

CANEX
A division of CFMWS
Une division des SBMFC

PRICE MATCH GUARANTEE

WE WILL MATCH...
ADVERTISED PRICES ON ELECTRONICS, CAMERAS, COMPUTERS & MAJOR APPLIANCES. DETAILS ARE AVAILABLE IN-STORE OR ONLINE AT WWW.CANEX.CA



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

April 9, 2014

VOLUME 63, ISSUE 7

FREE

Visit us online at: www.thevoxair.ca or Like Us On facebook

En Garde! Kids Go Wild For Community Recreation Spring Break Camp



The children at the 17 Wing Community Recreation Spring Break Camp get a lesson in fencing as part of their week's activities. See more, see page 2. Photo: Bruce Tulloch

IN THIS ISSUE:	A WORD FROM THE COMMANDER	WING HOSTS DEPARTURE BBQ FOR WCWO NORMANDIN	1CAD ARTIST FEATURED IN EXHIBIT	17 WING WOMEN'S VOLLEYBALL TEAM HEADED TO NATIONALS	RCAF CELEBRATES 90TH ANNIVERSARY	CAF HEALTH & WELLNESS CHALLENGE BEGINS MAY 1
	PAGE 3	PAGE 3	PAGE 5	PAGE 7	PAGE 10	PAGE 12

 Jim Rondeau MLA for Assiniboia	 Sharon Blady MLA for Kirkfield Park	 Deanne Crothers MLA for St. James
204-888-7722 JimRondeau.mb.ca	204-832-2318 SharonBlady.ca	204-415-0883 DeanneCrothers.ca

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

Fun All Around at Spring Break Camp

By Bruce Tulloch
Voxair Photojournalist

Normally allowing children to drop eggs from the top of a staircase and to sword-fight would not be allowed, and in most cases would be punishable by a time-out, or worse. But at the 17 Wing Community Recreation Spring Break Camp, such things are encouraged. Along with movies and popcorn, bowling and swimming, this year's activities included fencing with real sabres, and of course protective gear, building egg-drop crafts, and creating masks, sock puppets and plays with a Manitoba Theatre for Young People (MTYP) instructor.

Daina Leitold from the MTYP got the week started on a creative note with a mask/puppet and play activity, where the kids created a play from start to finish; including writing, building sets, props and masks, and performing.

"For young people who are just getting into theatre, and using a mask or a puppet, suddenly it's not you anymore," Leitold says about the importance of masks and puppets. "Your identity is separate from this creature you've now created, so it's a little easier to improvise, easier to find characters, and it's not personal when kids make those risky choices we ask them to make sometimes."

Choices such as playing the part of the villain or acting out behaviours that are not in their nature. While aliens were popular, the younger group resembled Noah's Ark with penguin, cat, and elephant masks.

"I want to be an alien that takes over B.D.I." ex-

claimed one excited camper.

Later in the week, four instructors from the Manitoba Fencing Association introduced a new generation to a sport that, while it has a very low profile, is one of only five sports to have been featured at every modern Summer Olympic Games. After an exciting demonstration from the instructors and a few training drills, including the ever popular warm-up laps, the kids donned the protective jackets, breeches and masks, picked up their 88-centimetre sabres, and en garde!

But perhaps the week's most anticipated activity was Thursday's Egg Drop in the Wing HQ Atrium. The children dropped Egg Drop Crafts that they had designed and built. An Egg Drop Craft is essentially a basket with a parachute attached, designed to protect a raw chicken egg from breaking after a drop from a high space. The Campers built theirs out of crepe paper, tape, string and cardboard. Safety came first as most crafts gently returned their passenger to the HQ floor after being launched (dropped) from the second level. An anti-parachute conspiracy and planned obsolescence was evident after the splats garnered more cheers and squeals than the nice soft landings. Upon investigation, it turned out that the casualties were somehow launched without proper parachutes or egg restraints.

Friday's field trip to Bird's Hill on a snowy April 4th rounded out the week leaving two dozen Spring Break Campers exhilarated, exhausted and ready for school on Monday.



Daina Leitold from the MTYP shows kids how to create masks during the 17 Wing Community Recreation Spring Break Camp. Photo: Bruce Tulloch



Two young fencers show off their skills after receiving instruction from the Manitoba Fencing Association. Photo: Bruce Tulloch



Attendees of the 17 Wing Community Recreation Spring Break Camp show off their creativity. Photo: Bruce Tulloch

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@mymts.net
+VOXAIR@ParsSvcs@Winnipeg

VOXAIR STAFF

LCol AT Spott
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

Brittany Nordman
Production Designer

Bruce Tulloch
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
Derksen Printers
204-326-3421

Visit Us Online: www.thevoxair.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 Roy. 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.

Corrections

- In our story on 435 Sqn in Issue 5 (March 12, 2014) we made the following errors: 1) 435 Sqn is the only Squadron in Canada that does air-to-air refuelling with a Hercules aircraft. 2) We mistakenly renamed the CF-18 Hornet. We apologize for these mistakes and thank our readers for bringing them to our attention.

- In our story on Cpl Mathew Hall in our last issue (March 26, 2014), we misspelled the name of Cpl Hall's newborn daughter - her name is Aria. We apologize for this mistake and hope baby Aria and family are doing well.

STEVEN FLETCHER
MP for Charleswood - St. James - Assiniboia - Headingley



stevenfletcher.ca - 204.984.6432
3111A Portage Avenue

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



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

St. James



670 Century Street, Winnipeg Phone: 204 788-1100

stjamesaudi.com

stjamesvw.com

A Word From the Commander

By Col Joel Roy
17 Wing / AFTC Commander



17 Wing/AFTC Commander
Col Joel Roy

As we finally see spring taking over, I thought I would highlight some of the very interesting and exciting events that are coming, sprinkled throughout this season. It will definitely be a busy time, but I encourage all of you, families included, to participate as much as possible.

On April 11th, 17 Wing is hosting the RCAF Mess Dinner with the RCAF Comd, LGen Blondin, as our guest of honour. We want this to be a time for all to enjoy and celebrate the RCAF 90th anniversary.

The Air Expeditionary

Wing (AEW) training is well underway, getting ready for the collective training as part of Maple Resolve in Cold Lake in May-June; a demanding preparation that not only involves those on the AEW, but their peers as well for the ongoing tasks on the Wing. This is a high priority for the Air Force, establishing the way ahead for effective future RCAF deployments.

With an unconfirmed date at the time of writing this article, the 1CAD Family Support Team (FST) will host a town hall to discuss services and resources available to families, as well as get a direct feedback from the families. This will be an excellent opportunity to follow up with you on our several progresses from the town hall held last December. I look forward to seeing you all there.

A special visit is coming to Winnipeg; Prince Charles and Duchess of Cornwall. Many personnel from the Wing will be involved in various related activities, including an Honour Guard at the Legislature. We can expect several more VIPs for this exceptional visit.

On May 25th, 17 Wing will host the 6th RCAF Run, which will not only remain a platinum certified running

experience for serious runners, but this year, see added emphasis on family events. The participation of the Blue Bombers, with some players, mascot, special activities and draws, is also confirmed; a fabulous morning for families, that will also provide the opportunity to walk on the tarmac, get in some airplanes, and see equipment used. The "race village" that will be set up near the gym (bldg 90) promises to be an attraction by itself. (rcafrun.ca)

None of the above mentioned items, selected from an even more extensive list, would be possible without your tremendous involvement and support throughout the Wing, including our satellite units in Dundurn, Yellowknife and Comox. With the March break, as we keep an eye on the "greens" slowly getting free of snow, I hope you have the opportunity to enjoy well deserved time-off with your loved ones. I am told that after a harsh Winter, Winnipeg usually offers exceptionally nice Summers for all to enjoy... See you in April. ©

17 Wing Says Goodbye to WCWO Normandin

By Bruce Tulloch
Voxair Photojournalist

Snow had covered the ice cold and slippery roads and sidewalks outside of the Warrant Officers' and Sergeants' Mess, but the feelings were warm and fuzzy inside as a number of presentations were made at the luncheon for Wing Chief Warrant Officer André Normandin, held Thursday April 3rd. The luncheon was attended by well over 60 members, including 17 Wing/AFTC Commander Colonel Joel Roy.

WCWO Normandin has had to cut his appointment at 17 Wing short and is returning to Ottawa for family reasons. When asked how his station in Winnipeg was, he didn't miss a beat, saying "not long enough." In his short tenure in Winnipeg, WCWO Normandin has developed strong ties to the community and its members, including the The Winnipeg Chapter of the Portuguese Association of War Veterans.

"It's very sad to see André cut his appointment short," said Col Roy, before a final word of praise. "Most of you have heard him talk quite a bit about family stuff, and he's showing us that example by going out there and taking care of his family."

