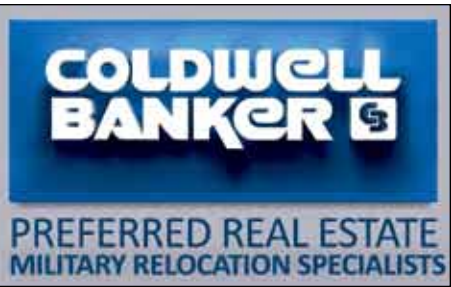




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THE VOXAIR

The 17 Wing Community news source since 1952



Acting 17 Wing Commander for the Day (Corporal) Owen Chitohwa and Acting 17 Wing Commander (Aviator) Brick Curtis prepare for the day's events on December 13 at the Wing Commander's desk. For an article about the long standing CAF tradition please see page 7.
 Photo: Bill McLeod, Voxair Manager.

17 WING WANTS TO SEE YOUR TALENT

Page 2

RCAF MEMBER OFFICIATES FOR CFL IN SPARE TIME

Page 5

ATF-ROMANIA COMPLETES 4 MONTH MISSION

Page 7

THE VOXAIR'S YEAR IN REVIEW

Page 8

KEEP YOUR RESOLUTIONS-FITNESS AND REC SCHEDULES FOR NEW YEAR

Page 12

GET YOUR YELLOW RIBBON GALA TICKETS NOW

Page 13

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17 Wing Wants to See Your Talent



MFRC Executive Director Joël Roy demonstrates his talent for perfect pointing with the Got Talent ad, pointing out that if you have a talent, he's got a show made for you. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Joël Roy, Executive Director, Military Family Resource Centre, is calling all amateur comedians, magicians, trapeze artists, contortionists, singers, jugglers, dancers, animal trainers, marching bands, and everything in between, to audition for the "17 Wing's Got Talent" contest on April 29, 2018 in the base theatre at Building 90.

The event, which is open to both French and English speakers, is being sponsored by the MFRC with the support of the 17 Wing Personnel Support Programs (PSP) and the RCAF Band.

Auditions by video or audio will be accepted until March 18.

"This is meant to be a fun event with the objective of

strengthening the spirit of our community, while offering an opportunity to showcase the great talent it has," Roy said in an email to The Voxair in December.

During an interview in his office at the MFRC, Roy emphasized that this is an amateur contest.

"If you're already earning money with your act, are sponsored or are a professional in the talent you're performing, then you're not eligible," he emphasized. "Your act must be original. You can only be in one act. You must be able to perform within the three minute window you will be given on stage."

Roy also stressed that the act must be in "good taste and language:" no swearing, no insults, and no nudity.

"As this is a military community, subjects of religion and politics will not be admissible (as per Messes' etiquette rules)," he said. "Your act must closely correspond to the audition passed."

Those interested in participating have until March 18 to submit a video (preferred) or audio recording of their act.

"This recording is your audition," Roy said. "A panel of judges will evaluate and select the acts that will make it to the show. Judges will only be shown three minutes of your recorded act."

The final decision for acceptability of a proposed act will be decided by Roy.

"Every act submitted will be advised if selected or not no later than March 30," he said. "We do not pretend to have the knowledge nor the ability to adequately judge all performances to their full merit. The results provided by the judges will be final."

Acts will be judged on their precision, timing, form, difficulty and crowd appeal, Roy continued, noting that there will be technical rehearsal on April 28 in the theatre at Bldg. 90.

In order to perform in the show participants will be required to sign a release of liability form, which protects the organization should you injure yourself during the performance, he said.

"The show will be filmed and photos will be taken,"

Roy remarked. "The intent is to bring the community together for a fun time."

Performers are only competing against themselves to deliver the best act possible, he said.

"This would not be possible if I didn't get the confirmed collaboration from PSP and the RCAF Band," Roy mentioned, noting that the RCAF Band will be providing a team of four people for the lighting and sound. "I need their expertise. I need a lot of volunteers to do this. They can assist in whatever way they can. I need people to handle food for those going on stage, judges, to deal with equipment, and more. We need the community to get involved. We're welcoming sponsors too, of course. The object of this event is to create a community. I've been on this base for several years now, and I've seen how much talent there is here. So, let's bring it on stage to the wider community. Let's have fun with it."

For further information, contact the MRFC at extension 4500, or, Roy at ext. 4504. Email: joel.roy@forces.gc.ca

More details will be available in the coming weeks.



Karate Club Kicks it at North American Tournament

by Capt Carterett Noonan

On 2 December 2017, members of the 17 Wing Shotokan Karate Club, a member of the International Shotokan Karate Federation (ISKF) of Manitoba, took part in the North American All Martial Arts Open Tournament. The event was held at the Canadian Menonite University, located in Winnipeg. This goodwill tournament was held to promote unity amongst the practitioners of Traditional Martial Arts in Manitoba. This unique gathering showcased events for Kung Fu, Taekwondo, Sikaran and Arnis (a Filipino martial art)

and Shotokan Karate.



Alex Korenbaum, a Green Belt with the 17 Wing Shotokan Karate Club, shakes hands with Sensei Jacqueline Ingrilli at the North American All Martial Arts Open Tournament in Winnipeg on December 3, 2017. Photo: Phillip Cheng

The Karate portion of the tournament reflected the growing cooperation and goodwill between several traditional Shotokan Karate organizations, and featured competitors from many dojos from around the region. For the Manitoba chapter of the ISKF, this was particularly exciting, since it represented the first opportunity for local clubs to compete on home soil since 2014.

This tournament was exclusively focused on Kata. Katas are a series of movements performed against imaginary attackers which, when practiced, aids in the development of basic techniques, and reinforces effective patterns of movement for practical applications. While performing a Kata, a student has to display power, agility, fluid movement and coordination. Top

performers will show intense focus, poise, spirit, a sense of rhythm, and above all self-discipline. For younger competitors, a tournament is especially demanding. Correctly remembering from 20 to 50 movements in proper sequence is a huge achievement; doing so under the pressure of competition, in front of a large audience, magnifies everything. Successful competitors maintain their attention on the fine details associated with each movement. Winners are determined by a panel of four expert judges and a referee.

For this event, the 17 Wg club entered four competitors, a significant achievement on its own considering our small size. More significantly, every competitor from 17 Wing achieved a medal in their respective categories! In the boys ages 6-8, Orange to Purple Belt competition, Andrew Noonan, took home a silver medal; In the boys ages 9-11, Orange to Purple Belt competition Alex Korenbaum, achieved a bronze, losing out in a tie-breaker for second place; and in the boys aged 15-17, Orange to Purple Belt competition, Eddie Konrad, took home silver. Capt Noonan, our only adult competitor, won bronze in the Men's Brown Belt category. Everyone's hard work in training

truly paid off, and the technical expertise of our dojo's instructional team was evident in the club's representatives. The competitors are hoping to use this experience as a stepping stone to advance through their next belt ranks, and to prepare for the 2018 ISKF Canadian Nationals, which will take place in Quebec City.

Anyone interested in trying Karate is encouraged to come to building 90 and try a free class on Monday or Wednesday evenings (7-8:30 PM), or Saturday mornings (1000-1200 hrs). Enrolment is continuous throughout the year. They can also check out our website at www.17wingkarateclub.ca, or find us on Facebook at 17 Wing Shotokan Karate Club.

THE VOXAIR

OFFICE HOURS

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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@PersSvc@Winnipeg

VOXAIR STAFF

LCol Genevieve Lehoux
Dep Wing Commander
(204) 833-2500 ext 5281

Martin Zeilig
Photojournalist
(204) 833-2500 ext 6976

Broose Tulloch
Layout/Ad Design

Misra Yakut
Accounting

Traci Wright
Proofreading

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

Maureen Walls
Sales Coordinator
(204) 895-8191

Printed By
Derksen Printers
204-326-3421

Bill McLeod
Voxair Manager
(204) 833-2500 ext 4120

Capt McCulloch-Drake
Wing Public
Affairs Officer

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Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn Forces
Winnipeg, MB R3J 3Y5
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Manitoba Junior Hockey League Shows Appreciation



Captain Franz Sobek of 402 Squadron (Centre) ready for the official puck drop with Waywayseecappo Wolverines captain Wayde Johannesson (Left) and Neepawa Natives captain Griffin Chwaliboga (Right). Photo: Supplied

by Martin Zeilig, Voxair Photojournalist

It was Military Appreciation night during the Old Dutch Manitoba Junior Hockey League Showcase at the Bell MTS Ice Plex on Tuesday, December 12-- and the final score, 6-3, for the Neepawa Natives over the Waywayseecappo Wolverines was almost incidental to the game's purpose.

The MJHL Showcase, which took place December 11-13, was the 14th consecutive year in which the MJHL has staged this event.

"Each club will play two regular season games during the Showcase event which aids in providing the players an opportunity to showcase their talents through playing meaningful mid-season games," said information on the MJHL website posted just before and during the Showcase.

"This event has generated significant interest among scouts from both professional hockey to college levels," MJHL Commissioner Kim Davis said. "For many players, our Showcase is a highlight to their season. It allows them to showcase their talents with dozens of scouts evaluating."

