



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

APRIL 11, 2007

VOLUME 55, ISSUE 7

FREE

Canadian, U.S. Fighters Conduct Joint Training In North /Pg.8



Photo by Capt Dave Monk

A CF-18 Hornet tops up its tanks from a CC-130T Hercules of 435 Squadron, 17 Wing Winnipeg, while a F-15 Eagles from Elmendorf Air Force Base, Alaska, flies nearby. The aircraft were in the Canadian north last week to practice joint long-range detection missions and other NORAD procedures.

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Colonel Kelly Woiden, Brigadier-General Mark Skidmore and Col Robert Poirier sign the Change of Command certificates.

Colonel Robert Poirier Takes Command Of 38 CBG

By Cpl Bill Gomm

WINNIPEG— With family, friends and supportive members of the military community looking on, Colonel Robert Poirier took over command of 38 Canadian Brigade Group from Col Kelly Woiden.

38 CBG held its Change of Command Parade on Saturday March 10 at the Manitoba Legislative Building upstairs in the Rotunda.

“Commanding 38 Canadian Brigade Group has truly been an honour and a privilege,” said Col Woiden.

Some of the highlights for Col Woiden during his time as Commander were Exercise CHARGING BISON 2006 in Winnipeg and OPERATION CONNECTION events such as Regina’s Labour Day Classic and Winnipeg’s hosting of the 94th Grey Cup.

One of Col Woiden’s main priorities before the Change of Command was to force generate about 160 Reserve soldiers for Task Force 1-08 in Afghanistan.

Col Woiden is moving on to become the Deputy Commander LFWA at the end of the year.

BGen Skidmore, Comd LFWA, reviewed the parade and presided over the official signing of the Change of Command certificates.

“Col Woiden has done an outstanding job of Commanding 38 CBG,” said BGen Skidmore.

“I do consider 38 CBG to be the most challenging of the Reserve Brigades in LFWA Command,” said BGen Skidmore. “Three provinces, thousands of kilometers of geography and real challenges of infrastructure and training areas make this an awfully hands on formation to command.”

“We’re blessed with true talent and outstanding prospects for success in the form of Col Bob Poirier,” said BGen Skidmore. “He is, in my view, the ideal Comd, as we look to send unprecedented numbers of soldiers on challenging operations.”

“I’m the first person to assume command of 38 CBG at a time when the Army was at war since the early 40’s,” said Col Poirier. “That’s a sobering thought.”

“It would be a daunting challenge if it were not for the firm footing built up in the past by my predecessors,” said Col Poirier. “The firm footings of course, by in large, reside in the thousand trained and dedicated soldiers in 38 CBG.”

Col Poirier will continue Col Woiden’s mission of sending 160 soldiers on Task Force 1-08 in addition to planning and executing Exercise BISON WARRIOR, a Brigade level exercise to be held at Canadian Forces Detachment Dundurn at the end of April.

CDS Military Families Fund

CFPSA

The Chief of the Defence Staff (CDS), General Rick Hillier, in recognition of the outpouring of support from Canadians, announced the creation of the CDS Military Families Fund today, adding a new vehicle to support military families.

“When our families call out for help, we must be able to answer that call immediately and substantially,” said Gen. Hillier. “Our families have been here for us through our enrolment, our training, our deployments, and our homecomings. The military life places significant demands on our loved ones. They did not volunteer for service - but serve they do, and with great distinction. It is our turn to be there for our families.”

The CDS Military Families Fund will be an agile and responsive means to provide support to military families. Base Commanders, partnered with Military Family Resource Centres across the country, will be able to assist military families within hours of being advised of the need.

The CDS Military Families Fund will grow through the contributions of private citizens and corporations. Contributions can be accepted by phone or mail, as well as through participation in upcoming fundraising events that will be announced later this year. For inquiries about this fund or to make a contribution, please call 1-877-445-6444.

The Canadian Forces Personnel Support Agency (CFPSA) - the morale and welfare arm of the CF that provides programs and services for the well-being of the CF community - will administer the CDS Military Families Fund.

Cheques or money orders should be made out to CFCF - CDS Military Families Fund. The mailing address is as follows:

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Language (PG)

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Through The Halls Of History

By Avery Wolaniuk

VOXAIR is running a series on local military museums, visiting the history of Canadians who have served their country faithfully. We'll take you through the halls lined with the Canadian Force's history, showing you when and where you can visit to learn more and who you might encounter along the way.

The six foot swells came crashing down around them. The raging waters had already capsized one life raft, dumping all of their supplies, before finally breaking apart. Now, only one of the four man inflatables remained. The eight men rotating in and out of the four-man lifeboat waited to see if they would be spared from the frigid North Atlantic water.

It was June 24, 1944, and no one knew they were out there, adrift on the water and waiting for rescue. They'd evacuated into the lifeboat after a deadly exchange with a German U-Boat that shot off the starboard engine of Consolidated Canso 9754 and lit a wing on fire. Amidst the blaring confusion surrounding him, pilot Flight Lieutenant (F/L) David Hornell laid a perfect straddle of depth charges around the U-Boat and blew it up before successfully ditching the Canso in the rough waters with only one engine. But their ordeal was hardly over.

F/L David Hornell encouraged his crew of seven to sing songs and play games, trying to keep their morale up and keep them awake and engaged. The men traded positions off, six in the four-man lifeboat and two holding on to the sides in the hypothermic water. Hornell took off his trousers to use as a bailing device, working to keep the remaining lifeboat, their last hope, afloat. Two of the crew died in the harsh conditions.

When an allied plane flew over hours after the evacuation, the men fired three flares to signal their position. The plane didn't change course. They fired their final flare, and the Canso veered around, finally spotting them. Soon after, another aircraft flew over and dropped a life raft with supplies, but it landed too far from their position to be of any use. The other men had to hold Hornell back on what surely would have been a suicide mission in the huge waves as he tried to go after it, knowing it might mean the difference between life and death for his crew. Twenty-one hours after they had entered the water, the survivors were rescued.

F/L Hornell, who had gone blind from hypothermia, died shortly after the rescue. He was awarded the Victoria Cross, the highest honour of valour, for his action both on the field of combat, and for his leadership in the water, keeping the crew hopeful and alive for almost a full day in frigid, frightful conditions. His priceless Victoria Cross is one of two on display at the 1 Canadian Air Division Museum.

He's remembered in good company. Centrally located in the atrium of 1 Canadian Air Division, the displays tell the stories of Andy Mynarski, Billy Bishop, the Women's Division of the RCAF, to name but a few. It is fitting that visitors to this building, the nation's operational Air Force headquarters, daily walk past reminders of yesterday's heroes, whose sacrifices shaped the future of their service and their country.

"It's important because it shows the tremendous sacrifice — the ultimate sacrifice in the case of Hornell — that he was willing to give up his life. He knew there was a pretty good chance he'd be killed during the war, as all the airmen knew,"



Sgt Pat McNorgan, historian at 1 Cdn Air Div, with the F/L David Hornell historic display in the atrium of Building 25. The collection includes F/L Hornell's Victoria Cross, one of two on display at the museum.