During his posting here, WCWO Normandin enjoyed spending time at the Forks, and so it was fitting that he was presented with a sculpture from one of the Forks' artists by the 17 Wing AFTC.

A final presentation came from the Winnipeg chapter of the Portuguese Association of War Veterans' President, Pedro Correia. "In the name of the Portuguese War Veterans in Winnipeg, I present you with a certificate," said Mr. Correia. "Something he could put on his wall and remember our league."

When he was only 20 years old, Mr. Correia commanded a platoon in Angola for three years.

"I met André only six months ago and we became so connected that I'm sorry he's going," said Mr. Correia. "I could share my platoon with him."

With his opening statement, the guest of honour brought the house down. "For the people who maybe don't know about me," WCWO Normandin said, "I'm a

great cook." The hall echoed with laughter and calls of "Popcorn!"

When WCWO Normandin first arrived at 17 Wing, he only knew one way to cook anything, and that was the 'popcorn' setting on the microwave. "I'm cooking with the microwave," he explains, "pushing the popcorn function three times, two times, four times."

After another great cooking anecdote involved a cold, raw chicken, and learning that cooking in his oven requires setting not one, but two dials.

WCWO Normandin closed by talking about families. "For me family means something," he said. "And you're all part of what I would consider my family, as a co-worker, peer, friend, veteran or public servant."

He concluded by quoting from an email exchange he had had that week.

"We're not better than anyone, but all together we're way stronger than all the others. So, on that note, thank you all very much."

Thank you, CWO Normandin.



Pedro Correia, President of the Portuguese War Veterans Association (left), presents CWO Normandin with a certificate from the league. Photo: Bruce Tulloch



CWO Normandin is presented with gift from CWO Spragg on behalf of the 17 Wing AFTC. Photo: Bruce Tulloch

Have you got a story you'd like to share with us?
Drop us a line at 204-833-2500 (ext. 6976) or send us an e-mail at voxair@mymts.net

Professional & Business Directory

BALDWINSON INSURANCE
Rec Centre (Whytefold Rd.)
Drivers Licences & **autopac**
A Manitoba Public Insurance product
204-889-2204

BUTLER'S COMPOUND
Your Storage is our Business
2850 Saskatchewan Ave. Winnipeg, MB R3J 3Z2
nbstor@gmail.com 204-832-2941

- Rv's, Trailers, Boats, Trucks Cars and Much More
- 20' & 40' Storage Containers Our Place or Yours
- Norm Butler
Linda Butler-Craig
David Craig
- Commercial Yard Space

SECURITY GATE ENTRY

MFRC Hosts Anti Bullying Film Fest

THINK PINK!

Anti-Bullying FILM FEST

Presented by the MFRC

Tuesdays in April
@ the Theatre
in Building 90
680 Wihuri Road

FREE Admission
Snacks available for \$1

April 8 - 7 pm **Milk**
The story of Harvey Milk, and his struggles as an American gay activist who fought for gay rights and became California's first openly gay elected official.
Rated R (language, some sexual content, brief violence)



April 15 - 7:30 pm **Beyond Gay: The Politics of Pride**
Before the 30th anniversary, Vancouver's Gay Pride Parade director examines relevance of Pride celebrations internationally. Pride is more than a parade, it's a giant step on the road to equality. This film is not rated.



April 22 - 7 pm **Boys Don't Cry**
Female born, Teena Brandon adopts his male identity of Brandon Teena and attempts to find himself and love in Nebraska. Based on a true story.
Rated R (violence, sexuality, language, drug use)



April 29 - 7 pm **Bully**
Bully is the first feature documentary film to show how we've all been affected by bullying, whether as victims, perpetrators or stood silent witnesses.
Rated PG-13 (intense themes, disturbing content, language)



For more information, call Sherri at (204) 833-2500 ext. 4056

By Bruce Tulloch
Voxair Photojournalist

It's hard to find a bigger can of worms these days than the subject of bullying; with technology creating new and wider communication channels, it seems bullying is everywhere. And the discussion rages on, what can be done to stop it?

According to educational consultant and author Lorna Blumen, to put a stop to bullying in kids we need to take a look at our own actions. "The level of school bullying by kids is directly related to the increasing level of everyday bullying in society, primarily by adults."

The definition of what bullying has also been changing, and deconstructed into subsets like physical bullying which, according to 17 Wing MFRC Social Worker Sherri Pierce, "is more prevalent with boys. And relational aggression, the whole 'Mean Girls' Syndrome, which is like 'we're not going to talk to you' which is more prevalent with girls," she says.

"However," she cautions, "there is a big difference between someone being a bully or just mean or rude. Bullying is ongoing."

Enter Day Of Pink, a Canadian anti-bullying event that began in Nova Scotia in 2007 after a boy was bullied for wearing a pink shirt and his classmates responded by all wearing pink shirts to school the next day. April 9th has since

been designated the International Day Of Pink and community groups hold awareness events, such as flash mobs, galas and film festivals.

Following the theme of Day of Pink, which is against bullying, discrimination, homophobia and transphobia in schools and communities, the 17 Wing MFRC will present its first anti-bullying film fest, titled Think Pink.

The Think Pink Film Festival is a series of four documentaries and feature films geared towards adults, (though the final documentary on April 29th, Bully, is rated PG-13) that will be showing Tuesday nights in April at 7pm in the Fitness and Recreation Building theatre, beginning April 8th with Milk. Sean Penn won an Academy Award for his role as Harvey Milk, an American gay activist who was bullied in the workplace.

The April 15th documentary is Beyond: The Politics of Pride which examines the relevance of Pride celebrations internationally with Vancouver's Gay Pride director.

The other film, Boys Don't Cry, plays on April 22nd. It tells the real-life story of Brandon Teena, a trans-man who is beaten, raped and murdered by his male acquaintances after they discover he is anatomically female.

All shows are free and open to everyone.

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.

CF Members Get A 10% Discount

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

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



award winning
**Assiniboia
Animal
Hospital**

*Gentle with
Pets & Prices*

889-5570
3050 Portage Avenue



**Mental Fitness
and
Suicide
Awareness**

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

**Mental Fitness and Suicide Awareness:
Supervisor Training**
This course is course coded!
24 April 2014
0800 – 1600 hrs

For more information or to register, contact Health Promotion at local 4150

**Sensibilisation à la santé mentale et au
suicide :**
Formation du superviseur
Il s'agit d'un cours auquel on a attribué un code!
24 avril 2014
8 h à 16 h

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

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



**Sensibilisation
à la santé mentale
et au suicide**

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



1CAD Artist to be Featured in Solo Exhibit



Capt Jeff Chester's first solo art exhibit is currently being shown at the Pavilion Gallery in Assiniboine Park. See page 8 for one of Capt Chester's paintings. Photo: Supplied

By Bruce Tulloch
Voxair Photojournalist

For Captain Jeff Chester, painting is both a passion and a necessity. "I would be creating art no matter what," he says. "I would still paint whether I had to have a day job to support myself or if I could do it full-time."

So along with his full-time job as a pilot in the Combat Plans Division of the CAOC at 1 CAD Headquarters he continues to passionately pursue his art. He has even had a special easel constructed that allows him to travel with it so he could paint while staying in barracks during military courses.

With so much passion for art, it begs the question, why the Air Force as a career choice? "I had always had the idea of being a pilot in the back of my head due to my dad's career," he says. His father is a retired RCAF Colonel and is the president of the Air Force Association of Canada. "I also knew that the job the Air Force does is important and helps Canadians, and I enjoyed that."

The artist and pilot's first solo art exhibit is currently being shown at the Pavilion Gallery in Assiniboine Park, running until April 27, with an opening reception on Thursday, April 10 from 5:30-9:00 p.m.

"The Pavilion Gallery and Museum is non-profit and their portion of sales goes back to support the park and so I think anyone who buys a piece can feel good about that," Capt Chester says.

The exhibit, Ephemeral, examines his perspective on the transitory nature of existence and beauty through traditionally executed oil paintings and drawings.

It was inspired by the local climate, as Capt Chester believes that, "the extremes of summer and winter are a

constant reminder that balance is a necessity of beauty."

"I tried to make the paintings work on several different levels. I want them to be accessible to people who just want to look at a picture of pretty flowers for instance, but also have more depth when people take the time to examine them closer."

His paintings welcome meditation and nostalgia and invite the examination of details and nuance; they are pieces that are designed to be lived with.

Capt Chester was born in Summerside, P.E.I. but as part of a military family has lived all across Canada and in Europe, including stints in Greenwood, Toronto, Ottawa, Winnipeg, and Comox. He attended University in Guelph and North Bay. In 2009 he returned to Winnipeg where he now resides with his wife and children. Incidentally he met his wife in a grade 7 science class, but moved away before he could ask her out. 20 years later they reconnected for good through Facebook.