Taylor Harnett, coach of the Wolverines, said this was his first time coaching in a military appreciation game.

He added that his father was in the Royal Canadian Mounted Police, while his sister served with the Canadian Armed Forces at CFB Shilo.

"My paternal grandfather was in the military and I had a relative who fought in the Korean War," Harnett, a native of Carry the Kettle First Nations in Saskatchewan (80 kilometres east of Regina), said during a pre-game interview. "I've got enough knowledge of friends and family in uniform to know about the commitment (of the men and women) in the Canadian Armed Forces."

Holding a Military Appreciation night allows the teams to show their support for people who put their

lives on the line for our safety and freedom, he added.

Dustin Howden, head coach of the Natives, said he had already mentioned the significance of the evening to his players.

"It's an honour to take part in the game," he added, in an interview about 15 minutes before the puck dropped for period one. "They (military personnel) sacrifice a lot for us, so we can enjoy what we have here in Canada."

"We wanted to do something to honour the current members of the CAF," said Kim Davis, during an interview with The Voxair in the second floor viewing area at the Ice Plex. "So, we thought this type of evening could be it. We're doing something traditional. It's our way of honouring the military."

He noted that the idea for such an evening originated with Scott Stroh, a retired member of the CAF and a volunteer with the MJHL.

"Other leagues across the country were doing something similar," said Stroh, who was medically released from the CAF in 2013 after 16 years of service.

He went to see Kevin Saurette, the MJHL's Director of Operations, with his idea. The two of them, then, approached Davis, who gave them the green light.

"I have some contacts at 17 Wing, and so I approached them about having a military appreciation night during the Player's Showcase," said Stroh, who mentioned that he also runs Hockey Night in Manitoba, a social media website.

Since, all of the MJHL's 11 teams were already participating in the Showcase, they decided it would be a good venue for Military Appreciation Night too, especially with all the publicity being generated, he added.

Stroh also pointed to the cooperation they received from Second Lieutenant Nellie Richard, who works at Wing Public Affairs.

2Lt Richard was one of several CAF members from 38 Canadian Brigade Group, HMCS Chippawa and the CAF Recruiting Centre, staffing an information booth in the lobby of the Ice Plex.

"I think it's nice of the MJHL to say 'thank you' and have us here," 2Lt Richard said. "This is good visibility for us."

She also pointed to the pamphlets and other free information available on the tables.

"It shows what we can offer to youth seeking to serve Canada," 2Lt Richard said, noting that the official puck drop for the game was done by Captain Franz Sobek of 402 Squadron-- the goalie for the 17 Wing Falcons men's hockey team. "We're trying to get more diversity (into the CAF) including, the Indigenous community. It gives us an opportunity to speak with them."

Sports Trivia

Sports Potpourri

by Stephen Stone and Tom Thomson

1. How many times has the World Series been won in a four-game sweep?
2. Which team was the last winner in a four-game sweep of the World Series?
3. Which franchise has had the most success sweeping the World Series in four games?
4. How many times have the Yankees won consecutive World Series in a four-game sweep?
5. How many times did the American League sweep the World Series?
6. Which teams have won the World Series in a 4-game sweep with a series run differential of 6 runs?
7. Who was the World Series MVP in 2017?
8. How many times has the Stanley Cup been won in a four-game sweep since 1939?
9. Which team has won the most Stanley Cups in a four-game sweep?
10. Which team has won the second most Stanley Cups in a four-game sweep?
11. Which team is the only victim of three consecutive four-game sweeps in the Stanley Cup final?
12. Which team beat the Blues giving them their third series loss in a four-game sweep?
13. A date which will live forever in the hearts of Leaf fans, when did Toronto win its last Stanley Cup?
14. Who won the Conn Smythe trophy in 2017?
15. Who was the first player selected by the Las Vegas Golden Knights in the 2017 entry draft?
16. Who was the first player selected by the Golden Knights in the expansion draft?
17. Which team had the largest margin of victory in the Grey Cup?
18. How many Grey Cup games have had to go to overtime to decide a winner?
19. How many times has the United States won the World Cup of soccer?
20. Who is the defending Rugby Union World Cup champion?

Sports Trivia Answers on page 14

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National Day on Violence Against Women Holds Special Significance for Mother

by Martin Zeilig, Voxair Photojournalist

For Deborah Scromeda, the National Day of Remembrance and Action on Violence against Women has a profound personal significance.

Scromeda was the special guest speaker on Dec 6 at a lunchtime gathering, which was attended by 15 people, marking NDRAVAW at the Military Family Resource Centre. Kim Smyrski, Social Worker at the MFRC, organized the event.

Established in 1991 by the Parliament of Canada, this day marks the anniversary of the murders in 1989 of 14 young women at l'École Polytechnique de Montréal, says Status of Women Canada website.

"They died because they were women. The National Day of Remembrance and Action on Violence against Women is about remembering victims; it is also a time to take action," continues the online information.

"As well as commemorating the 14 young women whose lives ended in an act of gender-based violence that shocked the nation, Dec 6 represents an opportunity for Canadians to reflect on the phenomenon of violence against women in our society. It is also an opportunity to consider the women and girls for whom violence is a daily reality, and to remember those who have died as a result of gender-based violence. And finally, it is a day on which communities can consider concrete actions to eliminate all forms of violence against women and girls.

"November and December are important months for raising awareness of gender-based violence in Canada and around the world. In addition to the National Day of Remembrance and Action on Violence against Women on December 6, the International Day for the Elimination of Violence against Women takes place on November 25 and marks the first day of the 16 Days of Activism Against Gender-Based Violence, which ends on December 10, with International Human Rights Day."

Maria Scott, an MFRC volunteer, said it's important



Sean Astrope and Deborah Scromeda with a photo of their daughter Shannon Rae Scromeda, a victim of domestic violence, at the National Day of Remembrance and Action on Violence Against Women on Dec. 6, 2017 at the MFRC. Photo: Martin Zeilig, Voxair Photojournalist

to hold an event to recognize "a lot of innocent women" who were victimized.

"We have to make sure that it's never forgotten," she added.

"I honour my daughter and only child, Shannon Rae Scromeda, a vibrant 25 year old woman until April 19, 2008 at which time her life was taken by the brutal hands of her boyfriend in front of their four year old son, my only grandchild," said Scromeda, who was at the MFRC with her husband, Sean Astrope. "April 18, a sunny Friday afternoon Shannon was getting ready to leave work. She worked for the City of Winnipeg. I remember it being around four pm. I asked what she had planned for the evening. She was supposed to be

going out for an overnight visit to a girl friend's place with my grandson. However, Shannon was feeling tired and under-the-weather, so she decided to stay in.

"I remember saying 'Okay, see you tomorrow,' She was coming over with my grandson on Saturday. She said 'OK. Love you mom' and the call ended. Who knew that was the last time we would ever speak."

She was awoken by a banging on the door at 8 A.M. Saturday. It was the father of Shannon's boyfriend, "telling us Shannon is hurt badly" and was at the Health Sciences Centre.

"I remember as I was rushing to leave with Sean, my spouse of 16 years, I kept repeating: 'He did it. I knew he would do something to her,'" Scromeda said. "Call it mother's intuition or just a bad vibe. I always felt ill at ease with Shannon's boyfriend. But, I never expected this to happen. So, at the hospital you wait and wait and a policeman takes you into a small room and tells you 'Your daughter succumbed to her injuries.' At that moment in time, all you knew and thought about her life was gone.

"Some of us faced with such trauma can't accept what they just heard. I did not cry for a week. I had to plan her memorial. I had to do things. She left a son, my grandson."

She also recalled the words of her medical doctor, who was also Shannon's MD: "As hard as this is for me to say to you, Debbie, Shannon is gone. However, you are here. I have to take care of you."

Scromeda stressed that those words "have been in my mind ever since. So, life changed for everyone who knew and loved Shannon. My daughter and grandson were everything to me. Shannon was my best friend.

"No one has the right to take another life."

In a follow up interview, Scromeda emphasized that domestic violence is a global epidemic.

"But, if my words can save one woman from an abusive relationship, then I will continue to share Shannon's story," she said.

ATF Romania Completes 4 Month Mission



CF-18 aircraft from the RCAF begin their journey home from Romania on January 2, 2018. Photo: Sgt Daren Kraus

from RCAF Public Affairs

Canada's Air Task Force (ATF) in Romania completed its four-month mission in support of Operation REASSURANCE and Block 45 of NATO enhanced Air Policing (eAP) on December 31, 2017.

Throughout the mission, ATF-Romania successfully built on the already strong, established relationships with Romania and other NATO Allies. ATF-Romania demonstrated Canada's commitment to the NATO Readiness Action Plan, reassured Canada's allies, and helped to support regional stability.

"This mission has been an outstanding opportunity and a point of pride for the entire Air Task Force. It has been an honour to contribute to the NATO Alliance in such a meaningful way while working alongside our Romanian counterparts as we build even stronger

ties," said Lieutenant-Colonel Mark Hickey, Commander Air Task Force-Romania. "Our Romanian hosts have been very gracious, and have treated us like family—the entire Air Task Force is very grateful for their support."

