



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

JANUARY 17, 2007

VOLUME 55, ISSUE 1

FREE

Change Of Command Parade

New Wing Commander & New HCol For 17 Wing

By Avery Wolaniuk

Col Ken O'Brien relinquished command of 17 Wing to LCol Sam Ness at a Change of Command Parade on 19 December. "This was by far the best command appointment that I've ever had in my career," Col O'Brien told the crowd gathered. "LCol Ness, you're taking over a special Wing, and I know you're up to it."

The ceremony, which included the Honourary Colonel handover from HCol Ben Van Ruiten to HCol Barry Rempel, was presided over by MGen Charlie Bouchard, Comd 1 Cdn Air Div. The Lieutenant Governor of Manitoba, the Honourable John Harvard, attended the ceremony, as did Steven Fletcher, MP St. James-Charleswood-Assiniboia, and Bonnie Korzenowski, MLA St. James.

Col O'Brien, who is departing Winnipeg after 18 months as the Wing Commander at 17 Wing, presided over the Change of Appointment between Honourary Colonels. In his address to the audience, HCol Rempel said, "This new role I view as a gift. I will do my best to uphold the traditions and respect of 17 Wing." HCol Rempel is the President & CEO of Winnipeg Airport Authority, Inc and has worked for 30 years in the Canadian aviation industry.

And while HCol Ben may have handed over the appointment to his successor, he isn't going far. In the weeks leading up to the handover, the MFRC dedicated the Van Ruiten Conference Room to the out-going HCol, and the day prior to the ceremony Col O'Brien opened the TEC Theatre in Building 135, named the Netherlands Theatre in honour of HCol Van Ruiten and his wife, Arlene. He will continue his working with the Wing on those two projects.

"Ben Van Ruiten is a name we use to describe the ideal Honourary Colonel, what an Honourary Colonel is meant to be," said MGen Charlie Bouchard, before saying that the Air Division has work for him in the New Year and to enjoy some time off, but be ready to get back to work after the holidays.

HCol Van Ruiten, speaking to the crowd, described his life as a story both diverse and rich. "I have been blessed that my Book of Life has many chapters," he said. "We thank you for making it possible that this chapter of Honourary Colonel will be recorded as the most memorable, the most rewarding, and the most proud in our book."

In the second part of the ceremony, LCol Ness took command of the Wing for the next six months with his wife, Vicky, daughter Madison, and mother Lorraine watching. Formerly the Commandant of the Canadian Forces Air Navigation School and the School of Aerospace Studies, LCol Ness said the Wing would continue down the path laid by Col O'Brien, focussing first on Operations, secondly on supporting our people, and thirdly on connecting with the city and the community in which 17 Wing is situated.



(left-right) Incoming WComd LCol Sam Ness, MGen Charlie Bouchard presiding, Outgoing WComd Col Ken O'Brien.



LCol Sam Ness leads his first parade as 17 Wing Commander.



Col Ken O'Brien during his last parade as 17 Wing Commander at the Change of Command Parade on 19 Dec 06.



(left-right) Incoming HCol Rempel, Col Ken O'Brien presiding, outgoing HCol Van Ruiten.

Col O'Brien, who will start the next chapter of his book in Canberra, Australia, where he will attend the Defence Strategic Studies Course and then become the Canadian Defence Attaché to Australia, told the crowd, including his wife Cheryl and his mom Joan, that it was with mixed feelings that he moved on from his favourite posting. "But this is a factor of military life," he said.

Barry Rempel

President & Chief Executive Officer
Winnipeg Airports Authority Inc.

Barry Rempel was appointed President & CEO of Winnipeg Airports Authority Inc. (WAA) in April, 2002.

Born in Carmen, Manitoba, Barry has some 30 years distinguished service in the Canadian aviation industry. Having commenced his career with Pacific Western Airlines in September 1974, Barry was employed with Canadian Airlines International/Air Canada through September 2000. His last positions with that corporation being the Chief Executive for two operating divisions: Cargo and Canadian North. Prior to his appointment with Winnipeg Airports Authority, he was President & CEO of Tradeparks Development Corp., a land/business development corporation.

With a strong commitment to community service, Barry was recently appointed Chair of the Associates of the I.H. Asper School of Business at the University of Manitoba and volunteers his time serving on the Boards of Travel Manitoba (Executive Committee), the Canadian Chamber of Commerce, Airports Council International and the Canadian Airports Council (Vice Chair). Over the past years, Barry has served on Cabinet with the United Way of Winnipeg, and as a board member of Destination Winnipeg, Winnipeg Symphony Orchestra, the Northern Air Transport Association, Air Transport Association of Canada (ATAC), and the Association of Canadian Travel Agencies (ACTA). Barry was also a founding Board Member of both the Alberta Economic Development Authority (AEDA) and the Aviation Heritage Society. Active with the Chambers of Commerce in Edmonton as well as Calgary, Barry has the distinction of being the only elected Chairman of both organizations.

A proponent of lifelong learning, Barry was recognized with the top student award while studying Business Administration (Marketing & Retailing) at the University of British Columbia in 1980. He is also a 1995 graduate of the Executive Program at Queen's University. Barry also has a diploma in Public Relations from BCIT, and completed Aviation Groundschool.

Barry and Janice (nee Essel) Rempel reside in Winnipeg. When not involved in community activities, they enjoy touring the many magnificent communities of Manitoba. Barry's other hobbies include cars, photography, aircraft restoration projects, and motorcycles.

In This Issue:

Departure Message From Col Ken O'Brienpg.2

Netherlands Theatre Honours HColpg.5

Just In Time For Christmaspg.8

New HCol Of 435 Sqnpg.9

Athlete Of The Monthpg.11

DOMENICA'S UNISEX HAIRSTYLING

2255-G Ness Avenue

Ph:885-3665 or 832-6978 North Side



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



- Military Cuts.....\$9
- Perm & Cut.....\$40
- Flat Tops.....\$9
- Frost & Cut.....\$41
- Colour & Cut.....\$35
- Seniors.....\$8
- Children's Cuts.....\$9-14
- Ladies Cut.....\$16
- Facial Waxing.....\$9
- Ear Piercing.....\$20

ESTATE ATTORNEYS OF MANITOBA

(204) 953-0200

998 Sargent Ave (At Wall) • Free Parking

Estate Planning (Wills • Power of Attorney • Trusts • Real Estate)
Estate Administration (Document Prep. • Advice • Witnessing • Notarizing)
Hospital & Home Visits

Departure Message From Col Ken O'Brien

It has now been a couple of days since my departure as the WComd of 17 Wing, so I thought that I would sit down and draft a few of my final thoughts. Many of these were raised either at the Candlelight Dinner or at the Change of Command Parade itself, but due to timing constraints, I certainly did not have a chance to mention all of them.

Leaving 17 Wing has been a very difficult and emotional event, even considering that Cheryl and I were moving to a wonderful location in Australia. The last 18 months here in Winnipeg have been amongst the most memorable of my career, and a time that I will remember with pride, and that is because the personnel of 17 Wing are so totally professional and incredibly dedicated, completely focussed on the task at hand. Our achievements have been many, including: an extremely successful training phase and deployment of the MSS (who are by now home with their families); three more OP BOX-TOP deployments; significant support to OP ARCHER and other international deployments; a plethora of activities around OP CONNECTION; outstanding support as a DOB for our CF-18s; frequent OP NORTHERN DENIAL deployments; extensive operational support to a number of high profile Arctic sovereignty exercises; an on-going and robust Search and Rescue operation; logical and sustainable development of the Wing; and, support to a myriad of high profile VIP visits. Additionally, we continued to turn out quality graduates from our various ab-initio and advanced



schools on the Wing. At the same time, we cared for the families of our deployed members and strengthened our place in the community. Although not an exhaustive list, it highlights some of the challenges that we have faced together as a team, a team that consists of civilian, reserve and regular force members. At the end of the day, you have not only met, but exceeded, all objectives.

Yet, after just a couple of days away, one quickly accepts that change is a very normal aspect of life in the CF – we must rotate command opportunities to develop the leaders of the future. 17 Wing has started a new chapter, with LCol Sam Ness assuming command of the Wing, and HCol Barry Rempel becoming one of his principal advisors. As I stated at the Change of Command, I have the ultimate confidence that they will both excel in their new positions, successfully leading the Wing through its transformational activities of the future. Although the Wing has succeeded in achieving a number of goals to date, there are still many issues to tackle, and the new WComd will require all of the same energy and initiative that you provided to me. Good luck to both of them!

By now, you will have returned from your Christmas and New Year's holiday break. I hope that you all got some rest and relaxation with your families, and that 2007 proves to be a prosperous and productive new year. Keep up the awesome work – you are the best!

— Col Ken S O'Brien

From The Desk Of The WCEO

I hope everyone had a Merry Christmas and a Happy New Year, as well as the opportunity to take some well deserved leave and recharge the batteries for the final three months of FY 06/07. For 17 Wing CE, the past year has been one of many highlights, some of the major ones were: the MSS deployment, completion of numerous infrastructure projects, Muscular Dystrophy Boot Drive and my favourite, my return from Afghanistan.

17 MSS deployed to Camp Mirage in June and returned in December, safe and sound. The support they provided to the folks in Afghanistan was second to none. Without their efforts much of what was accomplished in theatre would not have been achievable. We are certainly glad to have the MSS back and looking forward to them completing their well deserved leave prior to joining us back at work for the final push to year end. Although CE only had six members in the MSS, all six filled middle leadership roles within the Squadron and their absence was very evident. Welcome home folks!

FY 06/07 was another success story for WCE and 17 Wing. On the infrastructure side of the house, WCE completed another huge program with limited resources. Some of the capital projects of note are as follows: POL Fall Protection System, Jr Ranks Mess Upgrade, Installation of UV Treatment System at the Sewage Treatment Plant, Window Replacement at H11, Theatre Addition to TECC Facility, AMSE Extension to the Hangar in Yellowknife, Rebuild of the Soccer Field, Construction of the Walkway from B74 to B76, Installation of the Electronic Signs at the entrances to the Wing, Armoury Building Envelope Upgrade at Moose Jaw, Service Bay Extension and Roof Replacement at Thunder Bay, Armoury Addition at Hugh Cairns in Saskatoon, New Service Garage at Minto Armoury and Washroom Upgrade at Thunder Bay Armoury. In addition to this list there were numerous smaller projects that were completed as well. The list is too extensive to include in this article. As a result

of the achievements of 17 WCE, the Squadron received the WComd Accommodation for their efforts. Well-done folks!