Sgt McNorgan says when recounting Hornell's story.

The staff at the Heritage and History Office tell the stories of these men and women through tours of the museum displays to anyone interested. The indoor displays include two Victoria Crosses, LAC Gravell's George Cross, a collection commemorating Andrew Mynarski in Mynarski Hall, the retired colours of squadrons that have stood down, the story of the Great Escape, and more.

A centrepiece of the collection is the Battle of Britain lace tapestry. One of the eleven surviving examples from the original run of 38 created, the tapestry is considered "the finest example of tapestry art in existence." It is made of 26 000 miles of the finest Egyptian cotton, enough to circle the globe. The museum also offers displays of aircraft, both old and new. In the summer months, the Air Force History and Heritage Office also take visitors through the Garden of Memories and Air Force Heritage Park on Sharp Rd. Call the H&H office at 833-2500 ext 4180 or 5152 to set up a tour, available by appointment.

The historical displays remind visitors of the choices made by other Canadians in times more volatile than the present. The tour usually takes an hour and half, but can be made shorter or longer and it's not about looking at representations of the past. It's about the stories of the people behind the medals and uniforms that make the entire endeavour both captivating and worthwhile.

"It's something that people need to be reminded of because life tends to be pretty good and pretty comfortable in Canada, we have the best of everything, but it was paid for by people like Hornell," says Sgt McNorgan.

FMAS Answers From Wing Comptroller

By Joanne Spence, Financial Management Supervisor

Whether you are a long time user of FMAS, or are new to FMAS, there always seems to be something that comes up where you need an answer. The WCompt Branch has been developing new ways to help the FMAS users.

Did you know that the WCompt Branch has a web-page? Our web address is: http://17wing.winnipeg.mil.ca/wcompt/index_e.htm. On our site you will find masses of information.

The main page of the web site has a list on the left side of the page detailing many of the main services provided by the WCompt Branch. These main topic pages contain just about everything a user needs, including electronic forms (such as credit cards requisitions, Vendor request, Delegations of Authority, etc), and contact information for Branch personnel should more information or clarification be required.

One of the highlights of our site is the "How To ..." page. There you will find documents that will guide you through the steps for creating a variety of FMAS documents, creating charts, and viewing various reports. The guides have been sorted into sections under the headings Creating, Planning, Accounts Receivable, Acquisition Cards, Miscellaneous, and Reports.

If you have gone through the steps outlined in the guide, or if you have a situation not currently documented on the How To page, you may now contact the brand new WCompt Branch Helpdesk. From the WCompt Branch home page select the "FMAS Helpdesk Central Line," which will open up an email document, or choose the "FMAS Help!" tab from the selections along the left side of the page. From there you can choose either to send an email, or to call the brand new Helpdesk direct phone number (loc 5840).

The easiest way to get the FMAS Helpdesk is to go into Microsoft Outlook, and type "+FMAS Helpdesk@WCompt@Winnipeg" in the address cell. E-mail requests are monitored and you should receive a response to your query quickly.

There is also a link to the FMAS Newsletter. The on-line newsletters also contain tips and tricks that may be useful to FMAS users.

In addition to our new FMAS Helpdesk, the WCompt Branch has also developed a variety of training packages. Our trainers are available to present the material either in your location or ours, and can provide training to both groups and individuals. If you need to book a training session please contact MWO S. Spragg at loc 5153, or send an email to the Helpdesk, to make arrangements.

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Hey Kids enter our 17 Wing General Safety Colouring contest and win great prizes!

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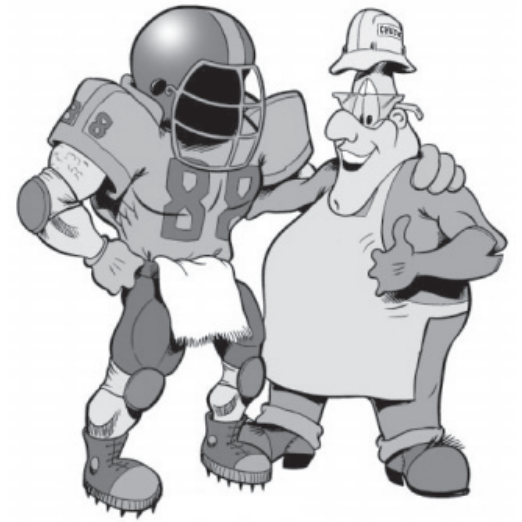
Winners will be contacted and prizes will be awarded at our Annual Safety Exhibition At 1200 Noon!
17 Wing General Safety Exhibition 09 May 2007 10:00am-3:00pm

Location: Fitness & Sports Centre Building 90, 680 Wihuri Road(North Whytewold)

Send entries to:

17 Wing General Safety Office, Building 63 Rm 137, PO Box 17000, Winnipeg MB, R3J 3Y5

17 Wing General Safety Slogan Contest



To celebrate NAOSH week, 17 Wing General Safety is running a "Safety Slogan Contest". Look at the picture above and come up with a suitable safety slogan. The winner will be contacted and a prize will be awarded to the best original entry. The prize will be presented at the 17 Wing General Safety Exhibition may 09 2007 at 1200 noon.

Location : Fitness & Sports Centre, Building 90, 680 Wihuri Road (North Whytewold)

Send entries to: 17 Wing General Safety Office, Building 63, Room 137, PO Box 17000, Winnipeg Mb.R3J 3Y5 or email Craig Oversby CRSP at: oversby.cs@forces.gc.ca

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From The Wing General Safety Office Safety Management Course

By WO Pat Kieffert, A/WGSO

In partnership with the Director of General Safety (D Safe LG), the Wing General Safety Office is hosting a Safety Management Course (SMC) from 8 to 10 May 2007.

The SMC is a three-day course designed to train selected personnel to manage the General Safety Program at their level of responsibility, and to familiarize Managers, Supervisors, Workplace Health and Safety Committee (WHSC) and Union Memberships with their various safety responsibilities and functions in support of the workplace General Safety Program. The Safety Management Course topics include: Safety Policy and Program, Duties and Responsibilities, Safety Council and Workplace Health and Safety Committees, Inspections and Surveys, Hazardous Occurrence Investigation and Reporting, Safety Program Development and Evaluation Technique (SPDET) and Return to Work (RTW) Program.

The SMC will be conducted at the Training and Education Centre (TEC), Building 135, Room 111, from 0745hrs to 1600hrs daily.

Submissions (SN/PRI, Rank, Name, Local and Location) of selected personnel are to be forwarded by Unit/School/Squadron General Safety Officers (GSOs) via E-Mail to Ms. Julianna Fillion, Administrative Assistant, Wing General Safety Office at: Fillion.J2@forces.gc.ca

North American Occupational Safety and Health Week

Of interest, the Safety Management Course will be held during the North American Occupational Safety and Health (NAOSH) Week (6 to 12 May 2007). The NAOSH Week is an annual initiative led by the Canadian Society of Safety Engineering (CSSE) in partnership with the Canadian Centre for Occupational Health and Safety (CCOHS) and Human Resources and Skills Development Canada (HRSDC),

in concert with North American partners in Mexico and the United States.

