



THE VOXAIR

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440 Sqn and 38 Brigade Prepare for EX Arctic Ram



440 Sqn members and 38 CBG members prepare to load a snowmobile into the back of a CC-138 Twin Otter providing air support to 120 soldiers of the Arctic Response Company Group during Exercise First Run in Gimli, Manitoba, and on the ice of Lake Winnipeg on the weekend of January 15-17. The exercise is in preparation for Exercise Arctic Ram in February, when the ARCG will travel to Nunavut. The troops practiced search techniques, transportation using Light Over-Snow Vehicles and winter survival skills.. Photo: Cpl Jean Archambault, 38 CBG Public Affairs/ Affaires publiques du 38e GBC

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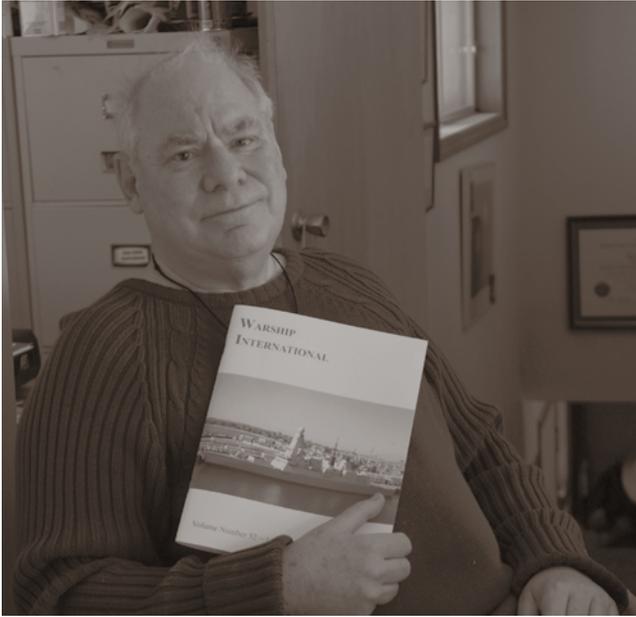
17 Wing Neighbour “Ship” Off The Ol’ Block

By Martin Zeilig
Voxair Photojournalist

Bill Jurens makes no excuses for the very cluttered nature of the second floor office in his St. James home which is located not far from 17 Wing.

Jurens, a world recognized specialist in battleships and munitions, knows where the important information is stored.

It’s contained on the sagging, book burdened wall-to-wall multi-levelled bookcase, in the schematic drawings stored in long tubes in an attached anteroom, and in documents scattered helter-skelter on his messy desks



Internationally acknowledged battleship expert Bill Jurens, a resident of St. James, holding a recent copy of the journal *Warship International*, of which he is an editor. . Photo: Martin Zeilig

or online in his computer, as well as in his brain.

Jurens was recently praised for his “draughting wizardry” and editing skills by the author of a soon-to-be released book on the esoteric subject of aiming devices for naval guns.

“If it moves by land, sea and air, I know how to make it move,” Jurens, 68, a retired technical school teacher, said during a recent interview at his home.

But, his primary interest is with all things naval.

Jurens’s traces his fascination with ships back to 1954 after seeing three movies: *A Night To Remember*, based upon Walter Lord’s book on the sinking of the *Titanic*, *Sea of Lost Ship*, “which also involved, by coincidence, ships and icebergs,” he added, and Walt Disney’s *20,000 Leagues under the Sea*.

“Two of these were accompanied by very readable books, so I became fascinated with the idea of ships being made up of small compartments slowly filling with water,” he offered.

Things have changed somewhat over the years.

“At first, I was just fascinated with the idea of ships sinking,” explained Jurens, who taught Drafting, Television Production and a variety of academic subjects for thirteen years at what is now Sturgeon Heights Collegiate, after which he went on to teach Technical Drafting for another twenty-four years at what is now the Manitoba Institute of Trades and Technology.

“Later I became more interested in the fairly unique engineering aspects of the problem – the idea that one could study parallel engineering and innovation best by studying the solutions of problems that were developed in parallel, i.e. with designers working independently from one another due to international security issues. You don’t see that often. In most cases engineering is done in a much more cooperative mode. It’s much more in ‘committee’ mode.”

He’s been working in television for about fifteen

years now.

“My first big project involved a visit to the wrecks of HMS Hood and the German battleship Bismarck in 2001,” observed Jurens, who also worked for CAE Western designing ground control approach systems and at Bristol Aerospace (now Magellan Aerospace) making rocket payloads.

“At that time they needed a forensic expert in order to interpret what they were seeing and to justify the expeditions as ‘scientific’ rather than purely exploratory in nature. As I was a member of the Society of Naval Architects and Marine Engineers Marine Forensics Panel (SD-9), and I had studied the construction of both of these ships in detail, I was a natural fit.”

He credits his teaching experience with making it easy for him to “perform on camera, and things just went on from there.”

“A high point was working directly with (Hollywood movie director) James Cameron in his production of *Expedition Bismarck*,” Jurens added.

“Over the years, I’ve helped to make more than a dozen documentaries on warship design and operation, some good – some, I’m afraid, not-so-good.”

As an editor for the journal *Warship International*, he’s edited more than a hundred articles on warship design and construction – and probably twenty-five or thirty books, he noted.

“This has kept me in touch with a lot of authors scattered around the world,” Jurens said.

“They’re my ‘ears and eyes’ when it comes time to visit, by proxy, various and sundry foreign archives. Lots of people ‘owe me’ and, of course, I owe them.

“Right now I’m working on two projects for television for the Discovery Channel and National Geographic. One is a study of the various warships sunk in the North Sea during World War I, the other a similar study of (mostly American) warships sunk during World War II.”

New DFIT.ca App Family Friendly



Photo: DFIT.ca

By Martin Zeilig
Voxair Photojournalist

Major Anthony Watson calls the new DFIT.ca program a very convenient method of maintaining a consistent and varied workout regimen.

It’s helping him take his training to that next level.

“This is a lot more interactive and easier to use than the previous site,” Maj Watson said during a break from participating in the noon hour “boot camp” circuit training in the gym at Building 90.

“It’s almost an app. It has an electronic tracking device. I can track everything I’m doing. I’m using it specifically for weight lifting and my running.”

Since October 2012, DFIT.ca provides online operational fitness training plans and guidance to more than 28,000 registered Canadian Armed Forces (CAF) members, both Regular Force and Reserve, writes Pascale Lalonde, Canadian Forces Morale and Welfare Services, in a recent media release.

“Now in its third year, this unique tool launched by Personnel Support Programs (PSP) has been improved and updated, making the site more responsive to mobile devices, introducing more intuitive website design, and ensuring faster response times,” he says.

“The DFIT.ca mobile Web platform now offers customizable fitness training plans, video demonstrations of hundreds of exercises, tips for injury prevention, nutritional information, and online training journals. DFIT.ca also features an online forum moderated by PSP Fitness professionals who can provide helpful training advice and feedback.”

With the aim of expanding its audience of users beyond serving military personnel, DFIT.ca for Families is a new online resource featuring general fitness and a more family-friendly, total lifestyle approach to active living. Special features include parenting tips focused on active living, online personal trainers, program discounts and coupons, diet and weight loss guides, and much more.

To celebrate the new and improved DFIT.ca, a series of events will be held at CAF Bases and Wings across the country the week of the 25th of January 2016.

The new DFIT.ca is free to military members and free

for the first year to family of serving members, veterans, and family of veterans. For other Defence Team members, the cost is \$25.00 for the first year; while members of the general public will pay \$50.00 for their first year.

“It’s a more family friendly lifestyle approach to active living,” said Tina Bailey, the PSP Manager Fitness Sports and Recreation at 17 Wing, during a telephone interview.

“The tool is being launched by PSP and has been improved and updated to make the site easier to use with mobile devices. You can come into the gym and link into our wifi and check on your workout plan which the site develops and follow the instructions.”

Military members have to work with a PSP staff member when developing their plan, she added.

“I want to get this out to make people aware there is a new and improved platform available to military members and now the site is available for dependents too.”

Meanwhile, David Chung, PSP Fitness Instructor, labels DFIT.ca a user friendly tool, and one which fitness instructors use to help military members meet certain goals.

“It’s a useful tool to generate a program anywhere (in the world) that may be used with whatever resources are available,” he said while pausing for a break from over-seeing a fitness session he was heading in Building 90.

For more information, visit www.DFIT.ca to register, or connect with your local PSP team for more information. Local 7013 / 2057. deanne.bennett@forces.gc.ca / colleen.preston@forces.gc.ca

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Afghanistan Book Of Remembrance Installed at Legislature

By Martin Zeilig
Voxair Photojournalist

Corporal James Hayward Arnal, Sapper Sean David Greenfield, Corporal Keith Ian Morley, Corporal Michael James Alexander Seggie, Private Lane William Thomas Watkins, Master Corporal Timothy James Wilson, Trooper Corey Joseph Hayes.

Those seven brave members of the Canadian Armed Forces, who were either born in Manitoba or raised here, paid the ultimate price during their tours of duty in Afghanistan.

Their names are now forever memorialized in the Afghanistan Book of Remembrance-- a copy of which was presented to Andrew Swan, NDP MLA for Minto, the newly named Special Envoy for Military Affairs.

The black covered book has crossed Canadian and Afghani flags with a CAF crest on the cover. Each page contains a photograph, as well as a brief writeup, of each of the 158 Canadian soldiers killed during the War in Afghanistan (2001-2012).

Colonel Geoff Abthorpe, Commander 38th Canadian Brigade Group, Lieutenant Colonel Steve Gallagher, Chief Of Staff of the Brigade, Regimental Sergeant Major Jim Seggie, of the Winnipeg Infantry Tactical Group, and Major Mike Lagace, Senior Public Affairs Officer of 38 CBG, were all part of the presentation ceremony in the Military Envoy's office. Dwight MacAulay, Chief of Protocol, Province of Manitoba, was also present for the ceremony.

The book will be on permanent display in the Legislative Building's main floor Hall of Honour, which is, as an inscription on a plaque states "Dedicated to the brave men and women who served this nation with dignity, courage and sacrifice in times of war and peace."