In addition, our small but very resourceful Fire Hall has been actively supporting the fight to find a cure for Muscular Dystrophy. Over the past 10 years, the Fire Hall, with the assistance of the folks at 17 Wing, have raised approximately \$25K for this very worthwhile cause. This year being no exception, they collected \$2,300.00 with their annual boot drive. Well done Smokey and staff!

For much of the last year, my attention was focused on Afghanistan. I commenced my pre deployment training in November 2005 and returned from theatre in August 2006. Although I have now been back to work for more than four months, much of my thoughts continue to drift back to my experiences, be them good and bad. Since my return, I have had the opportunity to present my experiences and the challenges that we faced to a number of forums. There are still portions of my tour about which I have a hard time speaking. I hope this improves with time. We will see.

Although we are coasting to the completion of FY 06/07, there is still much to do. The program for FY 07/08 is being developed to ensure we can hit the ground running on 1 April 2007. In addition, the Airfield Engineering Flight is making preparations for a training deployment to the US as part of the Deploy For Training program between the Air National Guard and the Canadian Forces. It has the makings of another busy year at WCE.

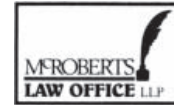
In closing, I would like to take this opportunity to thank all the folks at 17 WCE for their outstanding support. Without their efforts the infrastructure situation within 17 Wing's AOR would be very bleak. Your efforts have made a huge difference! Take pride in what you do.

Sincerely yours,
Major Stewart Beal, WCEO



Gary Stern,
B.A., LL.B.

Immigration Law • Family Law
Collections • Wills and Estates • Real Estate



Madison Square
(1 block west of Polo Park)
200-1630 Ness Avenue

(204) 944-2075

Cell: (204) 294-4894 • Fax: (204) 772-1684
e-mail: gstern@macrobertslawoffice.com

Cinéma/Theatre

• Just Across the Bridge
• 2 Blocks North Wytewold & Ness

8:00pm Showtimes

More movie listings can
be found on the DIN.

888-6290 (Recording)

Child/Senior
\$3.00
Adults/Youth
\$4.00

8:00pm FRI-SAT-SUN JAN 19-20-21 144mins



CASINO
ROYALE
75

Violence 14A

8:00pm FRI-SAT-SUN JAN 26-27-28 109mins



HAPPY
FEET

G

VOXAIR

JANUARY 17, 2007
VOLUME 55, ISSUE 1

Deadline for next
issue: 19 JAN 07

OFFICE HOURS

Monday to Thursday,
0830 - 1600 hrs

CONTACT

Ad Sales/Main Office
204.833.2500 ext 4120

Accounting
204.833.2500 ext 4121

Submissions/Reporter
204.833.2500 ext 6976
voxair@mts.net
+VOXAIR@PersSvc@Winnipeg

VOXAIR STAFF

LCol P. Conway
Editor-in-Chief
204 833-2500 ext 5281

Rick Harris
Managing Editor
204 833-2500 ext 4299

Maureen Walls
Office Supervisor
Sales Manager

Andrew Hughesman
Production Coordinator/
Layout

Misra Yakut
Accounting

Avery Wolaniuk
Journalist/Photographer

Traci Wright
Proofreading

Jim Holland
Advertising Sales
204 832-0115

Printed By
The Daily Graphic
1.204.857.3427

Visit Us Online: www.voxair.ca

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col Ken O'Brien. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or third party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.

Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn forces
Winnipeg, MB R3J 3Y5
This newspaper is printed using
environmentally safe inks.
Publications Mail Agreement No. 1482823

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included. (Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in The Voxair Newspaper of products and/or services for exchange in donations.

Jr Ranks Christmas Dinner



Photo by Sgt Gauthier

17 Wing Honorary Wing Commander Pte Keith Herechuk (seated), Col Ken O'Brien, HCol Ben Van Ruiten, Cpl Hogsden, Honorary WCWO Roberto Zoleta and WCWO Glenn Wallace are shown prior to heading out to the Men's 2006 Christmas Dinner held in building 21, 17 Wing, Winnipeg.



OCdt Ken O'Brien helps Honourary WComd Col Keith Herechuk on with his borrowed rank.



Photo by Sgt Gauthier

MCpl Laurie Elliott receives her new rank from Col Ken O'Brien, effective 1 Jan 07.



Photo by Sgt Gauthier

LS Dave Bergeron receives his new rank from Col Ken O'Brien, effective 4 Jan 07.



OCdt Ken O'Brien offers up some carving advice to HWComd Col Keith Herechuk.



Pte Glenn Wallace samples the sauce while Honourary WCWO Roberto Zoleta looks on.



Photo by Sgt Gauthier

MCpl Joanne White receives the Wing Commanders Commendation from Col Ken O'Brien.



Photo by Sgt Gauthier

Cpl Richard Taggart receives his new rank from Col Ken O'Brien at the Junior Ranks Christmas Dinner on 14 Dec.

Vigilant Shield Puts NORAD Through Its Paces



Photo by Lt Steve Neta

LCol Bob Chmara, Deputy Director of Operations, and Maj Dhurur Jagat (right) man their stations. Exercise Vigilant Shield 07 included about 275 CANR personnel in Winnipeg, Man., and North Bay, Ont., from December 4-14. The 10-day exercise tested NORAD responses to a variety of threat scenarios.

By Lt Steve Neta

At this time of year most people deck the halls with boughs of holly, but the Canadian NORAD Region was decking the skies with fighter jets!

While everyone else was getting ready to greet Old Saint Nick, members of the Canadian NORAD Region (CANR) were facing terrorist threats, hijacked airlines, cross-border drug smuggling, intercepting foreign military aircraft, and even nuclear missile attacks. Now after all that, who's ready for the holidays?

The simulation exercise, dubbed Vigilant Shield, ran NORAD personnel through a gamut of threat scenarios. Although NORAD and its regions conduct regular training for potential threats, Vigilant Shield forced participants to react under difficult conditions and face multiple scenarios at the same time – all while still monitoring situations in the real world.

"This is the place to examine and enhance our responses. It ensures we are ready and able to react in any potential situation," said MGen Charlie Bouchard, Comd 1 Cdn Air Div/CANR Headquarters.

Although Vigilant Shield scenarios were all simulated, just like in real-life every scenario demanded strong command, control, and coordination during crises. The simulation also meant that there were no planes in the air, but Maj.-Gen Bouchard says moving aircraft is easy.

"The largest challenge in a crisis is effective and efficient coordination. Moving people and aircraft to achieve an effect is a matter of course, but we can only make that happen if we have a well-coordinated response."

The exercise involved about 275 personnel from 1 Cdn Air Div/CANR HQ in Winnipeg and the Canadian Air Defence Sector in North Bay. It also involved several thousand NORAD-US Northern Command personnel from various organizations in the United States.

Vigilant Shield is one of a continuing series of exercises that takes several months to plan and coordinate. But it is this training that ensures the men and women of NORAD are able to succeed in their mission to deter, detect and defend against aerospace threats that originate outside or within North American aerospace.

Headaches and neck pain can be the result of poor workstation posture. To improve your health habits, call Dr Moran to book an appointment today.

SUN
CHIROPRACTIC
CENTRE

5-3421 Portage Avenue
Winnipeg, MB R3K2C9
(204) 885-4842

For Buying, Selling or Property Valuation

Christine Spencer

Ph: (204) 291-9189
spencerc@sham.ca



RE/MAX executives realty

"Experienced, Professional, Honest."
I'm here to assist you.

Per Ardua Ad Astra
"Through Adversity to the Stars"

Steven Fletcher,
Member of Parliament
Charleswood-St. James-Assiniboia

Phone: 204-984-6432
Fax: 204-984-6451
3111-A Portage Avenue
Winnipeg, Manitoba R3K-0W4



Steven Fletcher, Member of Parliament

Working for You

For regular updates on Steven Fletcher
visit www.stevenfletcher.com

New Face In The Pharmacy



Hi! My name is Drena Dunford (above left) and I'm the new Pharmacist. My educational background includes: Honours BSc (Specializing in Biology) from the University of Waterloo (1999) and a BSc (Pharm) from the University of Toronto (2003). I have worked at Princess Margaret Hospital (Toronto), and several Shoppers Drug Marts. For the past couple of years I have mainly been at the Shoppers Drug Mart Unicity location here in Winnipeg.

Suzanne Cory (above right), the Pharmacy Technician here at 23 CF H Svcs C, and I look forward to helping you with all your pharmacy needs! The pharmacy is now open. Our hours are: 0730-1200 and 1300-1500 Monday through Friday. Suzanne wishes to thank you for all your patience over the past few months while the base pharmacy has been closed.

17 Wing Wood Hobby Club Christmas Draw '06



On 15 Dec 2006, LCol Paul Conway, WAdminO, officiated the 17 Wing Wood Hobby Club annual Christmas Draw. (From left) Mr. Rick Harris (PSP Manager), MCpl Avril Van Aert (Club President), LCol Paul Conway and Ms. Lori-Ann Mundt (Community Recreation Director).

Winner of this year's grand prize, a solid cherry wood blanket chest, is Mr. Harvey Young of Brandon, Manitoba, father to Dr. Scott Young who works at 23 Health Svcs Centre.

Second-prize winner of a solid cherry wood tea trolley is WO Jennifer Ste-Croix at 1 Cdn Air Division.

The 17 Wg Wood Hobby Club thanks everyone who supported their 2006 Christmas draw.

Professional & Business Directory

RUTLEDGE LAW OFFICE

R.F. RUTLEDGE, B.A., LL.B.

COUNTRY CLUB PLAZA

310-3025 Portage Ave.

Phone: 987-7575 Fax: 837-3638

BALDWINSON AGENCIES

Rec Centre (Whytefold Rd.)

Autopac 889-2204

NATASHA KOUK



Reliable

Resourceful

Referred

Thinking of buying or selling, call Natasha today.

