



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

OCTOBER 10, 2007

VOLUME 55, ISSUE 18

FREE

Local Stores Raise Funds For Afghanistan Charity



Presentation of a \$1600 cheque for the Assistance to Afghanistan Trust Fund by Winnipeg-area Wal-Mart employees. Keith Driedger, Rudy Persad, Mr. Smiley, Doug Hall, Wal-Mart Regional Manager Darrell Winters and Harry Budgell present 17 Wing Commander Col Scott Howden and 17 Wing Chief Warrant Officer Glenn Wallace with donation. Two other organizers of the Wal-Mart campaign, Darlene Hurrie and Keith Rogowsky, were unavailable for the photo.

By Capt Dave Muralt

Employees of the Winnipeg-area Wal-Mart stores have contributed \$1600 to the Assistance to Afghanistan (ATA) Trust Fund, a non-public fund that supports reconstruction effort in Afghanistan.

The St. Vital Mall Wal-Mart store spearheaded the fund-raising effort. In addition to the cash they raised, the store's associates have also sent school supplies to Kandahar.

Wal-Mart regional manager Darrell Winters presented the cheque to 17 Wing Commander Col Scott Howden during the United Way Campaign kick-off plane pull at Steven-son Aviation on Friday, September 21.

"It's absolutely fantastic that the Winnipeg-area Wal-Mart associates have raised this kind of money to support reconstruction efforts in Afghanistan," said Col Howden. "This is the best way that folks can help the rebuilding effort in Afghanistan: the Canadian military personnel, diplomats and development workers on the ground are able to quickly get things people need and to support the local Afghan economy, as well."

The Assistance to Afghanistan Trust Fund came into being when Second World War veteran John Race of Simcoe, Ont., sent a cheque to the Chief of the Defence Staff for \$10,000, asking that it be used to help farmers or children in Afghanistan.

That initial \$10,000 donation was used by the Kandahar Provincial Reconstruction Team to put desks into the Dand District School, just South of Kandahar City in Sept 06. As well, the Kandahar PRT has used the funds from ordinary Canadians for a variety of projects, including support to the Shaheed Abdul Khan orphanage located on the highway that runs from Kandahar City to the Kandahar Air Field. The orphanage has received a variety of items ranging from bedding and jackets for the children to cooking utensils for use in the kitchen.

For more information about the ATA Trust Fund, please contact 17 Wing Public Affairs Officer Capt Dave Muralt at 833-2500 ext 6499.

Family Violence Awareness Campaign

Flip to page four and five and get information on ways a child can be changed by violence at home, warning signs of abuse, and local contact information for help and more info. Learn how to decipher the teenage computer-speak, and find programs you can register for.

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“Captain John” 402’s New Honourary Colonel



LCol Rick Witherden (left) & HCol John Sauder at the investiture ceremony on 27 Sept.

By Sgt Pat McNorgan

402 “City of Winnipeg” Squadron welcomed her new Honourary Colonel on September 27 at a special investiture ceremony at the Netherlands Theatre. Long time radio listeners will be happy to know that “Captain John”, as 58CKY and 92CITI FM audiences knew him, has finally been promoted! The new Honourary Colonel holds a commercial pilots’ license and has logged more than 7800 flying hours, most of which came from his twice-daily airborne traffic reports from the “Blue Bomber.” Winnipeggers are more likely to be familiar with John Sauder as weather anchor on CTV’s evening newscasts.

HCol Sauder takes over from MGen Rick Linden, who has served 402 in the Honourary Colonel capacity since 2003. John Sauder is an excellent choice for the position, having grown up in a military family, and still proudly referring to himself as a “service brat.” The lineage is evident

because John’s father, Mark, flew with 402 as a Squadron Leader.

402’s Commanding Officer LCol Rick Witherden commented at the ceremony “A squadron’s Honourary Col plays a very important role in the life of the Squadron. HCol Sauder will represent 402 “City of Winnipeg” Squadron to the City of Winnipeg and the city to the squadron, and I can’t think of a better person to do that.”

The Air Force in Winnipeg has had several prominent citizens serve as HCol. Hockey Night in Canada’s Ron McLean was HCol of 1 Air Movements Squadron until it was disbanded. Celtic folk singer Loreena McKinnett was recently inducted as 435 Squadron’s Honourary Colonel.