An earlier exhibit, Afghanistan Memorial Vigil was on display from September 16-20, 2014 in the Manitoba Legislative Building.

"Built from the recovered memorial plaques from Kandahar Air Field cenotaph, the Vigil display focusses on fallen Canadians, including the 158 soldiers, a Canadian diplomat, contractor, journalist as well as 40 United States Armed Forces personnel attached to the Canadian Forces," noted the media advisory.

"More than 39,000 Canadian Armed Forces members have served in an Afghanistan theatre of operations or in support of the mission from other locations around the world during the 12 years of service in Afghanistan," said MLA Swan. "I was very honoured to be presented with the Afghanistan Book of Remembrance,"

"It contains the names of all Canadians killed in Afghanistan, including seven Manitobans. It is a reminder to all of us that the sacrifices made by Canadians did not end after the Second World War and Korean War. The book will be featured alongside the other books of remembrance on the main floor of the Legislature."

Col Abthorpe noted that he had commanded an Infantry Company in Afghanistan back in 2006-2007.

"The story of democracy is about those who gave their lives," he said during an interview following the presentation. "I am impressed with what Manitoba is doing. This Hall of Remembrance captures what Manitoba is all about."

Maj Lagace mentioned that he was presented with the Book of Remembrance by the National organizers of the Afghanistan Memorial Vigil back in 2014 when it was initially displayed at the Legislature.

"The book was brought to 38 Brigade HQ where we left it by the Commander's Boardroom at Wing HQ," he said. "When the province recently opened their Hall of Honour, I approached the Commander about displaying it there (permanently) for all Manitobans to see."



From left to right: Lieutenant Colonel Stephen Gallagher, Chief Of Staff of 38 Canadian Brigade Group (38 CBG), Chief Warrant Officer Hamish Seggie from Winnipeg Infantry Tactical Group, Andrew Swan, Manitoba's Provincial Military Envoy, Colonel Geoffrey Abthorpe, Commander of 38 CBG, Major Michael Lagace, Senior Public Affairs Officer of 38 CBG and Dwight Macaulay, Manitoba's Chief of Protocol gather after the presentation of the Afghanistan Book of Remembrance to the Province of Manitoba at the Manitoba Legislature building in Winnipeg on January 15, 2016. Photo: Cpl Jean Archambault

Let's Talk About Removing the Stigma

By Martin Zeilig
Voxair Photojournalist

Seeking help for a mental health problem should not be looked at any differently than seeking out medical assistance for a physical illness, notes Sherrie Pierce, a registered Social Worker at the Military Family Resource Centre.

Mental Health issues should not be stigmatized, she stressed during an interview with The Voxair.

This is the basis of Bell Let's Talk Day on January 27, an initiative supported by the CAF.

"One of the key pillars of the sixth annual Bell's Mental Health Initiative is anti-stigma," says a media release from Bell.

As part of Bell's efforts to reduce the stigma of mental illness, the Bell Let's Talk awareness campaign has already begun to engage Canadians in the dialogue around mental health.

"Once again, with Olympian Clara Hughes front and centre, the third annual Bell Let's Talk Day campaign will feature a national multi-media campaign that culminates on January 28, 2014," the press release notes.

"On January 27, talk, text, tweet and share to fight the stigma and grow Bell's funding for Canadian mental health - let's beat the record Bell Let's Talk Day participation in 2015!"

Serena Ryder, Marie-Soleil Dion and Étienne Boulay, Michael Landsberg, Howie Mandel, Mary Walsh, Michel Mpambara and Stefie Shock are also part of Bell Let's Talk campaign team

On Bell Let's Talk Day, Bell will contribute five cents for every text message and long distance call sent by Bell and Bell Aliant customers to mental health related initiatives.

In addition to phone and text, people will be encour-

aged to engage in dialogue about mental health through social media and access information about the mental health community via the Bell Let's Talk portal at <http://letstalk.bell.ca/en/>

"We turn up the mental health volume on Bell Let's Talk Day, letting all those who struggle know they have our support and can reach out for help without fear. At the same time, Bell increases its funding of Canadian mental health programs with each message of support you send," Hughes, Canada's six-time Olympic medalist and national Bell Let's Talk spokesperson since its launch in 2010, said in the press release.

Lieutenant -Commander Padre Jack Barrett, CD1, the head of 17 Wing's chaplaincy team, says the invisible injuries that affect the psyche and emotions are very much marginalized by the "deafening silence" around it.

"Bringing the conversation of mental health and mental illness into the main stream is as much a social issue as it is a spiritual journey," he said during an interview in his office. "The Chaplain team is uniquely trained and suited to assist people on the spiritual journey of heal-

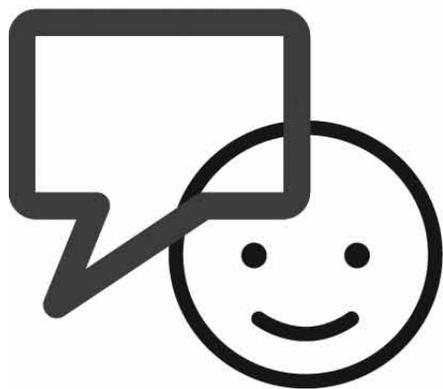
ing. Spiritual and mental healing are companions on that journey. When there is healing in individuals both the individual and society are the benefactors."

Pierce points out that the MFRC also offers up individual counselling for military spouses and family members.

"We have a children's therapy program as well as counsellors who can meet with teens and adults," she says, noting that she is one of two social workers at MFRC. "We also offer preventative programming for people who are working with their mental health well being. People don't understand mental illness, and so it may be seen as less tangible than a physical illness, and also for some reason there's a greater expectation that you should be able to 'just get over it.'"

Professional help is available too at 23 CF Health Services Centre in Building 62.

For further information, contact 23 CF Health Services at ext. 5086; MFRC at ext. 4500; Duty Chaplain through Wing Operation Centre at ext. 2700.



Bell Let's Talk

What If You Don't Die?

By Bill McLeod
Voxair Manager

Heather Dixon, LL.B., wants you to consider your own death.

More to the point, the Winnipeg lawyer who is an expert in Elder Law, would like you to think about what happens if you don't die right away.

In the Canadian Armed Forces, everyone has a will, just in case, but we rarely think about what happens if we become incapacitated or incompetent due to illness or injury. According to Heather Dixon, a will only tells people what you want done with your stuff after death. A Health Care Directive and Power of Attorney tells people who will say what you want done with body and your stuff if you are unable to tell people yourself.

Heather Dixon spoke to about 100 17 Wing Defence Team members at the Base Theatre on Friday, January 15. The presentation was sponsored by the Employee Assistance Program and was supported by the 17 Wing Commander, Colonel Andy Cook.

Heather is presently Counsel to the firm Pullan Kammerloch Frohlinger. She started university later in life after all her children were in school and she started studying law after her oldest son, who had just started law school, told her that's where she should be. Heather served on the Boards of the Alzheimer Society of Manitoba and Alzheimer Society of Canada for 18 years in total where she discovered her passion for Elder Law. She received the Queen's Jubilee Medal for her work with Alzheimer's Canada.

"The most important document anyone can have is the Health Care Directive," she said. "Think about it. If your great nephew does not get your hand painted periwinkle tea cups just what are you going to do about it? What you need to do is take care of yourself first."

She pointed out that this document was one that everyone should have and that anyone can fill it out without a lawyer or witness. It can be downloaded from the Manitoba Government site at <http://www.gov.mb.ca/health/documents/hcd.pdf>

This form does not require a lawyer but does require you trust the person who is named as your proxy, the person who will make your medical wishes known to the doctors. One of the points that Heather made during the presentation is that adding conditions like 'quality of life' become open to legal interpretation and may have

the exact opposite effect of allowing your proxy to make decisions for you. The HCD is one document that may be best to not have conditions in and explain yourself to your proxy.

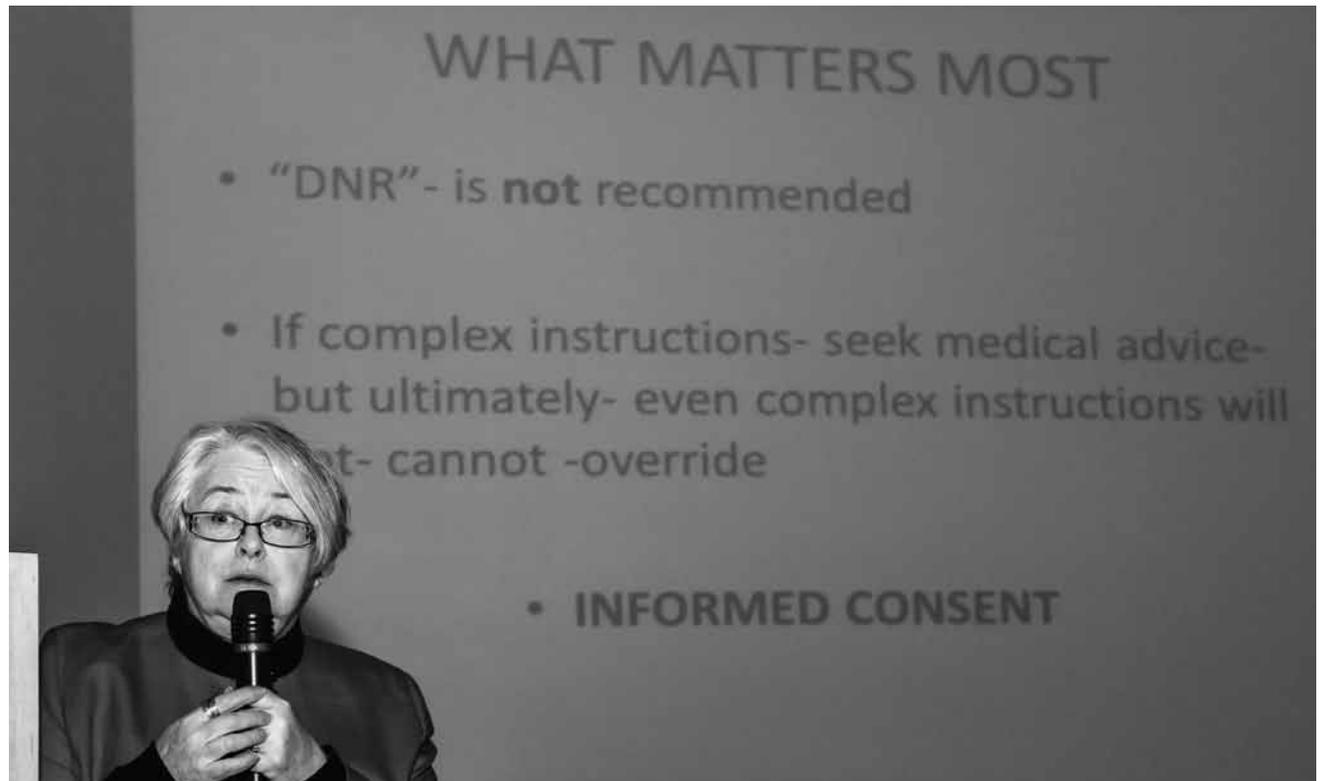
Most people in the military are also aware of Power of Attorney documents but may not be as aware what that entails. The attorney is the person who will be handling your financial affairs if you no longer can. It also requires that you trust the person named but it also requires that the attorney has the ability to do the job. For example, if the person you have selected as your attorney is bankrupt they will not be allowed to serve.