"This year's theme, "Start Today!" challenges us to take urgently needed actions to improve our processes, programs and performance in [O]ccupational [H]ealth and [S]afety. Your life and that of your friends and family depends on it."

- Andrew Cooper, CHSC, Chair, NAOSH Week

Lieutenant-Colonel Ness, 17 Wing Commander, has endorsed this event, thus promoting the Formation's Occupational Health and Safety (OHS) Culture throughout the organization and ensuring a well-oriented workforce. Under this concept, LCol Ness extends 17 Wing's invitation to the community and to the Department of National Defence (DND) Civilian and Canadian Forces (CF) Military personnel of 17 Wing and the 1 Canadian Air Division to attend the 17 Wing Safety Exhibition.

To date, over 30 Exhibitors from all levels of Government Agencies, Training and Educational Establishments, Safety Professionals and Consultants, Safety Equipment and Clothing Professionals will display at the 17 Wing Safety Exhibition. As Exhibitors and visitors, it is an excellent opportunity to display our involvement within the Health and Safety fields and to promote this special week and event.

This special event will be held on 9 May 2007 at the Sports and Recreation Complex, Building 90, Whytefold Road, from 10:00 a.m. to 3:00 p.m.

The Wing Commander, LCol Ness, and the team of the Wing General Safety (WGS) Office are looking forward to welcoming you at the 17 Wing Safety Exhibition.

For additional information please contact Mr. Chuck Haarsma, 17 Wing General Safety Officer (WGSO) at Extension 5950, Mr. Craig Oversby D/WGSO at Extension 4495, or Warrant Officer Pat Kieffert, A/WGSO at Extension 4149.

Op BOREAS Closes Out

CEFCOM

On 29 March 07 the Canadian Forces (CF) closed out Operation BOREAS, Canada's contribution to European Union Force (EUFOR) peace-support operations in Bosnia-Herzegovina.

Since December 2004, the Canadian contribution to EUFOR has comprised a CF Liaison and Observation Team (LOT). The primary task of the LOT has been to provide information and situational awareness to EUFOR by maintaining close contact with local authorities, including mayors, police forces, border patrols, community leaders and Bosnian Army Units. The LOT has also assisted in supporting the rule of law in general, most notably, preventing smuggling and the collecting of illegal weapons for destruction.

"Canadians can be proud of the role Canadian Forces personnel have played in helping bring peace and stability in the Balkan region," said Lieutenant-General Michel Gauthier, Commander, Canadian Expeditionary Force Command. "The presence of Canadians and the tangible contribution they have made on this mission over the last three years has undoubtedly helped the people of Bosnia-Herzegovina focus on rebuilding their communities shattered by over a decade of war," he added.

As with all international operations, the Government of Canada reviews its commitments abroad on a regular basis. The decision to terminate Operation BOREAS, which most recently has consisted of 11 CF members, coincides with an overall draw down of EUFOR personnel that is taking place due to the relative stability in the Balkan region.

"Being able to work with such a skilled group of Canadian Forces personnel has made it an honour and pleasure to oversee this mission for the past six months," said Lieutenant-Colonel Andre Boucher, the outgoing Canadian Task Force Commander for Operation BOREAS. "I would like to thank all Army, Navy, and Air Force personnel who have proudly served and demonstrated the professionalism of the Canadian Forces by representing their country in support of Operation BOREAS," he added.

Canada remains committed to peace-support operations in the Balkans and will maintain Operation BRONZE, the CF contribution to NATO Headquarters Sarajevo. Operation BRONZE is comprised of eight personnel who are currently serving in various staff positions at NATO Headquarters in Sarajevo.

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Good Yield For Harvest

By Avery Wolaniuk

When all was weighed and counted, 1067 lbs of food and \$5155 was collected for Winnipeg Harvest during the distribution of 1500 tickets to the Manitoba Moose's Military Appreciation Night. That donation goes towards feeding the 39,000 Manitobans, half of whom are kids, who use the food bank every month.

Leading up to the Moose's tribute to fallen soldiers in Afghanistan on 10 March, the collection from the military community came during one of the sparser months for the Harvest cupboards. "It is a year round operation — we have to have food go out every month — and we find that particularly in January, February and March our stocks are depleted somewhat, so the timing of this initiative by the military was very important to us," said Bruce Michalski, Corporate and Events Coordinator at Winnipeg Harvest.

The folks at Harvest are especially good at stretching a dollar. They can leverage collected cash with businesses, food producers and their corporate partners to make a loonie

equal \$20 in groceries. "So a dollar does go a long, long way," said Mr. Michalski. Monetary donations also go toward the transportation costs of getting the food to where it is most needed. Twenty agencies outside of the perimeter and 350 agencies and food programs receive food from Harvest every month, and the agency helps people in virtually every neighborhood in Winnipeg, with the exception of Lindenwoods and some of the newer developments, he said. The organization collected 8.5 million pounds of food last year.

Organizers of the Military Appreciation Night asked for \$5 donations of food or cash when people picked their tickets up. Tickets were available to the military community and their immediate family. The evening at the Moose was about highlighting the military and connecting with the surrounding community, said Maj Paddy Douglass, one of the event organizers, "and what better way to show that we are part of the city of Winnipeg than to make our spotlight event generate something that goes directly to the city, and to the neediest people in the city."



Lori-Ann Mundt, Com Rec Director (centre), and Maj Dave Proteau, Comdt CFSSAT (right), present the food collected for Winnipeg Harvest from the 17 Wing community to Bruce Michalski (left), Corporate and Events Co-ordinator for Winnipeg Harvest. Along with the non-perishable goods, \$5155 was donated to the food agency.



Equipment Loans Request

By Cpl M. Joly

It all started one day when someone scheduled a three-hour meeting, with multiple presentations and different speakers. Tasks were delegated, memos sent. We'll use our conference room, seats 13 pers. What more is required?

Audiovisual equipment!!!!!! WHAT CAN YOU DO?

While the primary mandate of WTIS is to install and support communication system, equipment is made available to departments/government personnel for meeting/training sessions, conference, and parades.

Equipment can be reserved by calling (204) 833-2244 or ext 2244, where a trouble ticket is raised with documentation (parade order, event). You will be contacted within 24 hours for confirmation.

To reserve equipment you need to provide the following information; your name, your department, your telephone number or where you can be reached, date and time you require service and, PLCC card (If loan card is required).

In an effort to provide better service, you are

asked to return all equipment promptly. WTISS has a full range of audio, video, computer and projection equipment available for loan. Most classroom and auditorium equipment at 17 Wing are serviced by this unit. We also provide technical assistance to set-up for events held on the Wing during normal business hours.