"Looking back I think that the frequent moving associated with the military lifestyle was a determining factor in what made me an artistic introvert. When we would move to a new city it would always take me a long time to make new friends, and so most of the time I would find activities I could do by myself like drawing and crafts."

Many people might question why someone who's lived in as many places as he has would choose to settle down in Winnipeg, but for Capt Chester, it just made perfect sense.

"Despite being looked down on for the weather, Winnipeg is a great city for art, music and culture," says Capt Chester.

April is Stress Awareness Month

By Mike Sherby
Voxair Manager

Since 1992, April has been recognized as Stress Awareness Month. It's a month to take some time to think about, and deal with this potentially life threatening issue. With that in mind we sat down with Kathy Dmytrisin, 17 Wing's Health Promotion Director, to discuss some of the things that we can do to help cope with stress in day-to-day life.

17 Wing Health Promotion offers a regular, 2-day course on dealing with stress, called 'Stress: Take Charge', that provides information on how to reduce stress levels. Dmytrisin says that the course looks at individual warning signs, how to handle stressful situations and the role that our brains play in what we regard as stressful. The course also deals with how to reduce stress levels.

"We look at things such as nutrition, physical activity, the amount of sleep we get, our attitude. All of these things play a role in how we filter a given situation," she says.



Kathy Dmytrisin talks to the Voxair about Stress Awareness Month. Photo: Mike Sherby

But stress isn't all bad. Some stress is needed to help give us the motivation to perform and challenge ourselves at work and home. Dmytrisin says the key is to maintain a healthy balance.

"Too much stress for too long, that is where we're going to see the physical, mental, and emotional effects of stress," she says.

We all know the mental toll that stress can take on us, but it also takes its toll on our physical health. Stress has been linked to six of the leading causes of death (cancer, heart disease, psoriasis of the liver, accidents, suicide, and lung ailments). Dmytrisin says that maintaining healthy stress levels is an important step in maintaining a healthy lifestyle.

"Stress can have very bad health implications. In addition to that we can see our attitudes and behaviours change, both in the workplace and in our personal relationships as a result of stress."

Dmytrisin says that there are many simple things people can do to help reduce their stress levels.

"Self-care is so important," she says. "Being physically active, eating well, getting good sleep, and maintaining a constant sleep schedule."

She also says that maintaining perspective and trying to keep things in context can help reduce stress levels. Everyone has their own breaking points with regards to stress, and learning to recognize when you're reaching that point can help you learn to cope with stress.

"Taking time to relax, whatever that looks like for you, can really help reduce stress levels before they build to that breaking point," Dmytrisin says. "We're pretty good at finding time for the stuff we have to do, but not as good at making time for the stuff we want to do."

Dmytrisin says that people should also be careful when using alcohol, nicotine or gambling as stress reducers. Although these behaviours may work in the short term to help reduce stress, the long term effects can take their toll.

"If that's our only strategy that we're using to manage our stress it's going to create a stress-addiction cycle, and in the long term will create additional stress for us."

The next Stress: Take Charge program runs May 6th and 7th. To register or find out more about the Stress: Take Charge program, or any other Health Promotion programs, contact the Health Promotion office at local 4150.



*Recycle
or pass along this newspaper
when you're done.*

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
 Email: info@nbardal.mb.ca

THE ONLY FUNERAL HOME OWNED AND OPERATED BY THE BARDAL FAMILY

17 Wing Team Brightens Up PR Curling Tournament

By Bruce Tulloch
Voxair Photojournalist

You win some, you lose some. For Team Winnipeg there was unfortunately more losing than winning at this year's Prairie Region Curling Tournament, hosted by Edmonton Garrison, March 17-21. Despite topping the 17 Wing Tournament with several strong performances, the team of Master Corporal Carl Girard (402 Squadron), Master Corporal Heather Diebert (1 Canadian Air Division Movement), Sergeant Mike Purll (402 Squadron) and Captain Richard Hough (Canadian Forces School of Aerospace Studies) could only muster a single victory in the opening double-round robin, and failed to make the playoffs.

"We just didn't play as well as we could, we didn't make that shots that we had earlier," explained the skip, Capt Hough. "And the the other teams were very competitive, they played very well."

Not bad considering that MCpl Diebert, Sgt Purll and Capt Hough have only been curling together for one year and MCpl Girard is new to the game.

"Myself, Heather and Mike curled together last year at the Regional competi-

tion," Capt Hough, the team's skip, said. "This year, unfortunately, our fourth member was unable to compete in the Regional Competition, so we picked up MCpl Gerard for the competition. So our first curling game together as a foursome was in Edmonton."

Standings aside, how did the rookie perform? "MCpl Gerard, it's his first year playing and this was a big challenge for him," explained Capt Hough. "I think he did well, so hopefully he keeps curling because he's got some ability at it."

While Regional Tournaments and Nationals are exciting opportunities, it's the regular season at home base that Capt Hough particularly enjoys.

"With the recreational curling, it's a great opportunity for people who don't know the game to get out and participate. This year we had 8 teams playing in the intersection and each team had more than the minimum number of members so it allowed people to get and have some fun at minimal cost for each member. And you had people from first time curlers, like MCpl Gerard, all the way up to fairly experienced people playing. It's a very relaxed atmosphere, a fun atmosphere.

It allows people to get out and see people from other units and have some fun doing it."

Like the Maple Leafs, there's always next year for Team Winnipeg.



L to R: Capt Hough, MCpl Diebert, Sgt Purll, and MCpl Gerard bring a tropical flavour to the PR curling tournament. Photo: Supplied

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

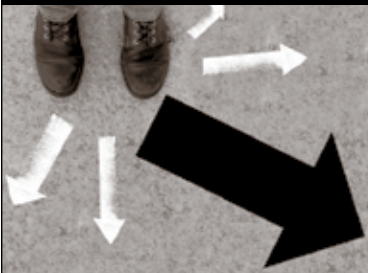
BLDG 90 (REC CENTRE) • WHYTEWOLD RD

MONDAY TO FRIDAY: 8:30 AM TO 5:00 PM

Phone: 889-2204

Fax: 885-1964

Thinking about your next steps?



**THIRDQUARTER
HAS OPTIONS.**

We are an online job service for people aged 45 and older. You can register for free while in the comfort of your own home and at your own pace. We use a skills-based matching system that links our applicants with jobs that fit. We know that you have much to offer and we advocate for mature workers.

www.thirdquarter.ca
www.skillsconnectinc.com
Toll Free: 1.855.286.0306

**THIRD
QUARTER**

T3's new swim coach brings two lives of experience to triathlon swimming

By Cpl Dwayne Olson

It was in 1975 when Wanda Mathers and a group of divers took to West Hawk Lake for an open water certification. Mathers had just completed a successful ditch and donning of equipment (removal & redress of all equipment including mask and the shutting off of the air) before beginning a free ascent from 65 ft. There was a problem though; her equipment was caught on a free hanging rope, which was attached to a sunken dock at 65 ft of depth from a previous dive. Neither Mathers nor her instructor could see this at the time.

As they rose to 35 ft. Mathers removed her regulator from her mouth and continued toward the surface. At 10 feet of depth her tangled rope became taut. Her instructor gave her a flipper on the head (the universal sign to blow out all her air) in order to prevent an embolism upon surfacing. Once Mathers' instructor saw that all her air was blown out, he released her and went to surface only to find he was alone, Mathers had drown.

"After struggling for 5 minutes, I fell into unconsciousness. There were four male divers that saved my life by getting me onto shore and carrying me up a small incline to a picnic table. This was my first moment of life, but according to the police, I was dead," said Mathers



Left to right: Alex Meilke, Wanda Mathers, T3 members Steve Gaunt and Doug Hahn with Murray Vanderpont at Riding Mountain Triathlon in August 2013. Photo: Supplied

She was rushed to Intensive Care where there was a scuba diver doctor on hand. He stayed close for the next 16 hrs. Mathers was conscious, but unable to stand or hold utensils in her hands. At 10:30 p.m., all of her body functions had returned. She was released the next morning.

"It made me mad that people said I panicked, that was ridiculous. Panic is the body's natural defense reaction against drowning," says Mathers

Drowning had a lasting effect on Mathers. She came to better understand the real reasons people panic in the open water, and that still guides her when coaching to day.

"I understand panic as a reaction and action, so when triathletes would talk about panic stopping them, I knew I could fix it. Through trial & error, I am still learning, I became good at developing triathletes with excellent swim times as well," she said.