"This is really sad when I have to do this for couples who have been married for years and years," said Dixon. "They never thought to get a Power of Attorney for each other and now decisions have to be made, the GICs come due and they were in both names and now the wife can't

sign pensions and CRA. The problems with committee-ship are that it is very expensive, it takes time, there's no margin for error, if you make a mistake the Public Trustee steps in."

Both the Power of Attorney and Executor of your will have specific duties attached to them, like preparing financial reports and possibly even determining how and where you will live. According to Heather Dixon, these documents should be created by a lawyer to minimize chances of mistakes.

One example she gave of mistakes she has seen was where one spouse had named adult sons and daughters as beneficiaries. One of the son's was going through a divorce and the end result was forcing the sale of the property to satisfy the divorce and conditions of the will despite the fact the deceased was survived by a spouse living on the property.



Heather Dixon, Counsel to the firm Pullan, Kammerloch, Frohlinger, talks about the importance of Health Care Directives and Power of Attorney to an audience at 17 Wing on Friday, January 15. The presentation was sponsored by the Employee Assistance Program and provided Defence Team members with important information on end of life issues. Photo: Bill McLeod

Everyone has a Role in AIRPower



BGen Dave Cochrane, 2 CAD Commander presents Ms. Chiara Maffiola of 17 Wing Supply with his Commander's Coin in recognition for her dedicated service to the members of 2 CAD over the years. Photo: Cpl Paul Shapka, 17 Wing Imaging

On January 13th, Brigadier-General Dave Cochrane, 2 Canadian Air Division Commander presented Ms. Chiara Maffiola of 17 Wing Supply with his Commander's Coin in recognition for her dedicated service to the members of 2 CAD over the years.

"Grazie per tutto quello che hai fatto per il personale della seconda divisione canadese, del diciassettesimo Stormo e per me, in tutti questi anni*," said BGen Cochrane in Italian during the presentation (*see translation below).

"I was just doing my job," said Chiara upon receiving her coin. "It's nice because you don't think anyone notices."

Chiara is noticed by almost everyone that passes through 17 Wing Supply and needs adjustments to their uniforms.

Chiara has been providing excellent tailoring services to 17 Wing and its lodger units for over 27 years and always does so with a smile and exceptional dedication to her craft. This was exemplified when she worked tirelessly to ensure that all Royal Canadian Air Force members of 17 Wing could stand proudly together on parade last year in new uniforms that harken back to our rich history. The significance of being able to do so for the first time as a group at a Battle of Britain Ceremony – an event that is so important to the history of the Royal Canadian Air Force - cannot be understated.

We could not have done so without the hard work of Chiara and her team!

* "Thanks for all you have done for 2 Canadian Air Division, 17 Wing personnel and myself over the years."

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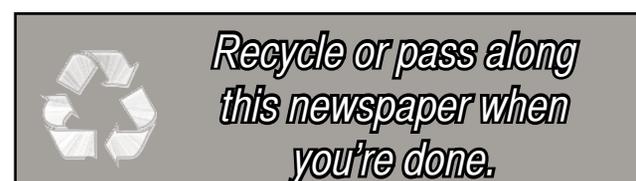
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Snowbirds and Soldier On Team join 2016 RCAF Run

By Captain Bettina McCulloch-Drake

I confess: I am not much of a runner, but there is something about community-based charitable runs that inspires me to strap on my running shoes every year for a good cause.

This year is no different.

This year I plan to up my game and train for my own personal best in the RCAF Run's 5-kilometre run. Accredited by Athletics Canada, the Run's 5-km road race, along with the 10-km and half-marathon (individual and relay), will bring runners to the heart of the historical home of the British Commonwealth Air Training Program's (BCATP) Number 2 Training Command. Commemorating the 75th Anniversary of the BCATP as part of their 2016 tour, the Snowbirds will be a central feature among our aircraft displays at this year's RCAF Run.

Aside from visiting with the Snowbirds, I am looking forward to running alongside members of Soldier On. If I ever needed to find inspiration about how to work

through adversity, I would have to look no further than the members of the Soldier On running team that will be participating en-masse in this year's Run. These men and women know what it is like to take back their lives after suffering from both the visible and invisible injuries inflicted upon them and it is for them, in part, that I will take the time to run.

Even before the first RCAF Run in 2009, the Royal Canadian Air Force has been committed to supporting our ill and injured members and our families in their times of need. Last year's Run helped raise thirty-thousand dollars for the Soldier On Fund and the Military Families Fund. This year, it is hoped that more participants will come out on Sunday, June 5 to exceed last year's donation to the Funds.

By moving the Run to the first Sunday in June, RCAF Run organizers are looking to benefit from the warmer weather, which attracts more people to outdoor activities.

Last year's static aircraft displays saw hundreds lin-

ing up to get a chance to climb into aircraft and imagine themselves in the pilot's seat. Some even tried their hand at the mobile flight simulator used by Royal Canadian Air Cadets as part of their aeronautical training. All these features and more will be open to participants at this year's RCAF Run.

Off the flight line, the bustling RCAF Run Village will continue to be a hub of activity. Runners will continue to benefit from the Run's race recovery and valet services. Youth will be able to pit themselves against the physical and mental obstacles of the Youth Challenge. And families will have a variety of engaging and interactive activities to choose from throughout the day including the 3-km Family Fun Walk/Run.

Throw in some great performances by the RCAF Band and this year's RCAF Run looks to be even better than previous years. That being said, what are you waiting for? Online registration for the 2016 RCAF Run is now open at www.rcafrun.ca.



Civilians and Canadian Forces Member's participate in the 2015 RCAF Run on May 31, 2015 at 17 Wing. The Annual event is held in Support of Soldier On. Photo: Cpl Darryl Hepner

BMO/CDCB ATM Now Available at 17 Wing



Meseret Zewdu, a Defence Team member, prepares to make a withdrawal from the new Bank of Montreal banking machine in the lobby of Building 139, 17 Wing's newest multi-purpose building housing the CANEX, the Post Office, and a number of Canadian Forces Morale and Welfare Services offices. Canadian Defence Community Banking is proudly served by BMO, the Bank of Montreal, which offers discounts and special rates to Defence Team members. To learn more about CDCB please visit www.cfmws.com or drop in to any BMO branch.

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Piano Man Mad About Jazz



Warrant Officer and piano man Mike Manny.
Photo: Supplied

By Martin Zeilig
Voxair Photojournalist

Chances are that Warrant Officer Mike Manny, J3 Training Support Warrant Officer (Air) Regional Cadet Support Unit (Northwest), won't mind if you jokingly refer to him as "the piano man."

In fact, he might flash a big toothy smile and consider the moniker a compliment.

Because that in essence is what he is, a piano player who specializes in jazz, pop, Latin, funk, and other types of commercial music.

A former member of the RCAF Band, WO Manny joined the military in 2003 and is a native of Toronto.

WO Manny, 41, is married to Captain Meaghan Manny. Since arriving here in 2009, WO Manny has been earning kudos for his work as a freelance musician.

"I started taking piano lessons when I was five years old at the Humber College Music Education for Children program," he said in an interview with writer Charlene Diehl in the January-February 2016 issue of dig! Winnipeg's Bi-Monthly Jazz Magazine.

"It was sort of on a whim that my parents asked me if I wanted to learn music and piano. At five years of age,

what do you really know? Next thing I knew I was going to music lessons every Saturday morning! Over the years, I was encouraged to add drum set and percussion to my studies at Humber."

After graduating from the Etobicoke School of the Arts, he headed to Humber College, "where I fully embraced The Jazz," he said.

Manny then applied for and was awarded a scholarship to pursue graduate studies at the Manhattan School of Music.

"Being right in the heart of NYC was awesome. The music, the culture, the scene, the food, the hangs-okay, just about everything," he said in the magazine interview.

"The opportunity to study at a world-renowned institution was a highlight of my musical upbringing. I'm very lucky to have had the musical start that I did, and I wouldn't be the musician I am today without the encouragement and inspiration of my music instructors over the years."

WO Manny moved back home after his studies in NYC.

"I was working at a community based music school called the Toronto Faculty of Music where I was teaching private lessons, and doing musical arrangements for the school's jazz band, which I also directed," he said during an interview with The Voxair on January 14.

When he first joined the CAF, WO Manny was with the Army Reserves - The 7th Toronto Regiment, Royal Canadian Artillery.

"Then, I found out that the regular force had openings in the music branch in the Regular Force, but, I had to audition for the job in 2004," Manny said. "Afterwards, I was posted to Ottawa to the Central Band of the CAF."

He noted that he got to meet many dignitaries while playing at functions in the Nation's Capital, including former Governor General Michaëlle Jean, former Prime Ministers Paul Martin and Stephen Harper, and General Rick Hillier, a former Chief of the Defence Staff of the Canadian Armed Forces, among others.