We can also advise you (provide recommendations) on equipment purchases. Send the properly filled out and signed "TSR" form to WTIS for processing. <http://17wing.winnipeg.mil.ca/wtiss/forms/TSR2.doc>

For Cell phone / Pager request email: BedardMMD@WTISSqn@Winnipeg For Video-conference, please book room through proper channels. Contact the Pers listed to book their facility. <http://vc.mil.ca/> http://vc.mil.ca/asp/SiteInfoList_e.asp

LOAN Def — The authorized issue of material on condition it be returned which is normally for a specified period of time and subject to agreed conditions.

Now all that is required for the meeting to proceed is for the members to show up on time. Let's not forget the coffee.

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OPEN LEARNING

LSSR Take On The Canadian Shield

By Corporal Bill Gomm

THUNDER BAY, Ont— “I went into the tent to search it when someone inside grabbed the barrel of the rifle pulling it out of my hands,” said Cpl Seymour. “But I kept on going and ended up going hand to hand with the enemy.”

Soldiers from The Lake Superior Scottish Regiment took part in Exercise PATIENT HIGHLANDER II from 23-25 February at Onion Lake. The purpose: To perform platoon size fighting patrols and hide routine. This training was used to help soldiers who are preparing to deploy with Task Force 1-08.

Soldiers from the LSSR arrived at the Thunder Bay Armoury at 1900 on 23 February to begin drawing their necessary equipment.

Soon, ammunition, weapons, radios and rations were stacked along the crowded hallway and the soldiers began packing their rucksacks and toboggans.

“It’s going to be a good ex,” said Private Keith Courneya as he assembled his C9 Light Machine Gun.

“We will be working in an area that was logged and is now in the process of re-growth,” said Lieutenant James Meredith.

The Exercise started before the soldiers even left the armoury. Master Corporal Jon O’Conner took his section aside for a patrol briefing. Their mission would be to secure the debussing point for the rest of the unit and recon a suitable hide location for the platoon patrol base.

As soon as the rest of the platoon had arrived and their tents were set up, new patrols were sent out to locate the enemy force, an enemy force that played by different rules.

“The first recon located the enemy,” said Lt Meredith. “However the enemy moved during our battle procedure for a raid.”

“They asked for realistic patrolling with a realistic enemy,” said Captain Tom Neil, the Company Commander for the LSSR.

Two more recon patrols were needed to locate the new enemy position and with the okay of the Coy Comd, a raid was planned for the early morning of 25 February.

At 0700 under the cover of smoke and concentrated fire from the Weapons Detachment, the platoon advanced in single file and assaulted the enemy position. Though they encountered a strong opposition, they still managed to catch the enemy inside their tents.

“We killed four enemy and captured three detainees,” said Lt Meredith. “Two of them required strong restraint to get them under control.”

With the area secured, valuable intelligence was recovered and it was learned an enemy convoy was on its way. The platoon



After conducting a successful raid, soldiers from The Lake Superior Scottish Regiment move over the secured roadway to set up a hasty ambush.

quickly moved up the road to set up a hasty ambush site to catch the approaching vehicles.

The wpns det initiated the ambush as the vehicles drove into the kill zone and the rest of the platoon opened fire destroying the vehicles and neutralizing the threat.

With the final objective finished, the soldiers moved back to their hide, packed their toboggans and moved out to meet the buses.

“We wanted to focus on patrolling giving the troops experience in recon but also an

appreciation for fighting patrols,” said Capt Neil. “There were valuable lessons learned from start to finish; the complexity of a patrol hide security when the enemy force can follow your tracks in the snow, noise and light discipline as well as the sheer physical challenges of difficult terrain compounded by weather effects and snow.”

Lt Meredith added the “terrain was challenging for all soldiers with deep snow, strong wind chill, re-growth forest and the Canadian Shield.”

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 Thursday April 12
 1200hrs

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 Learning and Career Centre
 Room: 200

AGENDA ITEMS:
 National Executive meeting
 Group Charter
 Aboriginal Awareness Week

For more information contact:
 Sgt Devin Beaudry: local: 2409
 Natalie Gasc: 984-3222

SCAN SEMINAR

The Wing Personnel Selection Office will be hosting a Second Career Assistance Network (SCAN) Seminar. The objective of this seminar is to provide information to both military personnel and their spouses on the benefits and services available to them when releasing from the CF. It also addresses aspects of the transition from employment to a second career outside of the CF. Details of the seminar are as follows:

DATES: 30 Apr – 1 May 07
TIME: 0800 - 1630
LOCATION: Training & Education Centre (Bldg 135) Netherlands Theatre
DRESS: Appropriate civilian attire
WHO: Military members and their spouses

Details for registration and the seminar agenda can be found on the WPSO web site at:
<http://17wing.winnipeg.mil.ca/WAdmin/PSO/scan.htm>

Canadian, U.S. Fighters Conduct Joint Training In North

By Lt Steve Neta

Canadian and U.S. aircraft supporting the North American Aerospace Defence Command (NORAD) conducted joint training in the Canadian North last week.

The Canadian and Alaskan NORAD Regions practiced conducting joint long-range detection missions. The training took place near Whitehorse, Yukon. These missions are important NORAD tasks that enable detection and identification of unknown aircraft.

"Training with our U.S. partners enables us to conduct effective operations in the NORAD mission," said MGen Charlie Bouchard, Comd 1 Cdn Air Div/NORAD Region headquarters. "As a bi-national command, we train together often to ensure the defence of North America."

Participating aircraft included: Canadian CF-18 Hornets and a CC-130T Hercules air-to-air refuelling tanker, US F-15 Eagles, a KC-135 refuelling tanker, and an Airborne Warning and Control System (AWACS) aircraft.

NORAD and its regional support units and bases conduct regular training to maintain and validate procedures and readiness levels for response in the event of emergency situations. NORAD airborne early warning assets and air-to-air refuelling tankers play important roles in safe-guarding the sovereignty of U.S. and Canadian airspace.

A CF-18 Hornet flies along side an F-15 eagle from Elmendorf Air Force Base, Alaska. The aircraft were in the Canadian north last week to practice joint long-range detection missions and other NORAD procedures.



Photo by Capt Dave Monk



LCol Sam Ness, WComd, and LCol Richard Witherden, CO 402 Sqn, dish up the cake in honour of the Air Force's 83rd Anniversary at WComd's Coffee Break hosted by 402 Sqn on 4 April.

Upcoming Wing Commander's Coffee Breaks

Coffee Breaks start at 1000hrs

18 April 07	WAdmin/WPSO, Bldg 135
9 May 07	435 Sqn, Hangar 16
30 May 07	CFSAS, Bldg 84
6 June 07	WLog/WTISS, Bldg 136
20 June 07	Air Command Band, Bldg 90

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Who ON THE Wing THIS WEEK



The 17 WCWO, CWO Glenn Wallace and Senior Supervisors present the 17 Wing Admin Branch CWO, CPO1 Simon Blaikie with a retirement certificate acknowledging his 25 plus years of loyal and dedicated service.