In addition to the eAP mission, the Air Task Force conducted regular training with its Romanian hosts. This training included medical support, flight safety, aircraft maintenance, command and control, and military policing. ATF-Romania also conducted several activities in support of local communities, including delivering donations to an orphanage.

ATF-Romania's CF-18 Hornet crews trained alongside Romanian Air Force MiG-21s, F-16s and Puma helicopters—in addition to Portuguese F-16s, US Army Blackhawk helicopters and NATO airborne warning and control systems (AWACs). The

CF-18 crews also trained with French and Romanian vessels in the Black Sea.

"Canada and Romania are close partners within NATO," said Lieutenant-General Stephen Bowes, Commander Canadian Joint Operations Command. "The Canadian Armed Forces is proud to have participated in cooperative defence activities in support of NATO enhanced Air Policing in Romania. I congratulate the men and women of Air Task Force-Romania for their professionalism, hard work, dedication to the mission, and for projecting the best of what Canada has to offer."

ATF-Romania was composed of approximately 135 Canadian Armed Forces (CAF) personnel and four CF-18 Hornet fighter jets. Since September 2017 they have operated in support of the 45th rotation of NATO eAP.

The members of ATF-Romania were mainly from 2 Air Expeditionary Wing, Bagotville, and 4 Wing, Cold Lake, and were supported by personnel from several other Wings and Bases across Canada.

Following its mission completion, ATF-Romania's four CF-18 Hornets and personnel will return to Canada in January.

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Artist Aims to Represent Military Family Life for the City



by **Martin Zeilig, Voxair Photojournalist**

Jennie O'Keefe confesses that she did not know anything about 17 Wing just over six months ago.

Now, this self-taught Winnipeg artist has the responsibility of eventually making the wider community know about this city within a city, as she calls it, and she

is ready to begin.

O'Keefe, 42, has been hired to head a Community Art youth project by Community Recreation. Comm Rec was awarded the opportunity to partner with the Winnipeg Arts Council (WAC) for this Youth WITH ART Projects, said Colleen Preston, Community Recreation Coordinator, in an email to The Voxair.

"Youth WITH ART matches artists with youth-engaged community groups to work on community identity, issues, and shared goals through the development of an art project," says the WAC website. "The project unfolds in two phases as the artists consult with community members to determine the goals of the art project. In the second phase, the artwork is developed more fully and created in collaboration with the community. Once completed the artworks are celebrated in a public launch. Applications are sought annually."

In their application to the WAC, Colleen Preston, Community Recreation Coordinator, and Tina Bailey, the former Manager, Fitness, Sports and Recreation, wanted to showcase life of the average military family, noted Preston during a telephone interview with The Voxair.

"The idea for us was to work collaboratively with one of the artists," she said. "So, they sent us an email which showcased 40 artists, their profiles and a link to look at their work."

They also went to the WAC office where they met with Tamara Rae Biebrich, the Artists Project Manager, Preston continued.

"We got together with the other communities (organizations) who were approved for the grant, and we went over the work of all 40 artists in a PowerPoint presentation," she said. "Then, Tina and I got together and we each selected three different artists that we were interested in."

They submitted those names to Biebrich, Preston added.

"She contacted the artists and sent them a profile of what we wanted to achieve," she explained. "After Tina and I had agreed on the three artists, we invited them individually to meet us here at 17 Wing. We had an informal interview process where we asked specific questions to get to know them, and to ensure it was the right fit for both parties."

After making their decision, they contacted Biebrich, who notified O'Keefe.

"Jennie agreed to take us on," said Preston, noting that Bailey had put together a profile of 17 Wing and what they hoped to accomplish with the project. "We're really excited to have this project. The fact that we were selected is a big deal because other communities applied and didn't get it."

She calls O'Keefe a versatile artist, who's able to do all sorts of things.

"She comes with a strong portfolio," Preston said.

"Her sculptural narratives aim to draw viewers into a subversive yet honest world of biographical experience, myth and fairy tale," says information on the WAC website. "Beginning with herself as the protagonist of each endless dreamlike story, she becomes surrounded by her family, friends, and foes in the forms of animal/human, fruit/human or inanimate object/human hybrids. Tongue-in-cheek at first glance, her dolls look at issues surrounding gender and social roles, human vs. animal, the environment, politics and identity. She has facilitated many art projects with youth in Winnipeg, Northern Communities and the U.S. She has received many awards and has exhibited locally, nationally and internationally."

"She is good to go with the flow of things, and has so much knowledge," Preston said. "She's done other projects. She had good ideas and is very easy to work with. We hope that we will get military families involved. We'll utilize what we have here on base, including the youth at the MFRC (Military Family Resource Centre)."

For her part, O'Keefe wants the "ideas to stem from the community."

"I want to get to know the 17 Wing community, and, ultimately, the larger community to know who they are through the project," she said during an interview.

She observed that the final project will be the property of the City of Winnipeg.

"This is a once in a lifetime opportunity for 17 Wing to work with a professional artist to create a public art piece," O'Keefe offered. "I'd like to focus the project where we work with other artists and create something meaningful. It will be created by the youth about what it's like to be part of 17 Wing. My idea is to have a conversation with other, non-military, families-- something accessible and also acceptable for the youth."

The project will begin sometime in the New Year. For further information, contact Colleen Preston.

RCAF Member Blows Whistle on CFL Players



LCol Chris Shapka speaking with Saskatchewan Roughriders head coach, Chris Jones, October 27th, 2017, Mosaic Stadium, Regina, SK. Photo: Mike Smith, CFL

by **Martin Zeilig, Voxair Photojournalist**

Although Lieutenant-Colonel Chris Shapka, an Aerospace Engineering Officer at 1 Canadian Air Division, last played football in high school he never lost his love of the game and desire to pursue it in some capacity. To continue doing what he loved he eventually donned the striped shirt, dark trousers, and peaked cap of a football official.

LCol Shapka is now a Line Judge and sometimes a Head Linesman in the Canadian Football League. Recently he was an alternate official at the 105th Grey Cup game on Sunday, November 26, 2017 at TD Place Stadium in Ottawa. Being assigned to the crew working the Grey Cup represents the pinnacle of football officiating in Canada.

After graduating from high school in Red Deer, Alberta, LCol Shapka attended the Royal Military College to study Mechanical Engineering.

"When I finished at RMC I wanted to get back into

football," said LCol Shapka during an interview in early December. "I wanted to be involved in some capacity so decided to try officiating."

He contacted a local football official at his first posting, 19 Wing Comox in 2002.

"He brought me out to a game for young kids," said LCol Shapka. "He walked me through what I should be looking for. It's very different, watching a game as a fan versus watching it as an official."

He kept working his way up the levels in football.

"I was in Comox for three years, and I've been involved in football associations in all my postings ever since," LCol Shapka offered. "Eventually, I progressed into higher levels: junior, university and pro."

His first time officiating junior football (for players 18-21 years of age) was in Ottawa in 2010.

"I got posted back to BC in 2011 and became involved in university football doing Canada West games," LCol Shapka said. "At every level, the greatest challenge as you move up is adjusting to the speed of the game."

After two years, he was posted to CFB Borden where he continued to officiate university football, working in the Ontario University Association.

"That's when I got the call from the CFL to come out to their training camp in Toronto in May 2014," said LCol Shapka, adding that the league has regional supervisors in all nine CFL cities who keep "an eye out" for local officiating talent to see if they're ready to move up to the pro level. "I went to the training camp with all the established officials and the CFL officiating staff. I

learned so much."

After the camp, he worked his first CFL exhibition game in Regina.

"It was exciting and nerve wracking," LCol Shapka recalled. "I was incredibly nervous being on the field for such an elite level of sport. I was a Line Judge for that game. That season, I worked 10 games all over the country. I was lucky enough to get invited back for a second season in 2015."

The 2017 season was his fourth as a CFL official. He credits the support of many others in the officiating community for helping him advance.

"Throughout my officiating career, a number of others have invested in me and in my development," LCol Shapka said. "We support one another, and we have positional coaches in the CFL who are committed to our improvement."

LCol Shapka stressed that there are a lot of parallels between the RCAF and being a football official. Both require personal integrity, confidence, sacrifice, and discipline, among other qualities, he said.

"Most of the time I dedicate to football is in off-field preparation, evaluation and improving my abilities and judgement," LCol Shapka emphasized. "I also work hard on my fitness. Football keeps me pretty busy."

"If I have a game on a Saturday, for example, I'll work at the base throughout the week, and then fly to my game on Friday evening. I work the game on Saturday, and fly home on Sunday. I have a very understanding family."

He said being at the Grey Cup Game was an outstanding opportunity to work with a group of incredibly dedicated, professional, and accomplished officials.

"In my first Grey Cup, I was able to witness the preparation a crew goes through before such a big game," LCol Shapka added.

"It was great to be a part of the team as a backup official. It was an awesome experience. I hope to do it again."

Winnipeg Veteran Recounts War Experiences



Emil August Gillies with his Ordre national de la Légion d'honneur from France.

Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

"There was a war on, and my country was at war," said Emil August Gillies when asked why he joined the Royal Canadian Air Force during the Second World War. "I was mildly disappointed not to be chosen as a pilot. But, I felt fortunate to be an aircrew member."

In 2015, the now 96 year old retired Winnipeg school teacher was awarded the Ordre national de la Légion d'honneur (National Order of the Legion of Honour) the highest French order for military and civil merits established, as Wikipedia states, in 1802 by Napoléon Bonaparte.

Mr. Gillies was awarded the elegant emerald coloured medal for his role in the liberation of France as an aircrew member of the Royal Air Force's 644 Sqn.

Mr. Gillies and his son, Stephen, 64, a retired Manitoba Telecom Services employee, were interviewed in early January in the narrow two story wood framed house in which Mr. Gillies has lived all his life.

Stephen Gillies has recorded his father's wartime memories for many years now. What follows are excerpts of those recollections.

"My father, Emil August Gillies, son of Icelandic immigrants, was born in Winnipeg in 1921. As a high school student during the 1930s he was struck by the grim political news from Germany. In 1942, after weighing the choice of academic or military life he put his studies at United College aside and joined the Royal Canadian Air Force.

"To his chagrin, his instructors quickly found he lacked the skills to be a pilot. They did decide, however, that he had other aptitudes for Air Crew. During 1943 he trained in Winnipeg and Moose Jaw, in gunnery, navigation and bombing. The aircraft were Bolingbromes and Ansons. My father qualified as an Air Observer and Bomb Aimer at the end of the year. The 'O' for Observer designation on his uniform was a holdover title from the First World War when all air crew were either pilots or observers.

"Later in 1943, he, along with thousands of other soldiers in Halifax, boarded the Cunard's Queen Elizabeth luxury liner-- converted for use as a troop transport and sailed for England.

"The training squadron (in England) was equipped with Vickers Wellington bombers. Although the squadron was RAF, the trainees came from all the Commonwealth countries, the majority from Canada. 'Crewing up' was hierarchical. The pilot would choose the navigator, the navigator the bomb aimer, and so on until the crew was complete. For the balance of the war, my father was part of a crew that ate, slept, flew and lived or died together. Led by pilot Vincent J. Blake, also a Winnipegger, the crew proved able and amiable.

"They were all young, 20 or 21 years of age, with the exception of Darling, a wealthy businessman who convinced the Air Force to accept him despite his advanced age, 35. They all liked and respected each other, and that helped them to be stoic in the face of danger. To lose courage or concentration on the job would be to let the others down. My father said some crews were not so lucky, and their morale suffered. On one occasion a substitute flying with my father's crew commented he appreciated flying on a happy plane.

"My father's crew was posted to 644 squadron at Tarrant Rushton in Dorset in early 1944. As the train carried them to the base, they saw a huge shape fly silently over their heads. What was it? Soon they learned the answer. Six four four squadron was not part of Bomber Command. It was a Special Operations Squadron. One of the special assignments was to tow the giant new Hamilcar gliders, each capable of carrying a small tank, which were to be used as part of the invasion of Europe some time in the near future, probably somewhere on the coast of France.

"The main role of 644 squadron was to support the resistance fighters in France, Belgium and Holland with weapons and ammunition. More often than not the crews would return to base without dropping the supplies. On one particularly hair raising flight to Holland, my father's crew found the target field in the darkness and received the correct flashlight signal. After descending to drop the containers they suddenly found themselves under fire and realized that the Germans had been waiting for them. Blake, the pilot, took violent evasive action, but it was too late. The plane was riddled with bullets. The navigator, Darling, was hit and bleeding badly. One of the engines had stopped and another was losing power. A bullet hit the navigation device next to my father's head. Blake struggled to maintain altitude. But, the plane made it back to England.

"During the spring of 1944, in addition to the French supply operations, 644 Squadron's activities increasingly focused on glider towing. The gliders were Airspeed Horsas each capable of carrying 30 fully equipped troops. The population of the Tarrant Rushton airbase grew, as glider pilots and airborne assault troops arrived to hone their skills. On the night before

D Day my father's crew was part of the operation to capture the bridge connecting the Sword Beachhead to the mainland. The Pegasus Bridge site is now a French historic site.

"Over the course of the war, my father's crew never saw an enemy fighter in action. By the end of 1944 the Luftwaffe's night fighter force was largely destroyed. Even at the end of the war anti-aircraft guns were a danger, though. Blake was always careful to study the intelligence about anti-aircraft gun emplacements and to plot courses giving them a wide berth.

"On the night of April 23, 1945, two planes from 644 Squadron made a long operational flight to deliver supplies to resistance fighters in Norway, near Lake Mjosa. Tragedy was to strike. The two pilots were Blake and Flight Lieutenant Turnbull.

"Turnbull's plane was hit by anti-aircraft fire from a known gun emplacement at the southern end of the lake. The two starboard engines were knocked out

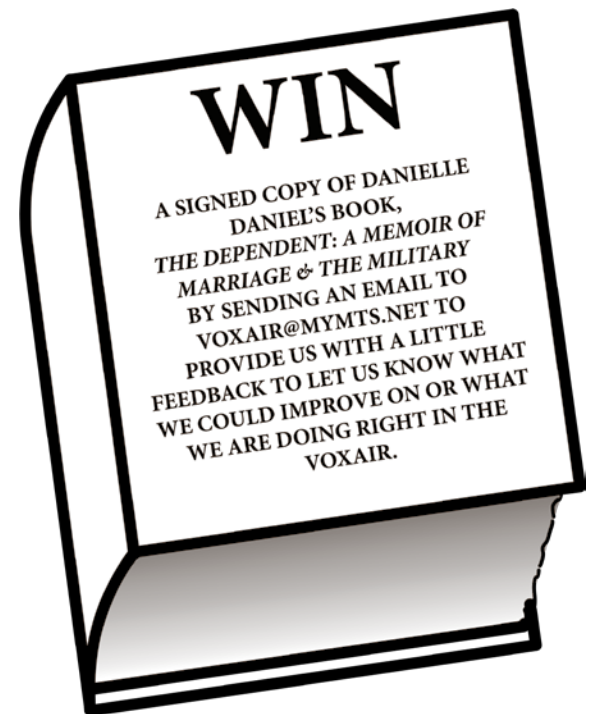
and a wing tank caught fire. Turnbull ditched on the lake, but the life raft could not be deployed properly. The crew members perished in the dark and icy water, with the exception of the tail gunner. He was able to clamber atop the capsized life raft until morning, when he was rescued and taken prisoner. Two weeks later, the German forces in Norway, capitulated and the Norwegian occupation ended."

Mr. Gillies, who lives with his wife of 65 years, Evelyn, said he "was shocked" when he received the Ordre national de la Légion d'honneur.

"I didn't think I deserved it," he added. "I was only doing my job. But, of course, I was pleased and shocked. It's such an elaborate decoration."

He also called D Day a master piece of military strategy.

"I felt privileged to be part of it with the RAF," he said.



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17 Wing Carries on Long CAF Tradition



Acting Aviator for the Day Andy Cook, Acting Wing Commander for the Day Colonel Brick Curtis, Acting Wing Chief Warrant Officer for the Day Owen Chitohwa, and Acting Corporal for the Day Jerome Rossignol pose for a photo after signing the certificates and changing ranks. Photo by Bill McLeod

For Aviator Brick Curtis and Corporal Owen Chitohwa Wednesday, Dec 13, was an interesting day.

Avr Curtis was stripped of his bare rank epaulets and had Colonel's ranks put on by Acting Aviator for the Day Andy Cook and Cpl Chitohwa had his rank replaced for the Wing Chief Warrant Officer's rank by Acting Cpl for the Day Jerome Rossignol.

The four then travelled together for a tour of 17 Wing in a staff car before arriving at the Combined Mess for the Junior Rank's Christmas Dinner.

The Christmas dinner tradition in the Canadian Armed Forces goes back a long way. There are photos in the archives of troops in Ortona in 1943 eating their Christmas dinner among the rubble during a pause from the house to house fighting.

On Christmas Day in 1944, 402 'City of Winnipeg' Squadron was in Belgium and the squadron's Spitfires were flying a late mission. The pilots assumed they

had missed Christmas dinner and were expecting to have to eat whatever was left when they landed that night but discovered that the entire squadron was waiting for their return to eat. The dinner did not begin until all the aircraft and pilots were back.

Although traditions may vary slightly from unit to unit and between the Canadian Army, Royal Canadian Navy, and Royal Canadian Air Force, they are all very close to each other.

Acting 17 Wing Commander for the Day Curtis and Acting Wing Chief Warrant Officer Chitohwa enjoyed the turkey and all the trimmings dinner that is consistent with the tradition. Other traditions include the carving of the turkey by the acting command team and the seasoning of the sauce for the Christmas pudding. Acting Aviator (Col) Andy Cook was pleased to introduce the Acting WComd and Acting WCWO to the seasonal traditions.

According to the CAF Directorate of History and Heritage the traditions of the rank and position swapping goes all the way back to the holiday of Saturnalia from ancient Roman times. The tradition where the most senior Corporal swaps ranks or tunics with the Chief Warrant Officer is more recent and reflects the importance of the senior NCM in the organization.