Office Top Producer

453-7653



E-mail: natashakouk@mts.net

Bachman & Associates



Your Military Expert



APPUYONS NOS TROUPES EN AFGHANISTAN

DÉCOUVREZ UN MONDE DE POSSIBILITÉS
Occasions d'emploi

- Gestionnaire des opérations
- Gérant de la vente au détail
- Coordinateur de l'expédition et de la réception/Commis à l'expédition et à la réception
- Coordinateur de l'équipement et des ressources
- Coordinateur de l'administration et des activités spéciales
- Coordinateur du conditionnement physique, des sports et des loisirs
- Préposé à la vente au détail
- Barbier
- Commis à la facturation
- Coordinateur de la comptabilité
- Coordinateur des déplacements

Pour un emploi captivant qui sort de l'ordinaire, visitez notre site Web :

www.aspfc.com/fr/deployed

POSTULEZ EN LIGNE au plus tard le 26 janvier 2007.

Nous souscrivons au principe de l'équité en matière d'emploi.

ST. JAMES VOLKSWAGEN

670 Century Street

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



We accept



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

OIL & FILTER CHANGES starting at \$34⁹⁵

WE OFFER A
10% MILITARY DISCOUNT
ON ALL RETAIL PARTS & SERVICES

Our Auto Collision and Glass Centre is fully equipped to meet all your repair needs.

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

SERVICE DEPT. HOURS
Mon-Fri 7:30am to 6pm
& Sat 9am to 1pm

PARTS DEPT. HOURS
Mon-Fri 8am to 6pm
& Sat 9am to 1pm

Website - <http://www.stjamesvw.com>
E-mail - service@stjamesvw.com

Netherlands Theatre Honours HCol

By Avery Wolaniuk

It was a cover-up operation.

The day before the handover ceremonies, former WComd Col Ken O'Brien presided over the opening of the TEC Theatre in Building 135, a training facility he described as state-of-the-art and enviable across the country.

The 170-seat theatre, which has already been used by the Chinese People's Liberation Army during their visit to Winnipeg in September and to host the national PSP Community Recreation conference this fall, had not yet been officially opened. The theatre is an addition to the recently constructed Learning Centre, designed as an education and conference centre that was both highly needed and highly desirable, said Col O'Brien. With the help of HCol Ben Van Ruiten, the ribbon was cut, the theatre was pronounced open, and the WComd got down to the real business at hand.

While the official opening of the TEC Theatre was a valid reason for a get together, the truth is that the 18 December event was a conspiracy to get HCol Van Ruiten out to the Wing and at Building 135. After everyone filed into the theatre, Col O'Brien asked HCol Ben to turn around and read the name over the door — the Netherlands Theatre.

The facility is named in honour of HCol Van Ruiten and his wife Arlene, and everything they have given to the Wing in their 13-year service. "He is one of the most selfless individuals I have ever met. He's never asked for anything," said Col O'Brien. "This is our chance to give back to him."

"It's absolutely overwhelming," said the HCol. "I never expected it." HCol Ben represents the relationship between Canada and the Netherlands, having immigrated here in 1949. Born in Hillegom, a town in the province of South Holland, HCol Van Ruiten remembers vividly, as he says all the Dutch do, the role the Canadians played in freeing their



(from left) LCol Paul Conway, WAdminO, Col Ken O'Brien, former WComd, HCol Ben Van Ruiten, LCol Wayne Gauthier, WLogO, stand under the newly dedicated Netherlands Theatre in Building 135. The theatre was named in honour of HCol Ben and his wife, Arlene.

country from the German occupation. He talks of Operation Manna, when Lancaster bombers dropped desperately needed food into the occupied Netherlands, where supplies had been cut off for years and people were dying of starvation. The RCAF dropped 6,680 tons of food between 29 April and May 8 1945 at the end of World War II. "If it hadn't been for the Canadian soldiers, I would never have made it into Canada. I don't know where we would be," said HCol Ben. "It is an honour because (the Dutch) hold you Canadians — us Canadians — in such high regard, and every time you go back to the Netherlands the word Canadian is always on their lips."

HCol Van Ruiten hand-



Col Ken O'Brien and HCol Ben Van Ruiten cut the ribbon, officially opening the TEC Theatre in Building 135 on 18 Dec.

ed over his responsibilities to HCol Barry Rempel during the Change of Appointment Parade on 19 December, but he will continue to serve the Wing in other capacities. He immediately agreed to help find artefacts to adorn the theatre's walls that will help to symbolize the relationship between the two countries he represents.

During the Change of Appointment, HCol Van Ruiten addressed the crowd and spoke of the honour that the naming of the theatre was, calling it the piece de resistance of his tenure here. "Thank you, thank you, it's such a present to be with you," he said.



Cpl Smart, Traffic Tech from the WSupply & Food Svcs Sqn Air Mov Section, receives his new rank from WLog O, LCol Wayne Gauthier just prior to departing for Camp Mirage Roto 3. Cpl Smart is deploying as part of the MAMS contingent, located in Camp Mirage, and will work closely with fellow Squadron members WO Seymour (WFood Svcs) and Cpl Stokes (WSup) who are augmenting the 14 Wing Greenwood Mission Support Squadron. Best of luck to you on your tour.



Maj Zuorro receiving her promotion to LCol from the WComd, Col O'Brien. Promotion was effective 15 Dec 06.

Maximize your potential

Thompson Rivers University is proud to provide the Canadian Forces with a comprehensive range of programs offered through online and distance education.

- > Choose flexible start and completion times.
- > Graduate from a program or complete one course.
- > Ladder previous education into TRU credits.
- > Earn credit for work experience and military training with prior learning assessment.
- > Achieve a university education sooner than you think.

TRU is a member of the Association of Universities and Colleges of Canada.

www.tru.ca/distance

1.888.828.1121

THOMPSON RIVERS UNIVERSITY
OPEN LEARNING

SENTINEL SELF-STORAGE

Western Canada's Largest storage company is proud to offer

694-9578
Keewatin & Inkster

15% off
to military personnel

269-8800
Pembina & Perimeter

Kandahar Provincial Reconstruction Team Conducts Medical Outreach Patrols In Kandahar City



Women and girls wait their turn to see the physicians and dentists.

By Capt D.A. Muralt

CAMP NATHAN SMITH, Kandahar, Afghanistan – The Kandahar Provincial Reconstruction Team (PRT), based here, conducted two medical outreach patrols in Kandahar City that provided primary medical care to approximately 90 patients.

The medical outreach on Saturday was conducted at the offices of the Kandahar Ministry of Women's Affairs for battered and burned women, while the Sunday VMO took place at the Kandahar City fire station for nomadic Kuchi children.

The Kandahar PRT employs three local Afghan physicians and a dentist to conduct the medical treatment of patients and provides all of the medical and hygiene supplies necessary for the Village Medical Outreach (VMO) patrols.

As well as providing medical and dental care, the medical outreach provided the opportunity for the PRT to assess people's needs.

"We get a chance to see how these women and children are doing and to determine things such as whether they need



A Canadian soldier from the Kandahar Provincial Reconstruction Team Force Protection Company during the medical outreach.

shoes or whether they need more winter clothing," said PRT Civil-Military Cooperation operator WO Sean Chase, who organized the two VMO patrols. "We have to know what is needed before we can start helping out."

"This is likely the only medical care that many of these folks will receive, unless they are badly injured or deathly ill," said PRT medical officer Capt Mark Dacabra, who participated in both patrols. "It's also allows the physicians to make arrangements for follow-on care if it's required."

The PRT consists of Canadian Forces members, a civilian police contingent led by the RCMP, representatives of the Department of Foreign Affairs and International Trade and the Canadian International Development Agency. The PRT conducts coordinated interdepartmental operations to promote good governance and assist the Government of Afghanistan to extend its authority in the province of Kandahar, to facilitate the development of a stable, secure and self-sustaining environment for the Afghan people.

2007, Ready, Set, Go

By WRTF staff

Hello and welcome, before you continue I would invite you to take a moment and pay your individual respects to our fellow soldiers who have paid the extreme sacrifice; both, for our country and for it's citizens. It is fitting that we begin this article remembering our fallen comrades, for although our duty is to prepare for war; our humanity encourages us to pray for peace.

The primary duty of the 17 Wing Readiness Training Flight (WRTF) is to prepare non-combat arms personnel (primarily those posted to 17 Wing) for war; specifically in methods of defence versus methods of attack.

WRTF consists of approximately twenty all ranks personnel, consisting predominately of Aerospace Control Operators and Combat Arms NCM's.

In the past year WRTF has trained approximately 2500 CAF members in: first aid (FA), peace support operations (PSO), chemical, biological, radiation, nuclear defence (CBRN), land navigation, radio communication procedures, mine awareness and personal weapons handling (C-7 & 9mm). Each of these qualifications is the minimum that a member must be current in prior to being deployed to a variety of hazardous locations around the world. It is also the responsibility of the WRTF flight to, on a daily basis, provide a NCM to assist the Wing Operations Centre in the performance of its duties.

Furthermore, members of the WRTF train airfield personnel in ramp DDC procedures and when requested perform explosive & ordnance disposal (EOD) duties for the Wing and for civilian agencies in Mani-

toba, Saskatchewan and Northern Ontario. EOD duties are often carried out at the St Charles small-arms range, which in addition to being a training area for the regular force is also utilized by: police agencies, reserve units, civilian rifle clubs, cadet units and universities for controlled environmental studies. 17 Wing Winnipeg and the World Wildlife Fund of Canada acknowledge that certain areas of the range are ecologically significant and as such have been deemed Protected Tall Grass Prairie Areas.

As I read the above article I am taken aback at the amount of training the WRTF accomplished last year, and this is but one section on the Wing! It goes without saying but (I'll say it Anyway) we couldn't have done it without you.

Looking forward to our continued partnership, trainer and trainee.

<http://www.voxair.ca/>

www.voxair.ca

Posted to Kingston in 2007?
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"
 Get 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

1,000 AIR MILES when you buy or sell a home with me!*

Century 21 TOWN & COUNTRY REALTY INC.

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

Fax 1-613-545-1101 or
 613-545-3333 office
 Toll Free 1-800-438-9953

Visit the Canadian Military Relocation Network Website at www.interbaserealestate.com
 OR Email: donwyld@kos.net
*subject to certain conditions

award winning
Assiniboia Animal Hospital

Gentle with
 Pets & Prices

889-5570
 3050 Portage Avenue

German Trains

By Alf Brooks

When I visit Europe I take advantage of the fast and efficient train service.