Major Mark Wuennenberg receives his new rank from Col Bill Cleland, assisted by Mark's wife, Janet.



The Assistant Deputy Minister of Public Affairs, Ms. Josée Touchette, signs the 1 Canadian Air Division guest book in the presence of BGen William Neumann (left), Deputy Commander Force Generation, and BGen Donald Quenneville, Deputy Commander Force Employment and CANR.



Military Lends a Helping Hand: Members of 17 Svc Bn and 17 WLog played an integral part in this year's Winnipeg Harvest Op Donation. This entailed collecting food from over 70 schools in the greater Winnipeg area. With the military assistance, they managed to collect 71,938 lbs of food! (above) Cpl Evelyn Paiuk, MWO Llyod Harris, MCpl Kevin Rak, Cpl Dan Orlukiewicz, and 2Lt Adrian Hartley with students from local schools that participated in the collection.

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90th Anniversary Of The Battle Of Vimy Ridge



Photo by Veterans Affairs Canada

Easter Monday marked the 90th anniversary of the Battle of Vimy Ridge, the pivotal First World War barrage against the Germans in France. More than 3500 Canadian soldiers died, and thousands more were wounded. Ceremonies were held April 1-9 across the country in honour of the four-day epic battle and the men who rest there. In France, the three-year restoration project of the twin white limestone towers was unveiled and rededicated.

VIMY RIDGE, FRANCE, April 1917 -- A machine gun emplacement on the crest of Vimy Ridge and the men who drove the Germans from it.



Photo by DND Archives



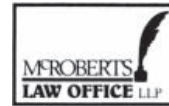
Photo by Cpl Gormm

MGen Bouchard lays a wreath at the Vimy Memorial Park ceremony on 8 April 07. Local Canadian Forces elements honoured the memory of their predecessors who bravely fought at Vimy 90 years ago. 38 Canadian Brigade Group provided the bulk of the 50-soldier Guard of Honour, led by The Royal Winnipeg Rifles and other local Canadian Forces Units



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Les bénévoles font grandir la communauté

Le RARM et la 17e Escadre de Winnipeg planifient actuellement l'appréciation annuelle pour leurs bénévoles.

Cette année, l'évènement aura lieu le dimanche 27 mai 2007. Les détails seront disponibles dans l'édition du VOXAIR du 25 avril.

Le comité organisateur a besoin de votre coopération pour savoir qui inviter. Grâce à votre apport, l'évènement sera un succès.

Nous demandons au commandant d'unité, superviseurs, collègues et voisins de désigner un employé qui fait du bénévolat dans la communauté de la 17e Escadre ou dans sa communauté locale.

Les noms des bénévoles peuvent être soumis pour reconnaître leur travail bénévole ou pour être sélectionnés pour leur contribution exceptionnelle à la communauté de la 17e Escadre et recevoir un prix.

Une copie du formulaire de présentation en français et en anglais est disponible sur le DIN/Activités. Les nominations seront acceptées jusqu'au mercredi 25 avril à l'édifice 90 ou au CRFM. Les formulaires complétés peuvent être faxés au 833-2755.

« Les bénévoles font grandir la communauté »

Les personnes contacts pour cet évènement sont :

Louise Cameron, CRFM, poste 4515

Lori-Ann Mundt, services récréatifs communautaires, poste 2059

17 WComd Volleyball Tournament

Friday, 27 April 07

0800-1600 hrs, Bldg 90
Fitness and Recreation Centre

ENTRY DEADLINE:

Tuesday, 24 April 07, 1600 hrs
Contact James Follette @ 5511
or follette.jd@forces.gc.ca

Volunteers Grow Community

SISIP and 17 Wing are preparing for the upcoming Annual Volunteer Appreciation Celebration

This year's event will be held on Sunday, May 27, 2007. Details will be released in the April 25 issue of the VOXAIR.

The organizing committee needs your support to make this year's event another success by letting us know who to invite.

We're asking CO's, Supervisors, Colleagues, and Neighbors to nominate personnel who volunteer within the 17 Wing community or their local community.

Volunteer names can be submitted for recognition, or Volunteers that have made outstanding contributions within the 17 Wing Community can be nominated to receive an award.

Copies of the nomination form are available in English and French on the DIN/Activities page.

Nominations will be accepted until Wednesday, April 25 at Bldg 90 or MFRC.

Completed forms can also be faxed to 833-2755. "Volunteers Grow Community"

Contacts for this event are:

Louise Cameron, MFRC local 4515

Lori-Ann Mundt, Com Rec local 2059

USA "Forever" Stamp

By Alf Brooks

In May the USA postal rates for first-class letters increase from 39 to 41 cents. Following the lead of other countries—Canada earlier this year, Sweden and the UK (among others) in previous years—US Post issues this month a "Forever" stamp to be sold at the 41 cent rate, but valid for postage in the future when rates increase without using additional stamps. Of course, when rates do increase similar stamps will be sold at that price.

The stamp pictures the Liberty Bell.



Private Ivan Kucher patches up his targets on the Pistol range.

Signalers And Pistols

By Corporal Bill Gomm

SHILO, Man.— At 0600 hours, an emergency phone recall was sent out to soldiers of Winnipeg's 735 Communication Regiment.

735 Comm Regt practiced its annual emergency recall and carried out weapons training over the weekend of 24-25 March. Approximately 60 troops responded to the call. Of those, 22 soldiers were able to deploy to Shilo to complete Grenade and Pistol training.

Arriving in Shilo in the afternoon, the Regt deployed to the Grenade range for the rest of the day and threw grenades until last light.

"The grenades went very well," said Maj Ritchie. "They had a good time, only three duds."

Maj Ritchie is the Commanding Officer for 735 Comm Regt as well as the G6 for 38 Canadian Brigade Group.

On Sunday the unit traveled to the Pistol range where it completed Tests of Elemental Training (TOET) on the 9mm Browning pistol before firing the Personal Weapons Test Level Three (PWT 3).

Five personnel qualified to PWT 3 and the remainder shot to PWT 2.

"The shooting is going fine," said Maj Ritchie.

The exercise ended at 1200 hours Sunday and after having lunch and cleaning the range, the unit redeployed to Winnipeg by 1700 hours.