WO Manny recalled one event where then Governor General Michaëlle Jean enjoyed his piano playing so much she started to dance around the ballroom floor at Rideau Hall (the Governor General's official residence) while he was playing a solo piece at the piano during a soiree.

He's found lots of work here too.

"The Winnipeg jazz scene has been a great experience, especially getting to know and perform with local musicians who are always encouraging," he said with a smile. "Every year I've played in the Winnipeg Jazz Festival with other local bands, as well playing private, corporate and restaurant gigs."

WO Manny is just mad about jazz. It's his groove, man.

Is The RRSP a Good Option For CAF Members?

By Pierre S. Goulet, CFP, FMA, FCSI

Associate VP, Client Services Delivery, SISIP Financial

SISIP Financial advisors are used to hearing this question from Canadian Armed Forces (CAF) members who think they don't need RRSPs because they have a very good Pension Plan. Unfortunately, misconceptions like these may cause CAF members to make decisions which could affect their financial security and financial goals, without all the facts!

Registered Retirement Savings Plans (RRSPs) provide the foundation for many people's retirement savings and have at least two benefits no investor should overlook:

- The tax refund when you make a contribution; and
- The tax-deferred growth for as long as the money remains in the account.

Therefore, getting an account started, even if your budget only allows you to contribute \$50 per month, should be a priority for most.

Less taxes, more savings...

What makes RRSPs so attractive is that they allow you to defer tax on up to 18% of your previous year's income - to a maximum of \$24,930 (for the 2015 tax year). As a CAF member, your contribution room is reduced by a Pension Adjustment formula because you are a participant in a defined benefit pension plan.

The money in your RRSP will eventually be taxed when you withdraw it, but because most members and their spouse will earn less income in their post-working years, than while actively employed, those withdrawals should end up being taxed at a lower rate. If you are in a higher tax bracket today, an RRSP is the way to go.

Another major benefit of RRSPs is that they allow your contributions to grow tax-free. This means you don't have to pay capital gains taxes when you sell stocks or funds at a profit, and you don't have to pay tax on dividends or interest you receive in cash. Indeed, you will only be taxed on income you withdraw from your RRSP.

Put your finances on "autopilot"...

Younger investors who plan to be working for several decades can afford to fill their RRSPs with growth-oriented equities, because they can ride-out market dips.

One of the most effective ways to build up your RRSP* is to set up an automatic Pay Allotment so that money goes into the RRSP before you have a chance to spend it and you'll barely miss it. This strategy of "paying yourself first" not only establishes good savings habits, it also has the major benefit of dollar-cost averaging (by making contributions on a regular schedule, you buy more shares when prices are low and fewer when prices are high), not to mention the added satisfaction of watching your money grow more steadily.

Should you invest in a TFSA* instead?

The Tax-Free Savings Account (TFSA) is yet another way to grow your investments tax-free. When is it more suitable than RRSPs? The key difference between the two is when your contributions are taxed. Putting money in a TFSA earns no up-front tax refund: your contributions are made with after-tax dollars. But unlike RRSPs, withdrawals from TFSAs are not taxed as income! For more on the TFSA, visit the SISIP Financial online Learning Centre at www.sisip.com.

* For either of these options, consider the "simple savings solutions" available to all CAF members via the Canadian Armed Forces Savings Plans (CAFSP); you can make an appointment online with a SISIP Financial advisor at www.sisip.com to determine which is the best option for your investment purposes.



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Tri-Service Veterans Continue to Serve (Their Fellow Veterans)

By Martin Zeilig
Voxair Photojournalist

Before he formally joined the Tri-Service Military Veterans' Association of Canada, retired CAF member Robert "Huggie" Hemlow sat in with them at their regular gatherings at the 283 Anavets Hall located 3584 Portage Avenue.

Now, he's president of the association. That says a lot about him and the organization.

"I observed what they did for four months (before joining)," Hemlow, 61, who got his nickname while serving for 22 years with the Regular Forces, said during an interview one recent evening with fellow TSMVA member Master Corporal Randall Trenholm in the conference room at the back of the big Anavets (Army, Navy, Veterans) Hall.

"I joined for the camaraderie, to socialize, and to make a difference to my brothers and sisters who require help."

The TSMVA was incorporated in Winnipeg on December 20, 2012, noted Cpl Trenholm, adding that the TSMVA has a total of 62 members across Canada with a membership of 40 in Manitoba. The membership includes active and retired CAF personnel, RCMP officers, local police officers, as well friends and family members.

"Today, many of us are either retired, working in main stream jobs, or in some cases still actively serving in the Canadian Forces," says information on their website.

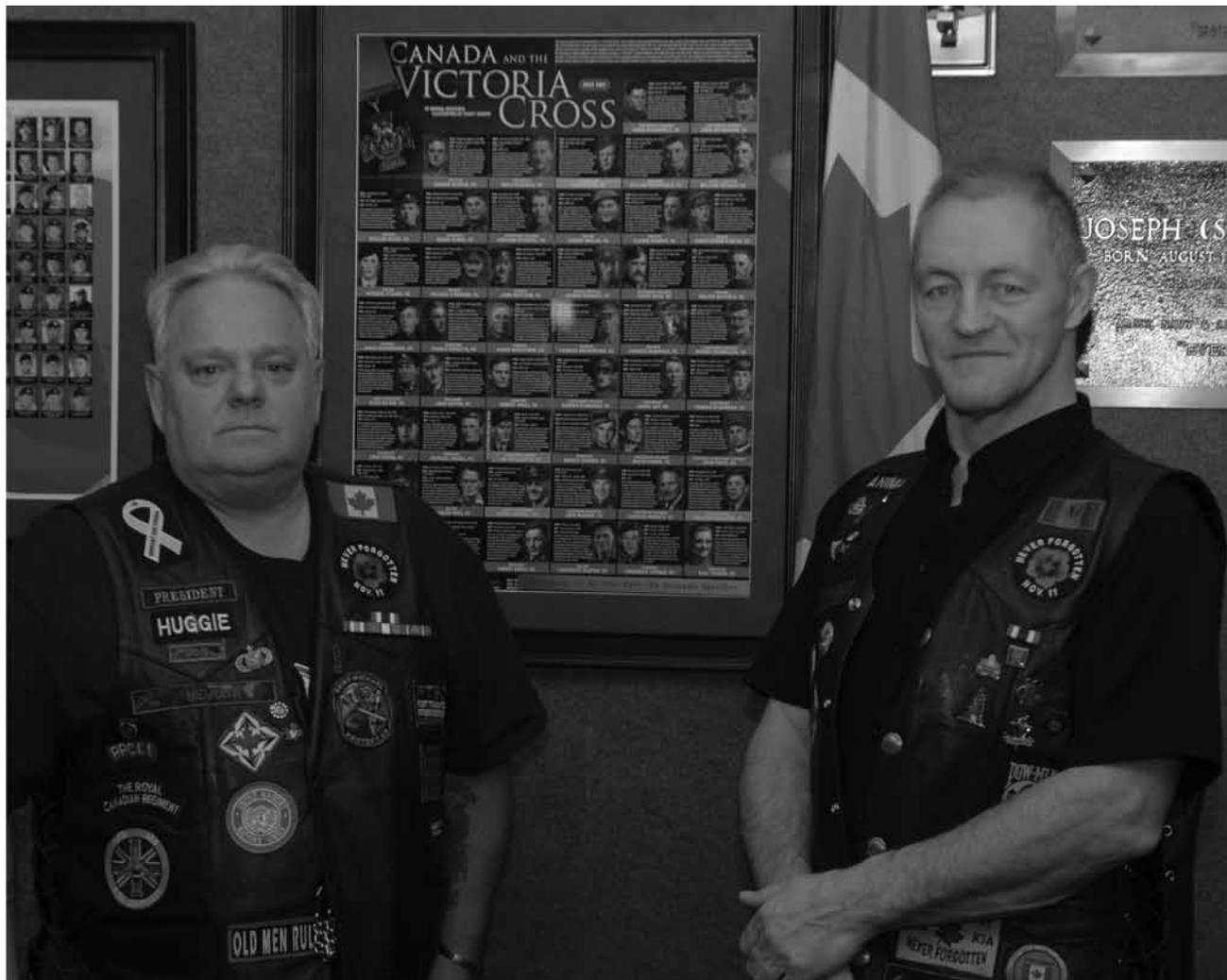
"We are the men and women that volunteered to serve our country, whether that was on board ship, on bases across Canada, or abroad. We took pride in the various elements that we served, be it Army, Navy or Airforce.

"Today, our Association, just like when we served, maintains the values of our former uniformed service - those of integrity, legitimacy, honour and strength and we take pride in committing ourselves still to these values while serving our community as Veterans."

The Tri Service Military Veterans Association is committed to bringing Veterans together "to enjoy life, renew the bonds of friendship and camaraderie, share stories of the old days and bring back the feeling of family and unity that we once shared."

Hemlow, 61, who works as a full time crisis worker in Selkirk, stressed that some of the members also ride motorcycles with other clubs in fundraising events, such as the Ride for Dad (a prostate cancer fundraiser), the Breast Cancer Ride and, the Canada Post Support Children in Need Ride.

"Our main goal, though, is to raise funds for differ-



Retired CAF member Robert "Huggie" Hemlow and Master Corporal Randall Trenholm, members of the Tri-Service Military Veterans Association of Canada, posing by the Victoria Cross plaque at the 283 Anavets Hall. Photo: Martin Zeilig

ent veterans associations in Manitoba," he said, adding that those funds are all donated to the Military Family Resource Centre, the Veterans Ward at Deer Lodge, Courageous Companions (harnesses for the dogs), PTSD Awareness Rides Across Canada, and similar bodies.

They have donated several thousand dollars to different veterans organizations and supporting agencies over the past three years, commented Cpl Trenholm.

"Every Tuesday, we'll do a fundraising meat and bake sale draw," he offered, noting that they help out other Royal Canadian Legion and Anavets too.

"That's our primary income for raising funds and all the money we raise goes back into the veterans community. We adopted seven veterans at Deer Lodge during

the Secret Santa Adopt-a-Vet (at Christmas). Each vet at Deer Lodge had a list of what they wanted, and we filled every item on that list."