Last year a T3 member had referred a friend with an open water phobia to Mathers. By the end of that summer, that person had completed her first triathlon with Mathers at her side in the open water. Her husband and two children waited on shore with tears in their eyes as they watched this wife and mother defeat a childhood phobia. That same woman has since competed in many triathlons.

"I have that special moment each & every race," said Mathers

Mathers has focused on triathlon in the last 7 seven years but brings coaching experience from equestrian, speed swimming, water polo, and life saving programs to 17 Wing.

T3 17 Wing Triathlon Club will be hosting the 2nd annual Sioux Narrows Paradise Triathlon on August 9th, 2014 in scenic Sioux Narrows, Ontario. In 2013, the triathlon was the first sell-out in Triathlon Manitoba history and has an even more enthusiastic rate of registration this year.

For more information on the T3 17 Wing Triathlon Club, please contact Cpl Dwayne Olson at Dwayne.Olson@forces.gc.ca

17 Wing Dominates at PR Volleyball Tournament



The 17 Wing Women's Volleyball Team. Back (l to r), Pte Regyn Guinto, MWO Heidi Twellmann, Capt Julia Rantz, Capt Heather Lewis. Front (l to r), SLt Crystal Wilson, Maj Lauren Banks, Capt Melissa Couturier, LCol Jamie Speiser-Blanchet, Pte Christina Reeve, Capt Katherine Nurse. Photo: Supplied

By MWO Heidi Twellmann

On March 17-20, CFB Edmonton played host to the Prairie Regional Volleyball Championships, where the 17 Wing women's team competed and won. The team now goes on to play at the CF National Championships, being held in CFB Borden, April 26-30. Coach/team member MWO Heidi Twellmann wrote an account of her experiences to share with us.

Day 1 - Travel day to CFB Edmonton - Most of the team meet for an early breakfast at "Stella's - Winnipeg Airport. As team coach/player, I'm always happy when I see that everyone has checked in for the flight. It's never fun when someone misses a flight! And yes, this has happened to me before! Once we arrive at CFB Edmonton it's time for one final practice before competition starts. This gives us all a chance to get used to the court/gym and get out some pre-competition jitters.

Day 2 - Round-robin tournament begins! - I notice a few girls seem quieter than usual; for some it's their first Regionals and jitters are evident. We're up against Cold Lake first and we expect them to be our toughest

competition. The round-robin is only a best of three, so there's not a lot of time to work out any errors or nerves. I also have to decide who my starting six players will be. This is the tough part of being a player/coach, but I'm lucky to have Capt Julia Rantz helping me out and offering her experienced opinion. I have a really talented group of women on the team, so it's not an easy choice. In the end, I just have to evaluate who the best players are for that moment in time. As we anticipated, Cold Lake comes out really strong. They have a very experienced setter and one of their power hitters seems to consistently get around our block. This is really annoying me, since I'm part of that block! Our goal is to play a consistent game,

making sure that we didn't get down on ourselves if a mistake happens. We win in straight sets; 25-20 and 25-21. In the end it was an excellent match and a lot of fun to play, but it wasn't without its errors. We missed way too many serves, but I think this is due to first game nerves. The team is happy to get the first match out of the way and get the win, but we're excited to play again and try to reduce our errors.

At 1300hrs we play CFB Edmonton and win in straight sets again; 25-22 and 25-12. I can feel the confidence of the team building and the first game jitters have disappeared. We have one more game in the round-robin against Shilo tomorrow and then its play-offs.

Day 3 - Final day of Round-robin - Time for our game against Shilo! They play hard, but we win in straight sets. This clinches our first place spot in the round-robin and gives us the bye to the Finals that we were hoping for. We all decide that a team dinner at Earls is needed to celebrate our success so far.

Day 4 - Play-offs- Cold Lake and Edmonton fight it out, but in the end, Cold Lake wins and earns a spot

in the Finals against us. We are looking forward to the re-match. I know this is going to be a well-fought match and that we are going to have to play our best volleyball. As well, it's a best of 5 for the Finals, so fitness will also play more of a part in the match.

Day 5 - Finals - Our men's team is up early, arriving at 0800hrs, ready to cheer us on. They've even taken the time to make signs! Who knew how crafty men could be? Game starts at 0830hrs and the first set starts out a lot like our first set against them in the round-robin. You can sense some nerves on the court, but both teams are playing well. The score of the first set is close: we win 25-20. In the second set we played some of the best volleyball I've seen from our team all season. Captain Julia Rantz was on fire in the middle. Her hits were too powerful for Cold Lake and really kept the momentum on our side. We win convincingly: 25-14. We're one set away from winning the match...everyone can taste it! I actually found myself getting quite emotional after the second set. It makes me so proud to see our team playing to its potential! Cold Lake is not giving up, though. They start the third set totally fired up! They find some of our vulnerable spots and they win the third set 25-22. Just before we start the fourth set, I decide I want to change our rotation slightly, hoping this will get us out of our little slump. A final pep-talk to the team, a final cheer and it's back on the court. There is no way we want this going to five sets: time to get the job done! Thanks to more tough serving by Private Regyn Guinto, impressive passing by libero, Captain Melissa Couturier, and incredible hustle of our setter, Major Lauren Banks, the final score is 25-17. 17 Wing, Winnipeg wins!

I couldn't be more proud of the team's success at Regionals and am certain that we can have success at Nationals if we play to the level we can. All the women have worked very hard this season and have shown tremendous dedication to the team, despite having incredibly busy lives, personally and professionally. I believe we can attribute our success to how well we all get along and how much respect we all have for one another. Our team spans the rank of Pte to Lieutenant-Colonel and has trades as diverse as musician to pilot. Other than in sports, where else in the CF would such a diverse group of women have the opportunity to work together so closely and share such an amazing team-unifying experience? This is the main reason I started playing CF Volleyball 15 years ago: for the amazing women I have been able to meet!

Three 17 Wing Members Qualify for National Badminton/Squash Tournaments

By Bruce Tulloch
Voxair Photojournalist

17 Wing is going back to the Nationals! Three members of 17 Wing qualified for the Prairie Region badminton and squash team, and a trip to the National Tournament at the 2014 PR Badminton & Squash Tournament held March 10-14, and hosted by 4 Wing Cold Lake.

Sergeant Kurt Hunter earned a spot on the PR Squash Team as a Junior Level representative by taking home the silver medal in the tournament. Gold medal winner Captain Pierre-Alban Hery from 4 Wing will also compete in the tournament as the 2nd Open Seed

Captain Audrey Jordan and Corporal Sheryll Yang qualified for the PR Badminton Team by capturing the gold in women's doubles. The teammates also faced off against one another in the Women's Singles Final, with Capt Jordan taking the gold. Capt Jordan also earned silver in the mixed doubles category with Sgt Bill Woods from Edmonton, who unfortunately will not be able to compete in the Nationals due to an injury. "Our wishes go to Sgt Woods for a speedy recovery," said Capt Jordan.

This year marks a return to badminton for Capt Jordan. Though she got her start in the sport, the 1CFFTS Flight Test Engineer, "went over to the dark side of squash for a while," and won five Silver medals at Nationals.

For Cpl Yang, a Records Clerk for the 4th Canadian Ranger Patrol Group Manitoba Company, badminton is in her genes.

"My Grandfather played for the Singaporean team back in the day, and both my parents now play at their local community centres," she says. "Everything I know

about badminton was and is passed down to me by my father."

This year's tournament was also her return to competitive badminton after several years of playing recreationally.

As it is with many things, Cpl Yang says that the people seem to make as great an impact as the matches themselves.

"The experience has been invaluable. Meeting new people with similar interests as myself and playing against others with the same goal in mind has driven me to work and train harder. I can honestly say that the feeling of enjoyment and the competitive spirit of the participants most certainly outweighs the stress of performance and an overall anxiety to play well and succeed," Cpl Yang said.

Capt Jordan agrees with that sentiment.

"Nationals are always great, but also wonderful are the friendships built along the years."

This will be Cpl Yang's first trip to the Nationals, something she is both excited and nervous about.

"I am absolutely elated to be going to Nationals. It will be brilliant. I have set myself a target to train hard and prepare myself in the time that I have before then," Cpl Yang says. "As with Regionals, it will be my first National competition and as much as I am driven to excel and succeed, I am aware of the level of play from the other Regions and can frankly say that I am nervous. However, I do believe that it will be a most positive experience."



The PR Badminton Tournament in action. Photo: Jeff Gaye



The PR Squash Tournament heats up. Photo: Jeff Gaye

Allow me to serve you and your real estate needs while you serve our country.