WINNIPEG SPEED DATING EVENT

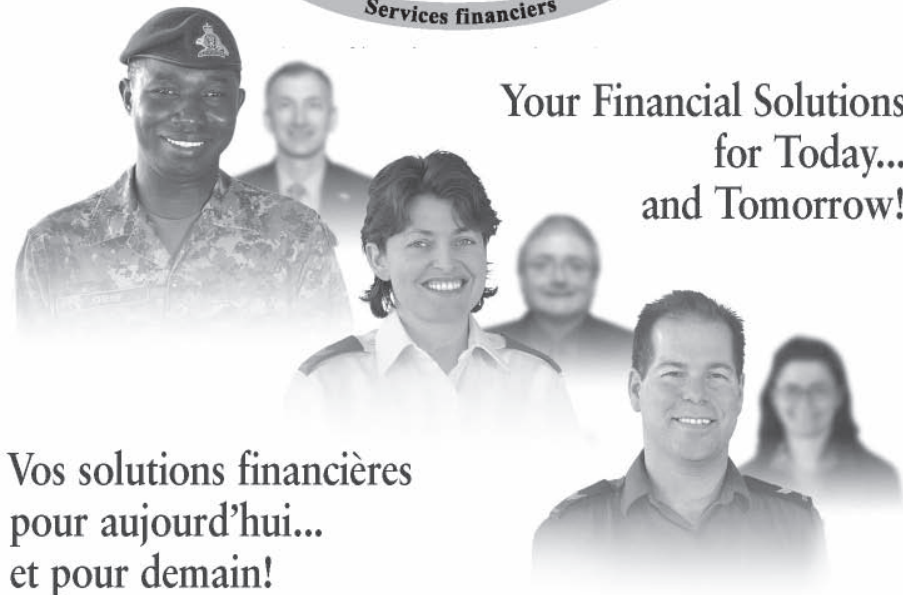
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Body Image Workshop

Can you imagine having a disease that has no cure? One that affects you physically and emotionally, that affects everything you do? Imagine a life of 20 years with an eating disorder; binging and purging sometimes 10 to 15 times a day and never feeling quite good enough unless you weighed a certain amount or looked a certain way? Imagine no longer being a participant in your own life and only being a spectator as your eating disorder controls every aspect of you.

This was the story of one military member living with an eating disorder that was shared with the audience gathered for the weight preoccupation and body image workshop "It's More Than Food!" on 29 March 07. The afternoon included a speaker from the Women's Health Clinic and a special presentation of a play written by Primrose Madayag Knazan of the Learning and Career Centre (LCC). The free presentation, which ran about three hours, was held in the Netherlands Theatre in Building 135 and focussed on developing a healthy understanding of body image.

She has struggled for years with an eating disorder with many faces — anorexia, bulimia, exercise obsession — and weighed in anywhere from 100 to 160 lbs. She's been in and out of the hospital, extremely sick from the stress on her body and today is totally amazed that she is still alive. The eating disorder was the only constant in her life, the only thing that felt unchanging regardless of what external events happened. "I wish I didn't hate myself, but at the same time, I don't know how it would feel to like myself."

Despite many attempts at recovery, she was unable to stay in recovery for long, as her way of life was the eating disorder. She learned to cope with everything by keeping the eating disorder close and hiding it from everyone. Finally in 2006, tired of the struggles, she again sought medical attention through the doctors here at 17 Wing. "No matter how much I would scream inside myself to stop the behaviours or how physically sick and tired I was, it took me a long time to learn to cope with this disease," she said. It is an entirely new lifestyle that needs to be relearned and all the old thoughts challenged.

While the majority of individuals diagnosed with an eating disorder are females between the ages of 17 and 25, there is an increasing number of women, now in the 30s, 40s, and 50s who are coming forward for treatment that was unexplored and unavailable when they were teenagers.

"Eating disorders can affect anyone in any socio-economic and any age group. They are coping mechanisms used to provide a sense of control where it is perceived that none exists," states the package that was provided to the audience.

For this member, serving in the military made her medical treatment available and affordable. "Fortunately for me, being in the military was a blessing because I was able to get the help that I needed, and I don't know if I would have been able to get it if I hadn't been in the military." For the past eight months she has been in recovery and has maintained a healthy weight and attitude.

And now, through events like last Thursday's, she wanted the opportunity to share what she has lived with the hope that perhaps it might reach someone else out there who is struggling with the same issues. Her message is to not be ashamed if you have an eating disorder or a body image issue. Body image issues can turn into eating disorders and eating disorders are a matter of life and death. When you are ready, you need to choose to live, she said. The message she wants parents to hear is to just let your children know that you are there for them, that you love them unconditionally and that they should not be afraid to talk about their concerns about dieting or body image.

Her story, told to the mostly female audience, was a powerful way to start the afternoon. "It took a lot of courage and bravery to stand there and talk about your personal journey," said Mary Jane Fisher, one of the event organizers, about the presentation. "I was quite moved."

The event, initially planned as a Lunch & Learn, turned into the afternoon presentation as Health Promotions, the MFRC, the LCC and Ms. Knazan brought different ideas forward.

"It just built and we got more excited about it as it grew," Ms. Fisher said.

The guest speaker from the Women's Clinic talked about the influence the media has over women's perception of what they should and shouldn't look like. The afternoon wrapped up with a showing of Ugly Ducks, Pretty Swans, written by Primrose Madayag Knazan of the Learning and Career Centre. The message of the play, a twist on the classic fairy-tale, echoed the topic of the afternoon, that you need to accept yourself for who you are and not try to make yourself into something you are not.



One Can At A Time

The 17 Wing Care & Share program uses the proceeds from the pop can recycling to assist military members who may need support. The present Pop Can Recycler OPI contact is Padre Capt Lance Magdziac at local 5272. Major Don McLeod at local 6294, has volunteered to store the bags of pop cans until there is enough to warrant a trip to the metal recycler. The last trip earned the 17 Wing Care & Share Fund \$46 dollars for the 13 bags of aluminum cans. If units use the can crushers, then we could get a lot more cans per bag. The Wing Environmentalist at local 5909 or 1 Cnd Air Div Environmentalist at local 2035 may be able to assist with your recycling projects. As you read these Fun Facts, think about the benefits of recycling just one aluminum can. All the best.