"We're their families," said Hemlow, who was wearing, as was Cpl Trenholm, sleeveless black leather vests plastered with various military patches, including a large Tri-Service Military insignia on the back.

"This is one of the best groups of people I've ever been associated with, and I say that with all honesty. They're a pretty amazing group with what they do with the help of Anavets."

For further information, contact Cpl Trenholm at email: randalltrenholm@hotmail.com

TSMVA website: www.cdnveterans.com

MND Visits NORAD HQ in Colorado

COLORADO SPRINGS, COLORADO — Defence Minister Harjit S. Sajjan paid his first visit to the North American Aerospace Defense Command Headquarters (NORAD) at Peterson Air Force Base in Colorado today. During his visit, he met with Admiral Bill Gortney, Commander of NORAD and U.S. Northern Command, and Canadian Lieutenant-General Pierre St-Amand, Deputy Commander of NORAD. Discussions focused on a number of issues important to the Canada-U.S. defence relationship, including continental defence, new challenges to North American aerospace defence and NORAD's continuing evolution to meet those challenges.

The Minister toured the NORAD facilities and had an opportunity to speak with a number of Canadian and American military personnel who serve at its headquarters. Minister Sajjan released the following statement at the conclusion of his visit:

"My visit to NORAD was a great opportunity to discuss the important work being carried out by this unique binational defence partnership to protect North America from potential airborne and seaborne threats. I want to thank Admiral Gortney and Lieutenant-General St-Amand, and their dedicated team, for their ongoing leadership and cooperation, which is essential for the defence and security of North America now and for the future."

Canada and the U.S. enjoy one of the most extensive

and long-standing defence relationships in the world. The tradition of bilateral cooperation in the defence of North America dates back to the 1940 Ogdensburg Agreement and is a natural complement to the extensive geographic, political, economic, cultural and social ties that link our two countries.

Canada derives significant benefits from this relationship. Canada-U.S. defence cooperation has provided us with:

- Enhanced protection from direct military attack;
- Insight into U.S. thinking on security matters, and influence over U.S. decisions where Canadian interests are involved;
- Valuable training and operational experience that helps not only in the defence of North America, but also in UN, NATO, and other multinational operations abroad;
- Preferential access to U.S. test facilities, which, along with research and development opportunities, have helped develop many technologies used by the Canadian Armed Forces; and
- Defence development, production, and sharing agreements that stimulate Canada's research and development community and help support some 50,000 Canadian aerospace and defence jobs nation-wide.

Canada contributes financial resources, physical assets and personnel to NORAD. Specifically, Canada's

NORAD contribution includes Canadian Armed Forces personnel serving in NORAD-related activities in both the U.S. and Canada; fighter aircraft on alert status during normal operations; the operation and maintenance of the Canadian portion of the North Warning System – a chain of radar stations along the northern edge of North America; and, forward operating locations to support fighter operations in the North.

NORAD provides the Government of Canada with the capability to exercise effective surveillance and operational control over Canadian airspace, a basic requirement for asserting national sovereignty. Given the size of Canada's airspace and our armed forces, bi-national aerospace warning and airspace defence cooperation through NORAD remains a cost-effective means of meeting this critical objective. The Canadian and U.S. governments retain the final say on issues related to their own defence and can respond in a fashion that best serves their respective national interests.



17 Wing Goes Dutch on a Four Days March

By Martin Zeilig
Voxair Photojournalist

Major Rob McDonald, 17 Wing Transportation Electrical and Mechanical Engineering Officer, and his colleagues, Lieutenant James Crittenden, Warrant Officer Sean McGinn, and Lieutenant Stephanie Blais are about to embark on, in Maj McDonald's words, "a challenging but very rewarding" adventure.

They are also inviting you to join them as members of the 17 Wing team, which will be part of the overall CAF contingent, at the 2016 Nijmegen (Four) Days March, July 19-22. A 12 person team from 17 Wing, under the leadership of Captain Brandon Dix, participated in the 2013 Four Days March.

"We have all been waiting for the opportunity to partake in this Nijmegen Four Days March," Maj McDonald said during an interview with Lt Crittenden and WO McGinn, in his office at TEME, building 129.

The Marches originated in 1909 in Holland with Dutch military efforts to increase the long-distance marching and weight-carrying ability of infantry soldiers, says information on the Government of Canada website.

In 1916, organizers of the Four Days March moved the starting point to Nijmegen from another site. It's been held there every year since then, except during the Second World War. Canadian participation in the event began in 1952.

"It has evolved into an international event drawing over 45,000 civilian and military participants from over 50 nations, as well as over a million spectators," continues the online information.

"Coincidentally, Nijmegen was also the area from which the Canadian Army conducted its operations throughout the last six months of the Second World War.



Canadian Armed Forces members are greeted by dutch schoolchildren during the Nijmegen Foud Days March in 2015. Photo: Combat Camera

Over 7600 Canadians died in the nine-month campaign between 1944-1945 to liberate the Netherlands and carry the war to its conclusion, a sacrifice which has never been forgotten by the Dutch people. Now, well over half a century later, Canadians and the Dutch still remember the historic events of that time and celebrate the lasting bonds that were created between our two countries during the Second World War."

During the four days of marching, CAF members will walk the same terrain where many Canadians fell. Prior to the Marches in previous years, the Canadian contingent visited and held memorial ceremonies at the Canadian National Vimy Memorial in France, as well as paying their respects at the Groesbeek Canadian War Cemetery, the final resting place of more than 2300 Canadian soldiers and aviators who died fighting to liberate the Netherlands in 1944 and 1945, says the government website.

"I would like to extend an invitation to interested personnel to participate in this challenging yet extremely rewarding opportunity," Maj McDonald said, stressing that the base team is strongly supported by 17 Wing Commander Colonel Andy Cook.

"Many people across Canada including those of us in the Canadian Armed Forces wish to participate in this event but very few have the opportunity to do so. We are honoured to have been selected to join with the Canadian Contingent to participate in the 100th Four Days March in Nijmegen.

"I will ensure that we have a strong, well-trained and determined team representing the dedication and fighting spirit of 17 Wing."

This will be the first of several stories in The Voxair about the 17 Wing Team's preparation for the Nijmegen March.

For further information about joining the team, email Maj McDonald at Robert.McDonald@forces.gc.ca.

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Change of Command for Health Services



23 Health Services outgoing Commanding Officer, Lieutenant Commander Linda Forward (Left), 1 Health Services Group Commanding Officer, Captain (N) Rebecca Patterson (Middle) and 23 Health Services incoming Commanding Officer, Major Guy Langevin (Right) sign the Change of Command scrolls during 23 Canadian Forces Health Services Centre Change of Command Ceremony on January 19, 2016 in the Officers' Mess, 17 Wing, Winnipeg, Manitoba.
Photo: Cpl Justin Ancelin, 17 Wing Imaging

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ARCHERY HEADLINE

By Martin Zeilig
Voxair Photojournalist



Two of the participants taking aim during the 17 Wing Archery Club's Indoor 3D Archery Tournament on January 24 in Building 21. Photo: Martin Zeilig

Gerald Laroche calls archery very much "a Zen sport" because of its meditative aspect even, or especially on, as Laroche said, the worst day of your life.

The ancient Chinese would most likely approve of his metaphor. Archery does seem to have a calming influence.

Laroche, a local professional musician, was one of the 45 competitors, including children, at the 17 Wing Archery Club's Indoor 3D Archery Tournament on January 24 in Building 21-- the huge gymnasium located beside 1 Canadian Air Division.

The tournament was sanctioned by the Archers and Bowhunters Association of Manitoba, noted Ron Cooney, president of the 17 Wing AC.

"When you get to the archery range and you look at the target (a dot the size of a dime at 20 or more metres away), and you set and pull back (on the taut bow string) and keep staring at the spot and then you release and watch your arrow fly all your problems disappear," reflected Laroche, who shoots out of the Heartland Archery Club.

The shooters were divided by age category and equipment type. The youngest group were peewees (under nine years old) followed by pre-cub (12 or under), cub (14 or under), cadet (17 or under), junior (20 or under), senior (any age), and master (60 or older).

Competitors used a variety of bows, which included re-curve and compound bows. The 40 targets were styro-foam animal models-- deer, bear, wolf, a caribou, an elk, wolverine, a wild turkey, an alligator, among other types, spread out at random distances on the gym floor.

Targets made by Rinehart out of Janesville, Wisconsin, had scoring circles located in what would be the vi-

tal areas like heart, lungs, and other internal organs of each species. The targets, themselves, had replaceable inserts. Each of the shooting spots had numbers taped to the floor that corresponded to a number on the targets with 20 people shooting at any one time.

"You find the number you're shooting at, judge the distance and make your shot, and then move on to the next space," Cooney explained.

"You then move on to the next space and shoot three times. Your score is derived by how close you are to each target. After they're finished shooting everybody goes out and scores their own shots. Then, the line judge gives them the call to shoot again."

Shooters stood and launched their arrows in a wide arc at one end of the gym.

"There are two round of 20 targets each that you shoot at," Cooney, who was the official scorekeeper, and handed out medals to the three top shooters in each cat-

egory.

Laroche was using a wooden longbow, which is very close to the the traditional English longbow, called a Montana and manufactured by Bear in Wisconsin.

"There is a challenge (to archery)," Laroche, who's been shooting for about seven years now, continued.

"It's very much relying on your memory or instinct. It's like throwing a ball at a target. You just have to rely on your sight and muscle memory and instinct. The more you do it, the better you become."

Besides target shooting, he's also a bowhunter.

"I mostly hunt ruffed grouse and partridges," said Laroche, the president of the North Lights Archery League, adding that he target shoots about three or four times per week.

"I've also started shooting deer near Pine Falls and near Nopiming (Provincial Park) for the past couple of years."