HCol Sauder promises to bring the light blue into his weather forecasts too, boldly following the jet stream while resplendent in his Air Force uniform. That can only mean sunny skies and smooth flying for 402 Squadron, with a slight chance of late afternoon showers.



Wing Commander Col Scott Howden signs his gift form, making a donation of \$1,200 to the 17 Wing GCWCC, as campaign co-chairs Sherry Liley (left) and Capt John Schwindt (right) look on. Col Howden donated at the Leadership level, meaning he is giving \$100 a month for 12 months. “For the cost of a couple of cups of coffee a day, people can make a significant contribution to the GCWCC,” said Col Howden. “It’s so easy, I encourage everyone on the Wing to get involved and make a donation.”

United Way has been challenged to increase the number of Leaders in Winnipeg, a challenge 17 Wing can help them meet. Any donation, whether large or small, makes a difference. For information on how to give, please call Sherry Liley at 5980 or Capt John Schwindt at 2096.



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VOXAIR

OCTOBER 10, 2007
VOLUME 55, ISSUE 18

Deadline for next issue: 12 OCT 07

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0830 - 1600 hrs

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Printed By
The Daily Graphic
1.204.857.3427

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VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col S.A. Howden. 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.

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Winnipeg, MB R3J 3Y5

This newspaper is printed using environmentally safe inks.

Publications Mail Agreement No. 1482823

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17 Wing Team Pulls Through For United Way

By A/SLt David Lavallee

After taking home the crown at the 17 Wing Government of Canada Workplace Charitable Campaign (GCWCC) "Herc Pull" competition, the Wing Construction Engineering (WCE) team headed to Stevenson Aviation and Aerospace Training Centre on September 21 to represent the Wing at the United Way's very own plane pull.

The United Way launched its annual fundraising campaign in an aircraft hangar, which was filled with people for the kick-off bash. Featuring a barbeque lunch, music and presentations (including one from the Honourable Vic Toews, President of Treasury Board).

The day's main event, however, was a plane pull competition. Teams from corporations, companies and government departments of all levels arrived—some in colourful uniforms—to try their hands at pulling a huge aircraft, and to support the United Way.

The event helped to show how 17 Wing's own campaign is part of a much larger effort across the city, and across Canada. "When you're focusing on your own campaign, you sometimes can't see just how big this initiative is," said Sherry Liley, civilian co-chair of

17 Wing's GCWCC. "I was great to be at the United Way event and see just how vast—and how important—this campaign really is."

There were two categories in the plane pull contest: competitive and fun. The 17 Wing team entered the fray at the competitive level, and with their eyes on the prize—namely, the finish line—they stepped up to the rope and pulled over 86,600 kilograms (191,000 lbs) of airplane a distance of three metres (approximately ten feet) in 9.19 seconds.

While the 17 Wing team put forth a good effort and a solid time, victory went to the CanadInns team for the second year in a row, with a time of 8.66 seconds.

At the end of the day, however, the big winner was the United Way.

The GCWCC is an annual, national fundraising campaign of the federal public service, and is one of the largest and most successful workplace fundraising campaigns in Canada. It raises money in support of United Way/Centraide, HealthPartners and thousands of other registered Canadian charities.

Last year, the 17 Wing GCWCC raised \$109,000, which was almost \$20,000 more than its goal of \$90,000. Based on that, the 2007 GCWCC committee has set a target of



Cpl Jon McNutt (left) and Capt Craig Chiasson (right) and the rest of the 17 Wing team prepare to pull a 86,600 kilogram airplane at the United Way campaign kick-off.

\$115,000 for this fall's campaign, which runs September 14 to November 9.

There are plenty of opportunities to give. Talk to your unit or branch canvasser about donations, or participate in one of the upcoming

fundraising event, like the "Computer Clinic," book fairs and "Boot Drive." To find out more, visit the 17 Wing GCWCC website at <http://17wing.winnipeg.mil.ca/wadmin/GCWCC/index.htm>.

Fire Safety Month: Firefighters Stress The 10/7 Replacement Rule

News Canada

Fire claims more than 300 Canadian lives each year, with some 10% being children. Understandably, fire departments are frustrated that people continue to ignore the most basic means of family protection – the smoke alarm. Just installing them can cut your risk of dying in a fire by 50 per cent.

