

IN THIS ISSUE:

- Butting Out – Making it a Reality: 17 Wing Members Share their Stories
- 17 Wing 'Castors' Colony Welcomes Initiates
- 17 Wing Winter Family Carnival March 1-2, 2003
- Thoughts on cultural exchanges
- Pilates Offers Total-Body Workout
- Khari and Justine Jones to Participate in Hospice Aerobics Challenge at 17 Wing Winnipeg

Historic Anniversary at CFB Winnipeg Curling Club



"I know this club has been here a long time, and I know many of the people gathered here have spent many hours enjoying the curling, the comradery, and the interaction with the community at large, and it's great to be a part of the anniversary ceremony"

Col DC McLennan
17 Wing Commander

17 Wing Takes Prairie Regional Basketball Championships

By David Lavallee



PHOTOS BY DAVID LAVALLEE

After a nail-biting 82-80 win over CFB Edmonton (right) the 17 Wing Winnipeg men's basketball team (above) claimed victory in the Prairie Regional Basketball Championships, held at the 17 Wing Fitness Centre on Jan. 31-Feb.2 (Back row, l-r: 2Lt Nathan Mang, MCpl Duane Collins, Cpl Ben Simonsen, 2Lt Travis Vokey, Capt Jay Burt, Capt Glen Herridge; Front row, l-r: Pte Mark Miller, MCpl Sam Whelan, Capt Todd Murphy, Sgt Mark Jackson). The 17 Wing Winnipeg team advances to the CF National Basketball Championships, to be held at the 17 Wing Fitness Centre March 3-9.



After a hard-fought and exciting game against CFB Edmonton, the 17 Wing Winnipeg men's basketball team came out on top winning the CF Prairie Regional Basketball Championships by a score of 82-80. The victory extends 17 Wing's reign as the Prairie Region champions to 6 years.

"It was a very intense game," said 17 Wing player-coach Captain Todd Murphy. "Our round-robin game against Edmonton went to double overtime, so the teams were evenly matched, and it basically came down to a couple of free throws at the end."

The championship tournament, which ran from January 31-February 2 at the 17 Wing

Fitness and Recreation Centre, featured four teams – CFB Edmonton, CFB Shilo, 4 Wing Cold Lake, and 17 Wing Winnipeg. Play began with round-robin competition, from which two teams – CFB Edmonton and 17 Wing Winnipeg – advanced to the playoff round to compete in the finals.

"Playing in a close championship game like this is a great experience," said Captain Murphy. "There was great sportsmanship on all sides; it was a lot of fun." The competition in the tournament was fierce, and all the teams played well. Despite this tough competition, all teams maintained a high standard of sportsmanship. The finals results

of the tournament were 17 Wing Winnipeg in first place (3 wins, 0 losses), CFB Edmonton in second place (2 wins, 1 loss), 4 Wing Cold Lake in third place (1 win, 2 losses), and CFB Shilo in fourth (0 wins, 3 losses).

"As team, we all get along, play well together, and we all work hard," said Captain Murphy, reflecting on the long-standing success of the 17 Wing Winnipeg team. "We've got a strong core of people that luckily have been posted here for a long time, and we try to build upon that every year."

With the victory, 17 Wing Winnipeg will advance to the CF National Basketball Championship, which will also be held at the 17 Wing Fitness and

Recreation Centre. Captain Murphy says the team is now focused on the finals. "There will definitely be some strong competition and great basketball at the finals, so we're really looking forward to that."

Thanks to Chris Merrithew, Al Brazeau, Andy Oxley and the rest of the F&S staff for organizing and conducting an exciting and successful tournament, and to WO Barry Trice and the other officials for their hard work. Congratulations to the 17 Wing Winnipeg team on their victory, and to all the teams and athletes who came out to compete – regardless of wins, losses, or points, everyone was a winner!

DOMENICA'S UNISEX HAIRSTYLING

2255-G Ness Avenue

Ph: 885-3665
or 832-6978
North Side

- Military Cuts\$8
- Perm & Cut\$36
- Flat Tops\$8
- Frost & Cut\$38
- Colour & Cut\$32
- Seniors\$7
- Children's Cuts\$8
- Ladies Cut\$14
- Facial Waxing\$9
- Ear Piercing\$13

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

Need Cash Before Pay Day?

- * Loans Until Payday *
- * Everyone Welcome *
- * PLEASE GIVE US A CALL *

@ Altus Finance
Phone: 925 - 3345
St. James Location

DOMENICA'S FLORAL DESIGN

DAILY SPECIALS



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



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

Free Delivery to both North & South Base Locations

THE VOXAIR

29 JANUARY 2003
VOL 51, ISSUE 2

OFFICE HOURS
Monday to Friday, 0815 -1600 hrs
Telephone 204 833-2500 ext 4120
Fax 204 833-2809
Telephone-answering system operates remainder of the week.

VOXAIR STAFF
LCol S. Neville
Editor-In-Chief
204 833-2500 ext 5281

2Lt Benoit Doyon-Gosselin
Managing Editor
204 833-2500 ext 6307

Maureen Walls
Office Supervisor,
Sales Manager
204 833-2500 ext 4120

Jose Orellana
Production Coordinator
204 833-2500 ext 6976

Jennifer Provo
Accounting
204 833-2500 ext 4121

David Lavallee
Journalist/Photographer
204 833-2500 ext 4121

Traci Wright
Proofreading

Jim Holland
Advertising Sales
204 832-0115

Darlene Ashley
Advertising Sales
204 896-8575

Printed By
The Daily Graphic
1 204 857-3427

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col. D.C. McLennan. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or 3rd party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published. Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included. (Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in the Voxair Newspaper of products and/or services for exchange in donations. Correspondence should be addressed to: The Voxair, 17 Wing Winnipeg, PO box 17000 Stn forces, Winnipeg, MB R3J 3Y5. Email address: voxair@autobahn.mb.ca or walls.m.@forces.ca. This newspaper is printed using environmentally safe inks. Publications Mail Agreement No. 1482823

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...
ST. JAMES LEGION
Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba
Bingo
Wed- Fri 6:30 pm
Line Dancing
Every Tues & Wed
8:00 -10:00 pm
Dancing To Live Bands
Fri & Sat
9:00 pm - 1:00 am
Meat Draws
Every Fri. 5 pm-7 pm
Saturdays 12-4 pm
Open Sundays
12-6 pm

Butting Out – Making it a Reality: 17 Wing Members Share their Stories

by Carol Styles, 17 Wing HPD/IR

Okay, so you've heard about the "March 1st, I Quit!" challenge currently being promoted throughout the CF (if you haven't, please call the HP dept. or see the DIN bulletin board). You are probably well aware of the "evils" of smoking. You or someone you know may even be one of those smokers who jokes with the grocery store clerk, "No, I want the one that's going to give me gum disease, not lung cancer". Hey, for ten bucks a pack, you should have a choice after all. I have yet to meet a smoker who hasn't thought about quitting smoking at least once or twice. However, if it were that easy, we'd have put the tobacco industry out of business a long time ago. In fact, many people try several times before they are successful in quitting for good.

To assist "March 1st, I Quit!" participants in getting ready for the March 1st quit date and subsequent four week challenge, we will be profiling a series of personal stories written by CF community members, outlining their experiences with smoking cessation, in the next two issues of the Voxair. These inspirational stories will provide you with real-life perspectives on quitting smoking and offer quit-tips for success. While everyone needs to find their own time and own way of quitting, the one common thread expressed in these stories is the importance of being ready to quit and making the decision that the time is right for you.

How I Quit Smoking
by Mitch Cormier, Petty Officer 2nd Class

I had been posted to HMCS Huron, Jan 99, from 17 Wing Winnipeg. I was the Mess Manager of the Jr Ranks Mess (N) when I was sent out West to be the canteen manager on board the ship. My wife and I decided that it would be best if I stayed on IR, and took a

room in single quarters at CFB Esquimalt, while the kids continued their schooling and she could build up seniority at her job. Of course I had a lot of time on my hands. Eventually, through the by and by, I started smoking. Now I had been a smoker in the past and I thought that smoking cigars wasn't really smoking as I only had time to smoke two or three cigars a day. Who was I fooling? Myself, of course. Eventually it was just more convenient to smoke cigarettes. I didn't have to set aside half an hour for my nicotine fix. Nor did I have to save a stinky smelly cigar butt that I could fire back up at a later time. Cigarettes were quick, easy, convenient to bum off another smoker, and socially acceptable.