An archived article from the DHH states: "A custom peculiar to the military is the Christmas tradition of role reversal. The youngest member switches places with the commanding officer for the day, the officers serve dinner to the non-commissioned members and they in turn serve dinner to the stewards. All these activities stem from the ancient Roman custom of Saturnalia."

"The festival of Saturnalia honors Saturn and falls at the same time as Christmas, Hanukkah, Solstice and/or Kwanzaa. Christmas decorations such as swathes, garlands, wreaths and tree ornaments began with the merriment of Saturnalia.

"During the time of Saturnalia slaves and children

got to be waited on for meals, lead the rituals, and participated in the revelry as if they were their parents/masters. The parents/masters jokingly played the part of children and slaves by waiting on them. The role reversal was symbolic as slaves were not really free to make decisions as free persons nor were children able to enter into contracts or make business deals. Role reversal was only for minor privileges.

"As with the ancient Romans the Canadian Forces today practices role reversal in terms of minor privileges and in the spirit of good cheer. Although, the origins of the custom cannot be traced to any specific event or even time period, it has however become a 'standard' practice from at least the 18th Century. Custom peculiar to the military is the Christmas tradition of role reversal. The youngest member switches places with the commanding officer for the day, the officers serve dinner to the non-commissioned members and they in turn serve dinner to the stewards. All these activities stem from the ancient Roman custom of Saturnalia."



Acting Wing Chief Warrant Officer for the Day Owen Chitohwa (L) and Acting Aviator for the Day Andy Cook (R) provide advice to the Acting Wing Commander for the Day Colonel Brick Curtis on carving the turkey for the Jr Rank's Christmas Dinner. Photo by Bill McLeod.



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THE VOXAIR
 Our Military Community Newspaper, 17 Wing Winnipeg

2018 Publishing Schedule

Issue Number	Issue Date	Content Deadline
1	10 January	3 January
2	24 January	17 January
3	7 February	31 January
4	21 February	14 February
5	7 March	28 February
6	21 March	14 March
7	11 April	4 April
8	25 April	18 April
9	9 May	2 May
10	23 May	16 May
11	6 June	30 May
12	20 June	13 June
13	11 July	4 July
14	29 August	21 August
15	12 September	5 September
16	26 September	19 September
17	10 October	3 October
18	24 October	17 October
19	7 November	31 October
20	21 November	14 November
21	5 December	28 November
22	19 December	12 December

Contact information:
 Bill McLeod, Voxair Manager: 833-2500 ext 4120
 Production: 833-2500 ext 6976
 Journalist: 833-2500 ext 6976
 Accounting: 833-2500 ext 4121
 Advertising: tmwalls@mymts.net

The Year in Review

January



RP Ops / Roads and Grounds was busy digging out the Wing the first week of January. According to Environment Canada 2016 saw the latest snowfall ever in the city on November 22 but the city then had the second largest December snowfall in a century. Photo: Bill McLeod, Voxair Manager.

- Quilts Of Valour make presentation to ISPC
- Burma veteran visits 17 Wing
- Memorial service held for Major Dragisa Ivkovic

February



Sergeant Steve Delage, 435 Squadron Search and Rescue technician (SAR), greets Dody Jorah, Scott Qiyuk, and Micah Qiyuk upon their arrival to 435 Squadron on 25 Jan. At midnight, 18 August 2016, 435 Sqn deployed a CC130 Hercules on a SAR callout to Chesterfield Inlet, near Qamani'tuaq, Nunavut, where Dody Jorah's boat was stranded during a fierce storm. The aircrew deployed communications, clothing, and rations to the stranded boat and circled the area to indicate the location to the rescue boat. All members of the stranded boat made it safely back to Qamani'tuaq, NU. Photo: Sgt Daren Kraus

March



Major Muckosky, a pilot at 440 (Transport) Squadron, cleans the snow from the wing of a CC-138 Twin Otter aircraft prior to departing Hall Beach Airport, Nunavut during Operation NUNALIVUT 2017, February 23, 2017. On that flight the crew discovered two men whose snowmobile had broken down and were in serious danger due to the frigid temperatures. Photo: PO2 Belinda Groves

- 435 Squadron keeps the fuel flowing in Florida, USA
- Ramp ceremony held for MCpl Alfred Barr
- NHL's Winnipeg Jets show appreciation for CAF members

April



Two volunteers from Emergent Biosolutions serve pink pancakes and bacon at the Winnipeg Military Family Resource Centre on Wednesday, April 12. Pink Shirt Day began in a Nova Scotia high school after a student was bullied for wearing a pink shirt in 2007. His classmates all wore pink shirts to show support for the student and the idea has spread world wide. Photo: Bill McLeod, Voxair Manager.

- 17 Wing historical military secret revealed
- Determined 402 Squadron delivers survival gear to stranded civilians
- Voxair remembers Vimy Ridge - A battle and a legend of a nation

May



The 5 km Run start for the 9th annual Royal Canadian Air Force (RCAF) Run on Sunday, May 28. The RCAF Run is a charitable fitness event hosted by 17 Wing Winnipeg and held in support of the Soldier On program and the Support Our Troops Fund. Photo: Sgt Daren Kraus

- The Voxair celebrates 675 years as the 17 Wing community newspaper
- Stand up comedy stands up for 17 Wing families
- Wing Commander's Challenge leads into the Health and Wellness Challenge

June



Kids enjoy themselves at the Family BBQ and Play Event put on by Community Recreation on Thursday, June 8. Thank you to Baldwinson Insurance for sponsoring the food for the BBQ. The Winnipeg MFRFC Summer Barbeques have also begun again. Photo: Deanne Bennett

- 1972 hockey heroes visit 17 Wing for stamp unveiling
- RCAF units participate in Women Fly 2017 at St. Andrews airfield
- Starfighter Museum a labour of love for curator

The Voxair Looks Back at 2017



July
17 Wing and Canada celebrated the 150th birthday of the country. Bottom left-right: PSP Health Promotion provide refreshment at the Canada 150 event at 17 Wing; a little person gets temporary tattoo at the Canada 150 event; and Wing Commander Colonel Andy Cook throws a bean bag during the Canada 150 event.
Photos by Martin Zeilig, Sgt Daren Kraus, and Winnipeg MFRC.

- 17 Wing holds initial sweat lodge
- Grizzly challenge honours our Afghanistan losses
- 435 Squadron members meet the Chilkoot Trail



August
17 Wing members view a Brazilian Air Force Airbus C-295 on the flight line on July 25 during an Airbus sponsored cross-Canada tour. The C-295 will replace the CC-130 Hercules and the CC-115 Buffalo for fixed wing search and rescue in Canada.
Photo: Bill McLeod, Voxair Manager.

- Another northern rescue for 435 Squadron
- Dieppe Raid still reverberates 75 years later
- Volunteering a way of life



September
17 Wing Winnipeg welcomed the Invictus Games Flag as it makes its way across Canada to Toronto. The Invictus Games Toronto 2017 is an international sporting event for wounded, ill, and injured servicemen and women and veterans, featuring a dozen adaptive sports including archery, athletics, indoor rowing, powerlifting, cycling, sitting volleyball, swimming, wheelchair basketball, wheelchair rugby, wheelchair tennis, and golf.
Photo: Bill McLeod, Voxair Manager.

- Toonie Walk/Run a successful preliminary to 2017 GCWCC season
- Vimy Flight - Birth Of A Nation tour drops in at the Royal Aviation Museum
- Care And Share Golf Tournament helps chaplains help others



October
402 Squadron celebrated their 85th year with a meet and greet on Friday, October 13, and a gala at the RBC Convention Centre on Saturday, October 14. Music was provided by the RCAF Band ensemble Jet-Stream and the vintage aircraft were provided by the Commonwealth Air Training Plane Museum in Brandon.
Photos: Cpl Justin Ancelin, 17 Wing Imaging

- Winnipeg Jets new video rises together with 17 Wing
- Army Reserve opens doors to public at their armouries
- RCAF units support girls in Aviation Day at college



November
402 Sqn Pipes and Drums lead a parade consisting of military members, veterans, and St James Legion members down Portage Avenue following the Remembrance Day Service held at Bruce Park on November 11, 2017. Photo: Cpl Paul Shapka, 17 Wing Imaging.

- Aboriginal community honours their veterans
- Sexual Misconduct Response Centre visits 17 Wing
- Take your kids to work day pays off for Fire Chief



December
The Christmas Season is finally upon 17 Wing.
Photo: Bill McLeod, Voxair Manager

- 17 Wing Commander's Christmas message
- Wing Commander's Hockey Tournament
- Air Force Officer Development Program changes

Around The Wing



The Royal Canadian Air Force Band poses for a photo before the Annual Christmas Concert on December 11th, 2017 at the Centennial Concert Hall, Winnipeg. Photo: Cpl Bryce Cooper



Capt J. Hohertz, A/Commandant and MWO R. Valenti, SWO/SAR Tech Leader of the Canadian Forces School of Survival and Aeromedical Training promoted WO A. Keagan to MWO A. Keagan on 16 Oct 2017. MWO Keagan also received the CD2. Photo: Supplied



LEFT: Capt J. Hohertz, A/Commandant and MWO R. Valenti, SWO/SAR Tech Leader of the Canadian Forces School of Survival and Aeromedical Training promoted Sgt Hamilton to WO Hamilton on 19 Nov 2017. Photo: Supplied



Capt J. Hohertz, A/Commandant of the Canadian Forces School of Survival and Aeromedical Training presented WO C. Townson with a CD2 on 10 Oct 2017. Photo: Supplied

Season's Greetings

Once again another year, and another holiday season has passed. Let's remember all the wonderful things we truly should be thankful for, and look toward an even brighter future.