1. Recycling aluminum cans saves 95 percent of the energy used to make aluminum cans from virgin ore.
2. In 1972, 53 million pounds of aluminum cans were recycled. Today, that amount is exceeded by 1,612 million pounds.
3. Aluminum cans distinguish themselves as the most recycled and most recyclable beverage container in the world. An awesome 105,784 cans are recycled every minute nationwide.
4. Used aluminum cans are recycled and returned to a store shelf as a new can in as few as 60 days. That means a consumer could purchase basically the same recycled aluminum can from a retailer's shelf nearly every 9 weeks or 6 times a year.
5. The weight of 1,665 million pounds of aluminum cans recycled in 2001 was equal to the weight of 14 aircraft carriers.
6. Americans earn about \$1 billion a year recycling aluminum cans. A used aluminum can returned to a recycling center is worth about a penny to consumer recyclers.
7. For each pound of aluminum recovered, Americans save the energy resources to generate about 7.5 kilowatt-hours of electricity. That's enough energy to meet the electric needs of a city the size of Pittsburgh, PA for six years.
8. Beverage containers represent less than 20 percent of the materials collected in curb side recycling programs and they generate up to 70 percent of total scrap value. Aluminum cans are the most valuable commodity to curb side programs helping to pay for the collection of other containers.
9. Aluminum can recycling rate is better than 1 out of 2 cans.
10. Recycling diverted 1.7 billion pounds from landfills.
11. Using recycled aluminum beverage cans to produce new cans allows the aluminum can industry to make up to 20 times more cans for the same amount of energy.
12. It's estimated that since 1972 some 18.7 million tons of aluminum have been recycled. These 1,099 billion aluminum cans placed end-to-end could stretch to the moon and back some 174 times.
13. Aluminum cans have amazing strength. Four six-packs (24 cans) can hold a 4,000-pound aluminum-bodied sedan.
14. In 2003, Americans recycled 62.6 billion aluminum cans. Those cans, placed end-to-end, could make 171 circles around the earth.
15. America recycled enough aluminum cans last year to stretch to the moon and back 8 times.
16. Since 1972 Americans have recycled 37 billion lbs. or 1,099 trillion aluminum cans and earned over \$25 billion by recycling aluminum beverage cans.
17. Every minute of everyday, an average of 105,800 aluminum cans are recycled.
18. When you think it is hot, consider the following: Did you know that aluminum begins to melt at a whopping 1220 degrees Fahrenheit?
19. Over the past 10 years, the number of aluminum cans recycled has doubled.
20. The average employee consumes 2.5 cans of soda each day at work.

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MFRC Monthly Community Coffee Break


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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

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Military Family Resource Centre

National Volunteer Week



National Volunteer Week, April 15 to April 21, pays special tribute to Canadian volunteers across the country who give of themselves to better their communities and the lives of others. Volunteers Grow Community remains the theme for National Volunteer Week this year. The MFRC is proud to join this national celebration to thank each volunteer for making each day brighter.

From April 15 to 21, volunteers are invited to drop by the MFRC and pick up their herbal planter gift set - a small gift to add a sweet smell to your home and a boost of flavor to your meal. It is our way to say "Thank you" for helping our community grow into a better place to be.

Monthly Volunteer Drop-in

This is the perfect occasion to meet some other volunteers around a fun project. You stay as long as you wish - coffee and snacks are provided. Childcare is provided on request (24 hours in advance). Please call ext. 4515 to reserve a spot for your children.



@ the MFRC, 102 Comet St.
2nd Tuesday of the month 9 am to noon
3rd Wednesday of the month 7 to 9 pm
Daytime: 10 April, 8 May, and 12 June
Evenings: 18 April, 16 May, and 20 June

Great Stuff for Adults....

"Cravings" Dinner Club

Join us once a month to visit a different Winnipeg restaurant. You will have fun, enjoy some good eats and meet new friends. Please register at least one-week or at ext. 4506. Participants are responsible for the cost of their meals and beverages. We meet at 6 pm.



17 April @ Pappas Greek Food & Steak - 3318 Roblin Blvd.

Second Language Training

Spring Session 2007
It is now time to register for our Second Language Training Program - French and English. The course duration is ten weeks and will consist of two three-hour classes per week. The Spring 2007 session offers French Levels 3 and 5 and one English class. Classes begin the week of April 23rd. And are held at the MFRC. Deadline for registration is April 10, 2007..

French 3: Mon&Wed, 6:30 to 9:30 pm
French 5: Tue&Thur, 6:30 to 9:30 pm
English Beginner & Intermediate: Mon & Wed, 6:30 to 9:30 pm

All classes require a minimum of five students, maximum of ten students. A placement test may be administered to determine the level of proficiency.

Cost : For military spouses and family members: \$ 50 (refundable if 85% of the course is completed)
For military personnel: \$ 50 non-refundable
For NPF and public employees: \$ 100 non-refundable
For more information contact Louise Cameron at ext. 4515.

Crafternoon Drop-in

At every gathering we will try something new! Most activities will be free! There will be snacks to feed your body, unique projects to feed your creativity and the company of great folks to feed your soul. Please register one week in advance. (Childcare for 18mos+ available through MFRC casual Childcare. Call Ext 2491 for info.)



1-3pm April 25
"Create your own Spa Supplies"
Bath Bombs, salts and Herbal soak sachets
Cost \$5 to cover supplies

Goodbye Wendy!



The Board of Directors and staff of the Winnipeg MFRC would like to say farewell to Wendy Richardson, who will be leaving us as Children's Program Coordinator after almost 14 years of service to the Winnipeg military community. Wendy joined the Winnipeg MFRC in September 1993 and under her firm hand and careful guidance the Winnipeg MFRC Children's Program developed into a major first class operation, possibly one of the finest in the country. Wendy, your expertise, your infectious smile and outgoing personality will be missed. Good luck in all your future endeavors.

Great Stuff for Youth....

Job Skills for Teens

Are you looking for a job? 15 to 18 years old? Want to explore other job options? Unsure where to start? This series of workshops will help you prepare for the job market. The course covers skill assessment, identifying past work experience, resume writing, interview techniques and the law pertaining to work.

18 April 2007	The World of Work
25 April 2007	Writing an Effective Resume
2 May, 2007	How to Ace the Interview
	The Hidden Job Market and
	How to Keep a Job

Each session will run from 6 to 8:30 pm at the MFRC, 102 Comet St.
Cost \$ 15.00
Call 833-2500 ext. 4500 to register your Youth no later than April 13th, 2007. For more information call John at 4511

For Parents.....

"Mothers & Daughters in Touch"

Mothers and Daughters in Touch is an eight-week program developed by the Youville Centre to promote healthy and effective communication between mothers and daughters. It is a relationship and skill-building program where mothers and daughters learn together. There are two separate programs, one for girls 9 - 11 years of age and the other for girls 12 - 14 years of age. The program is an opportunity for mothers and daughters to spend time together, learn and have fun. Pre-registration is mandatory for this program and space is limited to eight families.
MFRC, 102 Comet St. \$ 5
8 Mondays, starting April 16th starts at 6:45 pm
(There is no class on May 21th)

Parenting Workshops

Once a month educational parenting workshops will be hosted by the MFRC. All workshops begin at 1:15 pm, last approximately two hours and are free of charge. Registration is required by calling 833-2500 ext. 4500.



"I'm Part of a Military Family!"

2 May 2007 - This workshop will discuss how, as parents, you can assist your child in understanding military lifestyle and how being part of a military family makes them special. Appropriate for those with preschoolers to age eight.

"The Angry Monster in my Belly!"

27 June 2007 - This workshop will discuss how as parents you can help your children with angry feelings. All children experience anger, and we can assist you in helping your children cope with those feelings positively. Appropriate for those with preschoolers to age eight.

By now you should have received our latest edition of the "COMMUNITY CONNECTIONS", our MFRC program guide. If have not seen our newsletter delivered to your home yet...give us a call and we will add you to the mailing list and get the "Spring 07 CC" out to you PRONTO!
Call 833-2500 ext. 4500



Together in Church



CATHOLIC

Chaplains

Padre Lance Magdziak
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.