Now I knew it was a dirty habit. But what did I care? It was not like someone was going to kiss my dirty cigarette mouth... So I just kept on smoking. That was until I would come home to Winnipeg for visits. I would quit smoking for the whole time I was home on leave. One visit lasted over three weeks. I would go through the aggravation of quitting each time I came home. You would think that after each visit, I would have just stopped smoking. Each time I was home on leave, I would just tell my wife that it was nerves. Living in the barracks was hell. Getting used to the kids again. All this stressful stuff of being separated from my family. I had lots of excuses. She knew something was up and was thinking the worst. Did she know that my mistress was NICOTINE? On my fourth visit home I had to confess. We were renovating the bathroom and I was going through hell and back. I told my wife that I had something to tell her. She looked at me as her eyes filled up with tears and I blurted it out. "I am a smoker! I need my fix! I am going to the corner store

to get some smokes." She laughed with delight. She knew that I was smoking. She could tell when she was picking me up at the airport. My clothes were saturated with cigarette



smoke. Me being a smoker was much easier to accept than me being unfaithful to her. So the pressure was off. She knew that I was a smoker. However it did not take away from the fact that I knew it was a bad habit. I still wanted to quit but found that I couldn't. I was down to five cigarettes a day. I just couldn't get below that. I certainly could smoke more, but I couldn't smoke any less than five a day. Eventually HMCS Huron went to Seattle, Washington. Yup, you know what happens then. Duty Free! I got a bottle and a carton of smokes. 200 cigarettes, and they were all mine! At five cigarettes a day, this carton would last me forty days. About half way through the carton, I got the flu. A real heavy duty type cold. I was coughing, hacking, and felt super miserable. However, I still had about 50 cigarettes to go. I paid for those cigarettes and I would be friggered if I was going to throw them away. While I had this cold, I really didn't want to be smoking, however, I was going to smoke each and every one of them.

Right down to the filter. When I finally smoked the last cigarette, I tamped it out with a flair! "Be damned you coffin nails!" I yelled at the ashtray. I took the time to clean up my room in single quarters and I haven't looked back since then. Now I certainly did go through withdrawal, however, I wasn't going back to smoking. It was my time to quit. I didn't need any support, patches, pills or gum. Just will power. I didn't change my routines, sit in a different chair, or change the friends I hung out with. Did I gain weight? Yes, but the health benefits outweigh (no pun intended) the twenty pounds I put on. Now I may be fat, but you're ugly when you are smoking, and I can diet!

-Mitch Cormier

What if I need support for quitting?

If you are looking for support for smoking cessation, here are a few additional points to consider. Most smoking cessation programs encourage smokers to reflect on their smoking behaviors to truly understand why they smoke, and to plan strategies for dealing with cravings and brainstorm options for activities to replace smoking. And, as Mitch's story points out, nicotine addiction is very powerful, and cannot be ignored. While not all smokers develop the same level of addiction, and hence level of withdrawal, medical treatments can help you quit by controlling withdrawal symptoms and cravings by reducing your body's dependence on nico-

tine (Canadian Cancer Society, 1999, For Smokers Who Want To Quit: One Step at a Time). Speak with your primary care provider or pharmacist to find out which treatment option is best for you. The Canadian Cancer Society Self-Help booklets are available through the HP office and the 17 Wing Medical Clinic. Please call Carol at 4160 or Penny at 4150 for more information or if you would like to receive a booklet.

As many people know, the **Butt-Out Program** has been around the CF for a number of years to help military personnel and their families quit smoking. In the next edition, read a smoking cessation success story from a member who found the **Butt-Out program** very helpful in his efforts to quit smoking. The story is followed by some words of encouragement from the **Butt-Out Coordinator** and information on the program. Also coming soon: "Quitting Smoking, or more aptly put... GETTING REAL", a story that highlights the importance of goal setting and realistic strategies for smoking cessation.

The next Butt Out course is scheduled for February 20th. To register, please call LS Wilson at local 5595.

The deadline for entering the "March 1st, I Quit!" Challenge is 28 February. Watch the DIN page next week for answers to common questions about the "March 1st, I Quit!" challenge.

the Commissionaires

Canada's largest security firm maintains a cadre of personnel for part-time and full-time work.

- Part Time weekend employment for serving members.
- Criminal record check required; military or police service an asset.
- Above average wages, uniform and training provided.

Apply with resume and references to:

50 Stafford Street

Tel: 942-5993 ext. 210 Fax: 942-6702

email: info@commissionaires.mb.ca

Service – Reliability – Professionalism
Join The Team

Previous applicants need not re-apply.

17 Wing 'Castors' Colony Welcomes Initiates

By David Lavallee

On Wednesday, January 29, three young members of the 17 Wing military community took their first step into a larger world by participating in 'La Promesse', an initiation ceremony for the 'Castors' (Beavers equivalent). This group is part of the Association des Scouts Canada (ASC) organization, a French-Canadian chapter of the Scouting Association.

Youngsters Gabriel Brind'Amour Riffou, Alexandre Giroux, and Jonathan Giroux became the first official members of the 'Colonie de la 17e Escadre'.

On hand for the event, which was held in the 17 Wing Chapel Annex, were Mr. Normand Landry, Commissioner of the Franco-Manitoba Scout district; Father Guy Chapdelaine (Captain), 17 Wing Chaplain; and Miss Claire Bérubé, Leader of the new 'Colonie de la 17e Escadre'.

The ceremony began with the introduction of the young initiates, officials, and guests. Each dignitary was invited to speak on what it meant to be part of a 'Colonie'. They all emphasized the motto that one should always make the best efforts in everything he or she undertakes. The highlight of the evening was the 5-stage initiation, or 'déroulement', in which the young 'Castors' take a series of oaths to complete their transition into the 'Colonie de Castors'.

The first stage is the promise to "Play with and like the others", which is coincidentally the law of the 'Castors'. In the next four stages, the initiates overcome small obstacles, such as hopping over a stream or crawling through a Beaver Hut, and receive badges for their uniforms. Upon completion of the ceremony, the young initiates are officially welcomed into the 'Colonie de Castors'.

"I think the best part of the ceremony, as a parent, is seeing the children's proud expressions as they complete each stage. Suddenly, all of their preparations start making sense to them," says Captain Charles Riffou, whose son Gabriel was among the initiates.

school year, running from fall to spring. The 'Castors' meet every Wednesday night from 6:30 - 7:30 PM, during which the youngsters play games, do crafts, sing songs, and participate in other fun and educational activities.

Captain Riffou says they are also planning to familiarize the 'Castors' with the 17 Wing community, as they embark on the discovery phase. "We're planning visits to see the Wing Fire Department, the Military Police, and other units around the Wing," says Captain Riffou. "It exposes our little 'Castors' to different lines of work and promotes positive role models within their base community."

The 'Castors' is a

whose parents or guardians are in the military. "It provides the children with a stable foundation, something that they belong to and feel a part of," says Captain Riffou. "There are French Scout Colonies in communities across our country, such as Cold Lake, Alberta. If a family gets posted, which is a part of military life, the kids can get involved in the Scouting organization in their new community. That makes the transition a little easier for the little ones."

The 'Castors' is the youngest level of ASC, and is generally tailored for children ages 6-8. After 'Castors', the children move on to the next scouting level, referred to as the 'Louveteaux' (Cubs equivalent). The costs associated with joining the 'Castors' include a \$55.00 registration fee per child and a \$37.50 charge per uniform, which includes the progression book. Flexible payment options are available. Financial costs will decrease significantly, once the 'Colonie de la 17e Escadre' implements its fundraising campaign.

If you would like more information on the 'Colonie de la 17e Escadre', or are interested in getting involved, please contact Captain Riffou at (204) 833-2500 ext. 5645, Kim St.Peters at (204) 888-3263 or the District Office at (204) 233-4324 or by e mail at: scoutdr@mb.sympatico.ca



The new 17 Wing 'Colonie de Castors' (Back row, l-r: Father Guy Chapdelaine (Capt), Kim St.Peter, Claire Bérubé, Capt Charles Riffou, and Normand Landry; Front row, l-r: Jonathan Giroux, Alexandre Giroux, and Gabriel Brind'Amour Riffou.

The 'Colonie de la 17e Escadre' actually started in the fall of 2002. Because the members are children, the 'Castors' seasons mirror the

Francophone organization that is open to any new members. It serves an important function for the youngsters, especially those children

Cérémonie de Promesse Castor

Par le capitaine Charles Riffou

Le 29 janvier 2003 fut une première pour le district des Scouts franco-manitobains : une cérémonie de promesse Castor pour les enfants de la Colonie de la 17e Escadre. L'événement s'est déroulé dans la salle polyvalente de la chapelle de la base. Parmi la liste de dignitaires, on comptait : M. Normand Landry, Commissaire du district Scouts franco-manitobains; Père Guy Chapdelaine, aumônier de la 17e Escadre; et Mlle Claire Bérubé, Chef de groupe de la « nouvelle » région de "Scouts de la 17e Escadre".

Les nouveaux Castors sont Gabriel Brind'Amour Riffou,

Alexandre et Jonathan Giroux, étaient tous à la hauteur après avoir passé plus de huit semaines en stage de formation. Durant leurs rencontres hebdomadaires, ces jeunes ont appris le vocabulaire, l'histoire thématique, la loi (jouer avec et comme les autres), les moeurs et les règles de vie des Castors par l'entremise des histoires de « Castou » (mascotte des Castors), de jeux, de chants et de bricolages.

Le point culminant de toutes ces préparations était la cérémonie de promesse, reconnu comme événement majeur pour tous ceux qui entrent dans le mouvement Scout.

Lors de cette soirée spéciale, chaque nouveau Castor était appelé à faire le parcours rituel de la promesse qui compte cinq stations. À chacune de celles-ci, l'enfant recevait un nouvel insigne complétant l'ensemble de son uniforme et produisant ainsi un vrai Castor!