Jacob White, age 8, standing on a riser, about to shoot an arrow from his compound bow at a target 20 metres away. Jacob won a bronze medal in the Pre-Cub division (12 years and under) at the tournament.. Photo: Martin Zeilig

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VOXAIR READS

Title: *Playing the Game: The British Junior Infantry Officer on the Western Front 1914-1918*

Author: Christopher Moore-Bick
 ISBN: 978 1 906033 84 2
 Publisher: Helion & Company Ltd, 2011
 Pages: 328
 Illustrations: b/w photographs

The period 1914-1918 was witness to an unprecedented expansion in the army of Great Britain. This epic transformation may be viewed not only in terms of numbers but also speed, breadth of employment and, one may effectively argue, represented the first revolution in military affairs from a technological perspective. During this time, in order to meet the demands of modern warfare, Britain was forced to expand its relatively tiny standing Army through augmentation of Territorial's, "Kitchener's New Army", volunteers and conscription. Each presented unique challenges that impacted and influenced the face of the British military as never before. Consistent through all of these upheavals were the challenges of fighting a war on a scale never before seen or imagined with technology that served not only to augment the ability of opposing armies to fight but also necessitated specific skill sets previously not required (ie machine guns, aircraft, tanks, communications etc) and the development of doctrine to support these capabilities.

Christopher Moore-Bick's book 'Playing the Game' addresses these issues from the perspective of the junior officer (2Lt, Lt and Capt). When one considers the vast array of literature surrounding the First World War a common theme tends to be that of the 'lost generation' or the 'inability of the senior officers to deal with the challenges of the new realities of war'. What has not been addressed in any detail is the fact that despite all of the horrors of the trenches, Britain's Army did not suffer any general collapse in morale or fighting spirit despite being made up largely of non-professionals. That this was so may be largely attributed to the skill and motivation of its junior officer corps; the leaders who were most closely associated with the soldiers on the front lines. What these factors were that defined and influenced the development of the generation of young men who made up this group is the focus of Moore-Bick's book and why it is relevant to the military of today.

Moore-Bick is not interested in the experiences of the officers in the actual front line (except in so far as they add dimension to the traits of the officers themselves). Instead he focuses on the environments that shaped their personalities (school, society, religion etc) and their sense of duty/obligation. Additionally, he draws distinctions between the different phases of the army's expansion (standing professionals, volunteers of Kitchener, conscription). Specifically, he highlights how each group accepted, adapted and ultimately supported (in the sense of undertaking one's responsibilities) the war effort and how these processes changed over the course of the war.

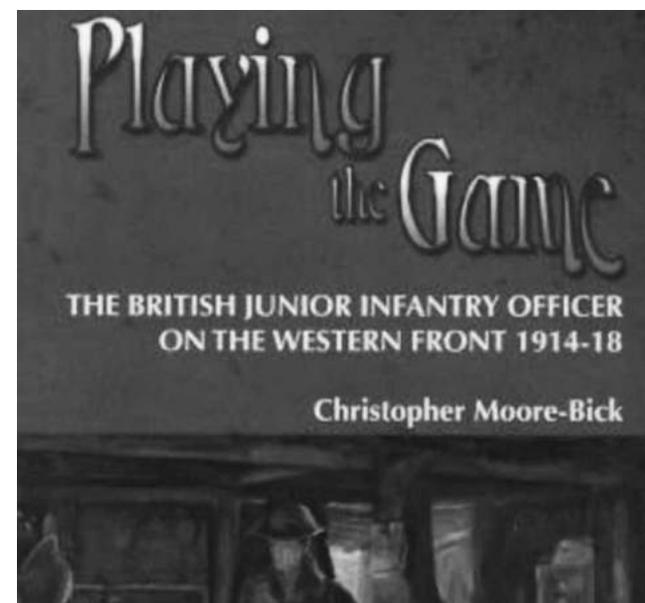
Drawing upon a vast array of primary source material including diaries, letters, journals and memoirs as well as a host of secondary and presently unpublished papers, Moore-Bick is able to paint for the reader a surprisingly complete picture of the views and thoughts of the junior officers who made up Britain's army. Of particular interest is his analysis of the transition from civilian to soldier of these officers and how that influenced outlook and expectation. This 'professionalization' process had to take place under the most trying of circumstances within a very short period of time. That these men were able to adapt as quickly as they did is a testament to their psychological strength and the environments within which they developed. Another area that is addressed in depth is the impact of the public school system on the development of the psyche of these men. He reveals the role that the structure of the schools with their emphasis on loyalty to one's peers and school, manliness in sports and the responsibilities of a system that resulted in early personal growth and development are revealed. The role of the 'heroic' figure in British literature is also incorporated into his analysis. What must be emphasized though, is the balance with which Moore-Bick approaches his subject. It was clear that as the war progressed, officers enlisted with a far different perspective of the war than those of 1914 and that they were being drawn from a much more varied and non-traditional

pool (commissioning from the ranks, non-public schools, civilian professionals and older generations) yet still undertook their duties in a responsible and forthright manner. The author's analysis and insight into his subject explains why this was the case and what influenced their decisions and development.

Moore-Bick's work has drawn attention to an aspect of the First World War that has seen little evaluation but whose importance and significance cannot be understated. Armies succeed or fail on the strength of their leadership, particularly at the junior officer and senior non-commissioned rank levels. The lessons to be gleaned from the experiences of the WW1 British junior officers in rapidly transitioning from a peace to a wartime footing in a very short period of time are many. While one may make the argument that the challenges were the same for WW2, I would contend that they were far more profound in WW1 due to the technological changes occurring during the period, the speed with which the standing army was required to expand and the lack of wartime experience amongst the general population (as was the case during expansion for WW2). This is Moore-Bick's first publication and is an excellent addition to the professional's library. I strongly recommend it and suggest that it should be read by those looking to expand their insight into the motivators and development of the junior leader.

Reviewer: Major Chris Buckham CD1, RMC, BA,

MA, PMP is a Logistics Officer in the Royal Canadian Air Force. He has experience working with all elements including SOF. A graduate of the Royal Military College of Canada, he holds a BA in Poli Sci and an MA in International Relations. He is presently employed as a ILOC Officer with the multinational branch of US EUCOM J4 in Stuttgart, Germany.



Canadiana Crossword Big Deal

By Bernice Rosella and James Kilner

ACROSS

- 1 Hexahedron
- 5 Hack
- 8 2nd Greek letter
- 12 Newspaper item
- 13 Bon ____
- 14 Figure skating manoeuvre
- 15 Double star
- 16 Saskatchewan lake
- 18 Sin
- 19 Actress Greta
- 20 Biblical your
- 21 Paragon
- 23 Hill critter
- 25 Salvaged
- 27 Math class
- 31 Polite interruption
- 32 Offer
- 33 Metis hero
- 34 Major artery
- 36 Toronto team
- 37 Plead
- 38 CEO
- 39 Opening
- 42 Steal
- 44 Blame
- 47 Manitoba lake
- 49 Kit
- 50 List part
- 51 Mineral bearer
- 52 About aviation
- 53 Poet Pound
- 54 Don'ts opposite
- 55 Distort

DOWN

- 1 Ria
- 2 Over, to Otto
- 3 Saskatchewan community
- 4 Airport info
- 5 Junta

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- 6 Eastern ruler
- 7 New Brunswick mountain
- 8 Paddle
- 9 Depart
- 10 High _____
- 11 Problem drinker, slangily
- 17 Aria
- 19 Deity
- 22 Discharge
- 24 _____ firma
- 25 Pouch
- 26 Caught yah!
- 27 Assist
- 28 British Columbia community
- 29 Old auto
- 30 Eagleson and Capone
- 32 Ontario community
- 35 Exam
- 36 Chop
- 38 Swords
- 39 Theatre award
- 40 Ubiquitous biscuit
- 41 Teen _____
- 43 Japanese money belt
- 45 Rhine tributary
- 46 Bow of a boat
- 48 Small, in Strathdee
- 49 Argon or neon

www.pspwinnipeg.ca

STRESS: Take Charge!
A Canadian Forces Program

Le stress : ça se combat!
Programme des Forces canadiennes

For more information contact the Health Promotion Director or your Battalion or Formation. Pour plus de renseignements, contactez le directeur de la promotion de la santé de votre base, escadron ou formation.

STRENGTHENING THE FORCES

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

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

Stress: Take Charge!

10 & 11 Feb 2016
0800 - 1600 hrs

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

Le stress: Ça se combat!

10 et 11 fév 2016
0800 h à 1600 h



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

17 WING WINNIPEG



17^E ESCADRE WINNIPEG

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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!

LES BOÎTES SONT PRÉPARÉES CHAQUE MOIS!

Each box contains a variety of high-quality, fresh, nutritious fruits & veggies. Stock depends on which are in season or available at the best value.

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.pspwinnipeg.ca

PASSER SA COMMANDE PAR INTERNET À www.pspwinnipeg.ca

(a one-time user request form must be filled out and returned before you can register)

(il faut compléter et remettre le formulaire de demande d'usage avant de pouvoir s'inscrire au programme)

Online order payment by credit card only. Orders are also accepted at the Rec Centre (Bldg.90) front desk with payment by cash, cheque, credit & debit.

La carte de crédit est l'unique modalité de paiement accepté par internet. On peut aussi passer sa commande au poste de surveillance du centre de loisirs (bât.90) avec paiement par comptant, chèque, crédit ou débit.

JANUARY 2016 JANVIER
Order by / Date limite - 15 JAN
Pick up boxes / Ramasser des boîtes - 20 JAN

FEBRUARY 2016 FÉVRIER
Order by / Date limite - 12 FEB/FÉV
Pick up boxes / Ramasser des boîtes - 17 FEB/FÉV

MARCH 2016 MARS
Order by / Date limite - 11 MAR
Pick up boxes / Ramasser des boîtes - 16 MAR

Small Box \$17
Large Box \$27

Petite boîte 17 \$
Grande boîte 27 \$

NO ORDERS ACCEPTED AFTER THE DEADLINE. PLEASE BRING YOUR OWN BAGS/BOXES TO CARRY YOUR PRODUCE HOME. AUCUNE COMMANDE NE SERA ACCEPTÉE APRÈS LA DATE LIMITE. S'IL VOUS PLAÎT APPORTER VOS PROPRES SACS / BOÎTES POUR TRANSPORTER LES PRODUITS CHEZ SOI.