The Easter Season

By Padre Bruce MacKenzie

The stone has been rolled away and Love has been resurrected. Up until this point the story paints a pretty bleak picture. Love has been nailed to a cross - crucified. A large stone had sealed the tomb. It is over. Not quite. Something was powerful enough to move that stone. The only thing with that kind of power is Love itself - it cannot be killed. This is not just a story about ancient days. Love resurrected can happen on a daily basis, but first the stone must be rolled away.

The greatest need we have as humans is to love and be loved. Even though this is hard-wired into our systems, many things can bring about the stone getting in the way, sometimes to the point that we feel we are sealed in a tomb. Fear is the biggest culprit. More specifically, fear of rejection. The hardest blow of all to the human heart is to be rejected by others.

In the Easter story Love was rejected and crucified resulting in a large stone placed at the entryway.

We all want to be accepted by others and to have a sense that we belong. Each and every one of us need to participate in the act of loving others and being loved by them if we want the stone to be rolled away and Love resurrected. This may sound "touchy feely" but when it comes down to the actual practice, it can be a tall order. Loving others can be a risky business because there is no guarantee that it will be met with acceptance. Just ask anyone who has been rejected in a relationship, and they will tell you how difficult it is to risk being hurt again. Often we will reject others before we get rejected because it defends us from more pain. And the stone returns.

As we enter into this Easter season let us be mindful of our greatest need - to love and be loved. It demands that we risk being rejected, but Love is the only thing powerful enough to roll away the stone.

Sparky's Corner

The Dangers of Carbon Monoxide Gas

Although the popularity of carbon monoxide (CO) alarms has been growing in recent years, it cannot be assumed that everyone is familiar with the hazards of CO poisoning in the home. Often called the silent killer, CO is an invisible, odourless, colourless gas created when fuels such as gasoline, natural gas, and propane, burn incompletely. Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide.

CO enters the body through breathing. CO poisoning can be confused with flu symptoms, food poisoning and other illnesses. Some symptoms include shortness of breath, nausea, dizziness, or headaches. High levels of CO can be fatal, causing death within minutes.

Some safety tips for your home include installing CO alarms to provide early warning of accumulating CO. These alarms should be installed in a central location outside each separate sleeping area. If bedrooms are spaced apart, each area will need a CO alarm. Test CO alarms at least once a month and replace them according to the manufacturer's instructions.

Do not run a vehicle, generator, or other fuel fired engine indoors, even if garage doors are open. Only use barbecues - which produce CO - outside. Never use them in the home, garage or near building openings.

In the event your CO alarm sounds, immediately move to a fresh air location and call for help. Remain at the fresh air location until emergency personnel deem your home safe.



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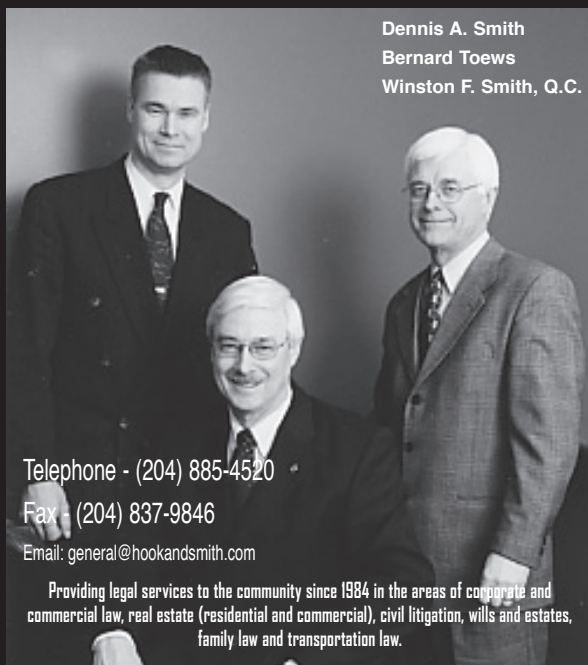
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Used Toy & Clothing Sale
In support of St. James Y-Neighbours, to be held at the Maranatha Church, 910 Sturgeon Rd., Saturday April 14, 2007 9am-12pm. Admission \$1.00

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TAROSCOPIES

BY NANCY

Aries (March 21 - April 19): By opting to be the person in charge and taking control of a situation, you must also deal with the fallout of your decisions. If you've been responsible you can expect fair treatment and continued support. Ask for what you truly want, need and enjoy. Try new things.

Taurus (April 20 - May 20): Remain optimistic when faced with new situations and uncertainties instead of worrying about what will happen next. All will work out. Just take it one step at a time. Use your common sense to allay fears and stay active to dissipate pent up energy.

Gemini (May 21 - June 21): You keep trying to make progress but all your efforts seem to get you nowhere. Worse still, others don't appreciate what you're doing. Try not to let this bother you. Relax and stay focused on your goals. Don't give up. External circumstances will always fluctuate.

Cancer (June 22 - July 22): Take a good look at what needs to be done then determine how much you can or want to take on. There is only so much you should sign up for. Check the fine print. Walk away from folks if you sense a hidden agenda for there will be power struggles ahead. You don't need this right now.

Leo (July 23 - August 22): Though you want to be noticed, you don't want to be scrutinized too closely. Unfortunately you're now in a situation where you have no previous experience and there is no script or map to follow so use caution. Hold to the course that makes you happiest and enjoy the journey.

Virgo (August 23 - September 22): There are things you need to take care of. Issues regarding rules, regulations, legalities and disbursement of funds could arise. The advice of an expert could boost your confidence in dealing with this; an accountant, lawyer or spiritual advisor depending on the situation.

Libra (September 23 - October 23): Efforts to get organized and clear away clutter result in a more relaxing environment. Financial concerns and responsibilities weigh heavily. For peace of mind, develop a sensible plan. Give yourself time to think things through and come up with your own solutions.

Scorpio (October 24 - November 21): Things could get out of hand if you rush to make changes. Try not to judge others at this time for your own logic will be more self-focused and therefore can't be applied to the radically different situations others are experiencing. Stick to dealing with your own issues.

Sagittarius (November 22 - December 21): Things have changed in the last little while and it's time to make choices based on current desires and your new reality. If unsure about what to do, because you're afraid things are not as they seem, let nature take its course. You'll struggle less and win more.

Capricorn (December 22 - January 19): You're feeling trapped. Many responsibilities are hemming you in yet you're not ready to let go of them. You will be rewarded for your efforts, so persevere. By being approachable and open to discussions you can show and tell people that you know what you are doing.

Aquarius (January 20 - February 18): Use discernment to judge and discipline to manage all that is coming your way. Don't just take the word of another when making choices for due to a sudden change of course, you may find yourself headed in a different direction. Your skills are in demand.

Pisces (February 19 - March 20): You'll see significant results for your efforts. Trust yourself to make authentic and sound decisions for yourself. You are ready to move on, no longer limited by convention or old commitments. Others may work to keep you in their circle of influence but put your own needs first.

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