C'était également une première pour Mlle Kim St.Peters et le Capitaine Charles Riffou. Ceux-ci ont fait leur promesse d'animateur, s'engageant donc à soutenir la colonie de Castor de la 17e Escadre.

Un léger goûter était servi pour clôturer la célébration. Ensemble, les nouveaux

Castors, leurs familles et leurs invités ont fêté cette belle occasion.

Pour ceux et celles qui voudraient se joindre aux Castors de la 17e Escadre, veuillez contacter Mlle St.Peters au 888-3263 ou le Capitaine Riffou au 832-2813. Vous pouvez aussi appeler Mlle Bérubé au bureau de district au 233-4324 ou la rejoindre par courriel à l'adresse suivante :

scoutdr@mb.sympatico.ca. Nos rencontres ont lieu chaque mercredi de 18h30 à 19h30 au Centre de ressources pour famille militaires (MFRC). « Castors à l'effort! » (cri de ralliement)



RONALD HABING

Barrister & Solicitor

Serving the needs of the military community for 20 years & counting.

- Real Estate & Mortgages • Family Law
- Wills & Estates • Business Law

R. HABING & ASSOCIATES

- 2643 Portage Avenue •
- Phone: (204) 832-8322 •
- Fax: 832-3906 •



JUNIOR RANKS NORTH

Annual Valentine Dance

Red River Lounge
Junior Ranks (North)

Friday, 14 February 2003 - 20hrs start

Tickets: \$5 or \$7 per couple

Tickets at the door - Lots of fun, Door Prizes, Spot Dances, DJ and Food. Come out and support your mess... and have a great time too!

POOR CREDIT?

BANKRUPTCY? DIVORCE?

NOBODY has our selection



Birchwood
AUTOMOTIVE GROUP

799-3845

Historic Anniversary at CFB Winnipeg Curling Club

By David Lavallee

January 23, 2003 marked an historic point in the ongoing story of the CFB Winnipeg Curling Club. It was on this day that the club celebrated the 40th anniversary of its initial opening on January 23, 1963. Wing Commander Colonel Doug McLennan presided over a brief ceremony to honour the club's anniversary, and many club members, both past and present, turned out to be a part of the historic occasion.

"It's a pleasure for me to be here to welcome you on the 40th anniversary of the curling club," said Colonel McLennan, addressing the gathering at the club. "I know this club has been here a long time, and I know many of the people gathered here have spent many hours enjoying the curling, the comradery, and the interaction with the community at large, and it's great to be a part of the anniversary ceremony."

The highlight of the anniversary celebration was the ceremonial rock. The gathering was led onto the ice by a piper, and the assembled members lined up along the mid-ice walkway. As the members looked on, Major Kaz Oreziak, 17 Wing Operations Officer, threw the ceremonial rock, replicating the same ceremonial gesture made by Manitoba Lieutenant-Governor Errick F. Willis 40 years earlier to officially



PHOTO BY DAVID LAVALLEE

Wing Commander Colonel Doug McLennan (centre) prepares to cut the cake with Major Rob McKenzie (left), past president of the curling club, and Major Kaz Oreziak (right), current president of the curling club.

open the curling club. After the throwing of the ceremonial rock, everyone headed inside for cake, which was cut by Colonel McLennan.

Also present at the an-

Lance Corporal with the Army Hospital in Winnipeg from 1959 to 1963. "The old club was a converted building with natural ice, and often the playoff games were in the spring, so the

communities in Winnipeg for many years. Although the club's early years saw a membership that was mostly from the military community, over the years the balance has tipped, and to-

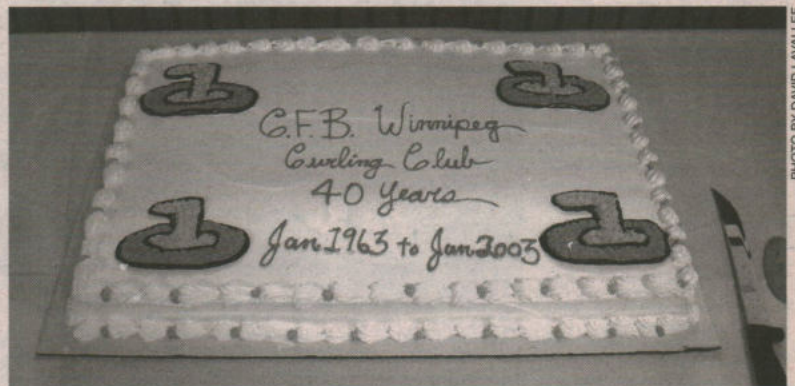


PHOTO BY DAVID LAVALLEE

The commemorative cake celebrating 40 years of curling at the CFB Winnipeg Curling Club.

iversary ceremony were some of the curlers and volunteers who were around at the opening of the club in 1963. Don Ogden was a

high temperatures melted the ice and made the curling a little difficult," said Ogden. "It was great when this club went up in '63, because it was much nicer and it had artificial ice."

Ogden was one of many people who volunteered his free time to help in the construction of the new club. "A lot of people helped out in the building of the club, and there was a lot of work to do," said Ogden. "What makes this club special for me is that I was here when it went up." Ogden was posted to Germany in 1963, but he returned to Winnipeg ten years later, and has curled in the Senior's League out of CFB Winnipeg Curling Club ever since.

The curling club has been a focal point for both the military and civilian

day the majority of the club's membership is civilian. This blend of military and civilian spheres makes the club an important liaison between the two communities. "As the members of the Wing and their spouses and families work and live in the community, it's very important to have that connection," said Colonel McLennan, who has curled at CFB Winnipeg for over ten years. "A lot of our military people are looking for opportunities to go out and be a part of the community. The curling club provides a place where the military and civilian communities can get together informally, interact, and discuss the matters of community interest that are important to both groups."

Telephone: (204) 888-7463



3025 NESS AVENUE
(Corner of Ness & Sturgeon Road)

Crestview Veterinary Hospital

Dr. Ab Hague

3025 Ness Avenue

Dr. Lorraine Walker

Winnipeg, MB R2Y 2G3

STURGEON CREEK DENTAL

DR. STEVEN LAWSON

DR. AARON KIM & DR. ANGIE WILLOX

COMPLETE FAMILY DENTISTRY & ORTHODONTICS

New Patients & Emergencies Welcome
INCLUDING

• White Fillings/Whitening

• Crown & Bridge • Root Canals • Dentures

Evening & Saturday Appointments Available

240-3025 Portage Ave.

958-9500



Since 1953

Serving Canada's Favourite Foods
Around the Country, Around the Clock

Denny's Restaurant and
Lounge welcomes all
military personnel.

Show your ID and receive a
15% discount on all food and
non-alcoholic beverages.

Kids eat free - 4 p.m. to 10 p.m. daily
(one child per adult).



Two locations to serve you:

1017 St. James and 11 Reenders Dr.

THE VOXAIR

Next Issue: 26 February 2003

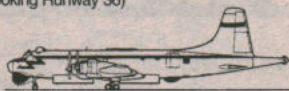
Deadline for submissions: 14 February 2003

PROFESSIONAL & BUSINESS DIRECTORY

The ARGUS Hobby Shop

(Overlooking Runway 36)

- Decals
- Vacu-forms
- Magazines
- Miniatures



- Model Kits
- Books
- Games
- Paints

Telephone: (204) 837-7677

5-2082 Ness Avenue, Winnipeg, Manitoba R3J 0Z3

NEMY, BROWN & CO.

Barristers Solicitors Notaries

John C. Brown, B.A., LL.B. Jack M. Rabkin, B.A., LL.B.

200-2727 Portage Avenue

(Courts of St. James Shopping Centre)

Phone: 888-8890

RUTLEDGE & DYKER

R.F. RUTLEDGE, B.A., LL.B. --- A.L. DYKER, B.A., LL.B.

COUNTRY CLUB PLAZA

310-3025 Portage Ave.

Phone: 987-7575 Fax: 837-3638

BALDWINSON AGENCIES

Rec Centre (Whytewold Rd.)

Autopac 889-2204

17 Wing Winter Family Carnival



March 1-2, 2003
Chapel and Northside grounds

Snow Painting, tobogganing, skating, toboggan bungee,
Prizes...and so much more

Schedule of Events

Saturday, March 1

1000-1430

Snow painting at the Picnic Shelter
Tobogganing on the hill
Skating and Toboggan bungee at the Rink
Canteen and prize draws at the Chapel Annex



1100-1200

1300-1400

Youth Hockey Challenge North vs South
Children vs Parents Hockey Game



Sunday, March 2

1400-1500 hr

Sleigh Rides at Unique Corral
1270 Sturgeon Rd.



Register in advance at Bldg.33
Community Recreation
Cost: \$5/family
Limited space available

Contacts:

Melissa Davidson: 833-2500 ext. 2059
Diane Brine ext. 4058

Brought to you in part by:
Community Recreation,
Military Family Resource Center and the
Winnipeg Military Community Council



Century 21
WEST-MAN REALTY LTD.
BRANDON, MB

Shilo Bound?