- over 25 years of professional service
- specializing in military transfer

Connected to
MORE



Tracy McLachlan

bus: 204.453.7653
fax: 204.284.4262

360 McMillan Ave
Winnipeg, MB
R3L 0N2

talktotracy@shaw.ca



A Wing Member's Talent



A painting by Wing member & pilot, Capt Jeff Chester. His art exhibit is currently being shown at the Pavilion Gallery in Assiniboine Park, running until April 27, with an opening reception on Thursday, April 10 from 5:30-9:00 p.m. For more, see page 5. Photo: Capt Jeff Chester

Penny Blake

SALES REPRESENTATIVE

RE/MAX
REALTY CONCEPTS CORP.



POSTING TO KINGSTON?? CALL PENNY

Kingston's First Choice for Moving Military Families. Penny Blake is a Registered Member of the Department of Defence Relocation Programme, with over 26 years of proudly serving Military Families across Canada. Having a family of her own, Penny understands the demands and challenges of maintaining a smooth transition. Please visit Penny's website www.pennyblake.com to review her client testimonials. She was their *First Choice* when relocating.

"SOLD"
There She Goes
Again!

Cell 613.539.3307
Office 613.544.3325
Toll Free 1.877.924.3689
Email pblake@kos.net
www.pennyblake.com



École francophone

Maternelle à 8^e année

École la plus près de la 17^e 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

(204) 885-8000





1CFFTS holds AESOP Graduation

On March 27, 2014 1 Canadian Forces Flying Training School (CFFTS) held its Graduation Parade for Airborne Electronic Sensor Operator (AESOP) course 1351. The AESOP course has five graduates: Corporal (Cpl) Justin Jaquet, Cpl Tony Spttachine, Cpl Shawn Warkentin, Cpl Matthew Hazel and Private Nathan Devlieger. Colonel Alexander Day was the Reviewing Officer for the Graduation. Photo: Cpl Shapka



move places
Winnipeg

Benny Woligroski - Tel: 204 999 3338

MovePlaces.com

Realty Executives First Choice

Buy or Sell with me and receive a \$500 gift card of your choice.

Looking for advice and investment expertise customized to the CAF Community?

- Severance
- Payment in Lieu
- Pension Transfer Values
- Lump Sum Payments

WWW.SISIP.COM



A division of CFMWS
Une division des SBMFC

À la recherche de conseils d'experts en matière de placements adaptés aux besoins de la communauté des FAC?

- Indemnités de départ
- Paiements tenant lieu d'indemnité de départ
- Valeurs de transfert des pensions
- Paiements forfaitaires

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**

Call today for information on our **HOMETOWN HEROES** Program



204-925-2900
www.judylindsay.com

Expect More!
JUDY LINDSAY TEAM
REALTY

RCAF Celebrates 90th Birthday

By Lieutenant-General Yvan Blondin
Commander of the Royal Canadian Air Force

Pride in our present and our goals for the future are built on the solid foundation of understanding our past. As we look back and celebrate the 90th anniversary of the Royal Canadian Air Force (RCAF) in 2014, we reflect on the tremendous progress the RCAF has made since its creation on April 1, 1924.

The youngest of Canada's military services, the RCAF has long been associated with daring, adventure, and pushing the boundaries of the possible in order to better serve Canadians and their interests. The history of Canada's Air Force is the story of the men and women who had the guts, determination and vision to serve their country in the aviation arm of the Canadian Armed Forces.

Canadians have participated in air operations since the dawn of the employment of air power in combat, initially as members of the short-lived Canadian Aviation Corps and as members of Britain's Royal Flying Corps and Royal Naval Air Service. These pioneers serving in the British forces astounded the world with their flying and shooting skills, earning more than 800 decorations



During the First World War, Canadians flew with distinction in the Royal Flying Corps and the Royal Naval Air Service as well as the Royal Air Force (which was formed when the RFC and RNAS amalgamated on April 1, 1918). In this photo, Canadian Captain William Avery "Billy" Bishop sits in the cockpit of his Nieuport Scout while with No. 60 Squadron in 1917. Billy Bishop was one of the greatest aces of the First World War, and perhaps the most famous Canadian military aviator of all time. Photo: DND

during the First World War.

The Canadian Air Force was created shortly before the end of this war and, unfortunately, did not have time to significantly grow. After the war, it became part of a civilian Air Board whose operations included forest fire patrols, forest surveys, aerial photography, and anti-smuggling patrols to control the whiskey trade. Though its activities were relatively modest during the interwar period, members of Canada's infant air force were dedicated to developing aviation technology and applying air power in novel and useful ways.

When His Majesty King George V's bestowal of the designation "Royal" on the Canadian Air Force became official on April 1, 1924, the air force became a professional full-time service. This date has been celebrated ever since as the birthday of Canada's Air Force.

The RCAF grew to be the fourth largest air force in the world during the Second World War. It played a world-class leadership role in the Cold War years as a member of the North Atlantic Treaty Organization (NATO) and a joint partner in the continental air defence of North America as a member of the North American Aerospace Defense Command (NORAD). Though the early years of unification provided new challenges, the RCAF regrouped and restored much of its heritage and traditions. Today, it continues to play a leading role on the world stage as a multi-purpose, combat-capable force that fulfills a variety of domestic and international commitments.

The RCAF has a rich history that continues to inspire members in service today. During my many visits to Wings across the country, I have spoken to the airmen and airwomen of the RCAF and noted how proud they are of their Air Force's admirable and wide-ranging history. It brings me great pride to be their commander as they carry on the laudable traditions of their predecessors.

The RCAF is pleased to be able to share its rich history with others in the military and with the larger public. The second edition of the RCAF history book, *On Windswept Heights*, will be published this year and will explore some of the most interesting, significant and enduring points in our history, heritage and traditions. Our two air demonstration teams will raise awareness of the 90th anniversary as they participate in air shows across the country. The CT-144 Tutor aircraft flown by the Snowbirds will carry the 90th anniversary logo, and the CF-18 Hornet demonstration aircraft will be decorated in celebration of the 90th anniversary and express the theme: "To the stars – fuelled by legacy".

Inspired by our past and committed to achieving operational excellence, today's serving members of the

RCAF have realized tremendous accomplishments – at home, in crisis situations, in emergencies, and in combat. After years of successful operations we closed out the air wing in Afghanistan and, just recently, brought home the last Canadian Armed Forces members operating there as part of the NATO Training Mission in Afghanistan.

While still operating in the Afghan combat environment, we played a key role in the NATO-led operations in Libya. Operation Mobile tested our readiness as never before, and the effect delivered by our CF-18s, Sea King helicopters, Airbus and Hercules tankers, and our Auroras was outstanding, and illustrated to Canadians and the world that the RCAF is a skilled and combat-ready force.

While engaged in combat operations in Afghanistan and Libya with our NATO partners, we strengthened our relationships and our interoperability with our friends and allies by deploying fighters to Iceland to carry out an air policing mission under the auspices of NATO, and by deploying Griffon helicopters and crews to Jamaica to conduct search and rescue training and support the Jamaican Defence Force during hurricane season. We supported our French ally in Mali, providing them with much needed strategic airlift support.

Our Aurora fleet participated in Op Carribe, a standing contribution to the fight against the narcotics trade. It also continues to contribute daily to the surveillance operations on the East and West coasts, as well as in the Arctic. Domestically, our search and rescue teams excel on a variety of ongoing activities and continue to save lives from coast to coast to coast.

With the recent rapid deployments to the Richelieu Valley and to Calgary to assist in the flood relief efforts, to Northern Ontario and Saskatchewan to assist in the evacuation of communities threatened by forest fires, and to the Philippines to help with the humanitarian assistance efforts following Hurricane Haiyan, the RCAF repeatedly demonstrated it is ready and able to rapidly respond to different types of emergencies, natural disasters, or operations across the spectrum of operations, at home and abroad.

The high level of operational excellence of our Air Force personnel is beyond compare – a fact that is recognized by Canadians and our international friends and allies. As we commemorate the 90th anniversary of the RCAF this year, we can also be very proud of all we have achieved in the last decade. As we work to further develop our capabilities – such as our new air expeditionary capability – and seek to introduce innovative ways to train and maintain readiness using new technology, our history continues to galvanize and inspire us.

Welcoming the Sun at CFS Alert

By Lieutenant (Navy) Kaighley Brett

For most people, a sunrise is not something often thought about. After all, it is typically an every day occurrence. However for the members serving at Canadian Forces Station (CFS) Alert, many of whom have spent up to four months in twenty-four hour darkness, the first sunrise of the year is most certainly an event to cherish and celebrate.

The first sunrise was scheduled for February 28, however, due to cloud cover and snow storms, the first glimpse of the sun wasn't witnessed at CFS Alert until the morning of March 5. A station announcement was made and the excitement on the station was palpable. Hundreds of pictures were taken that day to commemorate the first sunrise, many ending up on social networking sites to share with our family and friends.