In October, Germany issued four stamps, with surcharges to aid charity, picturing elite passenger trains:

- 1932/33 Fliegender Hamburger
- 1936 Henschel-Wegmann-Zug
- 1957 Trans Europ Express
- 2000 InterCityExpress



I was not in Europe soon enough to ride the first three, but I know that the ICE train, InterCityExpress, is the way to go.



Cpl Ben Grant jokes with the students at H.S. Paul Elementary School. 735 Comm Regt deployed to the school to support communication between the North Pole and the St.Vital school in Operation Santa.

Public Consultations

Canada's Next Generation
Agriculture and Agri-Food Policy

Add Your Voice To The Discussion

Canada's agriculture and agri-food sector and industries are a vital part of our economy and impact our lives every day. That's why federal, provincial and territorial governments are inviting Canadians to participate in the development of the next generation of agriculture and agri-food policy.

Public consultations will be taking place in communities across the country during January and February 2007. All Canadians will have the opportunity to provide input and advice on how to best ensure a competitive and profitable agricultural industry.

To obtain more information on the consultation process and to find out how to participate:

Visit: www.agr.gc.ca/nextgen

Email: agrconsultations@agr.gc.ca

Call: 1 800 O-Canada (1 800 622-6232)

TTY: 1 800 926-9105

Write to:

Agriculture and Agri-Food Canada
Next Generation Consultations
930 Carling Avenue
Room 833
Ottawa, ON, K1A 0C7

Fax: 613 715-5353



Roger That, Mr. Claus

By Lt Gambin

Santa's elves wore CADPAT this year. When the big guy with the beard needed to get in touch with the students at a school in St. Vital, he called upon his friends at the CF for a little help.

One of the tasks given to the Communication Reserve is Aid to Civil Power, so when Santa Claus wanted to speak to the elementary students of H.S. Paul School in Winnipeg, 735 (Winnipeg) Communication Regiment was more than willing and able to aid him.

On 8 December 2006, 735 Comm Regt deployed to H.S. Paul school to complete this task, named Op SANTA, and their presence was welcomed by the school children eager to tell Santa Claus what they wanted for Christmas.

Although talking to Santa was a highlight of the event for the students of H.S. Paul, the younger grades were just as thrilled to see soldiers at their school. Soldiers participating in the event were mobbed by the younger students asking for their autographs, while the older students were more interested in asking the soldiers questions about the role of the Canadian Forces in the world.

Everyone involved in Op SANTA had a blast playing Santa's helpers. The students relished the chance to communicate with the North Pole, and the soldiers embraced the opportunity to connect with some young Canadians.

Lunch and Learn

Presented by the Learning and Career Centre

2007-08

Civilian Personnel Education
Support Program (CPESP)
(Formerly the Scholarship Program)



How would you like to go to school to get that degree, diploma or certificate that will advance your career goals and still receive pay?

Come to the Lunch and Learn to find out how the CPESP works:

- Differences from the Scholarship Program
- Who is eligible
- Expenses covered
- What educational institutions and courses are covered
- How many tuition packages are awarded annually
- What happens to my position and pay while going to school

Educate yourself: If you are looking to increase your qualifications and career potential, the CPESP is for you!

Join Anik Long Nadeau who will be able to share with you the information above and answer any questions that you may have.

Date: Thursday, 18 January 2007

Time: 1200 to 1300 hours

Location: Training and Education Centre (TEC) Bldg 135 Room 113

Bring your lunch and learn something new.
Free registration; Limited to 30 participants.

To register, please contact Primrose Knazan at Local 4636 or Via e-mail at Knazan.P@forces.gc.ca by Monday, 15 January 2007

Just In Time For Christmas

By Avery Wolaniuk

The signs said it all.

"Hip.. Hip... Hooray! My Daddy comes home today!" And "Welcome Home Mommy."

Six months after departing for Camp Mirage, the last 53 members of the first-ever Mission Support Squadron (MSS) returned home to Winnipeg on 23 Dec, just 25 hours ahead of Santa. Early flights landed 18, 20, and 22 Dec 06.

Cpl Raina Hooper decked out the home front in anticipation of her husband, Cpl Bryce Hooper, getting in. There's a big banner on their PMQ front lawn, and their three kids sported CADPAT to match Dad's. "He's missed a few of the good milestones, but there's many more to come," said Cpl Raina Hooper, holding eight month old Madison, while her sons Anthony, 7, and Xavier, 3, waited on their dad. "It's perfect timing, with Christmas here. He's been truly missed."

The terminal in Hangar 110 hummed with emotion and excitement as the gathered families and friends waited for their loved ones to walk through the door. "I'm looking forward to having my husband home," said Nicole Johnson of the MFRC while she waited for her husband, MCpl Jeff Johnson, with her two daughters. "What a perfect Christmas present."

The second MSS, deployed from 14 Wing Greenwood, arrived earlier this month to relieve Winnipeg's squadron. The MSS provides support to personnel serving at Camp Mirage, and to the efforts of Canadian troops serving in Afghanistan.

"This is the best part of the job," said LCol Sam Ness, WComd, as he watched the arrivals with his wife, Vicky. "These guys have been gone for six months, they've done what they've been trained to do, they were successful, and now they're home just in time for Christmas. It just doesn't get much better than that."



Emotions ran high while the crowd gathered in Hangar 110 waited for their loved ones.



Cpl Bryce Hooper holds his daughter, Madison, for the first time in six months.



Members of the MSS returned home to happy family and friends.



CFSSAT Grad



(bottom, from left) MCpl C. Labby, Maj D. Proteau (Cmdt), MCpl A. Riddell
(top, from left) MCpl D Ross (DS), Sgt D. Coulson (Course Director), MWO E. Holleman (SWO)

By Sgt Dale Coulson

Canadian Forces School of Survival and Aeromedical Training's (CFSSAT) mission is to provide and support world-class aviation physiology and Survival, Evasion, Resistance and Escape (SERE) training to national and international military and civilian communities. In addition, CFSSAT is also the school responsible to train their Aeromedical Technicians to the AOQ-QL6A level. CFSSAT recently conducted an AOQ-QL6A Med-Tech-Aeromed (MOSID 00034-05) course. MCpl Carole Labby and MCpl Allison Riddell completed their training on 12 December 2006.

This course was conducted in two phases. The first phase consisted of formal academic training encompassing advanced aeromedical instruction such as the physiological limitations that aircrew experience due to spatial disorientation, visual misperceptions and illusions, sleep and fatigue, night vision goggle physiology, life support equipment, and visual hazards of flight. Students were also trained and qualified to the level of Flight Director for altitude chamber operations and aviation based simulators such as the Gyro 1 integrated physiological spatial disorientation trainer, night vision simulator, and positive pressure breathing console. These critically important positions involved directing, monitoring, recognizing and treating any abnormal physiological states of personnel in the simulated environments.

The second phase consisted of an OJT period of up to 12 months. During this OJT period, students were assessed on their ability to instruct aircrew on all advanced aeromedical lessons and as director of chamber and simulator operations. Students were also employed as hypobaric and hyperbaric maintenance supervisors. Although the recommended time frame to complete phase II was 12 months, both MCpl Labby and MCpl Riddell completed this phase in two months!

This is a clear testament to the commitment and dedication demonstrated by MCpl Riddell and MCpl Labby.



HCol McKennitt (left) takes over duties as HCol 435 Sqn from HCol Law (right). LCol Friday, CO 435 Sqn witnesses the ceremony.

New HCol Of 435 Sqn

Singer, composer and businesswoman Loreena McKennitt accepted an appointment as Honorary Colonel of 435 Transport and Rescue Squadron on Friday 8 Dec 06.

The connection of Ms. McKennitt and the Search and Rescue (SAR) community occurred with the creation of the Cook-Rees Memorial Fund For Water Search and Safety following the drowning of her fiancé, his brother and a friend in a boating incident in 1998. The Fund has been involved in the training and equipping of rescue and recovery personnel, and supporting research and public education initiatives.

Originally from Morden, Manitoba, she moved to Stratford, Ontario, in the early 1980s, working at The Stratford Festival before embarking on a singing career. Ms. McKennitt is a Member of the Order of Canada, awarded the Order of Manitoba, and has honorary degrees from the University of Manitoba, Wilfrid Laurier University, and Queen's University.

Over the course of 20 years, Ms McKennitt has released seven studio albums and sold over 13 million records in over 30 countries, earning two Juno Awards and numerous

Gold and Platinum awards. Her most recent recording, An Ancient Muse, was released worldwide in late November.

Discussing the goals of the Honorary Colonel program 435 Squadron Commanding Officer, Lieutenant Colonel Sean Friday said, "The Honorary Colonel program provides us an excellent opportunity to improve public awareness of our operations so that Canadians have better insight into the kinds of things their Canadian Forces do both in Canada and abroad on a daily basis. There is also a very positive impact on the morale of the Squadron members, knowing prominent Canadians such as HCol McKennitt take an active interest in our mission to serve Canada."

HCol McKennitt, commenting on the appointment, said "I have not been fully aware or completely appreciative of what our Canadian Forces do for us. In the eight years since I have become acquainted with the Search and Rescue squadrons, I have developed great respect and admiration for the training, courage and selfless commitment these individuals bring to their duties, sometimes with great risk and sacrifice. I feel greatly honoured to be chosen as Honorary Colonel for 435 Squadron"

Polio Christmas Party

HCol Ben Van Ruitten (left) and CWO Wallace give greeting to guests at the 50th Annual Polio Christmas Party sponsored by 17 Wing Winnipeg and the Winnipeg Police Association on 7 December 2006.







Home Selling TEAM

www.danvermette.com

Service en Francais

255-4204

RE/MAX performance



The morning shift of volunteers from the Logistics Branch shows off some of the gifts dropped off by generous Winnipeggers.

A Big Way To Help Out The Big Day

By Avery Wolaniuk

Before the sun was up on the chilly morning of 15 December, volunteers from 17 Wing Winnipeg, Logistics Branch, were hard at work setting up for a city-wide charity event. It was One Big Day for Christmas, an initiative hosted by local radio stations in support of the Christmas Cheer Board.