Winnipeg is a beautiful city, located in the best country in the world. We are truly grateful, to be a part of this community. Our profession has enabled us to meet many outstanding people.

We sincerely wish to thank you for your loyalty, trust and support. We hope you had a very Merry Christmas and wish you a Happy New Year.

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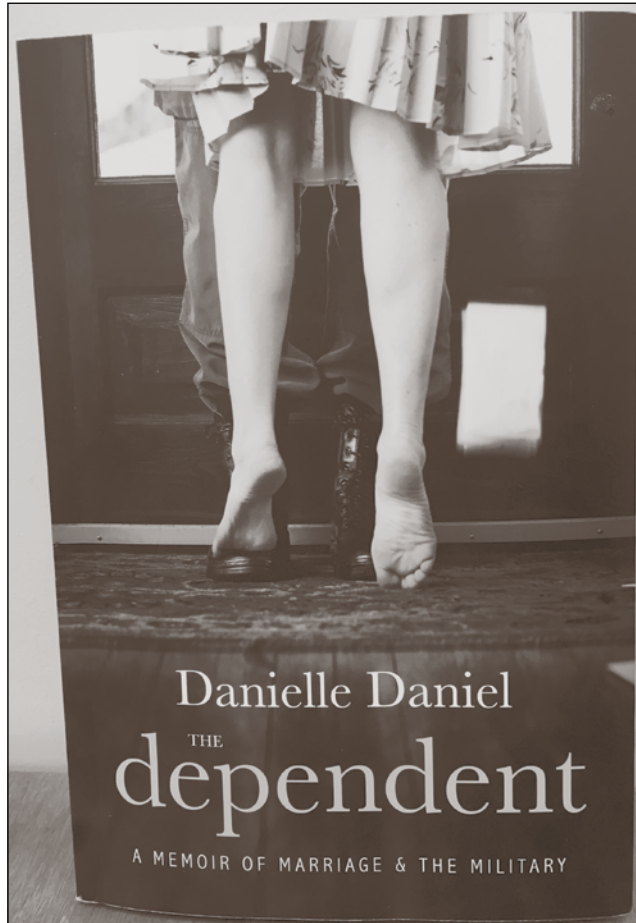
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Book Review: The Dependent - A Memoir of Marriage & the Military



Title: **The Dependent - A Memoir of Marriage & The Military**

ISBN: 978-0-9949183-4-5 (paperback)

Author: Danielle Daniel

Publisher: Latitude 46 Publishing, 2017

Pages: 167

Review/Interview by Martin Zeilig

An overriding theme of this no-holds-barred memoir can be found in a quote by Sigmund Freud, the Austrian neurologist who was the founder of psychoanalysis: "We are never so vulnerable as when we love, and never so hopelessly unhappy as when we lose the object of our love."

Author Danielle Daniel writes with frankness and passion about the most painful part of her life-- the marriage, breakup and reuniting (and everything in between) with her husband, Steve Daniel, a now retired paratrooper in the Canadian Armed Forces. There is a deep and, at times, heartbreaking earnestness to this book. Daniel pulls no punches when describing her life as a military spouse, and just about everything else

that matters including, her relationships with friends and family.

Daniel is the author and illustrator of *Sometimes I Feel like a Fox*, a finalist for the First Nation Community Reads Literary Award and one of NY Public Library's most notable books for 2015. Her second children's book, *Once in a Blue Moon*, was published in October 2017. Her story stories have been published in *Room and Event Magazine*. Danielle is currently working on a novel and completing an MFA in Creative Writing through the University of British Columbia. She writes and paints in Sudbury, Ontario where she lives with her husband Steve and their son Owen,

"The day we met, I was nineteen and he was almost twenty," the author writes. "We were both home for the Easter weekend. He was on leave from the army and I was on break from university, both out with friends we hadn't seen for a long time. The bar was packed, but I noticed him right away. He stood out from the crowd: long legs, beautiful brown skin, and warm, brown eyes. He was smiling--no, laughing-- with his friends. They were all much shorter than he was, which made him seem even taller, like a giant. He wore a long-sleeved shirt, but I could tell he was muscular. Strong. I looked at him and he caught me peeking. I smiled and made eye contact, my brown eyes on his, but only for a micro-second. Even so, it was long enough for him to notice I was interested."

Thus began their teeter-totter relationship.

"Much of the first years of their marriage are spent apart, as Steve's infantry unit is sent overseas for duty in Croatia, Bosnia, and Afghanistan," says the book's inside jacket cover. "With each tour of duty the emotional distance between them intensifies. After four tours, Steve finally comes home to stay, but little changes: their marriage remains a difficult ménage à trois made up of a man, a woman, and the military."

A sudden life changing injury to Steve during a Military Freefall Parachute Instructor Course at CFB Trenton gradually pushed things over the edge for Daniel and Steve. One can't help but admire her stubborn and persistent love and support for her husband, even as thoughts darkened her mind and affected her attitude. "I felt betrayed. Unappreciated. Unimportant. Unlovable. And forever unable to measure up to his expectations," Daniel writes in a chapter entitled 9'er Domestic (a reference to a soldier's spouse).

But, with some outside help from professionals and others, she overcame those negativities. Daniel rebounded.

Reading this book leaves one enlightened and even entertained-- and, just like a fairy tale, there's a happy ending. Here's to new beginnings.

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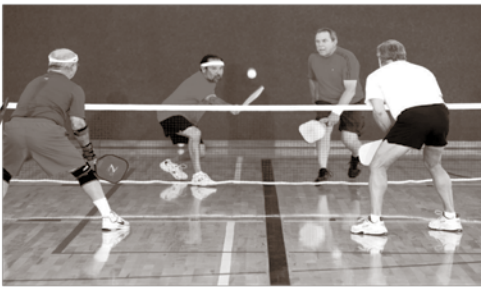
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Passé de journée: 7 \$ - pas d'équipement nécessaire!

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THURSDAYS JAN 11 to MAR 29 1800-2130hrs
Les jeudi du 11 janvier au 29 mars de 18-2130hr

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A community-based program designed to encourage healthier eating through the promotion of fresh fruits & vegetables!

Il s'agit d'un programme communautaire qui a pour but d'encourager une alimentation saine grâce à une plus grande consommation de fruits et de légumes frais!

It is a bulk-buying program that aims to lower your grocery bill by buying bulk, fresh fruits & vegetables from local farms & distributors.

Afin de diminuer le montant de votre facture d'épicerie, les fruits et légumes sont achetés en grosses quantités auprès des fermiers et des distributeurs locaux.

THE BOXES ARE PREPARED MONTHLY!
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LES BOÎTES SONT PRÉPARÉES CHAQUE MOIS!
 Chaque boîte contient divers fruits et légumes frais, nutritifs et de qualité. Le choix dépend de la saison et des occasions d'achat au meilleur prix.

ORDERS CAN BE PLACED ONLINE AT www.cafconnection.ca/winnipeg
 Il faut compléter et remettre le formulaire de commande et le déposer au poste de surveillance.

Online order payment by credit card only
 Orders are also accepted at the Rec Centre (Bldg 90)
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JAN ORDER BY / DATE LIMITE 19 JAN 2018
 PICK UP / RAMASSER 24 JAN 2018

FEB / FÉV ORDER BY / DATE LIMITE 16 FÉV / FÉV 2018
 PICK UP / RAMASSER 21 FÉV / FÉV 2018

MAR / MARS ORDER BY / DATE LIMITE 16 MAR / MARS 2018
 PICK UP / RAMASSER 21 MAR / MARS 2018

APR / AVR ORDER BY / DATE LIMITE 13 APR / AVR 2018
 PICK UP / RAMASSER 18 APR / AVT 2018

Pick up between 1600 - 1730 hrs
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Small Box \$18
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ALL PROCEEDS GO BACK TO THE PARTICIPANTS. NO ORDERS ACCEPTED AFTER THE DEADLINE. PLEASE BRING YOUR OWN BAGS/BOXES TO CARRY YOUR PRODUCE HOME.

TOUS LES PRODUITS RETOURNENT AUX PARTICIPANTS. AUCUNE COMMANDE NE SERA ACCEPTÉE APRÈS LA DATE LIMITE. SIL VOUS PLÂT APPORTER VOS PROPRES SACS / BÔTES POUR TRANSPORTER LES PRODUITS CHEZ VOI.