Let us help you relocate with over 25 years experience in Brandon's real estate market

Mike Melnyk (204)729-5074 Tim Melnyk (204)724-0866 Michael Melnyk (204) 724-3176

THE MELNYK TEAM

CALL TOLL FREE
1-866-MELNYKS (635-6957)

Call today and find out how you may TRIPLE the Century 21 Bonus Reward Air Miles.

email us: mmelnyk@mb.sympatico.ca
"JUST LIKE WORKING WITH FAMILY"

Cinéma/Theatre

8:00pm Showtimes

2 Blocks North of Ness on Whytewold

 When you least expect it, fate can open a door. maid in manhattan	 GEORGE CLOONEY How Far Will You Go For A Second Chance? SOLARIS
Fri-Sat/Feb 14-15 8:00 pm parental accompaniment	Sun-Mon/Feb 16-17 8:00 pm parental accompaniment
 THE LORD OF THE RINGS THE TWO TOWERS THE JOURNEY CONTINUES	 THE SISTERS OF THE HOLY ROCK
Fri-Sat-Sun-Mon/ Feb 21-22-23-24 8:00 pm parental accompaniment	Fri-Sat-Sun-Mon/ Feb 28-Mar 1-2-3 8:00 pm parental accompaniment

The Sisters of the Holy Rock
Tuesday, April 8 2003
Showtime: 7:00 pm

Op Nijmegen 2003

17 Wing is applying to send a team to Nijmegen, Holland to participate in the 4 Day Nijmegen Marches (15-18 July). Interested military personnel should contact their supervisor or their orderly room to apply.

Details and application forms may be found on the 17 Wing DIN Homepage. All applicants must have written approval from their CO. Applications are to be submitted as soon as possible to Capt Al Bruce, Building 86. Training will be 4 days a week from 8 Apr-4 Jul 2003.

Posted to Kingston in 2003?

Don Wyld, cd
Military Authorized Realtor

Automatic Buyer Representation

If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call at the "TOLL FREE" number below and I will send you a "Worry-Enders Kit of Kingston" (with video) containing maps, home prices, school information, shopping facilities, transportation and more.

NEW HOMES BY "CARACO"
For a complete information package of new homes being built in Greenwood Park, minutes from CFB Kingston and RMC, and Cobblestone Ridge in West End Kingston. See the whole package at www.c21wyld.com

Please call or write:
Don Wyld, CD, Sales Rep.
#1 Barrieffield Centre,
Kingston, Ontario,
Canada K7L 5H6

Fax 1-613-545-1101 or
Toll Free 1-800-438-9953

Visit the Canadian Military Relocation Network Website at www.interbaserealestate.com OR
Email: donwyld@kos.net

Century 21
TOWN & COUNTRY REALTY INC.

Thoughts on cultural exchanges

By Captain Véronique Briand



Glen Gallagher and Craig Inns at Lake Agnes, Lake Louise, Alberta

When I read the article produced on the Australian students at CFANS, published in the last edition of the Voxair, I wanted to share some observations that I have made after having met with them personally (as well as the Australian instructor on exchange at CFANS, Flight Lieutenant Matt Hetherington, and his new wife, Alicia).

For a start, my getting to know the Australians reminded me of how much of an ambassador to your country you become when you travel abroad. Although I have spent a little time in Australia (a few days while I was working for 435 Squadron), my contact with

the Australians at CFANS gave me a much better appreciation of their country. As true ambassadors, they displayed a number of remarkable qualities. Just to name a few: assiduity to work, yet with plenty of good spirits and sense of humour; friendliness, yet with a lot of professionalism; simplicity, yet always with good manner. Now, every time I will hear of Australia, it is that picture of them that will come to my mind (as opposed to a kangaroo!).

Secondly, I am always amazed of how a person is changed when he or she comes in contact with different cultures. The girls, Pilot Officers Anna Moore and Dianne Bell, consistently



The Australians Michelle Inns and Lisa Gallagher stopping for a picture in front of Lake Agnes (note the strained look on their faces from hiking!)

showed enthusiasm towards doing Canadian things. For example, this winter, they both went out and bought some skates. In spite of the cold weather, they ventured regularly to the Forks or to the nearby skating rinks to practice this truly Canadian or nordic sport. This enthusiasm was shared also by Flying Officers Craig Inns, Glen Gallagher and their spouses, Michelle and Lisa respectively, who recently hosted an extraordinary event. With the help of their course mates, they organized an "outdoors and indoors" party to celebrate Australia Day (January 27th) in conjunction with the American Superbowl. Everything did indeed seem

upside down when Glen was standing behind the high flames of his barbecue, kitted with his parka, boots and mitts, still not quite used to beyond freezing temperatures. Close by, friendly Pilot Officer Matt Kitchin and a group of twenty persons or so – all dressed in a similar fashion – could be seen sipping beer under a couple of tents and rented heaters!! Impressive? When it comes to proving an open mind to the Canadian culture, Pilot Officer Steve Monypenny appears to be the champion, as he is soon getting married to a girl that he met in Winnipeg while on course! Needless to say, the Australian students will take home more than a good

number of emergency procedures and navigational skills

Finally, as the Voxair representative of CFANS, I asked Flying Officer Glen Gallagher to take a few minutes out of his busy schedule (graduation date is approaching!) to write down his own impressions of Canada. I thought that his personal words would complement and bring life to the previously published article.

Impressions of Canada Flying Officer Glen Gallagher - BANC 0201

Almost 11 months have passed since I first set foot in this fantastic country. In some ways it seems so long ago when considering what I have learnt in terms of being a student on the Navigator Course, yet in other ways it seems like only a few months ago that I arrived and started exploring Canada. Whilst the first four months of my stay was sans wife (my best French for being without my wife, Lisa), I had promised not to do too much exploring of Canada without her. That created a slight problem. Here I was, eager to see all that Manitoba has to offer, yet I was supposed to wait until Lisa arrived. An easy solution was reached. Given that Winnipeg is so close to the United States border, I undertook (along with quite a few other fellow Nav students) a road trip to Minneapolis, USA. I was off the hook with my wife for not "exploring Canada too much" (her words) before she arrived and I was still

able to explore this vast continent during some downtime on course. Well, the road trip was a blast, and I likewise received a blast from my wife for splitting hairs when it came to the semantics of the English language.

I think being a student has been the easy part of my time over here; the hard part has been where to go and how to spend the available spare time with my wife and friends. Our time in Canada is coming to an end and yet there is still so much more left to see. We have been fortunate to have had holidays that have allowed us to hike and explore Banff, Jasper, Lake Louise and Athabasca Glacier during the summer, and then the opportunity to enjoy fresh powder at Fernie, British Columbia during the winter. For us, it has been the best of both worlds! The photos below show some of the places we have been throughout our journeys.

For us, this has been a unique experience and, in fact, a once-in-a-lifetime opportunity. Not only do we get the benefit of years of Canadian flying experience whilst undertaking a top-notch (Aussie slang) Navigator course, but we get a uniquely Australian perspective on just how much fun you can have whilst overseas and doing an intensive aircrew course. But then again, being Australian is all about having fun and living life to the fullest, which is just like being Canadian. Cheers, GG

Get Credit for Your Military Studies and Earn a Computing and IS Degree Faster

You may be eligible to receive university credit for military training through the Canadian Forces University Program that can be applied towards an Athabasca University degree program.

Apply your credits towards a Bachelor of Science – Computing and Information Systems program and earn a degree faster.

We offer online and distance learning courses with flexible, year-round registration and academic support so you can study when and where you want—even if you move across the country or around the world.

Or, you may want to take a single course for professional development.



Hot Topics

User Support
Java Programming
Website Technology
Advanced Operating Systems
Systems Design and Implementation

If you want an advanced degree, we also offer a Master of Science – Information Systems.

Contact Us Today for More Information or Register Online.

Athabasca University
Canada's Open University

<http://ccism.pc.athabascau.ca>
1-866-731-0328

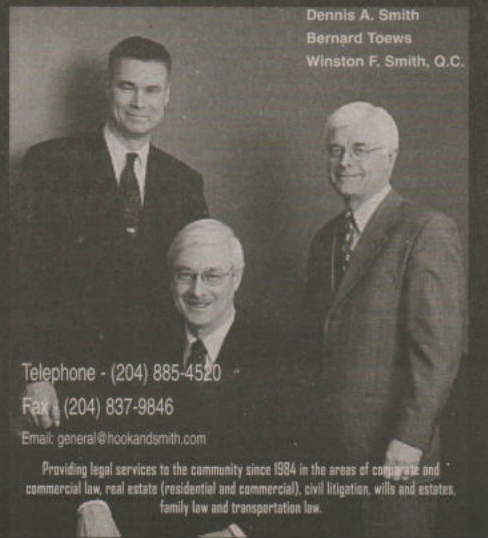
D I S T A N C E E D U C A T I O N W O R K S

HOOK & SMITH

Barristers, Solicitors & Notaries Public

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

Dennis A. Smith
Bernard Toews
Winston F. Smith, O.C.