Smoke Alarms – Your Best Defense

The National Fire Protection Association recommends that one smoke alarm be installed on every floor and outside sleeping areas – in fact this is law in Ontario. Despite this, in fatal fires measured from March to November 2006 in one province, it was found that 57% of homes and apartments did not have a working smoke alarm, or the batteries had been removed.

Which Smoke Alarms Do I Need?

There are many types of fire and smoke, and many types of smoke alarms. Ionization alarms respond quickly to fast flaming fires, which generate a lot of heat but not necessarily a lot of smoke. These are usually best for living and sleeping areas. Photoelectric smoke alarms respond quickly to smoldering fires that produce a lot of smoke with

less heat. These are excellent for kitchens as they are less prone to nuisance alarms caused by cooking or steam.

NEVER remove batteries or move a smoke alarm to silence a false alarm. Instead, buy a smoke alarm with a "Hush" feature. Pushing the "Hush" button during a false alarm silences it temporarily so the air can clear, while still keeping your family protected in case a real fire breaks out.

New wireless and interconnected smoke alarm technology has also recently come to Canada, allowing homeowners to link multiple alarms together without hard-wiring them. This means when one alarm sounds, they all sound to maximize warning time. And, you only need to push one "Hush" button to silences a nuisance alarm ringing on all units.

Installing and Checking Smoke Alarms

If you sleep with doors closed, place alarms right in bedrooms. Always locate smoke alarms on ceilings or high on walls, since smoke rises. Make sure alarms are placed at least a hand's width away from the corner of walls and ceilings.

Check batteries each month and replace them all every time you change your clocks.

Alarms will also sound a low battery warning. To reduce dust build up on alarm sensors, vacuum lightly.

The 10/7 Replacement Rule

Fire departments stress that smoke alarms wear out, even those hard-wired into your home's electrical system.

"The National Fire Protection Association says homeowners must replace their smoke alarms every 10 years," notes Carol Heller, vice-president of product innovation at Kidde Canada, the country's largest fire safety device manufacturer. "That's because the sensors used to detect smoke weaken over time and can become obscured by dust and other things in the air."

If there is no date sticker on the outside of your smoke alarm, or no manufactured date on the base, replace it. Carbon monoxide alarms should be replaced every seven years.



Lt Marc-Andre Tremblay and his wife, Sophie, with their kids (from left) Elizabeth, 4, Ulyse, 2, and Savannah, 7, at the Fire Prevention booth on Family Fun Day.

If Your Smoke Alarm Goes Off

Draw up an evacuation plan and practice it with family members. If an alarm sounds, investigate immediately and if fire danger is detected, call out to family members and immediately evacuate:

- Get everyone out of the house and move away.
- Call the fire department or 911.
- Evacuate the house, never go back in.

More information on home safety tips and smoke alarms can be found on the www.SafeAtHome.ca web site.

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Take a Stand!



Family Violence Prevention

General Awareness



Canada

What is Family Violence?

Family violence means an abuse of power within a relationship of family, trust or dependency, and includes many forms of abusive behavior. Examples include emotional abuse, psychological abuse, criminal harassment, neglect, financial exploitation, destruction of property, injury to pets, physical assault, sexual assault and homicide.

Abusive behavior often results in the person feeling afraid and controlled.

Who is Affected by Family Violence?

Family violence happens in all cultural, racial, and religious groups and at all income and rank levels.

If you are experiencing or witnessing family violence... seek help!

Why Is the DND/CF Concerned with the Issue of Family Violence?

Family violence in any form is a priority issue that is being addressed within the Canadian Forces.

Family violence is a very private, and emotionally charged issue. It is a difficult topic to talk about.

Individuals may still be too fearful to come forward and seek assistance for issues related to violence and/or abuse.

The unfortunate part of this scenario is that a problem left unaddressed, can escalate.

The Canadian Forces is committed to raising awareness and strengthening its response to family violence through accessible resources, prevention and support services.

Where To Go For Support in the CF:

- Base/Wing Family Crisis Team
- Military Police
- Chaplains
- Social Work Officers
- Medical Officers
- CFMAP: 1-800-268-7708

Where To Go For Support outside the CF:

- Military Family Resource Centre
- Emergency Services
- Shelters
- Victims Services
- Rape Crisis or Sexual Assault Support Centers
- Social or Family Service Agency
- Children's Aid Society
- Hospitals

Need Help or More Information?