For more info / Pour plus de renseignements : Dawn.Redahl@forces.gc.ca • ext./poste 7013

Managing Angry Moments (MAM)

23 & 30 January 0830 - 1600 hrs

Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

Gérer les moments de colère

23 et 30 janvier 08 h 30 à 16 h 00

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'adaptati qui vous conviennent.

For more information or to register contact Health Promotion at (204) 833-2500 ext.4150 or healthpromo@forces.gc.ca

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Les jeudi du 11 janvier au 29 mars de 1800-2130hr

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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: Supervisor Training
 This course is course coded!
25 January 2018
0800 - 1600 hrs

For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca

Force Mentale et Sensibilisation au Suicide - Formation du Superviseur
 Il s'agit d'un cours auquel on a attribué un code!
25 janvier 2018
 Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

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
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FREE WEEK MON JAN 8 TO SUN JAN 14 2018

REGULAR CLASSES RUN MON 15 JAN TO THU 29 MAR 2018

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\$140 Without Membership (includes unlimited class access)

DAILY DROP-IN \$9 Military Personnel and with Recreation Membership \$11 Without Membership

TIMES	MON	TUE	WED	THU	FRI	SAT	SUN
0630-0715	8 Jan - 26 Mar Sunrise Yoga free for military & DND 890 MPR Cris	9 Jan - 27 Mar	10 Jan - 28 Mar	11 Jan - 29 Mar Sunrise Tabata free for military & DND 890 MPR Cris	12 Jan - 23 Mar	13 Jan - 24 Mar	14 Jan - 25 Mar
0930-1030	Fusion Fitness 890 Gym	Weight Res Circuit 890 MPR Bruce	Pilates 890 MPR Alan	20-20-20 890 MPR Bruce		Muscle Boot Camp 890 East Gym Tricia	Ball & Weights 890 West Gym Laura
1045-1145						Indoor Cycle 890 Spin Room Tricia	
1330-1430							Yoga for Active Living 833 Activity Room LeAnne
1500-1600							Aqua-Fit 890 Pool Natasha
1700-1800	Indoor Cycle 890 Spin Rm Jo	Fusion Fitness 890 MPR Bruce	Indoor Cycle 890 Spin Room Jo	Fusion Fitness 890 West Gym Bruce	20-20-20 890 MPR Bruce		
1730-1830				Pilates (Beginners) 890 MPR Alan			
1800-1700	Kick Box Cardio 890 West Gym Laura						
1815-1915		Yoga Beginner Vinyasa 890 MPR Tricia					
1830-1930				Pilates (Advanced) 890 MPR Alan			

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Connect with us:

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204-833-2500 extension / poste 4500

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www.facebook.com/WinnipegMFRC

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Upcoming MFRC Programs and Events

Cognitive Behaviour Therapy with Mindfulness Classes

These sessions will get you started on cognitive behaviour therapy with mindfulness. This is an evidence based therapy that helps individuals with symptoms of anxiety and depression. Classes are experiential and will cover the basic concepts of CBT; how to apply these to make positive changes in your life.

Wednesdays, January 17, 24, 31 & February 7
6:30 to 8:00 p.m.

Canex Building, Room 220

Free

Registration deadline: January 10

Space is limited.

Special Needs Discussion Group

This discussion group is open to those who are managing their own special needs, supporting someone else's or who is interested in learning more. We will be exploring and discussing a variety of special needs, through film screenings and book club discussion.
Thursday, January 18

Miss You Can Do It:

Eight girls with various physical and intellectual disabilities participate in the annual Miss You Can Do it Pageant founded by Abby Curran, the first woman with a disability to compete at the Miss USA pageant.

Free

Registration deadline: January 15

Please contact Sherri Pierce at ext. 4056 to discuss childcare needs at least two weeks in advance

Message from Joël Roy ED.

Happy New Year and welcome back! I hope you were able to recharge and reenergize over the holidays. You will need it; we have tremendous opportunities and activities coming up.

If you don't have your ticket to the Yellow Ribbon Gala yet, please don't hesitate as this promises to be another superb evening. Looking further ahead to April; the 17 Wing's Got Talent show should be a very special event; watch for the posters and register to participate.

There is so much more; but we need you help to make it happen though. Families, veterans, and serving members come see us to discuss volunteer opportunities or to share your own ideas. For example, we are developing a group that will be able to assist deployed families using equipment we are buying (snowblower, etc.). We will be looking to develop an outside mural painting for the South Side Youth Centre. We are ready to start the project of a float for the next Winnipeg Santa Claus parade. We are also developing a group that will assist refurbishing the T-33 on Portage Avenue this coming Spring in collaboration with the city.

We are looking forward to work with you and your family over the coming year. See you soon at the MFRC.

Winnipeg Military Family Resource Centre

is seeking a

Community Outreach Coordinator

Full-Time (37.5 hrs/week), 6 month probation period

The Community Outreach Coordinator provides information briefings, public relations, marketing and outreach services to 17 Wing personnel, their families and the general public.

Reports to the Executive Director.

Responsibilities

- Work as part of an interdisciplinary team with military and community organizations
- Program promotion through MFRC social media channels, Community Connections, the VoxAir, and other available avenues.
- Monitors Social Media channels and advises the ED on issues or positive impacts.
- Maintain an email and physical address database and use it to send program updates
- Conduct promotional activities and events.
- Give briefings to regular and reserve force units as well as civilian organizations
- Develop and maintain promotional materials such as brochures
- Collect and lay out information for the seasonal Community Connections newsletter (in French and English). Ensure it is published and distributed on schedule.
- Create monthly program calendars and distribute
- Create registration sheets for use at the front desk
- Order, develop and maintain inventory of MFRC promotional material and items.
- Maintain oversight of the program schedule for all MFRC program and services to ensure no duplication and conflicts
- Ensure that all materials produced by the Winnipeg MFRC have a common look and feel and present the appropriate corporate image

Core Skills/Qualifications

- English essential, bilingualism an asset
- Autonomy, sense of initiative and ability to work as part of a team
- Understanding of the military life style, and its impact on families
- Knowledge of resources and services available to military families
- Strong computer skills. Working knowledge of all Microsoft programs
- Self-motivating, adaptable and team orientated
- Ability to work a flexible schedule (evenings and weekends) on occasion

Desired Skills/Qualifications

- Combination of education, work, training or expertise in the above mentioned areas of responsibility.
- Understanding of the Canadian Armed Forces culture.
- Knowledge of MFRC programs and services
- Knowledge of 17 Wing
- Experience in public speaking
- Familiarity with Adobe Creative Cloud, specifically InDesign an asset.

Please send your résumé no later than January 16, 2018 to:

Joël Roy, Executive Director
102 Comet Street
PO Box 17000 Stn Forces
Winnipeg, MB R3J 3Y5
joel.roy@forces.gc.ca

A job description and a complete list of requirements are available at 102 Comet Street. Only those selected for an interview will be contacted.

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Cocktails à 18 h - Dîner à 19 h

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Saturday le samedi
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\$75 for personnel of 17 Wing and Lodger units,
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MFRC/CRFM - 102 Comet Street / 102, rue Comet - Monday to Friday 8:30am - 4:30pm / du lundi au vendredi, de 8 h 30 à 16 h 30

Sports Trivia Answers

1. 21.
2. The San Francisco Giants in 2012 over the Detroit Tigers.
3. The New York Yankees have swept the Series 8 times while being swept 3 times themselves.
4. 3. 1927 over the Pirates & 1928 over the Cardinals, 1938 over the Cubs & 1939 over the Reds, 1998 over the Padres & 1999 over the Braves.
5. 13.
6. The Chicago White Sox over the Houston Astros in 2005, The Yankees over Philadelphia in 1950 and New York Giants over New York Yankees in 1922.
7. George Springer - Houston Astros - .379 batting average, 5 home runs, 7 RBI's, 11 hits and 8 runs scored. Springer's 5 home runs equals the record set in 1977 by Reggie Jackson of the Yankees and equaled in 2009 by Chase Utley of the Phillies.
8. 20.
9. Montreal Canadiens with 6.
10. Detroit Red Wings - 4.
11. St. Louis Blues - 1968, 1969, 1970.
12. Boston Bruins in 1970.
13. May 2, 1967, a date which lives in infamy for Habs fans.
14. Sidney Crosby, Pittsburgh Penguins.
15. Cody Glass, Portland Winterhawks (WHL) - 6th overall pick.
16. Goaltender Calvin Pickard from the Colorado Avalanche. Vegas subsequently traded him to Toronto.
17. Queen's University over the Regina Roughriders 54-0 in 1922.
18. 3. Winnipeg over Hamilton 21-14 in 1961; Edmonton over Montreal 38-35 in 2005; Ottawa over Calgary 39-33 in 2016.
19. 1. They upset England 1-0 in 1950. The USA would not qualify for the World Cup again until 1990.
20. New Zealand All Blacks defeated Australia 34-17 in 2015.

Taroscopes

BY NANCY

Aries (March 21 – April 19): You may feel overwhelmed physically and emotionally when you think about how much there is to do. What you think effects how you feel. Challenge yourself to take control of your thoughts. Worry won't change anything. Organize. Prioritize. Deal with things systematically.