In order to celebrate the sunrise, CFS Alert held its version of the Arctic Winter Games along with the annual Sunrise Ceremony on March 14.

The afternoon kicked off with music and a roaring bonfire down at the end of the runway on the shores of the Arctic Ocean. The games were started by a traditional Inuit poem and the reading of the athlete's oath to celebrate "northern sport, culture and friendship".

Station members participated in six traditional arctic winter games including snowshoe racing, triple jump, kneel jump, snow snake, skiing and push pole. Hand-made medals, created at our very own wood hobby shop, were awarded to the winners of the events. As the bonfire died down and the sun started to set, the participants returned for a hearty meal complete with traditional meats such as caribou, bison and bannock.

It might have been -40°C at the beach of the most northerly inhabited site on earth, but nothing could stop the CFS Alert family from celebrating the sun, the coming of spring, the diverse cultures of the North and our time spent together. After all, it was a beach party only CFS Alert could throw!



CFS Alert members take part in the 2014 Sunrise Ceremony and Arctic Winter Games on March 14, 2014. Photo: Cpl Szymon Poczta

Canadiana Crossword

Hurricane Havoc

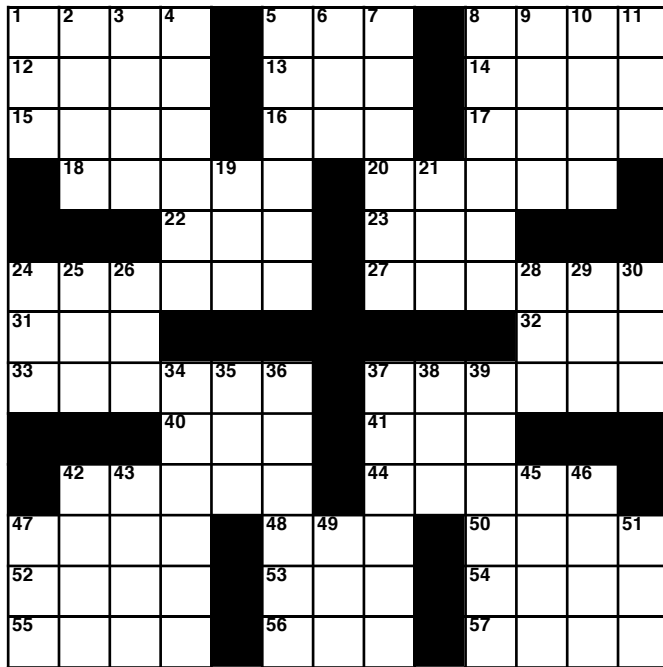
By Bernice Rosella and James Kilner

ACROSS

- 1 Hurricane that slammed Nova Scotia in 1971
- 5 Tramp
- 8 Little cavern
- 12 Double curve
- 13 Greek letter
- 14 Jeans maker Strauss
- 15 Objective
- 16 A kind of alert
- 17 October birth stone
- 18 Snoozed
- 20 Hurricane that blasted New Brunswick in 1953
- 22 A gruff no
- 23 Mohammed _____
- 24 Goddess of wisdom
- 27 Goober
- 31 South seas dish
- 32 Prefix with Therm or bar
- 33 Hurricane that battered Cape Breton in 1977
- 37 Vagabond
- 40 Yes vote
- 41 Big snake
- 42 Hurricane that pounded Nova Scotia in 1963
- 44 Hurricane that blasted Ontario in 1954
- 47 Cajole
- 48 Pitch preceder
- 50 Asian inland sea
- 52 Cricket or quoits
- 53 Tune
- 54 Taj Mahal locale
- 55 Bishops' attire
- 56 Okay
- 57 Propitious

DOWN

- 1 Peaty place
- 2 Selves
- 3 Game duck



- 4 Hurricane that struck Newfoundland in 1958
- 5 Hurricane that roughed up Cape Breton in 1996
- 6 Shoshonean
- 7 Daredevil
- 8 Hurricane that attacked Gaspé in 1985
- 9 Take back, slangily
- 10 Ellipse
- 11 Until, condensed
- 19 Kitchen utensil
- 21 Brewery product
- 24 Imitate
- 25 With mazel, Jewish celebration
- 26 Hurry
- 28 None
- 29 Employ
- 30 Scottish hill
- 34 Catamounts
- 35 Desire
- 36 Deny
- 37 Detests
- 38 Big New Zealand bird
- 39 Market
- 42 Objective
- 43 Metrical foot
- 45 Consequently
- 46 Name for a son, in Scandinavia
- 47 Accounting pro
- 49 Falsehood
- 51 Place

HOOK & SMITH
 Baristers, Solicitors & Notaries Public
 201-3111 Portage Ave, Winnipeg, Manitoba R3K 0W4
 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

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.

HABING LAW
 BARRISTERS, SOLICITORS & NOTARIES

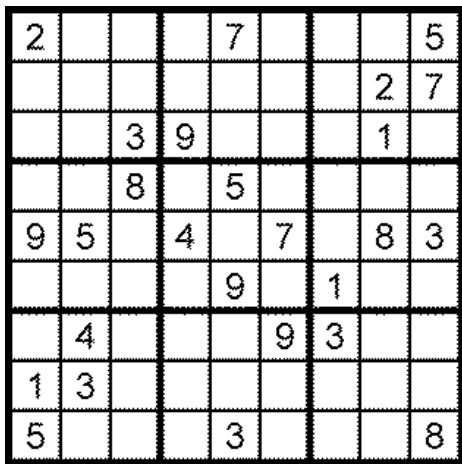
RONALD HABING
 BA. LL.B.
 and
SIDNEY LAVIOLETTE
 BA. LL.B.

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

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

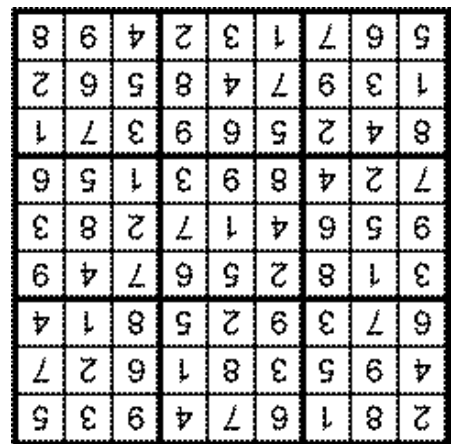
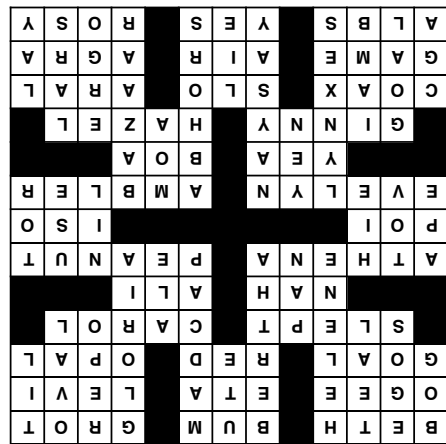
My Sudoku

Rated: Beginner



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

Crossword & Sudoku Answers



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



Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/Winnipeg MFRC www.facebook.com/WinnipegMFRCYouth

STAND-UP FOR FAMILIES

COMEDY

Série

D'HUMOUR

en partenariat avec les

ST. JAMES LEGION #4 LÉGION ST-JAMES #4

FRIDAY • **MAY 2 MAI** • VENDREDI

St. James Legion #4 – 1755 Portage Ave.
Légion St-James #4 – 1755, ave. Portage

7:30 pm • à 19 h 30

FIRST COME, FIRST SERVED • PREMIER ARRIVÉ, PREMIER SERVI

In support of the
À l'appui du

COMEDIANS TO BE CONFIRMED, WATCH FOR MORE INFO!
HUMORISTES À CONFIRMER, INFORMATIONS DISPONIBLES SOUS PEU!

Tickets \$10 ea. Billets à 10\$ chacun

TICKETS AVAILABLE AT THE MFRC MAIN RECEPTION, BLDG. 90 & AT THE DOOR
BILLETS DISPONIBLES À LA RÉCEPTION DU CRFM, AU BÂT. 90 ET À LA PORTE

FOR MORE INFO, CALL/POUR DE PLUS AMPLES INFORMATIONS, COMPOSEZ LE : 833-2500 EXT/POSTE 4500

The staff of the MFRC Kidventures Summer Day Camp welcome you to join us as we race around this great country of ours! The Amazing Race Canada will be 8 fun filled weeks of learning, seeing and experiencing this place we call home! If this sounds like something your children would enjoy then you are in luck! We encourage you to register starting Tuesday, 1 April 2014.