Family violence is a very private, and emotionally charged issue. It is a difficult topic to talk about. **Take a Stand. Make the call.**

[All inquiries will be kept in strictest confidence]

Local Contact Information

LOCAL 17 WING NUMBERS:

- Military Police - 2633
- Chaplains - 5087
- Social Work Officer - 5086
- MFRC Social Worker - 4512

10 Ways A Child Can Be Changed By Violence At Home

By Haley Schroeder, MFRC Social Worker

Family violence is not just violence that affects a couple in an intimate relationship. Family violence affects all members of the family including children. Seeing how violence can shape a child is the first step to helping. Then we can address the distorted ideas, encourage helpful coping and healthy interpersonal skills, or foster healing of the mother/child bond.

1. Children are denied a good father and positive male role model.

As described by psychologist Ludy Bancroft and Jay Silverman, most abusive men are self-centered and manipulative and will use authoritarian parenting or have little involvement with the children. A man's abusive behaviour fosters disrespect for their mother and undermines her parenting authority. Even between violent incidents, abusive men can have a toxic influence on daily family dynamics.

Ludy Bancroft & Jay Silverman (2002). *The Batterer as Parent: Addressing the Impact of Domestic Violence on Family Dynamics*. Thousand Oaks, CA: Sage.

2. Abuse can harm the mother / child bond.

An abusive man undermines a mother's efforts to parent, whether by contradicting her, sapping her confidence as a parent, or eroding the children's view of her as a person worthy of respect. She may change her own parenting style in reaction to his parenting style. Children may be angry that she stayed with him, afraid she will go back, or worried she will get involved with another abusive man. They may not trust her to keep them safe and may even doubt if she loves them.

3. Children can develop negative core beliefs about themselves.

We have core beliefs about ourselves. I am smart, compassionate, or optimistic? Am I someone who deserves

to be happy? Am I someone with something to offer the world? Am I of lesser value because I'm female? Am I entitled to having my way even if it disadvantages others? Am I in control of my choices or does life throw bad luck my way? Core beliefs are formed in childhood and parents are a big part of that process.

4. Children can be isolated from helpful sources of support.

To hide family secrets, children who live with woman abuse usually don't invite friends home, they try and prevent parents' contact with others (e.g., hiding memos about parent/teacher night), and even deny anything is wrong if queried by a concerned adult. They know instinctively, or are warned, that bad things will happen if the world learns the family secrets. They learn to pass as "normal." In consequence, they are cut off from people who could listen and help or people who could recognize the problem.

5. Unhealthy family roles can evolve in homes with domestic violence.

Roles in abusive families reflect how each person adapts and copes with the secret, confusing, and sometimes dangerous situations in which they live.

6. Abuse destroys a child's view of the world as a safe and predictable place.

Children could learn from living with an abused woman that you have to deal with your problems by yourself, adults don't keep their promises, bad things happen no matter how hard I try to be good, and life is not fair. In contrast, children who grow up with encouragement, fairness, and safety can approach life with enthusiasm and embrace new opportunities.

7. Abuse co-occurs with other stresses and adversities with negative effects.

Research consistently documents how domestic violence almost never stands alone as the only problem or stress in a

family. Family dynamics will probably be affected by one or more of these other problems; parental substance abuse or alcoholism, criminal behaviour and possible incarceration of a parent, mental illness, poverty, residential instability, unemployment, and child abuse or neglect. Children may believe that one of these other issues is responsible for the abuse against their mother.

8. A child's style of coping and survival may become problematic.

Children's innate ability to adapt serves them well when trapped with abuse, conflict, and violence. Strategies can involve ideas (e.g., fantasizing about a better family); actions (e.g., running away); or, feeling (e.g., anger, guilt). Their actions and choices are survival skills: temporarily helpful adaptations to an unhealthy situation. But some, such as running away, create new problems.

9. Children may adopt some of the rationalizations for abuse.

Male rationalizations for abuse can include "I'm the man so I'm in charge" or "God demands that I keep the family in line." A child believes these ideas could blame the woman for her own victimization, see women as inferior, excuse the man's abusive behaviour, or even try to emulate him. Such a child could grow up to justify or accept abuse in intimate relationships, workplace setting, or with friends.

10. Children can believe that victimization is inevitable or normal.

Messages conveyed by violence can teach tolerance of abuse and discourage help seeking. Some women clearly stay with their partners out of fear, knowing they'd be seriously injured, stalked or killed. Some believe "all men are like that so the next one won't be any better" or that "things will get better when he finds a job." Girls may develop low expectations of men or believe women shouldn't expect happiness.