Taurus (April 20 – May 20): Integrate your physical, mental, emotional and spiritual goals and you'll save time and energy. New friends can challenge you to see global issues differently. Every relationship is shaped by the people involved. What drains your energy? Find ways to compensate for this.

Gemini (May 21 – June 21): Let go of what no longer suits or serves you. Be proactive not reactive. As one door closes another opens. Review your relationships and how they affect how you feel. Self-development is key in 2018. What are you interested in learning about? Take a class or hone a skill

Cancer (June 22 – July 22): This is a time of hope and happiness. Leave the past in the past. Worrying about what might have been is a waste of time. Other people's issues are not your problem. Embracing this philosophy is freeing. You can accomplish so much more when you're not dealing with drama.

Leo (July 23 – August 22): Stand up for yourself when confronted, but choose your words with care. Things don't automatically go the way you want them to. When you need help you can be very persuasive but be sure to find a way to show your appreciation. Challenge yourself to create win/win situations.

Virgo (August 23 – September 22): Strategize in a playful way to come up with creative, unique and fun ways to solve problems. This will increase the likelihood of success. What motivates and inspires you? Who does? Spend time with individuals who are exciting and live life with passion and purpose.

Libra (September 23 – October 23): Follow your bliss. You'll feel a sense of growth and inspiration. Things fall into place when you're doing what you love even if it doesn't go quite as planned. Don't just survive – find ways to thrive. You deserve the best. Take risks. Go after what you really want.

Scorpio (October 24 – November 21): Sometimes being sensible and practical just doesn't fit for you. What is it that is missing? Ground yourself in reality. An indirect route is more likely to bring success. Stop trying to problem solve in a linear fashion. Everything is interconnected. You are not alone.

Sagittarius (November 22 – December 21): Get organized. Allocate funds for all the places you want to go, and the things you want to do. Schedule some fun every day. A return on an investment is greater than expected. A shift in your lifestyle gives you more time for being with those you love. Live with gratitude.

Capricorn (December 22 – January 19): You've accomplished a lot. Now it's time to have more fun. People see you as an inspiration. Friends will support a new venture. Your plans will come together readily. Make creativity, the people you love and doing something different your priorities this year.

Aquarius (January 20 – February 18): When you feel healthy, you do your best work. Self-care must be a constant. You've set high standards for yourself. Striving for perfection can stop you from starting, but being aware of this can help. Dive into something new that feels fulfilling and enjoyable. Just do it.

Pisces (February 19 – March 20): Set your intentions for 2018. Make a plan. There are things you need to either complete or let go of. Focus on what needs to be healed and whole within you. Better time management will ensure things get done. Doing something that benefits your community is rewarding.

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 Every Saturday 7-11 pm
MEAT DRAWS
 Friday 5-7 pm
 Saturday 2-5 pm



Chaplain's Corner

Resilience

by Capt E. Dompierre, MH Chaplain, 23 CF H Svcs C

Resilience, a fashionable buzz word these days, can be found in literature going back as far in time as 1668. The word was first used in physical sciences to mean [translation], "the ability of material to withstand shocks and resume a suitable form". This metaphor is used in the field of psychology to describe the biological, psycho-affective, social and cultural process that allows a human being to not remain permanently shattered and enables the person to have renewed development.

The degree of resilience is strongly determined by several fairly complex factors such as attachment patterns, brain plasticity, emotional conditions, family systems, culture, and finally the possibility of sharing painful emotions associated with traumatic experiences. Expressing pain does not mean dwelling on it endlessly but rather managing the pain to better understand it so that the person can once again feel that he or she is part the human race and not cut off from it.

Resilience is neither endurance, nor pseudo-resilience (rigid personality), nor invulnerability. Resilience is different from adaptation or fulfillment. Resilience is multidimensional because it is open to all possibilities. It should be remembered that suffering is an inherent part of life and is closely linked to stress and trauma. This does not mean resisting temptation to focus only on what is going wrong but also means focusing on the strengths of the person and, based on these strengths, to come up with what is good for the individual from his or her perspective. Viktor Frankl said that the painter tries to share his or vision of the world as he or she sees it, that the ophthalmologist tries to help us to see the world as it actually is, and that, lastly, the role of the person who is treating a trauma patient is to broaden and deepen the visual field of his or her patient so that the world of possibilities or opportunities becomes visible to the patient as well.

A number of authors have noted that overcoming problems and having resilience often involve the ability to emphasize optimism, humour, cheerfulness and the possibility of support by a social network. This also involves having a positive attitude to suffering, spirituality and the ability to sublimate injury by giving it a meaning that transcends the trauma experienced and that applies solely to the traumatized person.

In the near future, the author of this article will take a deeper look at the concept of resilience by approaching it from a spiritual perspective. If you find this topic interesting and would like to do further reading on it, Viktor Frankl and Boris Cyrulnik are a good place to start.

Résilience

La résilience, mot à la mode s'il en faut, se trouve pourtant dans des écrits aussi vieux que 1668. Il est d'abord utilisé dans les sciences physiques pour désigner « l'aptitude de matériau à résister aux chocs et à reprendre une forme convenable ». Cette métaphore sert dans le domaine de la psychologie afin d'illustrer que le processus biologique, psychoaffectif, social et culturel qui permet à un être humain de ne pas être définitivement brisé permet un nouveau développement.

Le degré de résilience est fortement déterminé par plusieurs facteurs plus ou moins compliqués tels les schémas d'attachement, la plasticité du cerveau, les conditions affectives, le système familial, la culture et enfin par la possibilité d'une prise de parole qui permette de partager l'émotion douloureuse liée au vécu traumatique. L'expression de la douleur n'est pas de la ruminer sans fin mais plutôt de la remanier afin de mieux la comprendre et de pouvoir ainsi réintégrer l'humanité de laquelle la personne a pu se sentir chassée.

La résilience n'est pas de l'endurance, non plus une pseudo-résilience (personnalité rigide), ni de l'invulnérabilité. La résilience est différente de l'adaptation ou encore de l'épanouissement. La résilience est multidimensionnelle car elle ouvre sur tous les possibles. Il faut se rappeler que la souffrance fait partie inhérente de la vie, qu'elle est inévitablement liée au stress et aux traumatismes. Il s'agit donc de résister à la tentation de se concentrer uniquement sur ce qui ne va pas mais bien aussi de se concentrer sur les forces de la personne et à partir de là, construire ce qui est bien pour elle selon sa perspective. Viktor Frankl disait que le peintre essaie de transmettre sa vision du monde telle qu'il la perçoit; que l'ophtalmologiste essaie de nous aider à voir le monde tel qu'il est et qu'enfin le rôle de la personne qui traite un patient traumatisé est d'élargir et d'approfondir le champ visuel de son patient afin que tout ce que le monde offre de possibilités devienne visible pour lui aussi.

Plusieurs auteurs notent que la traversée des difficultés et la résilience sont souvent soutenues par la capacité à cultiver l'optimisme, l'humour, la gaieté, à la possibilité de s'appuyer sur un réseau social, à l'attitude adoptée devant la souffrance, à la spiritualité ainsi que par la sublimation de la blessure en lui attribuant un sens qui dépasse le traumatisme et qui appartient à la personne traumatisée seule.

Dans un avenir prochain, l'auteure du présent article approfondira le concept de la résilience en l'abordant sous l'angle de la spiritualité. Si le sujet vous intéresse et que vous souhaitez poursuivre par des lectures, Viktor Frankl et Boris Cyrulnik sont certainement de bons auteurs pour le faire.

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE: (English Only) 1100 hrs

COMMUNITY SERVICES:

Sunday School: It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age.

Marriage: Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

Baptism: 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: It meets the first Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Lesley Fox
(United Church)
- Protestant Faith
Community Coordinator
ext 5272

Padre Laura Coxworth
(Pentecostal)
ext 5785

Padre Greg Girard
(Christian Reformed)
- Det. Dundurn
306-492-2135 ext 4299

17 WING



**17 Wing Military
Community Chapel**
2235 Silver Ave
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Wihuri Road)

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Bilingual) 1600 hrs

COMMUNITY SERVICES:

Religious Education: Classes can be available to children from Preschool to Grade 6.

Sacrament of Reconciliation: It is available by request and at special times of the year. Contact Padre Gemmiti.

Baptism: We recommend that you contact the chaplain's office for an appointment six months in advance. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

Marriage: Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

CHAPLAINS

Padre Hope Winfield
(Roman Catholic Pastoral Associate)
- Wing Chaplain
ext 5417

Padre Paul Gemmiti
(Roman Catholic Priest)
- Catholic Faith Community Coordinator
ext 4885

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- Mental Health Chaplain
ext 5086

TBD
ext 6914

MAIN OFFICES
Administrative Assistant
204-833-2500 ext. 5087
Building 64,
Lower Level, North End.

EMERGENCY DUTY CHAPLAIN
Contact MP Dispatch ext 2633.

INFO PHONE NUMBER
For chaplaincy services and related
information, phone ext 6800 and
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WEBSITE
Those with access to the DIN can
visit 17Wing.winnipeg.mil.ca, then
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