The crew from 17 Wing Logistics Branch was up and on-site at 0430 hrs in the parking lot of the Main St and Jefferson Ave IGA, setting up tents complete with heaters for the radio stations to broadcast from live and on location all day long. Throughout the day, the volunteers clad in CADPAT and Santa hats collected all the donations dropped off, and did whatever needed to be done in support of the charitable effort. The group collected a tractor-trailer full of donated food, new unwrapped toys and cold hard cash.

The word of the day was generosity. WO Neil George, TEME Sqn ConO, headed the 21 volunteers from the Branch and was part of the group that helped out last year when QX 104.1 FM and HOT 103 hosted the One Big Day for Christmas event for the first time. He knew it was definitely something he wanted to be involved in again. "I really enjoyed what we did last year," he said. "Our guys worked really, really hard, and they didn't mind putting the hours in. It's one of the few events that we get involved with the community where we're right out there."

School kids came out to sing Christmas carols, Mayor Sam Katz stopped by, many local businesses made donations, and Winnipeggers drove up to hand off gifts, food, and money. "One guy came up, stopped his truck, and gave me a cheque for \$200," said WO George, adding that most people weren't worried about getting tax receipts in return. "There's a lot of good people, generous people, within the Winnipeg community. Some of the toys — they were not cheap dollar store toys. They were nice stuff, quality stuff, and the families that need toys are going to get some really nice ones for Christmas."

The military volunteers, from WTIS Sqn, TEME Sqn, Supply and Foods Services Sqns were out in two shifts, one from 0430-1200 hrs and the other from 1200-1900 hrs, when the event wrapped up. WO George says he hasn't heard a final count on how much was gathered, but he is sure that it far exceeds last year's effort.

There were so many people interested in helping out that WO George had to turn a few people down, but they are hoping to head out again next year and make this an annual affair. This year's happy crew have already said to mark them down for next year.



Consultations publiques

La prochaine politique agricole et agroalimentaire du Canada

Prenez part aux discussions

L'industrie agricole et agroalimentaire du Canada joue un rôle économique vital et a un impact important sur notre vie quotidienne. C'est pourquoi les gouvernements fédéral, provinciaux et territoriaux invitent les Canadiens à participer à l'élaboration de la prochaine politique agricole et agroalimentaire.

Des consultations publiques auront lieu dans diverses collectivités du pays en janvier et février 2007. Tous les Canadiens auront la possibilité de formuler des commentaires et des conseils sur la façon idéale d'assurer la compétitivité et la rentabilité du secteur agricole.

Vous pouvez obtenir de plus amples renseignements sur les consultations et la façon d'y participer aux coordonnées suivantes :

Site Web : www.agr.gc.ca/verslanouvelle

Courriel : agrconsultations@agr.gc.ca

Téléphone : 1-800 O-Canada (1-800-622-6232)

ATS : 1-800-926-9105

Par la poste :

Agriculture et Agroalimentaire Canada
Consultations

Prochaine politique agricole et agroalimentaire
930, avenue Carling

Pièce 833

Ottawa (Ontario) K1A 0C7

Télécopieur : 613-715-5353



Disability Awareness Fair

By Florence Bambenek

In 1992 the United Nations proclaimed 3 December International Day of Disabled Persons. The aim is to promote “increased awareness and understanding of disability issues...and to mobilize support for practical action at all levels by, with and for persons with disabilities.”

17 Wing and 1 Cdn Air Div HQ hosted the 2006 Disability Awareness Fair on Friday, 1 December 06. In Building 137, 17 Wing hosted the following organizations: Fibromyalgia, Huntington Disease, Society for Manitobans with Disabilities, Canadian Health Network, Anxiety Disorders Association, SISIP, Persons with Disabilities Advisory Group. In Building 25, 1 Canadian Air Division hosted the following organizations: Cerebral Palsy, Muscular Dystrophy, Parkinson Disease, Alzheimer Society, Persons with Disabilities Advisory Group.

Both locations were opened for two hours; many



Laura Scnellart from the Cerebral Palsey Society and MGen Charlie Bouchard, Comd 1 Cdn Air Div HQ.

people visited each location and chatted with the experts. One of the organizations said, “It is not the quantity of visits, it is the quality of the visit.”

The 2006 Disability Awareness Fair was a huge success; we want to thank everyone who came by to visit the tables. A big thank-you to the organizations who set up their displays and took time to speak to all the Military members as well as DND Civilian employees. Invaluable information was provided, along with door prizes and handouts for everyone.

Athlete Of The Month



Capt Mark Wuennenberg keeps up his 30-pound weight loss with three or four trips a week to the gym for cardio workouts and strength training.

By Avery Wolaniuk

At his annual check up, his doctor told him his cholesterol and his weight were both too high. A year later, his doctor called him the poster child for getting in shape.

Capt Mark Wuennenberg took his doctor’s advice seriously and decided to make some changes in his life. The result of the new fitness and eating habits? Thirty pounds, gone.

“I decided that I better do it now before it was too late,” said Capt Wuennenberg, a pilot who works at 1 Cdn Air Div/A3 UAV. “Once I set my mind to it, it came fairly easy and worked out pretty quickly.” After four months of intense workouts — four to five times a week, an hour and a half at a time of both cardio and strength training — he’d reached his goal weight, 13 kilos lower on the scale than his starting weight. Perhaps better than the new lighter frame were the little things, like being able to run up three flights of stairs at work, and being exempt on his PT test.

Capt Wuennenberg’s repeat appearances at Building 90 were a surprise to some. “One of my friends saw me in the gym and asked ‘Are you lost?’ because I’d never been a regular exerciser,” he said with a laugh. But they paid off. At his annual check up this year, his doctor congratulated his efforts. He’d gone from a 36” waist size to a 32”, and his cholesterol ratio had dropped in half.

His plan wasn’t new or fancy: better diet and more exercise. “I wasn’t stupid about it. I didn’t deprive myself — it was just smaller portions.” For him, the challenge came in the form of sweet temptations. “I didn’t have (dessert) as often, but I didn’t deprive myself either,” he said.

Now, at his goal weight for the past few months, the plan is maintenance. The goal-oriented Capt Wuennenberg has actually found that part more difficult than the initial weight lose phase in some ways, he said. “Now is when it becomes tricky, when there’s no goals — maintaining isn’t a goal, it’s just maintaining.”

For anybody else looking to do the same, Capt Wuennenberg has some simple advice. “Just have a plan and stick with it, adapt it as you may need. There is no magic pill.”

FUEL INJECTION SERVICE

- IMPROVE GAS MILAGE
- FLUSH FUEL RAILS & INJECTORS
- DECARBONIZE CYLINDERS & VALVES
- CLEAN OUT CATALYTIC CONVERTOR

\$89.99

(MOST VEHICLES) THROTTLE BODY SERVICE \$21 EXTRA

INDUCTIONSERVICE

- IMPROVE GAS MILAGE
- IMPROVE IDLE
- DECARBONIZE VALVES
- REMOVE SLUDGE FROM INTAKE AREA
- COMPLIMENTARY FUEL CLEANER

\$79.99

(MOST VEHICLES)

\$19.99 OIL CHANGE WITH EITHER FUEL INJECTION OR INDUCTIONSERVICE (MOST VEHICLES)

3C AUTO CLINIC CAR CARE CENTRE

Ph 832-8410
Open Mon - Fri 8:00am - 5:00pm

Closed Saturdays and Sundays

Area 51 Mini Mart

Here to serve 17 Wing.

646 Whytewold Rd,
Phone: 831-1560

Mon-Fri 07:00-20:00
Sat-Sun 11:00-17:00

Military PE & R Trade Reunion

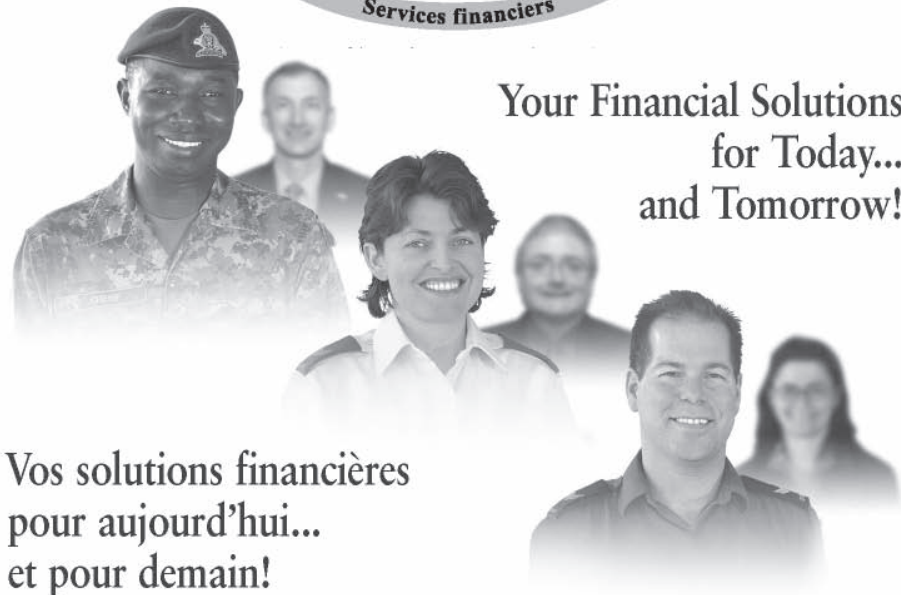
A Reunion is planned for members, former members and guests of the Military Physical Education and Recreation Branch. This event is planned for Summerside PEI from 23-25 August 2007 at the Silver Fox Curling & Yacht Club.

Back as far as the early 1900’s the Military operated a Physical Training cadre for the troops. In 1968 during unification of the Canadian Forces, the Navy PE&RT, The Army PTS and the Air Force Rec Spec trades were amalgamated and became the PERI/PERO trade. As well, all Officers were assigned to the PE&R Personnel Support Branch. Following this, in 1980 the PE&R Branch of the Canadian Forces was established and was subsequently disbanded in 1997.

Anyone interested in more information or registering for the Reunion is to contact Gerry McGarry in Halifax at 902 443 2861 or by email at patgermc@ns.sympatico.ca the deadline for registrations is 31 Jan 2007



Your Financial Solutions for Today... and Tomorrow!