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

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for Top Performance

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pour un rendement assuré

22 & 23 February 2016
0800-1600 hrs

Featuring a presentation On
"Running Strong and Injury Free"

By Kim Sénéchal -
physiotherapist & ultrarunner

- Evaluate your eating patterns
- Learn to read food labels to make better choices
- Plan and prepare for training and competition
- Learn how to adjust your eating to lose weight or bulk up
- Uncover the myths & facts about supplement and sports food

Free to Military members, their families & DND Employees!

For more information or to register call Health Promotion at (204) 833-2500 ext.4150 Or email health.promo@forces.gc.ca



LET'S GET STARTED

Strengthening the Forces presents
THE GAP HEALTH AND WELLNESS CHALLENGE

MAY

Prizes are provided by SISIP Financial

Canada

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!

5 Feb 2016
0800 - 1600 hrs

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

Force Mentale et Sensibilisation au Suicide - Formation du Superviseur

Il s'agit d'un cours auquel on a attribué un code!
5 fév 2016

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

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

Sensibilisation à la santé mentale et au suicide



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THE VOXAIR

(204) 833-2500 ext. 4120

Find out the benefits of advertising with us





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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

Upcoming MFRC Programs and Events

WINTER SESSION 2016

Classes begin the week of January 18, 2016

English Level 2 - Basic class for individuals with some knowledge or experience in English.

Tuesday and Thursday from 9:00 a.m. to 12:00 p.m.

Childcare avail. for children 18 months to five yrs old.

French Level 2—Basic class for individuals with some knowledge and experience in French.

Monday and Wednesday from 6:00 to 9:00 p.m.

French (intermediate level):

Tuesday and Thursday from 6:00 to 9:00 p.m.

\$50.00 military or \$100.00 for civilian

Registration deadline: January 13, 2016

The Second Language Training Service is designed to facilitate the integration of civilian spouses/partners of CAF members who are posted to locations where the community's primary language is unfamiliar.

The primary participants eligible to access Second Language Training are civilian spouses/partners and children of CAF members sixteen years of age and over. Special consideration may be given to children fourteen to fifteen years of age. A minimum of five primary participants must be registered for a course to be offered.

A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85% of classes.

Courses are also open to military members for a non-refundable cost of \$50 and to members of the community at a non-refundable cost of \$100 per session. The course duration is ten weeks and will consist of two three-hour classes per week.

Come in and complete the registration form at the MFRC or call Colombe Pelletier at 204-833-2500 ext 4515 for further information.

CREATIVE TOTS

Wednesdays, January 6, 13, 20 and 27

Kids Care, 630 Wihuri Rd.

From 9:30 to 11:00 a.m.

Parent participation required

Beat those Winter blues by getting out and meeting

other parents and children! Join us in our new location, on a new day, with a new bilingual facilitator! Play, crafts, stories and songs for children 0-5 and their parents/caregivers. Please bring a nut free snack for your child.

MFRC HOT LUNCH

On the second Thursday of every month, the MFRC will host a hot lunch, from 1200 to 1300 hrs, in the multi-purpose room of the MFRC. The menu will usually include soup and a bun, but you may find chili, or maybe a stew or a casserole...It hasn't been set yet. But we will try to have it advertised on our Facebook page the day before. Food will be available on a first come, first served basis and when it's gone it's gone! Donations will be gladly accepted, and put towards MFRC programs and services. We hope to see you out on January 14 for our first Hot Lunch of 2016!

OP DEPLOYMENT

ROAD TO MENTAL READINESS (R2MR)

Monday, January 18

From 6:00 to 8:00 pm.

Registration deadline: January 13, 2016

Are you or a family member currently experiencing or planning for a deployment in the near future? If so, this course is for you. Preparation, education and skills are not only important for your military loved one's success during the deployment, they are also important for you, whether you are a spouse, life partner, parent or alternative. The Road to Mental Readiness (Phase 3) is designed specifically for loved ones of military members. One of the best ways you can prepare yourself to manage the upcoming deployment is to take this training package. Many of the same concepts that are in your training are included in the military members' training package.

LEARN TO...

MAKE CARDS

Tuesday, January 19

From 6:30 to 8:30 p.m.

Registration deadline: January 15, 2016

Join us as we continue our 'Learn to' classes. This month we will be learning to be crafty, by making some cards. We will be making 2 cards, one easy and one that is a little more in-depth. Come out and have some fun with friends!

HAPPIER AT HOME

Wednesday, January 20

From 6:30 to 8:30 p.m.

\$15.00

Childcare available for children ages 18 mos. to 5 years with preregistration.

Registration deadline: January 13, 2016

Happy at home, but want to be even happier? This group is the sequel to the Happiness Project and will meet to build on the experience of the previous year, looking specifically at happiness within the home. Participants will receive a copy of the Gretchen Rubin book, Happier at Home, to read and discuss.

GET MOVING!

Manitoba winters can be long and cold, sometimes making it difficult for children to get as much active play as they need. Parents and preschoolers can join us in a free, drop in program and "Get Moving"! Together, you and your child can jump, run, balance, throw, kick and dance! The program runs Tuesdays from 1:15 p.m to 2:15 p.m in the Westwin Community Centre, January 26 – March 8. Call 204-833-2500 ext 2491 for more information. This program is funded by WRHA Healthy Together Now.



Guest Speaker / Conférencière d'honneur
RCAF HONORARY COLONEL
LOREENA MCKENNITT
COLONEL HONORAIRE DE L'ARC

Entertainment by / Musique de la
The Royal Canadian Air Force Band
Musique de l'Aviation royale canadienne

10th Annual Yellow Ribbon Gala

VICTORIA INN Hotel and Convention Centre
1808 WELLINGTON AVE. 2016

Cocktails 6:00pm - Dinner 7:00pm
Cocktails à 18 h - Dîner à 19 h

Gala des rubans jaunes
10^e Annuel

Saturday **FEBRUARY 20** FÉVRIER le samedi

\$100 per person* or Table of 10 for \$900
100\$ par personne* ou 900\$ pour une table de 10

*A taxable dinner event will be held for a portion of the gala event.
*Un événement dîner taxable sera tenu pour une partie de la soirée.

TICKETS AVAILABLE UNTIL FEBRUARY 10, 2016
BILLETTS DISPONIBLES JUSQU'AU 10 FÉVRIER 2016

For ticket information / Pour obtenir des renseignements sur les billets: **204.833.2500 ext./poste 4500**

MFRC/CRFM - 102 Comet Street / 102, rue Comet - Monday to Friday, 9:30am - 4:30pm / du lundi au vendredi, de 9 h 30 à 16 h 30

Registration for Winter Swimming Lessons 2016
Is ongoing
Classes begin the week of Tuesday January 12th 2016

Cours de Natation Session de hiver 2016
Est en cours
Les classes débutent le mardi le 12 janvier 2016

www.papswinnipeg.ca

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

WINNIPEG MFRC - CRFM DE WINNIPEG

10th ANNUAL YELLOW RIBBON GALA
GALA DES RUBANS JAUNES
FUNDRAISING RAFFLE
TIRAGE AU SORT

GRAND PRIZE - GRAND PRIX total value: \$7000 - valeur totale: 7 000 \$
ALL-INCLUSIVE VACATION ~ FORFAIT VOYAGE TOUT COMPRIS
Airtare & 7 night all-inclusive vacation at the Sirenis Cocotal Resort Casino & Aquagames in Punta Cana, Dominican Republic for 2 adults. - Forfait voyage tout compris (incluant le vol) de 7 nuits à Sirenis Cocotal Resort Casino & Aquagames à Punta Cana, République dominicaine pour 2 adultes. Courtesy of/Gracieuseté de: Travel Mug Café and/et Air Transit

PRIZE 1 - 1^{er} PRIX total value \$1,530 - valeur totale: 1 530 \$
STAYCATION & DINING OUT PACKAGE ~ FORFAIT HOTEL ET RESTAURANTS
Inn at the Forks Deluxe Spa for 2 Package (Includes 1 night accommodation in a deluxe room w/ breakfast for 2, valet parking & a couples massage), Restaurant Gift Card Package (listed below) and 60 lbs. of Maple Leaf Foods bacon.
Forfait spa de luxe pour deux à Inn at the Forks (comprend une nuit dans une chambre de luxe, petit déjeuner pour deux personnes, service valetier et massage de couple), forfait restaurant, et 60 lb de bacon de Maple Leaf Foods.
Captain's Table; Mono Lisa Ristorante Italiano; Carnaval Brazilian BBQ; Food Evolution; 295 York; Mon Ami Louis; Muddy Waters Smokehouse; Sydney's; Chop Steakhouse & Bar (2 complimentary beverages/et deux breuvages gratuits); The Keg Steakhouse and Bar; Clay Oven; Roe and Jerry's; The Gates on Roblin.

PRIZE 2 - 2^e PRIX total value \$1,109 - valeur totale: 1 109 \$
MINI TRAVEL PACKAGE ~ FORFAIT MINI-VOYAGE
VIA Rail Canada Travel Credit of \$500, The Fairmont Winnipeg (11 night stay) and 60 lbs. of Maple Leaf Foods bacon. Crédit de 500 \$ de VIA Rail Canada, une nuit à l'hôtel Fairmont Winnipeg, et 60 lb de bacon de Maple Leaf Foods.

PRIZE 3 - 3^e PRIX total value \$501.96 - valeur totale: 501.96 \$
FAMILY HOCKEY PACKAGE ~ FORFAIT HOCKEY EN FAMILLE
Manitoba Moose Prize Package: Includes a team autographed jersey, 4 tickets to a game & 4 toques, and 60 lbs. of Maple Leaf Foods bacon.
Forfait Manitoba Moose: Comprend un maillot autographié par un joueur, quatre billets pour une joute et quatre toques, et 60 lb de bacon de Maple Leaf Foods.

Tickets are available for purchase from the MFRC & will also be sold during the Yellow Ribbon Gala.
Vous pouvez vous procurer des billets au CRFM et ils seront également vendus lors du Gala des rubans jaunes.