Telephone - (204) 885-4520

Fax - (204) 837-9846

Email: general@hookandsmith.com

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

9th Annual Air Force Historical Conference

CALL FOR PAPERS

10 – 13 June 2003
17 Wing Winnipeg
Winnipeg, Manitoba

Theme: Canadian Military Aviation: The First 100 Years

- Topic Areas:
- The Pioneers of Military Aviation
 - Canadian Efforts before the Second World War
 - The Second World War
 - Canadian Efforts in the Cold War
 - Post Cold War and the New Millennium

Papers must address one of the above topic areas. Proposals should be submitted in the form of a one or two page abstract for consideration by the Selection Committee. Upon acceptance, final papers are to be provided to the Air Force Historian before the conference for publishing in the Proceedings. All selected individuals will have their accommodations, registration and meals provided, and receive an honorarium to assist with transportation costs.

Abstracts may be forwarded to the Selection Committee,
Attn: Capt. James Pickett:


Mail: 59 Topaz Rd. Winnipeg, MB R2Y 1L4
E-mail: pickett.jdp@forces.gc.ca Fax: (204) 833 – 2512

Deadline for Submissions: 31 March 2003

Additional information is available from:
Capt. James Pickett (204) 833 – 2500 ext 5152
Mr. Don Pearsons (204) 833 – 2500 ext 6276

This Conference is sponsored by the Office of Air Force Heritage & History, 1 Canadian Air Division Headquarters, Winnipeg.

9th Annual Air Force Historical Conference



award winning
**Assiniboia
Animal
Hospital**

Gentle with
Pets & Prices

889-5570
3050 Portage Avenue

Computer Courses Offered

Community Recreation will be offering computer courses to all recreation members. Courses are held at Westwin Community Center from 0900-1700 on Saturdays. For more information contact Recreation at 833-2500 ext. 5976 or 2059.

February 22	Intro to Access
April 12	PowerPoint
April 26	Intro to FrontPage
May 3	Microsoft Word

Location: Westwin Community Center Bldg. 33
0900-1700 hrs – Course Fee: \$80 (Includes Manual)

Cancellation Policy

Participant cancellations will not be refunded 7 days prior to the course date; all other cancellations will receive 50% refund.



LE PLAN UNIVERSITAIRE DES FORCES CANADIENNES



vous offre la Télé-université (Université du Québec)

À temps complet ou à temps partiel
Partout au Québec, au Canada et dans le monde



Pour les militaires de la force régulière et de la réserve, leurs conjointes et conjoints, les militaires pensionnés ainsi que les employés civils du MDN.



Monsieur Daniel Pelletier

« J'ai commencé des études à temps partiel à la Télé-université en 1992, alors que j'étais en Colombie-Britannique, et j'ai terminé un baccalauréat en administration en 2002, alors que j'étais au Québec. Tout au long de mes études, j'ai toujours pu compter sur l'appui et la compréhension d'une équipe professionnelle et dévouée, tant du côté du corps professoral que du côté du cadre administratif à la Télunq. En effet, les contraintes du service nécessitent beaucoup de flexibilité et la Télunq a toujours su prendre en compte mes besoins

et y répondre. Si vous recherchez une organisation qui connaît les exigences du service et demeure à l'écoute de vos besoins, la Télé-université représente indubitablement un choix de tout premier ordre. »

« Mon emploi militaire supposait des mutations périodiques. J'ai d'abord fréquenté, sans réel progrès, deux universités à temps partiel. En 1994, j'ai fait une demande d'admission au certificat en administration auprès du PUFC. Depuis, j'ai été transféré à plusieurs reprises, sans que cela ne me pénalise sur le plan de la formation universitaire. Aujourd'hui, je viens terminer un troisième certificat et serai en mesure d'obtenir le grade de bachelier ès arts par cumul de certificats. Sans le soutien et la flexibilité du PUFC, je ne suis pas sûr que j'aurais pu atteindre mes objectifs de formation. »



Monsieur Yvon Boulet

Procurez-vous la brochure du Plan universitaire des Forces canadiennes au bureau de sélection du personnel de votre base
OU

Communiquez avec Pierre Lafleur
(418) 657-2194
1 800 796-7122 (au Canada)
pufc@teluq.quebec.ca
www.teluq.quebec.ca/709

Université du Québec
TÉLUQ
L'université à distance

NEW LIBRARY HOURS STARTING JANUARY 6, 2003

**17 WING
RECREATIONAL
LIBRARY**

Sundays: 12-3 pm

Mondays: 4-8 pm

Tue, Wed: 12-8 pm

Thu: 4-8 pm

Various Craft Days

Phone: 833-2500 loc 2490
winglibrary@email.comWestwin Community Centre (Building 33)
Whitewold Road by Building 90
For information: call Michelle at 2490**POSTED TO TRENTON?**

Call André (Andy) Martin, CD1

ROYAL LEPAGE
ProAlliance Realty
1-800-263-2177253 Dundas St E
Trenton, OntCommitted to
Client Satisfaction
Licensed Since 1990
Office Top Agent
for 10 out of 12 years
amartin@royallepage.ca
"Service Bilingue"ANDRÉ (ANDY)
MARTIN, CD1
RCAF/CF Ret'd
Sales Representative**Officers Mess 17 Wing****Entertainment Calendar****TGIF - Fridays**

Join us for TGIF each Friday afternoon. Come for the food, the beverages, the friends, and the opportunity to win free entertainment tickets and the 80/20 jackpot. TGIFs are "mixed" events for spouses and guests after 1700 hrs.

Childcare services (2 - 12 years old) are available during TGIF! 1700 - 1900hrs. Sign-ups required

Valentines Candlelight - Friday, 14 February

Come out for an evening filled with romance. Enjoy a full course meal, roses for the ladies, and an opportunity to win fabulous prizes!

Time: 1900 for 1930 hrs

Cost: \$20 per member couple, \$30 per guest couple

Dress: Jacket & Tie

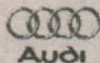
Sign-up: Required, 21 Jan - 31 Jan 2003

Call ext 2491 for more information or to make a reservation.

**ST. JAMES
VOLKSWAGEN**

305 Madison at Ness

Phone (204) 788-1100 Fax (204) 788-1109



We accept VISA MasterCard INTERAC



We are conveniently located for all your Volkswagen and Audi needs!

OIL & FILTER CHANGES for most cars \$29⁹⁵

WE OFFER A

10% MILITARY DISCOUNT
ON ALL RETAIL PARTS & SERVICES

Our Body Shop is fully equipped to meet all your needed repairs.

**MAINTAIN THE ADVANTAGE - AUDI PARTS & SERVICE
KEEPIN' IT REAL - VW PARTS & SERVICE**

SERVICE DEPT. HOURS

PARTS DEPT. HOURS

Mon-Fri 7:30am to 6:00pm Mon-Fri 8am to 6pm & Sat 9am to 1pm

Website - <http://www.stjames-vw.mb.ca> E-mail - excellence@stjames-vw.mb.ca**Fitness & Sports Page****Pilates Offers Total-Body Workout**

By David Lavallee

Are you looking for a fitness routine that offers something a little different from the standard fare? Pilates, a form of exercise focusing on overall body conditioning, may be exactly what you're looking for.

Developed by German-born Joseph H. Pilates in the early 1900s to help people overcome injuries and postural problems, Pilates is a comprehensive series of exercises that involve both body and mind. The human body is covered with different layers of muscles, and Pilates stresses the use of deeper muscle groups. This helps strengthen the core abdominal area of the body, and lends to greater strength for overall body support and posture.

The contemporary approach involves a series of exercises that can be done on a mat or on various types

of equipment (e.g. Reformer, Spine Supporter). The exercises focus on five basic principles - breathing, pelvic placement, ribcage placement, scapular movement and stabilization, and head and cervical placement. These five principles are fundamental to reaping the greatest benefits from Pilates exercises.

"As a Pilates instructor, I think this form of exercise is able to complement or supplement other fitness programs," says Pilates instructor Jacqui Vincent. "It offers something a little different in the constant focus on core abdominal stability and strength and working of the deep inner muscles."

Contemporary Pilates is designed to meet the needs of many types of people, and is offered at beginner, intermediate, and advanced level workouts. There are al-

so different modifications for exercises to address certain needs. Pilates works on the principle that 'less is more', meaning it focuses less on repetitions and more on mastering the fundamental principles necessary to get the most out of the exercise.

Vincent has been involved in Pilates for six years, and is currently undergoing extensive training on a piece of Pilates equipment called a Reformer (she hopes to be certified to teach Reformer classes in the spring). "I wanted to share my passion for this exercise approach and what it does for the body," says Vincent about why she became an instructor. "As I have a full-time career in a completely different field, I felt this venture would balance out my working life."

Pilates classes are of-



ferred at the 17 Wing Recreational Centre. For the winter session, Introductory level classes are offered Mondays (6:30 PM - 7:30 PM), Fridays (4:15 PM - 5:15 PM), and Saturdays (10:45 AM - 11:45 AM). Entry fees for Pilates are \$35.00 for 10 sessions (individual) or \$55.00 (per couple, or per person who wants to take 2 classes a week). If you would like more information about Pilates at 17 Wing, please contact Melissa Davidson of Community Recreation at (204) 833-2500 ext. 2059.

