us?

The spiritual wasteland is confronted when we go on our personal quest to find new meaning in the dried up husks of last year's harvest. These husks are beaten down and pressed on until their very essence squeezes out from the side. Initially this exercise might seem useless but I believe the left over water fuels a

possibility.

Imagine if you will, a man early in the spring season takes a journey to his Island cottage. The air is still cool at night but there is work to be done: the front window needs to be repaired, a fresh coat of paint for the exterior, the beach must be cleared of debris, a squirrel must be removed from living in the fire place chimney and mice have found their way in to the kitchen.

After two weeks, you have completed the tasks and the cottage feels cozy and comfortable. You have expended your energy but something new has moved into the place where sadness was sitting. The renewal of the cottage is like the renewal that our lives require.

We need to blow out the dust. Take time and write down new goals. Establish how we can renew old relationships. Spruce up our lives with exercise. Even cleaning up our car helps to restore some balance in our lives. It helps because if we let dust and dirt rule our lives, then our entire spiritual lives will fall into a chaotic reflection of tumult. Never doubt the power of keeping life simple.

The uncluttered environment of a church or a Zen garden provides a visual relief to our senses. We simply see the surroundings in an order. Chaos is given a break. We can begin to see simple lines like the pews that are arranged in order with a central isle. In the Zen garden we see simple stone boundaries surrounding a small green bonsai plant. We embrace silence and breath. Nothing can distract us from just being in one place at one time.

I have a secret, sometimes when no one is in the Chapel. I lay down on the red carpet. I relax by first tensing my muscles and then letting them go loose. Letting my body be still, then I think about breathing. In and out... sometimes I fall asleep. Sometimes I just stay put for fifteen minutes, taking time. After these moments I feel renewed. I feel the quiet and I am content.

As I complete this contemplation, where do you find your place of peace? A place of renewal? Do you have a Zen garden? By chance, would you be interested in developing that special place? If so, perhaps begin this spring. Change the dire deadness into new life.



The 17 Wing Military Community would like to extend its appreciation to the Manitoba Opera for their offer of tickets to the recent production of the Daughter of the Regiment. For more information on upcoming productions, please go visit: www.manitobaopera.mb.ca.

Together in Church

CATHOLIC

CHAPLAINS

Padre Mark Mawson (Wing Chaplain)

Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudensorio

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'.



CANADA SINGS

Support Our Troops
by cheering on the

RCAF Supersonic

as they compete in
Canada Sings

Global 

Tuesday May 22, 10PM

CANADA SINGS

Venez appuyer les troupes
en encourageant le groupe

Supersonic de l'Aviation royale canadienne

qui passera à l'émission

Canada Sings

Global 

Mardi le 22 mai à 22 hr



PERSONAL CLASSIFIEDS

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 e-mail today to place your FREE Classified ad at Voxair@mts.net

Taroscopes

BY NANCY

Aries (March 21 - April 19): If you let things get out of hand, you'll feel overwhelmed. So don't let a fear of how others will judge you determine what you do. Take action promptly. Someone inspires you to reconsider a childhood dream. Look into how you could work this into your current lifestyle.

Taurus (April 20 - May 20): If you don't feel up to the tasks you're facing test some of your assumptions so that conclusions are based on reality not imaginary concerns. Break things down into facts and figures. You're strong enough to handle just about anything. Tame your fears. Have confidence in your decisions.

Gemini (May 21 - June 21): Test equipment before you use it. Test your words before you speak; consider the kind of response you might get. Insist on being given what you are entitled to. You will get what you deserve. Do the paperwork and the chores then get out and socialize with friends. Act now!

Cancer (June 22 - July 22): Though you've worked hard and seen great changes there are areas where no matter what you do, the impact is minimal. Accept this gracefully. Also visualizing a positive outcome is great but if some thing has a time limit, procrastinating will eliminate options. Be pro-active.

Leo (July 23 - August 22): Slow and steady will get you to a goal so don't let doubts distract you. Getting out into nature sparks your creativity. Look for unusual ways to do things if a sense of monotony swamps you. You can't go back to where you've been for it has changed and so have you. Live in the moment.

Virgo (August 23 - September 22): You know what you want. The opportunity and the means to go after it will be available. Don't waste time wondering about how perfect the timing is, just allow things to come together and enjoy it as things unfold. Trust your own judgment. Stay focused on your goal.

Libra (September 23 - October 23): Play with ideas until they are more fully formed. Share them only with those you trust. Surround yourself with people with integrity. Read contracts carefully. Keep your distance if you suspect someone has ulterior motives or hidden agendas.

Scorpio (October 24 - November 21): If you let something go and are now regretting it, learn from the lesson. Take care of what you value most. Even if what you want is now out of reach don't let a fear of being judged hold you back. There is no need to defend yourself. Do your best. Maintain your standards.

Sagittarius (November 22 - December 21): If you've been avoiding dealing with someone for fear of how emotionally complicated things could get - Stop. If you've hurt someone, apologize. If someone has hurt you walk away if necessary. Hasty, harsh comments have far reaching effects. Practice self care.

Capricorn (December 22 - January 19): If you are over-indulging to the point that it's not constructive, it's time to pay attention. Even positive habits, like working, can be a problem. You don't have to prove yourself to anyone. Be true to yourself. Ponder this then take small steps to free yourself from excess.

Aquarius (January 20 - February 18): If you're not motivated, try turning your work into a game. Find ways to make it fun. Fire your imagination by exploring something new. Ask for help. Others are willing to help you if they know you would help them if they needed it. Trade skills or barter for what you need.

Pisces (February 19 - March 20): Set goals that allow you to maintain a sense of stability while stretching outside your comfort zone. Use techniques to stay calm during stressful situations. Minimize the unknown variables through careful planning. A little less thinking and more doing will bring results.

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

FOR APPOINTMENTS CALL 775-8368

THE VOXAIR

Your 17 Wing Community Newspaper



Barala Kennels

YOUR PET'S HOME AWAY FROM HOME



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

OWNERS: GARTH AND SARA GRANT

barala@mts.net www.baralakennels.com 633-2629

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 11 am - 11 pm
 Saturday 4:30 pm - Midnight
 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**



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

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

**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



ReMax Executives Realty

Contact us Online:

clements@buywinnipeg.com

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 Website: 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

- 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



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

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



Serving Winnipeg & Surrounding Areas
Residential - New Homes - Condos - Relocation - Referrals



Lee Wren
(204) 781-4487
leewren@mts.net



Eva Bessas
(204) 470-3332
ebessas@mts.net



Brendan McGurry
(204) 799-3022
mcgurry@mts.net



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
Re/max Hall of Fame

"spirited energy"



The Strength of Teamwork . . .
The Reputation of Results

Dan Vermette

Service en
Français

THE
DAN VERMETTE
Home Selling TEAM

255-4204

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

joanne@joannegebauer.com

Toll Free: 1-877-778-3388