Le personnel du Camp de jour estival Kidventures du CRFM vous invite à vous joindre à eux pour parcourir notre grand pays ! Kidventures offre 8 semaines de d'apprentissage, de nouvelles expériences et de plaisirs sous le thème de la découverte du Canada ! Si vous croyez que votre enfant pourrait jouir de cette expérience, voilà votre chance.

<p>REGISTRATION Defence Team Families: Tuesday, 1 April 2014 Civilian Families: Tuesday, 15 April 2014 To register, please visit the MFRC Office (102 Comet Street) between 08:30 - 16:30. For more information, please call 833-2500 Ext. 4500.</p>	<p>INSCRIPTION Families de l'Équipe de la défense : Mardi 1 avril 2014 Families non-militaires : Mardi le 15 avril 2014 Pour l'inscription, passez au CRFM (102, rue Comet) entre 8 h 30 et 16 h 30. Pour information, composez le 833-2500 poste 4500.</p>
<p>CAMP FEES Defence Team: \$120.00 per week (\$96 for 4 day week \$72 for 3 day week) Civilian: \$135.00 per week (\$108 for 4 day week \$81 for a 3 day 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. Balance is to be paid before 13 June 2014 (Post-dated cheques accepted). Eligible for Fitness Tax Credit</p>	<p>Coût Équipe de la défense : 120\$/semaine (96 \$/semaine de 4 jours, 72\$/semaine de 3 jours) Families non-militaires : 135 \$/semaine (108 \$/semaine de 4 jours, 81 \$ / semaine de 3 jours) Une caution non remboursable de 25 \$ par enfant, par semaine, est due au moment de l'inscription. La balance doit être acquittée d'ici le 13 juin 2014 (chèques post datés seront acceptés à cette fin. Admissible au crédit d'impôt pour la condition physique des enfants</p>
<p>PARTICIPANTS Children 6-12 years old. No exceptions. Children must be finished kindergarten and be entering Grade 1 in the fall.</p>	<p>EMPLACEMENT Centre pour enfants de Westwin dans le Centre communautaire Westwin. 642, ch. Whurli</p>
<p>HOURS OF OPERATION 09:00 - 16:00 Extended Care is available from 7:15-9:00am & 4:00 - 5:00pm. Cost included in camp fees. After 5 pm, \$5 will be charged for every 15 minutes of tardiness.</p>	<p>HEURES D'OUVERTURE De 9 h à 16 h Un service de garde additionnel est disponible de 7 h 15 à 9 h et de 16 h à 17 h : ce coût est compris dans les frais de camps. Après 17 h, 5 \$ sera chargé pour chaque bloc de 15 minutes de retard.</p>

CAMP LOCATION
Westwin Children's Centre in the Westwin Community Centre
642 Whurli Road

PARTICIPANTS
Enfants de 6 à 12 ans. L'enfant doit avoir terminé la maternelle pour et commencer la 1ère année en septembre. Aucune exception.

MFRC | CRFM
102 Comet Street • Winnipeg, MB • R3J 3Y5 • P: 204-833-2500 Ext. 4500 • E: mfrckids@hotmail.com • W: www.familyforce.ca
102, rue Comet • Winnipeg MB • R3J 3Y5 • T: (204) 833-2500 poste 4500 • C: mfrckids@hotmail.com • W: www.forcedelafamille.ca



Support Our Fundraiser!

Yay! We are one step closer to eliminating our lost and found! The Winnipeg MFRC's Children's Program is fundraising with **Mabel's Labels**, the leading provider of cute, durable personalized labels that are as tough as they are cute.

Sticky Labels, Peel and Stick Clothing Labels, Bag Tags, Allergy Alert labels & more... there's a label for everything your kiddo brings for the day.

Personalize your labels with names, initials, phone numbers - whatever you choose. Cool icons help even little ones identify their own belongings. Dishwasher, microwave, laundry safe and kid tested!

Easy, online ordering gets your labels dispatched within one business day to your door.

Visit www.mfrcwinnipeg.mabelslabels.com to place your order while helping us raise much-needed funds.

This fundraiser will run until June 30, 2014.

Night At The Western Canadian Aviation Museum

Join the Military Family Resource Centre Youth Program staff for an exciting night time adventure at the Western Canadian Aviation Museum. Learn about the wonder of flight through educational "hands on" science experiments and activities. Add some spooky ghost stories, a peek at our special "Ghost" plane and a flashlight tour of the darkened museum galleries. Undoubtedly, you will have an experience you will never forget. Top it all off with a movie and a snack before the lights go out and breakfast served by the Museum when you wake up.

Highlights

- \$30.00 Per Person
- Ages 8-12 years old
- Drop off 6:30 p.m.
- Pick up 8:30 a.m.
- Movie Snacks Provided
- Breakfast Provided
- Vending machines on site
- Outside Food Permitted

WHEN AND WHERE?

Friday, May 9, 2014
Drop-off at 6:30pm at Western Canadian Aviation Museum Hanger T-2, 958 Ferry Road, Winnipeg, Manitoba R3H 0Y8. T: 204-788-5503

Saturday, May 10, 2014
Pick-up at 8:30am at Western Canadian Aviation Museum Hanger T-2, 958 Ferry Road, Winnipeg, Manitoba R3H 0Y8. T: 204-788-5503

Register at the Military Family Resource Centre, 102 Comet Street between 8:30 a.m and 4:30 p.m.
REGISTER BY THURSDAY, MAY 1, 2014!!!

For more information contact Brynne Dalebozik, Youth Program Assistant at 204-833-2500 ext. 5391 or at brynne.dalebozik@forces.gc.ca

Hear the Voices

Schizophrenia. It's to say, it's hard to spell, it's hard to understand.

If you someone in your life is managing mental illness, if you work with people in a social environment or if you've ever just wondered what it must be hearing voices that interfere while you're trying to do the day-to-day business of your life...

The MFRC, in cooperation with the Manitoba Schizophrenia Society, is pleased to be presenting "Simulated Experience of Hearing Voices That Are Distressing."

This hands-on, experiential workshop is a truly unique learning experience. It will allow participants to have a glimpse into the lived experience of trying to function and perform tasks while experiencing psychosis, specifically, Hearing Voices that are Distressing.

Please be advised that this workshop is very intense and can be disturbing. It is suggested that people who hear voices do not take this workshop.

This event will take place on May 13th, from 9:30 am - 12:00 pm at the MFRC. Pre-registration is required; call (204) 833-2500 ext 4500 to register by April 17th, 2014. Space is limited, so register early!

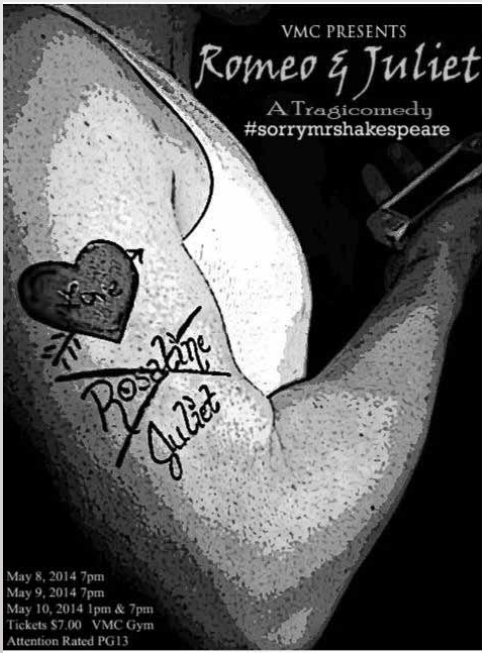
Community Coffee Break

The MFRC Community Coffee Break takes place the first Thursday of every month. It provides a chance to meet informally with the staff and Board members of the MFRC, our military families and volunteers. As well, many members of our military and civilian communities regularly attend our Community Coffee Breaks. The food and fellowship are always outstanding, and you will even have a chance to win a door prize! Please join us on Thursday May 1, 2014, from 10:00 to 11:00 a.m. at the MFRC.