TICKETS \$5 EA. 5 \$ PAR BILLET

Draw Date/Date du tirage: **February 20, 2016 - 20 février 2016**
Draw Location/Lieu du tirage: **Victoria Inn Hotel**
Draw Time/Heure du tirage: **approx. 2245 hrs - vers 22 h 45**

PERSONAL CLASSIFIEDS

ST. JAMES FURNISHED CONDO FOR RENT (10 MINUTE DRIVE TO THE BASE)

2 bedroom, 1 bath fully furnished condo includes washer, dryer, gas fireplace, front yard, indoor parking at back door of unit, dishwasher, electric heat, air conditioning, cable tv with DVR, wireless internet and more. Located close to Grace Hospital. Available Now. Smoking, no pets. Monthly rental is \$1450. A damage deposit of \$725 is required with first month's rent. For more information, email Corinnehere@hotmail.com

FURNISHED APARTMENT FOR RENT, SHORT-TERM

1 bedroom, furnished apartment for rent for 1 to 7 months, available Dec. 1st. Located Osborne Village. \$1200/month, includes parking, cable and utilities. Please call or text (204) 470-3204, or email tash67@yahoo.ca.

ROOM FOR RENT

In modern, clean house on quiet bay near U of M. Only 20-30min drive to base. Shopping very close by, good transportation and bus routes. Room rate plus half of utilities, OR flat price to include room and utilities - your choice. Available now, call for more details - 204-771-9558

FOR SALE

1) 4 - 15" Goodyear all seasons radial tires (195/60R1588H). Excellent tread; \$450.00
2) GE spacesaver (110V) apt dryer. Brand new, only used few times. Asking \$280.00
Call Marc @ (204) 880-0257 or email @ m.j.gregoire@me.com

Send us an e-mail today to place your FREE Classified ad (of 50 words or less) at: voxair@mymts.net. Classified ads will run for one month (two issues) unless space permits or specified otherwise.

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Every Tues & Wed

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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



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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 8:00pm-12:00am
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Someone could put you into a difficult position. Though frustrating, there is not much you can do about it. Stay as calm as possible. Let them speak first to ensure you get their side of the story. Speak respectfully and insist they do the same. Stay calm by repeating, "This too shall pass."

Taurus (April 20 – May 20): Staying busy to avoid decisions only works for a while. Patience is a virtue until it morphs into procrastination. You need to address your concerns so that they don't create stress on an unconscious level. Being overly practical can come across as harsh to sensitive souls. Kindness heals.

Gemini (May 21 – June 21): An opportunity to take on extra responsibility is ideal for you. You can easily handle being in charge. And you have the expertise and experience to provide necessary leadership. So, jump when the chance comes. Your competence and approachability positively affects others.

Cancer (June 22 – July 22): You have a great imagination and can create a lot of scenarios that don't actually reflect your reality. And you can only consider and compare for so long. If additional information will boost your confidence in what you plan to do, speak to someone with expertise as soon as possible.

Leo (July 23 – August 22): Editing your story to show yourself in a good light won't always work in your favor. Prepare to do some damage control should the information be embellished and passed along by an enthusiastic supporter, to someone who may refute your version. Letting go and moving on is advised.

Virgo (August 23 – September 22): Don't let fears and doubts erode your confidence. You have a good grasp of the basics and can handle challenges. Imagined fears and worries need to be nixed as they waste time and energy. Use resources wisely. Focus on activities that are pro-active. Plant seeds for the future.

Libra (September 23 – October 23): Take a vacation or take up a hobby. Being in a different environment or doing something new will open your eyes to what you've really been searching for. Talk to someone with a different perspective to gain insights and understanding about motivating yourself and others.

Scorpio (October 24 – November 21): You'll find lost objects by sorting through boxes. Before you toss out your treasures consider your emotional connection to each item. Some things hold the key to forgotten aspects of yourself. Sifting through memories also helps you understand why you're where you are now.

Sagittarius (November 22 – December 21): You long to relax with a romantic get-away, or an eco-touristy adventure. Marketing brochures can be misleading. Before finalizing your booking, double-check the accommodations and services available at your destination, through an independent source.

Capricorn (December 22 – January 19): You'll provide strength and stability during a crisis. At the same time you'll be faced with extra work. You don't want to let others down or be unavailable but you need to avoid burnout. Adjust your schedule to ensure you get enough personal rest and relaxation.

Aquarius (January 20 – February 18): Your life is unfolding in a series of cycles that will lead you to your highest potential if you are open to it. Plan "play dates" where you can share your deepest feelings with a kindred spirit. You'll discover common ground and get a respite from worries. Laughter heals.

Pisces (February 19 – March 20): You can't stay where you are forever. Take a leap of faith and something vital will grow. Others are eager to reconnect and support your efforts which is great as long as you maintain boundaries. Join a group of people who share the same interests or create your own group.

FOR APPOINTMENTS CALL 775-8368

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Your 17 Wing Community Newspaper
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ron@habinglaviolette.com

Chaplain's Corner

Is Mercy Necessary Anyore?

by Padre Paul Gemmiti
Chaplain



You may have heard that Pope Francis has declared a faith-supportive Holy Year of Mercy (ie. Jubilee, 8 Dec 2015 - 20 Nov 2016) to be recognized throughout the whole Roman Catholic Church. It is also encouraged throughout all of those churches that claim Jesus as their Lord and Saviour.

His motivating factor to declare this year as a year to consider and practice mercy, comes as a result of his many years in pastoral ministry. He had noticed

that many clergy and church-going faithful tend to behave in a fashion that is more like an exclusive perfect-person club instead of a group of humble yet joy-filled sinners who are always in need of perfecting their life in Christ and dependent upon God's grace. Relatedly, he has seen how at times there have been people outside of that church community who have not been welcomed nor helped nor counselled with compassion because of their actual or perceived imperfectness. Pope Francis has therefore emphasized the image of us needing to be more like "a field hospital" that is open to all who seek or ask for help.

And so I pose a question, which I think we need to ask, as the title of this reflective article. With our present society being so permissive and promoting – almost belligerent – of self-fulfillment and self-interest and self-preservation, why be concerned with a feature of mercy?

Everything is available to anyone who works hard and pays the asked price, right? Any action, between two consenting people, is fine and acceptable at any time, right? Anyone who has a lot or little of wealth - whether in property, money, or social connections – should be able to freely use that wealth for whatever s/he wants to gain or lose, right?

Well, mercy finds its need when many people make decisions which initially seem fine or good but eventually lead to some other repercussion such as self-damage, family damage, societal damage, or false-fulfillments. (Think of what many movie or music personalities encounter, or what is happening to the environment of our planet.) Mercy finds its need, when in no fault of the individual or group; s/he becomes a victim of outside powers and forces. (Think of repercussions due to corporate cut-backs by employers, political conflicts, fraudulent or incompetent service providers, cancers or mental illness.) Mercy finds its value when people want to change (ie. convert from their former ways) so as to live a less-empty and more dignified and caring way of life, having renewed compassion for others especially who are outside their family or friends, but who need a little help and compassion so as to help themselves.

So, maybe you still think that all people should be self-sufficient and contented with what they are and have. Or maybe you settle on a perspective which says "People get what they deserve" or "charity begins (and exclusively remains?) at home."

But how about considering the role modelling of Jesus and of his words that were spoken to those who were a direct or indirect part of his mortal crucifixion, yet meant for a much larger application to all human beings... "Forgive them...for they do not know what they are doing." (Gospel of Luke, 23:34)

Mercy.



www.facebook.com/thevoxair

Today's Crossword Solution

C	U	B	E		C	A	B		B	E	T	A
O	B	I	T		A	M	I		A	X	E	L
V	E	G	A		B	I	G	S	T	I	C	K
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E	Z	R	A		D	O	S		S	K	E	W

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE (English Only) 0900 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 Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Jack Barrett
(Anglican) - Wing Chaplain ext 5417

Padre Lesley Fox
(United Church) - Chapel Life Coordinator ext 6914

Padre Christopher Donnelly
(United Church) ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn 306-492-2135 ext 4299

17 Wing
204 833 2500



17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)



Administrative Assistant
ext 5087

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

Padre Paul Gemmiti
(Roman Catholic Priest)
- Chapel Life Coordinator
ext 4885

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

SUNDAY MASS (Bilingual) 1100 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.*

FOOD BANK DONATIONS
In assistance to Winnipeg Harvest, the donation box is located at the entrance of the chapel.

EMERGENCY DUTY CHAPLAIN
After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

INFO PHONE NUMBER
For service times and contact with a chaplain of your choice, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit <http://17wing.winnipeg.mil.ca> then click Wing Admin - A1, then Wing Chaplains.

CARE & SHARE BENEVOLENT FUND
Contact Wing Chaplain Office for further information.



Your 17 Wing Chaplain Team

From left to right:
Lt (N) L Fox,
Capt P Gemmiti,
LCdr J Barrett,
Capt C Baxter,
Lt(N) C Donnelly,
Capt E Dompierre

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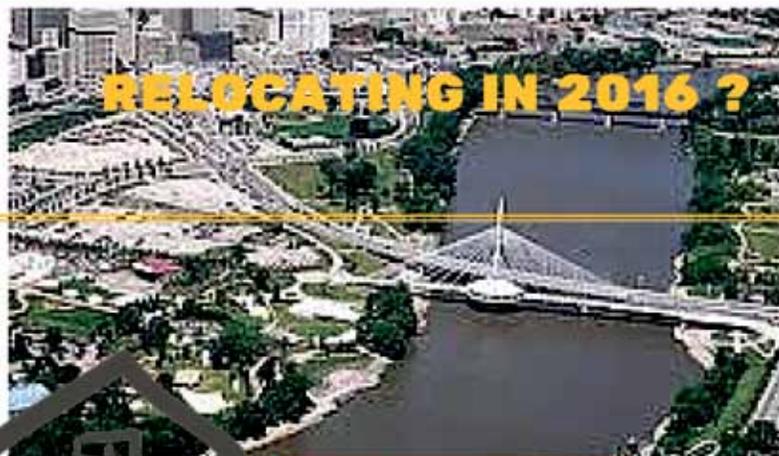
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