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

www.sisip.com • 1-800-267-6681 • Winnipeg: (204) 984-3222

- Life and Disability Insurance
- Financial Planning
- Financial Counselling
- CF Personnel Assistance Fund
- Financial Education
- Assurance vie et invalidité
- Planification financière
- Counselling financier
- Caisse d’assistance au personnel des FC
- Éducation financière



“No Other Country Is Doing Airdrops”



Supplies are dropped from a Canadian Forces CC-130 Hercules aircraft over an undisclosed location in Afghanistan to re-supply coalition forces undergoing combat operations.

Photo by Sgt Roxanne Clowe, CF Combat Camera

provided crucial delivery services to coalition forces throughout more than a dozen Forward Operating Bases (FOB) in Afghanistan, supplying troops with food, water, ammunition and other essential equipment.

On November 7, CF aircrews dropped supplies to Canadian soldiers deployed at a FOB west of Kandahar for the first time since fighting began in the desert nation. The role is becoming increasingly important as it reduces the need for convoys to travel over dangerous land to deliver required cargo to the troops.

With a genuine air of respect, Maj Olson recounts numerous examples of Canadian dedication. On one occasion, he says, a High Mobility Artillery Rocket System (HIMARS) rocket launcher, (a piece of Army equipment that launches rockets

more accurately and at longer ranges than other artillery), needed to be airlifted during Operation MEDUSA to Kandahar from Kabul.

The rocket launcher is so big that in order to be loaded onto a Hercules, the tires of the turboprop have to be flattened. Numerous countries declined the tasking to airlift the equipment, however Canada stepped up to the plate, flattened the tires, loaded the aircraft and moved the equipment into position. Within six hours of the HIMARS' arrival in Kandahar, it was launching rockets.

The USAF Maj recounts another instance where Canada stepped up. Some officials traveled to Afghanistan recently for tripartite talks and needed transport aboard a Canadian Hercules that became unserviceable.

“Instead of saying, ‘It’s broken, the VIPs are stranded’, Canadian maintenance crews worked through the night to get a Camp Mirage Hercules to Afghanistan to carry out the transport. Little things like that in the face of adversity, in getting the mission done, make ISAF (and the Canadian Air Force) look good,” said Maj Olson. “I wish we had more of that.”

By Capt Nicole Meszaros, 8 Wing

The Canadian Air Force is rapidly gaining recognition from the international military community for its support to operations in Afghanistan, especially for its strategic and tactical airlift capabilities.

“It is outstanding - the Canadian attitude is just incredible,” says Major Dan Olson, a United States Air Force officer working in the Air Transport Force section of the International Security Assistance Force (ISAF) Headquarters. In particular, he is referring to the CC-130 Hercules aircraft that are deployed with the Tactical Airlift Unit (TAU) in Afghanistan. The TAU is attached to the Theatre Support Element at Camp Mirage, the hub of Canadian Air Force operations in the campaign against terrorism.

“No other country is doing airdrops for ISAF but Canadians just step up and do the job,” says Maj Olson, who plans air operations between Camp Mirage and Afghanistan and tasks aircraft, including the Canadian Forces Hercules.

Since June of this year, tactical Hercules crews have

Sar Pumps Save Crew And Boat

19 Wing - Comox

COMOX, BC, Dec 29, 2006 — A Buffalo aircraft from 442 Squadron joined U.S. Coast Guard assets in response to a boat in distress near Port Angeles, Washington on December 29. The Joint Rescue Coordination Centre in Victoria tasked the Buffalo crew after receiving a call from Group Port Angeles (marine rescue coordination centre).

The crew of the fishing vessel Oak Bay sent out a mayday after discovering a leak. There were four people on board the vessel, which was approximately 30 kilometres from the coast, and they were taking water on faster than the boat’s pump could handle.

The Buffalo crew arrived on scene shortly after, where the boat was in sea state six and 40-knot winds.

“The boat was bouncing around quite a bit,” said Capt. Dan Brennan, Buffalo navigator. “We dropped a pump to them, which they had no problem retrieving from the water. Shortly after a U.S. Coast Guard helicopter dropped a pump as well.”

The crew then had three pumps and was able to keep up with the leak.

“We train for these types of missions often and can appreciate how useful the pump is,” said Sgt. Jean Tremblay, search and rescue technician. “It can pump 200 gallons per minute, definitely key in saving the crew and also the boat, which can be their livelihood.”

A U.S. Coast Guard vessel then arrived on scene and the Buffalo was released from the mission, returning safely to 19 Wing Comox.

Buffalo crew: Capt. John Edwards, aircraft commander, Maj. Mike Brush, first officer, Capt. Dan Brennan, navigator, Master Cpl. Brian Doll, flight engineer, Sgts Jean Tremblay and Ron Condly, SAR Techs.

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

IS YOUR NEW YEAR'S RESOLUTION TO LOSE WEIGHT?
WANT A SUPPORTIVE WAY TO SHED A FEW POUNDS AND FEEL BETTER ABOUT YOURSELF?
REGISTER FOR WEIGHT WELLNESS

Weight Wellness
CANADIAN FORCES WEIGHT MANAGEMENT PROGRAM

START DATE: 24 January 07
TIME: 1300 - 1500 hrs.
WHERE: Headquarters Bldg, Rm #204

FOR ADDITIONAL INFORMATION AND TO REGISTER CONTACT HEALTH PROMOTION @ LOCAL 4150 OR 4160.

BASIC RELATIONSHIP TRAINING

- *Enhance Communication Skills
- *Learn to Become an Active Listener
- *Spark/Re-spark Your Relationships
- *Communicate Positively

16 Hour Workshop - For Couples

WHEN: 6 & 8 Feb. 1830 - 2100 hrs.
10 Feb. 0900 - 1600 hrs.

WHERE: MFRC 102 Comet St.

FREE CHILDCARE & REFRESHMENTS WILL BE OFFERED

To register contact Health Promotion @ local 4150 or 4160
In partnership with the MFRC



STRESS: TAKE CHARGE!
(Stress Management)

4 half-days

16 & 23 February, 2 & 9 March
0900 - 1200 hours

Building #62 - Room #309

TO REGISTER OR FOR MORE INFORMATION CONTACT HEALTH PROMOTION:
PENNY OR CHRISTA @ LOCALS 4150/4160

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...

ST. JAMES LEGION

Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

Bingo

Sat 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
Every Sat 2 - 4 pm

Bonnie Korzeniowski
MLA for St. James

2175 Portage Ave.
889-8073 • bonniek@mts.net

Telephone: (204) 888-7463



3025 NESS AVENUE
(Corner of Ness & Sturgeon Road)

Crestview Veterinary Hospital

Dr. Ab Hague

Dr. Lorraine Walker

Dr. Shannon Stuart

3025 - E Ness Avenue
Winnipeg, MB R2Y 2G3



102 COMET ST.
P.O. BOX 17000, Stn. Forces
Winnipeg, MB
R3J 3Y5

Phone: (204) 833-2500 Ext. 4500
Fax: (204) 489-8587

Website: www.mfrc.mb.ca
Email: wpgmfrc@autobahn.mb.ca

Our Programs

- ✓ Volunteer Services
- ✓ Personal Development & Community Integration
 - Information and Referral Services
 - The Newcomer Program
 - Employment & Education Assistance
 - Services Francophones/Second Language Services
- ✓ Prevention & Intervention Services
- ✓ Family Separation & Reunion
- ✓ Child & Youth Development
- ✓ Parenting Support

MFRC Monthly Community Coffee Break


The 1st Thursday
of EVERY month
10-11 a.m.
102 Comet St.

Resources

The MFRC has Internet-ready community computers, a fax machine, tape recorders, digital camera, and video camera available for use on site during normal working hours.

Other Numbers

MFRC: 833-2500 ext.4500
Emergency Childcare: 935-7733
MFRC Childcare Centre: 837-3653
Youth Centre South: 488-8563
Youth Centre North: 833-2500 Ext 4502

 CF Family Consumer
Info Line: 989-9019

Military Family Resource Centre



www.mfrc.mb.ca - Open 24hrs!

Our website offers service descriptions, the latest program guide, education and training info, helpful links, a complete listing of all the schools in the Winnipeg area and much more.

Groupe Des Femmes Francophones

Rien de tel que de se retrouver entre femmes qui parlent FRANÇAIS et qui aiment se divertir.

Joignez-vous à notre groupe dynamique pour des rencontres remplies de plaisirs et de rires, tout cela en bonne compagnie bien sûre.

Chaque mois le groupe se rencontre, en français, autour d'un excellent repas ou lors d'une activité sociale quelconque. Les femmes de tous les milieux, civils et militaires, sont les bienvenues à se joindre au groupe.

Voilà une belle occasion pour rencontrer de nouvelles personnes quand on vient tout juste d'arriver à Winnipeg.

Si vous êtes intéressées à vous joindre à ce groupe, ou pour de plus amples informations, vous pouvez contacter Louise Cameron au CRFM au 833-2500 poste 4515.

21 janvier: Brunch chez Cora – 340 bl. Provencher Centre Culturel Franco-manitobain

20 février: Une Fiesta au CRFM

20 mars: Cercle Molière : Un petit jeu sans conséquence – comédie romantique

18 avril: Restaurant Hub's on First

Atelier de fabrication de pain et de chocolat

Hum! Vous avez envie de fabriquer du pain maison et du chocolat. Joignez-vous à nous à la Chapelle de la base pour une demi-journée de plaisir. Un petit lunch sera servi. Invitez vos amis.

Le samedi 10 février de 10h à 14h

Coût : 5\$

The MFRC Board Needs You!

The WMFRC is governed by a volunteer Board of Directors, of which 51% must be spouses of CF members. This ensures that the voices heard through the Board are those representing the needs of our Winnipeg military community. Meeting once per month, the Board reviews current and ongoing issues relating to the Centre and provides guidance for the Executive Director.

The Board consists of 10-12 full voting members, and a wide variety of expertise in the form of ex officio (non-voting) members representing stakeholders and partners in supporting military families.

WHAT'S IN IT FOR YOU?

- Gain valuable experience in democratic procedures, grass roots planning and evaluation process.
- Be a part of a National Organization with Resource Centres all over Canada and overseas.
- Have a voice in the programs and services, which are offered in your community and how they are delivered.
- Meet new people, learn new skills.

STAND OUT IN A CROWD!

The Winnipeg MFRC proudly presents

The Yellow Ribbon Gala



Join us Saturday, February 24th, 2007 at the luxurious Millennium Centre for an evening of fine dining, dancing and a chance to experience our special guest speaker.