Khari and Justine Jones to Participate in Hospice Aerobics Challenge at 17 Wing

By David Lavallee

Winnipeg Blue Bombers quarterback Khari Jones and his wife Justine will be at the 17 Wing Fitness and Recreation Centre on February 22, 2003, to take part in the 2nd Annual Hospice Aerobics Challenge. The event is held in benefit of Hospice and Palliative Care Manitoba. Cathy Scott, the 2002 Manitoba Fitness Leader of the Year, along with assistant fitness leaders, will spearhead the fitness-oriented fundraiser.

The Aerobics Challenge is a tough, two-hour, 'bootcamp' style aerobics workout under the leadership of Scott. The workout includes cardiovascular, strength, and flexibility. The workout is a challenge, but participants can take things at their own pace, and assistant fitness leaders will be on hand to lend a hand and demonstrate optional levels of activity. The workout is designed to include all people,

no matter their level of athletic ability, so everyone is welcome to get involved.

There are some nominal rules to follow in order to

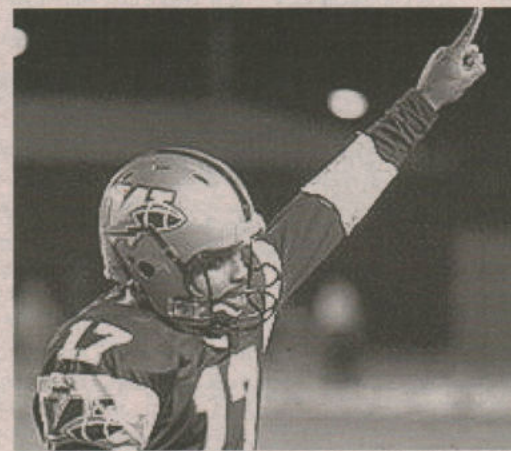
for the Challenge, which benefit Hospice and Palliative Care Manitoba (a minimum of \$25.00 in pledges is required, and

that day, and after the workout is complete, participants are invited to stick around for snacks and prizes.

Cathy Scott is a personal trainer and fitness appraiser, has been a certified aerobics instructor for over ten years, and teaches an aerobic kickboxing class at 17 Wing. Scott is also a cancer survivor, and having faced a potentially deadly disease, the Hospice and Palliative Care Manitoba cause is one that is close to her heart.

Hospice and Palliative Care Manitoba is the volunteer-based charitable association that champions and promotes the availability and accessibility of quality end-of-life care and bereavement services for all Manitobans.

If you would like more information about the Hospice Aerobics Challenge, or would like to get involved, please contact Sophie at (204) 889-8525.



get involved. First, participants must complete the registration form and return it to the Hospice Office by February 7th. Space is limited, so please register as soon as possible. (forms are available at the Fitness Centre). Second, participants must collect pledges

everyone who raises \$100.00 or more receives a free Aerobics Challenge T-shirt). Third, participants take part in the Aerobics Challenge on February 22 (participants are advised to come in comfortable workout clothes). All pledges and donations will be submitted



MFRC Deployment Services Parcel Packing Stations— Check them out @ 102 Comet St.

MFRC HQ and the South Side Family Drop-in Centre at 2PPCLI (everyone welcome, call for hours loc. 6600)

There you will find everything you need to help you keep in touch with your deployed loved one.

- Brown paper
 - Tapé
 - Boxes
 - Markers
 - Photo envelopes
 - Packing materials
 - "Care Package" ideas!
 - Addresses and Postal information
 - Sometimes-some goodies to pack.
- Letters to deployed personnel can always be dropped at the MFRC. Parcels must conform to regulation

sizes/weights/parcels too large must be mailed at the Forces Post by Bldg 90.

Did you know?

Due to a near-complete breakdown of the civilian mail system in the Former Yugoslavia, and many other theatres of operations, the only way that mail can be delivered to, or received from members on operations is via the Canadian Forces Post Office in Belleville, Ontario. Any mail sent via normal civilian mail systems will almost certainly never arrive. Regulations regarding mail set out by Canada Post apply, but you only pay postage to Belleville, Ontario. From there it is sent overseas by airmail at

no additional expense to you.

Communication is very important for all family members. Make sure you have the service member's full address and service number before departure. Likewise, ensure the deploying soldier has all the info he/she may need to keep in touch with home.

Sending mail to theatre

To send mail to a member deployed you can either:

- mail the letter/parcel your-

self from anywhere in Canada to Belleville, Ontario as indicated in the address, paying the cost to CFPO @ Belleville, ON; or

- drop the appropriately-addressed mail/parcel off at any CF Post Office for free postage to Belleville. (size and weight restrictions apply) Letters can be dropped at the MFRC anytime!

For more information and addresses to theatre of operations call Catherine at ext 4506.

Lights! Camera! Action!

From time to time the MFRC receives requests from local media and Public Affairs representatives to speak with Military Families on a variety of topics. We are compiling a list of interested community members to have on hand. If you are interested in sharing your experiences call Catherine @ 4506.

Planifier Votre Avenir

Le centre de ressource est heureux de vous offrir une série d'ateliers de planifications à long terme. Si vous pensez déménager, acheter ou vendre une maison, négocier une hypothèque ou avez des questions sur les investissements financiers, nous avons ce qu'il vous faut.



Session d'information sur l'achat et la vente d'une propriété

La session se déroulera en deux volets soient le 4 et 11 mars de 19h00 à 21h30 au Centre de Ressource. Les sujets discutés seront; magasiner et contracter une hypothèque; comprendre les obligations légales de l'acheteur et du vendeur; comprendre le marché immobilier; choisir une propriété et les bénéfices de la relocation lors d'une affectation. S.V.P. vous inscrire avant le 25 février 2003.

Session d'information sur la planification financière

La session se déroulera le 18 mars 2003, de 19h00 à 21h30 au Centre de ressource. Ce sera une bonne occasion pour s'initier aux concepts de base et multiples facettes de la planification financière. Les sujets suivants seront présentés soient; préparer sa famille aux imprévus, les testaments; la planification financière et les investissements. S.V.P. vous inscrire avant le 11 février 2003.

MFRC Contact List

You may reach the MFRC by dialing: (204) 833-2500 and enter the 4-digit local of the person you are trying to reach.

Administration	Mona Currie	4500
Teen Centre		4502
MFRC Library		4503
Executive Director	Don Brennan	4504
Education Services (QOL)	Val Hudson	4505
Deployment Services	C. Chatterley	4506
Volunteer Services	Nicole Johnson	4507
Youth Services	Diane Brine	4508
Information & Referral	Linda Belisle	4509
Children's Programs/ Emergency Childcare	W. Richardson	2491 or 6846
Employment Assistance	John Chabih	4511
Special Needs/ PIC Social Worker	Haley Schroeder	4512
Francoophone Services	Louise Cameron	4515

An Open Letter to all Military/Foreign Service Spouses

Re: Request for support - Amendment to Employment Insurance Regulation #55 Claimants Not In Canada

Dear Military/Foreign Service spouse:

Over the last three years I have worked as the Employment Assistance Coordinator with the Winnipeg Military Family Resource Centre. My duties are to assist military family members with the challenges they face regarding employment and education matters.

As you may be aware, on occasion, military members and Federal Government employees are tasked to various locations throughout the world - Germany, The United Kingdom and the United States are a few examples.

Through my research, I have discovered that individuals residing outside of Canada for more than 52 weeks are not eligible to obtain Employment Insurance entitlements.

One possible solution to this dilemma is having HRDC freeze EI benefits for the period of time the spouse/family member is abroad and have their benefits reactivated once they return to Canada.

I believe this regulation needs to be amended for the following reasons:

• Military spouses are presently eligible to receive benefits if residing in the United States or its protectorates but not eligible if residing in Europe

• The act approving entitlement of benefits in the United States was signed in 1942 - the roles of the military and Foreign Service families have changed dramatically since that date.

• When the military and Foreign Service family member supports their "serving" family member in a non United States posting they are penalized the amount they have accumulated in Employment Insurance benefits

• Upon returning to Canada, military family members are not eligible to access Employment Insurance benefits until they have earned the required hours for the community they reside in, regardless of the number of hours they had accumulated prior to their partner's European posting

• Individuals incarcerated in Canada's Correction Services are entitled to have the Employment Insurance Benefit status frozen

Manitoba's Provincial Government recently addressed

and approved the freezing of military/military family members Driver's Licencing entitlements. Posted military members will now have their Manitoba Licence merit points frozen until they return to the province. As you can see, a policy of freezing benefits and status has made some headway and does not appear to be a burden on government tax and administrative systems.

The matter addressing the freezing of EI benefits for military and Foreign Service spouses is presently being discussed by other Employment Assistance Coordinators across Canada. There is a strong desire by this committed group to address any policies that affect the clients we serve.

For more information on this matter, please feel free to contact me at (204) 833-2500 ext. 4511 or email me: mfrceac@autobahn.mb.ca at your convenience to discuss this matter in more detail.

Respectfully,
John Chabih
Employment Assistance Coordinator.