PERSONAL CLASSIFIEDS

VMC Presents: Romeo & Juliet A Tragicomedy

May 8 (7pm), May 9 (7pm), May 10 (1pm & 7pm)
Tickets \$7.00 VMC Gym
Attn Rated PG13



For Sale:

2008 Yellow Chevrolet Cobalt LT, new tires, struts and alignment done in summer of 2013. Brand new Battery and rear shocks, Oil changed with only synthetic oil regularly. Current Safety done! Call or Text Matt @ 204 404 0225

CONDO/TOWNHOUSE FOR RENT

\$1350.00/month plus utilities
Located in Heritage Park area of Crestview a two level 1090sq foot plus finished basement, 3 bedroom, 1.5 bathroom condo. Quiet family neighborhood close to schools and bus routes.
**Rent Includes:
Professional management
Private fenced backyard
Seasonal pool
In-suite laundry
Central air conditioning
2 plug in parking stalls located in front of condo
Additional freezer located in basement
Lawn care/Snow Removal
New high efficiency furnace
Gas Fireplace
Large master bedroom with walk-in closet
**Renter must pay all utilities. Average Hydro \$95/monthly, Water \$100/quarterly, Cable/Internet
**Non-smoking/no pets

Send us an e-mail today to place your FREE Classified ad at: voxair@mymts.net
Classified ads will run for one month (two issues) unless space permits or specified otherwise.

Taroscopes

BY NANCY

Aries (March 21 – April 19): Think in practical terms and look for signs that point you in the right direction. Intense feelings should be acknowledged but don't let them fluster or freeze you in place. Follow through on the sound decisions you've made. Identify your basic needs. Simplify your routine.

Taurus (April 20 – May 20): You're in the public eye more than usual. This can be stressful if you feel you have to fit an image and hide your true self. Don't let other people's opinions define you. Focus on what you want. True friends will be willing to help when you need it and will celebrate your success.

Gemini (May 21 – June 21): Deal with things promptly. Check agreements or contracts that may have an expiration or due date. Accept assistance especially from experts in areas you know little about. Things take time but your efforts show results. Find ways to stay motivated. Change is in the air.

Cancer (June 22 – July 22): A flash of insight reveals something you've not seen. The true nature of another becomes obvious to you. This can help you redefine a problem and turn over a new leaf. Opening up discussions about complex and/or important issues is the best way to expand your awareness.

Leo (July 23 – August 22): Opportunities are available. Things improve if you do the work needed to establish a good reputation. What's over or lost can't be reclaimed. Don't get caught up in woulda, shoulda, coulda. If you are sincere and respectful there will be no need for apologies in future.

Virgo (August 23 – September 22): If you decide to take the bull by the horns expect a strong reaction. Don't let this influence you unduly. Stick to the facts and hold to your principles. If you want to pursue a dream, look into getting a loan. Familiarize yourself with the steps so you're ready and able to go for it.

Libra (September 23 – October 23): Cut the chords that keep you tied to people or things that no longer serve or suit you. Be willing to take risks, to work and to trust that there is plenty for everyone. Your good fortune doesn't mean others will lose out. Though if you share the work; share the rewards.

Scorpio (October 24 – November 21): You'll get many of the things on your "wish list." You're entering a phase where things are working out the way you want them to. If you're looking for love, it can happen when you least expect it in places you never thought you could find it. Watch for subtle clues.

Sagittarius (November 22 – December 21): You'll see proof that you're good at the "game of life." Celebrate. Give yourself something special to mark a milestone. Right now keeping everything organized will be a challenge. Use sticky note reminders and keep tech tools fully charged.

Capricorn (December 22 – January 19): You may feel torn between being confident that you lead a charmed life and wondering if what you really want is forever out of reach. It may be a bit of both, but live in the moment. Regrets about the past and iffy decisions you've made need to be laid to rest.

Aquarius (January 20 – February 18): If you feel limited by your current situation, imagine what your ideal set-up would look like. Make adjustments to your lifestyle. What drains you? What motivates you? Inspiration hits instantly but most things take time to carry out. Visualize success.

Pisces (February 19 – March 20): Drop limitations. Take a leap of faith. Find a mentor in an area you wish to explore. Maintain habits that enhance wellness and vitality so you'll have lots of energy when opportunities pop up. Plan and you'll have peace of mind; but leave room for synchronistic events too.

FOR APPOINTMENTS CALL 775-8368

THE VOXAIR
Your 17 Wing Community Newspaper
WWW.THEVOXAIR.CA



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



mmm...
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering

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



Chaplain's Corner

Thoughts for the Journey

Easter is almost upon us and it is finally starting to look like spring will arrive. To some this is a sacred time of year. For military members it can mean many different things. It could just be a holiday. Maybe it is a family time celebrated with chocolate and finding candy eggs hidden by a mysterious rabbit. Still the Christian history dates back about 2000 years to a time when the Divine encountered humanity on a level that was unprecedented.

Many will celebrate by retelling this story so that we never forget what took place on the first Easter morning. It is a tale of courage and love for a people that would reject the idea of peace because they feared an uncertain future. Does this sound familiar?

As a military we find ourselves being asked to put our lives on the line for people who may or may not want our help. For over ten years we have fought and struggled to free a nation from oppression. Some embraced the assistance and some fought against it. For different reasons they opposed the help. But, we followed orders and trusted in the big picture that when everyone works together the world can become a better place.

From a Christian perspective that is what Jesus the Christ came into the world to do. To free us from a life that is focused on self and to open hearts and minds of the world to the idea that if we loved one another that it could transform the earth into a wonderful place. Jesus, after living, teaching and traveling with a small group of men and women decided to confront the established world order. Even though he had the power to wipe nations from the face of the earth God decided to instead train and teach those that would listen that there was a better way. In the end it would cost him his life and the lives of his key followers.

But that act of valour would change the world forever. Their sacrifice would

inspire a revolution that would grow over the years to spread throughout the earth. No matter who you are and what you believe almost everyone has heard the story of Jesus and has a basic understanding of why God's sacrifice was necessary.

Jesus loved the world and wanted to reignite an idea that had been there since the earth's inception. The universal idea that people should live together in harmony and peace. This can't happen in a world filled with self-centeredness and distrust. Instead of forcing obedience and conformity God left us to our own devices to figure things out.

Our military mission may be over for now, yet the struggle for peace in the world continues. It may take a while for the message to take hold and for nations to return to the more moderate teachings. Yet, hope remains when everyone works together for good.

God is patient, and allows us to continue in a world full of hate and selfishness so that many who hear and respond to the divine message can continue to teach peace and love.

Many ask: Is the sacrifice worth it? The answer depends on what your intentions are when the task is undertaken.

Hope remains,
Padre Donnelly
17 Wing Chaplain



Together in Church

CATHOLIC

CHAPLAINS

Padre Ray Laudensorio
Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre
Roman Catholic Office 833-2500 ext. 5956

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 Jack Barrett (Wing Chaplain)
(Anglican) 833-2500 ext 5417

Padre Christopher Donnelly
(United Church) Office 833-2500 ext 4885

Padre Darryl Levy
(Baptist) Office 833-2500 ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 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. Baptism Preparation is a requirement. Please contact the Chaplain before setting the date for the baptism or arranging family travel.

Protestant Chapel Guild meets the first Sunday of the month at 1900 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'.

Philatelist's Corner with Alf Brooks

Buckingham Palace

When one visits London there are certain sites one "must" see. One of these is Buckingham Palace, the official residence of the monarchy since 1837. And with good planning you can be there for the Changing of the Guard.

The Palace was originally named Buckingham House, built for the Duke of Buckingham in 1703. This year Royal Mail celebrates the Palace with the issue of six stamps showing exterior views through the centuries and a souvenir sheet with four interior views.



THE VOXAIR

Give us a call: 204-833-2500 ext. 4120

Find out the benefits of advertising with us



www.facebook.com/thevoxair

Helping military families find their home for over 30 years.



Grant Clements CD, FRI, S.R.E.S.
grant@theclementsgroup.ca

Kelly Clements S.R.E.S., C.E.R.C.
kelly@theclementsgroup.ca

- Relocation specialists
- Over 26 years of military service
- Assisted over 4000 buyers and sellers

www.theclementsgroup.ca
204-987-9808
RE/MAX executives realty

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. Kelly P. Land, B.A., LL.B. Mindy R. Lofchick, LL.B.
Alan R. Goddard, B.A., LL.B. Michael J. Law, B.A., LL.B. Serge B. Couture, B.A., LL.B.
Allan L. Dyker, B.A., LL.B. Kael P. McKenzie, B.A., LL.B.

Almer N. Jacksteit, B. Comm., LL.B, Counsel

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



Relocating in 2014 ?



www.HomesInWinnipeg.com

terie langen

204.779.7000
877.778.3388

Military Relocation Specialist
Assisting Military Families with their real estate needs for over 21 years.

terie@homesinwinnipeg.com



MAXIMUM Realty Ltd. 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

It's Your Home!
Why trust just Anyone?

phone: (204) 987-9800

Email: linda@lindavandenbroek.com
Website: 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
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

#1 RE/MAX Female Individual Agent Manitoba



Proud to Assist Military Families
Relocation Specialist

30 Years Experience in the Winnipeg Real Estate Market

www.joannegebauer.com
joanne@joannegebauer.com
Toll Free: 1-877-778-3388