Major - General (ret'd) Lewis MacKenzie

Considered the most experienced peacekeeper in the world; the writer of a number one best seller book titled "Peacekeeper, The Road To Sarajevo"; and a master storyteller Major - General (ret'd) MacKenzie captivates audiences by talking about and demonstrating enduring and inspiring lessons on leadership.

Entertainment By Air Command Band with special guest

Glynn Abbott performing "Unseen Uniform"

Tickets: \$80/person (with tax receipt)

Call 833-2500 ext 4500

100% of the profits from the Gala go directly to programs and services for CF families

The Better Business Bureau Military Family Line

By Brian Garagan / President, Better Business Bureau

Is it the 'BBB Military Line' or the 'BBB Milfam Project'? Actually it is both! The former is the name of the program in the United States while the latter is Canadian. But, what is it? The BBB Milfam Project is an alliance between the Better Business Bureau (BBB) in Canada and the Military Family Resource Center (s). The goal is to provide more support to Canadian Forces members and their families. This alliance is meant to encourage CF members and their families to use BBB programs, services, and materials as part of a formal program to assist them with a variety of consumer-related issues. (Source: MFRC Winnipeg Web site).

What is the BBB? It is a self-governing organization established by the local business community. It is not a champion of the business world, nor is it a consumer advocate that believes the consumer is always right. The BBB is committed to the principle that fair dealing is good business for both the buyer and the seller and that by far the majority of sellers and buyers are honest and responsible.

Work of the BBB is concentrated on three equally important facts. First are self-regulatory procedures through which the business field can discipline unfair trade practices; second, the collection and dispersal of information to buyers to help them make informed buying decisions; third, provision of unbiased professional dispute resolution programs in order to properly mediate marketplace disputes. The goal of the BBB in complaint handling and dispute resolution is to ensure that at the end of a transaction both parties have received satisfaction and that business has a customer. Our mission is to promote and assist in maintaining truth, honesty, and accuracy in advertising and selling practices. The BBB has a national network of 14 bureaus in Canada and 140 bureaus in the United States. If information is not locally available about a product or company, it can be obtained very quickly through the larger BBB network. How can the BBB help? On the Web, BBB Business Reliability Reports are available providing information on a business's performance in the marketplace that can alert a consumer to a history of unanswered or unsettled complaints or other actions. Locally, BBB's help resolve buyer/seller complaints against businesses through conciliation, mediation, or arbitration. As well, local briefings can be made available to Canadian Forces personnel and their families on wise consumer protection, scams, or unethical advertising.

And, the BBB can work with local businesses to encourage fair and ethical treatment of military consumers plus working with local MFRC's and Commanders to enhance their knowledge of local marketplace conditions to help resolve consumer complaints. Due to frequent moves and the transient nature of military families, military consumers can be frequent targets of unethical and unscrupulous business practices. According to a BBB pamphlet published by the Council of Better Business Bureaus, 'in today's military, readiness is essential. All members of the military are subject to deployment on short notice and members of the military must be in a state of readiness at all times. This readiness includes freedom from distressing personal issues such as financial problems caused by poor purchasing decisions.'

Educating and informing Canadian Forces members and their families about ways in which they can protect their financial interests, consume wisely and safeguard their financial futures is key to the BBB Milfam Project.

In Canada, the BBB Milfam Project started in co-operation with 17 Wing Winnipeg MFRC in September 2005 after much discussion and consultation between the BBB, Serving Manitoba and Northwest Ontario, and the MFRC in Winnipeg. Representatives of the BBB in Winnipeg met with Mr. Don Brennan, Executive Director of the MFRC who arranged briefings to the Staff and Board of Directors. Feedback from these groups was unanimous.

The goal is to ensure the BBB program is known, available and accessible to all Canadian Forces members and their families through all local BBB offices, MFRC, and the Internet with the intended result being a military consumer who is knowledgeable, financially fit, and ready to serve.

The BBB Milfam Project provides a 'value-added' service to the excellent work already done by the MFRC staffs across the system. The Better Business Bureau wants to support the Military Family Resource Centres across the nation by 'working as one' in supporting our troops and their families.

You are encouraged to visit both the BBB and MFRC Web sites in Manitoba to see how simple it is to participate in this project. Or call the line directly with any consumer related questions or issues at (204) 989-9019

Visit http://www.bbbmanitoba.ca/military_famres.html or www.mfrc.mb.ca.

Together in Church



CATHOLIC

Chaplains

Padre Gary Killen
Roman Catholic
Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Masses
(English only)
Sunday 1100 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 20 minutes before mass and by appointment. Contact the chaplain's office.

Baptisms
We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Weddings -Marriages
Contact the chaplain at least six months in advance. A marriage-preparation course is a requirement.

Catholic Women's League
Meets in the Chapel Annex the third Monday of each month at 1830hrs.

Protestant

Chaplains

Padre Bruce MacKenzie
(United Church)
Office 833-2500 ext 5417

Padre Bob Brinn
(United Church)
Office 833-2500 ext 5349

Padre Paul Southen
(United Church)
Office 833-2500 ext 4277

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Sunday Services
(English Only) 0900 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 Chapel 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 WOps Duty Centre, 833-2700.

Other Phone Numbers:
For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.

Interfaith Prayer Room
Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.



School In-Service Program

- When:** February 2nd and 23rd, 07
- Where:** Canadian Forces Base 17 Wing- Building 90 Gym and Recreation Centre 680 Whyte-wold Rd (Off Ness)
- Who:** School age children 6 – 12 yrs old
- What:** A fun filled day of swimming, crafts, movies and games
- Cost:** \$15 per child (Military and DND discount \$12 per child)
- Time:** Drop-Off 0730-0830
Pick-Up 1530-1630
- Registration:** You can register by coming in to Community Recreation Office in Bldg 90 Gym and Recreation Centre or by calling Lindsay at 833-2500 ext 2057.

For more information call Lindsay at 833-2500 ext 2057.

Youth Advisory Council

The Youth Advisory Council (YAC) is a group for youth ages 12-17. We meet the third Thursday of every month at the MFRC youth centre to discuss upcoming events, share ideas, and have fun. We do all kinds of events from glow bowling, trips to the corn maze and youth exchanges with other Canadian bases. YAC can offer youth a wide range of opportunities. To get involved or add your name to the youth e-mail distribution list contact Lindsay at ext 2057 or Diane at ext 4508.

30th Annual Manitoba Lifeguard Championships - Feb 2 & 3, 2007

17 Wing Winnipeg is proud to be hosting the 30th Annual Manitoba Lifeguarding Championships on Feb 2nd and 3rd, 2007. We would like to take this opportunity to invite you to join us. Come watch the event or jump in the pool with the family and be part of the action.

Friday evening starting at 1800 hrs, teams will be competing in various skill testing activities including relays and obstacle swims.

Saturday afternoon starting at 1300 hrs, teams will participate in the water rescue portion of the competition. For more information contact Brianna Fay at local 7013.

Food Recalls / Alerts

Submitted by Preventive Medicine Dept, 23 CF Health Services Centre

The information contained herein is authored by Canadian Food Inspection Agency (CFIA) and will not be withdrawn unless subsequent statements are made to withdraw said item. Historically, this has never happened, once on a recall list, all items are considered on permanently.

Please do not contact the Preventive Medicine Dept or other DND/CF personnel with regards to the items mentioned in this e-mail, direct all queries to the persons mentioned at the bottom of the recall, within the text of that recall.

Direct Quote from CFIA:

HEALTH HAZARD ALERT - IMPORTED HONEY BEARING A LABEL IN RUSSIAN ONLY MAY CONTAIN CHLORAMPHENICOL

OTTAWA, December 06 - The Canadian Food Inspection Agency (CFIA) is warning people not to consume the honey products described below because they may be contaminated with chloramphenicol.

The affected products bear a label in Russian only (no English or French).

1. The name on the label is "Cyrillic Alphabet - see www.inspection.gc.ca". The product is sold in 480g jar bearing UPC 4 820013 330019 and lot 010906.
2. The name on the label is "Cyrillic Alphabet - see www.inspection.gc.ca". The product is sold in 480g jar bearing UPC 4 820013 330071 and lot 010906.
3. The name on the label is "Cyrillic Alphabet - see www.inspection.gc.ca". The product is sold in 480g jar bearing UPC 4 820013 330132 and lot 010906.

Pictures of the labels are available at: <http://www.inspection.gc.ca/english/corpaffir/recarapp/2006/20061214e.shtml>.

These honey products are from Ukraine and have been distributed in Quebec, Ontario, Manitoba and Alberta. The importer is voluntarily recalling the affected products from the marketplace.

The presence of chloramphenicol in honey poses a risk (although small) of a serious blood disorder known as aplastic anaemia. Chloramphenicol is an antibiotic drug which is not permitted for use in Canada in food producing animals, including bees. There have been no reported illnesses associated with the consumption of these products.

The CFIA is monitoring the effectiveness of the recall.

For more information, consumers and industry can call the CFIA at 1-800-442-2342 / TTY 1-800-465-7735 (8:00 a.m. to 8:00 p.m. Eastern time, Monday to Friday).

For information on receiving recalls by e-mail, or for other food safety facts, visit our web site at www.inspection.gc.ca.

HOOK & SMITH

Barristers, Solicitors & Notaries Public

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

Dennis A. Smith
Bernard Toews
Winston F. Smith, Q.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.



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 •

NEW ARRIVALS

Puzzled about Manitoba License Plates?



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

autopac
A Manitoba Public Insurance product

- Fire insurance? • Contents?
- Pleasure items? • Auto Insurance?

Call us or drop in to:

BALDWINSON INSURANCE

BLDG 90 (REC CENTRE) • WHYTEWOLD RD

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

Phone: 889-2204

Fax: 885-1964

Classifieds

ASSINIBOIA UNIT NO. 283

Army, Navy & Air Force Veterans in Canada
3584 Portage Avenue Winnipeg, MB
Club rooms: 837-6708



BINGO: Monday, Wednesday & Friday at 7:30 pm
Early Bird starts at 7:00 pm
SENIOR'S BINGO: Thursdays at 1:30 pm
CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday & Saturday evening 8:00-12:00 pm
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

STURGEON CREEK DENTAL

DR. AARON KIM
DR. MARK SCOVILLE & DR. SHARAN ATWAL

COMPLETE FAMILY DENTISTRY, ORTHODONTICS & TMJ THERAPY

New Patients & Emergencies Welcome
INCLUDING

- White Fillings/Whitening
 - Crown & Bridge • Root Canals • Dentures
- Evening & Saturday Appointments Available

240-3025 Portage Ave. **958-9500**

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.