SISTERS OF THE HOLY **Tuesday,**
8 April
2003
at 7 pm



Base Theatre
(Whytefold Road)

Presented by:
Winnipeg Military Family
Resource Centre

Proceeds going to MFRC Youth
Programs and
Special Needs Services

Tickets available
at the MFRC,
102 Comet Street

Tickets \$10
(Cash or Cheque)

CANEX
Simply the Best
17 Wing Winnipeg 833-2500 ext 5620

Operation Cleansweep



Proctor-Silex
Coffee Maker
• Model C41111

24⁹⁹

Not exactly as shown



Clock Radio Dream Machine
• Model ICFC211
• Snooze/Sleep functions

19⁹⁹

SONY



Proctor-Silex
Easy Press Iron
• Model 17470 • Non Stick

24⁹⁹

Not exactly as shown



Proctor-Silex
Easy Press Iron
• Model 17400 • Adjustable steam

19⁹⁹

DID YOU KNOW?
Your patronage had permitted CANEX to contribute \$61,191 during 2001 to the 17 Wing Winnipeg Sports Morale and Welfare Activities.

AUTHORIZED PATRONS ONLY
12 - 23 Feb 2003
WHO SERVE SERVING THOSE WHO SERVE ASSURED THESE WHO SERVE

NO INTEREST CREDIT PLAN
O.A.C. (On Approved Credit)
Financing available on all major appliances, furniture, electronics and more. No interest for 12 months on purchases over \$299. Finance charges apply to all other purchases. Payment due on 15th of each month. Late charges apply. Credit subject to credit review. Terms, conditions and restrictions apply. See store for details.

ADVERTISED MERCHANDISE POLICY
The merchandise is to be used for personal use only. It is not to be resold, rented, leased, loaned, or otherwise disposed of in any way. The merchandise is to be used in accordance with the manufacturer's instructions. The merchandise is to be used in accordance with the manufacturer's instructions. The merchandise is to be used in accordance with the manufacturer's instructions. See store for details.

Confederation General Insurance Brokers Ltd.

#10 - 1080 Waverley St. & Seel Avenue
Winnipeg, MB. R3T 5S4 Ph: (204) 475-2203

SPECIAL INSURANCE PROGRAM FOR DND PERSONNEL

Special pricing on HOME & TENANT INSURANCE for Current & Retired DND Personnel

Additional Discounts for PMQ & BARRACK BLOCK residents

CALL US TODAY FOR A QUOTE AT 475-2203




"A WESTERN CANADIAN COMPANY"

INSURANCE
COUNSELLING
CFPAF



Services financiers

ASSURANCE
COUNSELLING
CFPF



Financial Solutions for Today...and Tomorrow!

Vos solutions financières pour aujourd'hui...et pour demain!

www.sisip.com


1-800-267-6681

Important things you should consider this RRRP season

(NC)—Despite the proven benefits of Registered Retirement Savings Plans (RRSPs), many Canadians still don't contribute to one. Many more Canadians do make contributions, but are unsure about all the advantages of RRRP investing. Here's a list that highlights some of the benefits of RRRSPs:

- Contributing to an RRRP helps you save money**
"It's important to think of your RRRP as a personal savings plan first," says Don Reed, President & CEO of Franklin Templeton Investments. "And, with regular RRRP contributions, you can build substantial savings for your retirement."
- RRSP contributions help you save taxes, too!**
It's pretty safe to say nobody likes paying taxes. All RRRP contributions are tax deductible, up to a prescribed limit, which is 18% of your income to a maximum of \$13,500. Plus, you can carry forward any unused contribution amount to the following tax year and investments held within an RRRP grow tax free until withdrawn.
- RRSPs are easy to start and easy to maintain**
You can contribute to your RRRP any time over the year and during the first 60 days of the new year. Investing throughout the year in smaller sums is an easy and beneficial way to make your contribution. This method provides you with the advantages of "dollar cost averaging," a strategy that averages the cost of your investments over an extended period of time.

Together in Church



CATHOLIC Chaplains
Father Guy Chapdelaine (Roman Catholic) Office 833-2500 extension 5272
Father Terry Cherwick (Ukrainian Catholic) Office 833-2500 extension 5417
Secretary
Carol Cochrane Office 833-2500 extension 5087
Masses (English only)
Sat 1630 hrs
Sun 1130 hrs
Religious Education
Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information on registration.
Confessions
The sacrament of reconciliation is offered by appointment. Contact the chaplain's office.
Baptisms
We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.
Weddings -Marriages
Contact the chaplain at least six months in advance. A marriage-preparation course is a requirement.
Catholic Women's League
Meets the third Tue of the month at 1900 hrs in the Chapel Annex.
PROTESTANT Chaplains
Padre Bob Brinn (United Church) Office 833-2500 ext 5349
Chaplain Lenora Grauer (Evangelical Lutheran) Office-833-2500 ext 5785
Padre Brad Busch (Evangelical Lutheran) Office 833-2500 ext 6022
Secretary
Carol Cochrane Office 833-2500 ext. 5087

Sunday Services
English Only 0930 hrs
Sunday School
Sunday School is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.
Marriages
Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required.
Baptisms
The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.
Protestant Guild
The Guild meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.
Food Bank
The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.
Emergency Chaplain
After normal working hours, the Emergency Chaplain can be reached through the WOps Duty Centre, 833-2700, or the 2 PPCLI Duty Centre, ph. 833-2727.
Other Phone Numbers
For your convenience, a phone number has been set up to provide callers with information on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts.

TAROSCOPES

By Nancy

ARIES (March 21 – April 19): Ask for what you want or do without. Support and understanding is not given as freely as you'd hoped. Someone's childish behavior stems from the fact that all their needs can never be met. What you do do is not fully appreciated. Give more only if you want to.

TAURUS (April 20 – May 20): Your skill at pushing the past aside so you can get the job done is great, but some issues need to be dealt with. Avoiding leads to your overreacting to situations beyond your control. You can't change yesterday. Live today so that you create better memory for tomorrow.

GEMINI (May 21 – June 21): Your loyalty may get you in over your head, fighting causes that aren't yours. Being the strong one sometimes means saying no. Someone else needs to prove their worth. Then they will stop feeling like a victim. Help them by stepping away; let them fix their own problems.

CANCER (June 22 – July 22): You want things to move quicker than they already are because you will rest only when tasks are completed. Slow down, the end may not be in sight but it's there. Unions and re-unions highlighted. It's a good time to conceive if that's a priority for you.

LEO (July 23 – August 22): Life keeps you on your toes. It's now time to lead with your head not your heart. Use logic to establish your place. Someone is confusing you with a previous partner or parent. When making a point, you may be right but it doesn't give you the right to hurt others with home truths.

VIRGO (August 23 – September 22): Time to be realistic. Have you prepared adequately for the future? Assess which dreams are feasible. Set new goals, forget past failures, determine your direction and get going. Success may not be as quick as you'd hoped but living is about learning.

For appointments
call 775-8368

LIBRA (September 23 – October 23): Careful you don't create dramas that leave you feeling hard done by, pinning your hopes on someone coming to save you. You are a driving force in your own success. If necessary change your life path to one that is more natural to you, then the road is not as long or as hard.

SCORPIO (October 24 – November 21): What you want may not be what you need. Time has taught you that sometimes you gain a lot when you lose. You have an eye for the unusual. Give yourself unique goals that challenge you. Lifelong commitments need time to develop. Have patience.

SAGITARIUS (November 22 – December 21): Your assertiveness may come across as overly forceful. Make suggestions instead of telling others how to fix their lives. Giving, to gain IOU's or for kudos, backfires. Ask yourself about your motives. Be especially careful if you are giving out of guilt.

CAPRICORN (December 22 – January 19): Better to be flexible and understanding than to force compliance. There's no need to prove you have power. Initiating small changes, creates ripples, the result is less stress. You'll look back later with pride, but for now enjoy the process.

AQUARIUS (January 20 – February 18): You are surprisingly quick at learning new skills. Keep occupied in what interests you. Being sensible more often allows for a few frivolities down the road. Demanding pessimists can narrow your vision of what's possible for the future. Save for a sunny day.

PISCES (February 19 – March 20): Develop your abilities, your own way and in your own time. Shed unnecessary baggage. Deal with conflicts by being gracious, forgive and move on for your own sake. Transform the ordinary into something beautiful. Don't believe a manipulator's words.

CLASSIFIEDS

Separating / Retiring?

SENIOR MILITARY OFFICERS

Specialist in
TRANSITION Assistance

www.interviewing.com/military
888.800.4944

FOR SALE

Bench Press (Northern light) with olympic bar and Z-bar, mat, dips & preachers curl. \$300 for everything. Call Alain at 489-3940

Table with four chairs: \$50
24" Panasonic TV \$50
Phone: 889-2104
Roland 800 Digital piano, full range 88 keys. Phone 489-7990 after 3:30

PM asking \$1300
Metronome brand name Wittner \$40 Ph: 489-7990 after 3:30

Condo for sale, South St. Vital. Paddington Place on Paddington. Main floor, 2 Bdrms, AC, parking. Possession negotiable. Phone for apt 235-1757.

Moving Sale

18 cu ft Frigidaire Fridge, Kenmore Washer and Dryer, 7 cu ft Viking Deep Freeze, GE Stove, 5' Wood Fence w/ 2 Gates (approx 140' built in sections and w/ spikes), 8 x 10 Metal Shed w/ wood floor ALL FOR \$2250 OBO (Will sell Shed & Fence sep. for \$ 500 to be removed by buyer @ their discretion)
Contact: Pat or Kelly Reaume Home: 489-8155 Cell: 291-7385

1991 Ford E150 Van, to view at 646 Whytefold Road, Winnipeg, MB. Sealed bids only to Canex Supervisor, cutoff date: 31 March 03



A GREAT GIFT IDEA!

- A unique calendar filled with photos of vintage bush planes.
- 72 chances to win cash prizes ranging from \$100 to \$2,400!
- Only 3,000 calendars are printed to increase the odds of winning.

The calendars cost only \$20 each and proceeds support the Western Canada Aviation Museum. Call or visit the WCAM to buy your calendar today!

WESTERN CANADA AVIATION MUSEUM

Hangar T2, 958 Ferry Road - Tel. 786-5503 - Email info@wcam.mb.ca
Lottery License Number MGCC 2192 RF

CORYDON ANIMAL HOSPITAL

1675 Corydon Ave (Corydon at Renfrew), Winnipeg, MB, R3N 0J8



Dr. Merv E. Madill
Dr. Steven L. Strauss
Dr. Andrew Davivson
Dr. Jennifer Chopek
Dr. Dawn B. Lameg

Please call for appointment

Phone 488 4577

Fax 488 3526

After hours / Emergency 488 4577

"Warm hearts
for cold noses"

TUNE-UP W/OIL CHANGE
(QUAKER STATE).
4 CYLINDER

STARTING AT

45⁰⁰

PLUS PARTS

FUEL INJECTION
SERVICE

69⁹⁵

reg. \$149.95

CHARGING SYSTEM
ANALYSIS

12⁹⁵

3C AUTO CLINIC CAR CARE CENTRE

Open Mon - Fri 8:00am - 5:00pm

646 Whytefold Rd, Ph 832-8410

Closed Saturdays and Sundays

GRAND & TOY

FOR YOUR OFFICE / COMPUTER / FURNITURE NEEDS

Call Jerry

Tel: (204) 487-5561

Fax: (204) 452-8791

email: kauenhoj@grandtoy.com

Jerry
Kauenhofen

John
Gatta

Blair
Russell



mmm.
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering

1245 Inkster Blvd 487 St. Mary's Ave

2591 Portage Ave 245 King St

1380 Ellice Ave 885 Henderson Hwy

718 Osborne St



Karen's Flowers

Offering 15% Off for Military & Gov't Personnel

PHONE: 586-9636

1489 MAIN STREET
WINNIPEG, MANITOBA R2W 3V9
1-800-267-1927

JON (HUCK) FRAISER
CITY & WORLD-WIDE DELIVERY
FAX: 1-204-586-8731

www.lpgallery.mb.ca/flowers

BINGO: Mon - Wed - Friday 7:30 pm
Early Bird starts 7:00 p.m.

CRIB NIGHT: Thursdays at 8 p.m.

DANCING: Fri & Sat Evening

6 MEAT DRAWS: Saturdays at 1500 hrs.

Army, Navy & Air Force Veterans in Canada

ASSINIBOIA UNIT NO. 283

3584 Portage Avenue Phone 837-4795

THE FRIENDLY CLUB



GASTHAUS GUTENBERGER GERMAN RESTAURANT

• Authentic German & Continental Cuisine

• Schnitzel • Beef Rouladen • Homemade Spatzle,
• Fine German Desserts • Fine Wines and German Beer.

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

2583 Portage Avenue (1 block west of the Moray bridge)

Phone: 888-3133 for reservations

— Special Discounts for Military Personnel —

Dr. Philip S. Pass B.S.C., D.M.D.

Complete Family Dentistry

Preventative/Cosmetics/Orthodontics

Crowns/Dentures/Root Canals
Extractions/Emergency Care

Evening and Saturday Appointments Available

420-3025 Portage Ave. ph: 987-8490

ALL DENTAL PLANS ACCEPTED

17 WING HAIR FORCE BARBER SHOP

SPECIALIZING IN MILITARY HAIR CUTS.
BLDG. 90 WHYTEWOLD RD. (NEXT TO BLEACHERS)

Mon - Thurs: 9 am - 5 pm
Friday: 9:00 am - 2:30 pm

Closed on
Weekends

ph: 832-5581

SERVICE IS THE SECRET OF OUR SUCCESS

CALL TODAY FOR YOUR FREE RELOCATION PACKAGE



GRANT & KELLY CLEMENTS

FATHER & DAUGHTER TEAM
CD, FRI, R.R.S, SRES
RCA/CAF RETIRED

- One of Winnipeg's Top Producing Agents
- Top Achiever Medallion Award
- Hall of Fame Award Winner
- Re/Max Platinum Club & 100% Club each year
- Ex-Military with 26 years of service
- Selling Real Estate successfully since 1981
- Registered Relocation Specialists (R.R.S.)
- Seniors Real Estate Specialist (S.R.E.S.)
- Fellow of Real Estate Institute (FRI)
- Assisted over 2500 Home Owners
- Full Time Administrative Assistant
- Specializing in Residential Real Estate, Condos, New Homes and Out-of-Town Properties

RE/MAX REAL ESTATE INC.

300-3025 Portage Avenue., Wpg., Man. R3K 2E2

BUS: (204) 837-7000 / FAX: (204) 837-7070

E-MAIL: kellyandgrant@remax-clements.mb.ca

WEBSITE: www.remax-clements.mb.ca

TOLL FREE: 1-800-361-6789

Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 888-7973 FAX: 832-3461

E-Mail: cgk@mb.sympatico.ca

George E. Chapman
Kelly P. Land
Michael J. Law
Donna G. Kagan
Almer N. Jacksteit
Esmeralda K. Bautista

"Our fees conform to the ERS guideline"

Representing Buyers and Sellers of Real Estate in the St. James Area for Over 60 Years

BARRY A. ROY

LAWYER and NOTARY

2643 Portage Avenue, Winnipeg MB. R3J 0P9

Phone 832-1222 Fax 832-3906

REAL ESTATE LAW, BUSINESS LAW, FAMILY LAW, WILLS and ESTATES

20 YEARS experience serving residents of St. James

Fees conform to ERS guideline



Your Residential Real Estate Specialist

- WREB GOLD MEDALLION TOP 1% OF REALTORS IN WINNIPEG
- Registered Relocation Specialist
- Full time licensed assistant
- Certified appraiser on staff
- Specializing in residential, condominiums, investment, recreation properties.

Stephen Patrick

PH: (204) 837-1366 www.patrickrealty.mb.ca



PATRICK REALTY LTD.

Serving Satisfied Customers since 1955!



**Looking for Spring Possession?
Now under construction**



"Hawthorne"	1922 sq ft 2 storey	\$192,900
"Waterloo II"	1271 sq ft bungalow	\$162,900
"Newport"	1632 sq ft bungalow	\$200,900
"Avalon"	1712 sq ft bi-level	\$181,900
"Granville"	2050 sq ft 2 storey	\$210,900

Bonus! Winter Meltdown
Central Air! Fridge! Stove!
Dishwasher! **Ends March 31 /03**

FOR APPOINTMENT & INFORMATION CALL

Ray Smyth
791-8631
Kingsford Realty
Group Inc.

Jackie McClintock
793-3818
The Hyatt Realty
Group Ltd.

Your Winnipeg-Shilo/Brandon Connection



Tod Niblock
(204) 989-6900

tniblock@mts.net
www.royallepage.ca/todniblock

- Comprehensive moving package available
- Award winning Realtors
- Company Top Ten in Manitoba
- IRP Specialist
- Offices in all three locations



Ron Cornell
(204) 725-8836

roncornell@royallepage.ca
www.royallepage.ca/ron_cornell

NEW ARRIVALS



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



Call us or drop in to:
Baldwinson Agency

Puzzled about Manitoba
License Plates?

- Fire insurance?
- Contents?
- Pleasure items?
- Life Insurance?

BLDG 90 (REC CENTRE)

WHYTEWOLD RD

MONDAY TO FRIDAY

8:30AM TO 5:00 PM

Ph.: 889-2204



My clients have been
#1 with me since 1973.

Up to 1500 Air Miles FREE...
when you buy or sell with me.

Call Don now for your Complimentary Package

Toll Free: 1-877-220-4122

Office:
(204) 987-2121

E-mail: dec@escape.ca



Market Value
Appraiser
Residential



Don Carriere

Registered Relocation Specialist

Trudy M. Johnson B.A.

WREB AWARD WINNER | RE/MAX HALL OF FAME | RE/MAX 100% CLUB

**25TH YEAR OF SUCCESS IN
REAL ESTATE SALES**

Toll Free 1-800-361-6798

Bus 204-981-1529

Fax 204-895-3675

Email trudyj@mb.sympatico.ca

or visit www.trudyj.com