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

For Sale

Radio Controlled Airplane

P51 Mustang with 40" wingspan, Complete with electric motor and prop. Can be seen at www.horizon-hobbies.com/parkflier. \$50.00. Call 897-2855.

2004 VW Golf GLS 5-Speed

Black w/ tinted windows, 57,000 KM, 3+ years left on warranty and a fresh safety in Nov 06. Mint w/ cruise control, Heated seats, Air, Tilt, Power locks/windows and an automatic door opener. Private sale so no GST, \$18,500 OBO. Call Scott at local 2631 or 478-0528.

Need a Babysitter?

Will baby-sit evenings, weekends and holidays. Overnights welcome our house or yours. Babysitting course certified. Call Michelle or Melissa at 831-8872.

32" Flat Screen Television

Sony Trinitron, Includes matching stand, Front access to jacks, Like new condition only 1 yr old, WEGA technology, \$750.00. Call 897-2855.

West Country Village Condo For Rent

Open layout, 2br + 1 bath, 930 sq.ft. Avail Feb 15th, West St. James on Quail Ridge Rd., European oak kitchen w/ island, Parquet floors, French doors, In-suite w/d, a/c, 4 appliance and fireplace, Private deck overlooking park, Non-smoking, pet free, \$925 inc. water, parking stall and access to private resident club house, Close to amenities/bus routes. Call Carm @ 204-837-2711 or email: thecarms@mts.net

1984 Yamaha SRV540 Snowmobile
Excellent condition - \$1000 O.B.O.
Call 487-6518.



Brand New Home - St. James
\$139,900!!

Wow! Great oppor to own this 850 s.f. 2 bdrm bilevel. Maple kitch. walk-in pantry, lge. lvrgrm/dinrm. MB has sliding drs & walk-in closet. Full bsmt ready to develop.

Call:

Darryl Chatyrbok
Key-Move Realty Ltd.
955-6003

Start Your SECOND CAREER

in Logistics & Warehousing

- No experience needed
- In-house training
- Full time hours available
- Career growth opportunities
- Competitive wage & bonuses
- Upbeat work environment

Repetitive heavy lifting involved

Fax résumé to EV Logistics:

Langley (604) 607-6786
Abbotsford (604) 852-2698

Apply online:

www.evlogistics.com

TAROSCOPES

BY NANCY

Aries (March 21 - April 19): Relationships improve the more you listen to what others are saying. Don't assume. Ask for clarification until you understand. You'll have to adjust to some unsettling news. If faced with a health issue, deal with it promptly, for the best results. Don't be sidetracked by worry or fear.

Taurus (April 20 - May 20): If you feel unappreciated or ineffectual at work, build stronger relationships with others. Express your opinions honestly and intelligently and you'll gain respect. To get through a temporary slump in your mood, immerse yourself in what you are most passionate about.

Gemini (May 21 - June 21): Use your organizational skills to ensure you don't miss a moment of fun. Don't worry if what's happening seems too good to be true, just relax and accept it. It's real, it's right and it will continue. You've worked hard – now enjoy the fruits of your labor, though not to excess.

Cancer (June 22 - July 22): If you're tense, you need to find out why. Use logic and creativity to improve your lifestyle in ways that increase fun and feelings of happiness. Never underestimate the power of the mind. Once you initiate a program and you feel better, you'll be able to stick to your plan with ease.

Leo (July 23 - August 22): Using a budget helps you gain peace of mind. Someone else could help you but you need to show that you can do it yourself. The sense of accomplishment you gain will have an all around positive affect. Accept that there are times when outside influences will override all your efforts.

Virgo (August 23 - September 22): Pressure is building in a situation because nothing specific is being said. Having to cope, comprehend and figure out the ramifications of all this without all the facts is stressful. Remain confident that you will prevail. All will work out in your favor if you are patient.

Libra (September 23 - October 23): You are full of energy and ideas. Let yourself sleep on a few before undertaking them. You are due for a change. All you have to do is decide you are entitled to more and grab it when it comes your way. Change your attitude, and your responses and you change the outcomes.

Scorpio (October 24 - November 21): Your energy increases the more fun you have. Say "yes" to impromptu get-togethers. Extend invitations on impulse. Love is in the air but be sure you look at possible partners from the perspective of what they offer you. You'll give as good as you get.

Sagittarius (November 22 - December 21): Feeling that all is lost holds you back. Persevere. You'll soon see the light at the end of the tunnel. There is a return of strength and passion; a sense of purpose returns. You're urged to keep pushing for what you truly want. See with the eyes of a winner. Play to win.

Capricorn (December 22 - January 19): Look past the obvious. Someone could be trying to keep essential information to themselves. You need to look at the big picture, long range consequences, obstacles and challenges so you can prepare accordingly. You may feel all is lost but you're doing great.

Aquarius (January 20 - February 18): Your desire spurs you on so strongly at times, to go your own way that it might seem like you are rebelling when you don't try to fit in with the crowd. No need to explain yourself or compromise your goals. Keep your eye on the prize. Don't stop - you're just about to win.

Pisces (February 19 - March 20): You can find love. When you truly believe it's possible that your feelings will be reciprocated by others, it happens. Be realistic though. Equal relationships require patience and emotional honesty. Live in the moment, don't pine for the past.

FOR APPOINTMENTS CALL 775-8368

GASTHAUS GUTENBERGER GERMAN RESTAURANT

- Authentic German & Continental Cuisine
- Schnitzel • Beef Rouladen • Homemade Spatzle
- Fine German Desserts • Fine Wines and German Beer

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

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

Phone: 888-3133 for reservations

Catering Service Available



mmm.
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering

1245 Inkster Blvd 487 St. Mary's Ave
2591 Portage Ave 245 King St
1380 Ellice Ave 885 Henderson Hwy
718 Osborne St



GRAND & TOY

FOR YOUR OFFICE / COMPUTER / FURNITURE NEEDS

Call Charell Oliver
Kama Assistant

Tel: (204) 487-5561
Fax (204) 452-8791

Email: oliverc@grandtoy.com



**MOVE TO FRIENDLY MANITOBA
WITH EXPERIENCE YOU CAN COUNT ON**

**FOR ALL YOUR REAL ESTATE NEEDS CALL
GRANT and KELLY CLEMENTS**

- 26 Years of Military Service
- Experienced Military Relocation Specialists
- Thorough knowledge of the Winnipeg market and surrounding areas
- Network of experienced agents across Canada at every Canadian Forces Base
- Since we have moved 17 times we fully understand the moving process
- We have assisted over 3000 buyers and sellers
- **COMPLIMENTARY PACKAGE** sent to you within 24 hours
- Full Time Administrative Assistant

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



WE LISTEN, WE RESPOND, WE CARE. For a **STRESS FREE MOVE** Call Grant and Kelly - you can be sure our emphasis is on total customer satisfaction
You will receive Immediate Attention, Satisfaction from Start to Finish And Follow Up Service after the sale.

"EXPERIENCE WITH A DIFFERENCE"

Re/Max executives realty
3505 Roblin Blvd, Winnipeg, MB R3R 0C6
Bus (204) 987-9808 Fax (204) 987-9844

1-877-778-3388

Web Site: www.buywinnipeg.com
Email: clements@buywinnipeg.com or
kellyandgrant@remax-clements.mb.ca



Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 888-7973 FAX: 832-3461

E-Mail: info@cgklaw.ca Website: www.cgklaw.ca

George E. Chapman Q.C.
Alan R. Goddard
Donna G. Kagan

Kelly P. Land
Michael J. Law

Almer N. Jacksteit
Esmeralda K. Bautista
Alicia B. Sawka

"Our fees conform to the ERS guideline"

Representing Buyers and Sellers of Real Estate in the
St. James Area for Over 80 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



**2006
MOVING THIS
YEAR?**

*I look
forward to
assisting
with your
real estate
needs.*



ONE GREAT CITY!
WINNIPEG
QUELLE BELLE VILLE!



terie langen

- ♦ Moved extensively throughout North America & Europe as a military family and have special empathy for family concerns.
- ♦ Resident of Winnipeg for 30+ years, working in the city & surrounding areas.
- ♦ Member of a Network of Professional Realtors at every Base / Wing, call for a referral to a professional contact at your destination.
- ♦ RE/MAX AWARDS: Hall of Fame, Platinum Club
- ♦ WINNIPEG REAL ESTATE AWARDS: Medallion Club

- ♦ Experienced Military Relocation Specialist
- ♦ Accredited Buyer Representative
- ♦ Bachelor of Social Work

(204) 779-7000

1-877-778-3388

(204) 987-9844 - fax

**BRINGING FAMILIES &
HOMES TOGETHER**

YOU WILL RECEIVE PROMPT AND PROFESSIONAL
SERVICE FROM OUR TEAM.

RE/MAX Executives

3505 roblin blvd.
winnipeg, mb r3r 0c6

WEB SITE
www.homesinwinnipeg.com
E-MAIL:
terie@homesinwinnipeg.com



My clients have been
#1 with me since 1973.

carrie.com

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: donc@mts.net



Don Carriere

Patrick Realty Ltd.

Residential - Commercial - Insurance



Stephen Patrick
www.stephenpatrick.net
stephen@patrickrealty.mb.ca

MAXIMUM Realty Ltd.
adj. "The Greatest Possible"

Residential & Condominium
Relocation Service
English & French

Fred Levesque CD direct: 295-5451
easy number: 777-5555
email: fred@maximumrealty.ca



Trudy M. Johnson B.A.
Relocation Specialist

HAPPY HOLIDAYS

WREB AWARD WINNER | RE/MAX HALL
OF FAME | RE/MAX 100% CLUB
**29TH YEAR OF SUCCESS
IN REAL ESTATE SALES**
Toll Free 1-800-361-6798
Bus 204-981-1529
Fax 204-895-3675
Email trudylj@mts.net
or visit www.trudylj.com



Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service



Relocation Specialist

23 Years Experience in
the
Winnipeg Real Estate
Market

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