A child who lives with family violence is changed. However, we can all take a stand against family violence so that tomorrow can be better for that child.

The information provided in this article was taken from Little eyes, little ears how violence against a mother shapes children as they grow, by Allison Cunningham and Linda Baker, the Centre for Children and Families in the Justice System. If you would like more information on the effects family violence can have on children or would like further resources and supports please contact Haley Schroeder, Social Worker at the Winnipeg Military Family Resource Centre, 833-2500 extension 4512.

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Take A Stand Against Family Violence

Family Violence Prevention & Awareness Campaign Programs: 15 – 19 Oct

WOMEN'S SELF-DEFENSE

1. Monday, 15 Oct @ 0900 – 1100 hrs
Building 90, MPR
2. Wednesday, 17 Oct @ 1930 – 2130 hrs
Building 90, MPR
Childcare will be provided!

YOUR REACTION IS YOUR CHOICE:

Knowing Your Anger Triggers
Tuesday, 16 Oct @ 0900 – 1100 hrs
Location TBA

A BETTER WAY TO COMMUNICATE

Thursday, 18 Oct @ 1900 – 2100 hrs
MFRC, 102 Comet Street
Childcare will be provided!
Must bring a friend/partner/spouse . . . someone to practice skills with.

BULLYING WORKSHOP

Wednesday, 17 Oct @ 1630 – 1730
MFRC, 102 Comet Street
This workshop is for children & youth, please pre-register with Haley Schroeder @ local 4512.

KIDS HAVE STRESS TOO!

Thursday, 18 Oct @ 0930 – 1130 hrs or 1900 – 2200 hrs
MFRC, 102 Comet Street
Please pre-register with Diane Brine @ local 4508.

For more information and/or to register for the any of the above workshops contact Health Promotion @ local 4150/4160.

We did! Make the call.

Warning Signs Of Abuse

Submitted by Laurie Jackson, Clinical Social Worker Mental Health Dept.

Increasing awareness and knowledge of warning signs of abuse and available CF and community resources are key ingredients to addressing and preventing family violence. Through research, 15 warning signs and 23 risk factors have been identified to assist neighbours, family members, friends and co-workers in recognizing situations that might involve abuse.

Warning signs he may be abusive:

- puts her down
- blames his partner for everything that goes wrong
- does all the talking and dominates the conversation
- checks up on her all the time, even at work
- tries to suggest he is the victim and acts depressed
- displays jealousy and tries to keep her away from other people
- acts as if he owns her
- lies to make himself look good or exaggerates his good qualities
- acts like he is superior and of more value than others in his home

Warning signs she may be experiencing abuse:

- may be apologetic and makes excuses for his behaviour or becomes aggressive and angry
- is nervous about talking when he's there

- seems to be sick more often and misses work
- tries to cover her bruises
- makes excuses at the last minute about why she can't meet you or she tries to avoid you on the street
- seems sad, lonely, withdrawn and is afraid
- uses drugs or alcohol to cope

What you can do:

- Learn more about family violence
- Give her support and clear messages (violence is never okay or justified, her safety and the children's are the most important issues, assault is a crime, she is not to blame for her partner's behavior, she is not alone, she is not crazy)
- Provide support and encouragement to make choices that are right for her
- Practice and support relationship of respect, co-operation and equal partnerships in families. Challenge relationships that are built on power and control over women and children.
- Familiarize yourself with available CF and community resources and encourage her to access them
- Remember you do not have to be a professional to help! Everyone in the community can play a role in preventing family violence. TAKE A STAND!

For more information or assistance, please contact the Mental Health Dept at 833-2500 ext. 5086

Parents, Do U Know What Ur Kids Are Saying?

Below are some samples of typical teen chat terms used in chat rooms that parents might want to know when doing any sort of parental monitoring.

- AAMOF = As a matter of fact
- ABFL = A big fat lady
- TSW = Teachers are watching
- WYRN = What's your real name
- TDTM = Talk dirty to me
- ADN = Any day now
- CD9 = Code 9 or parents are around
- X or E = Ecstasy
- NIFOC = Naked in front of camera
- HSWM = Have sex with me
- AFAIC = As far as I'm concerned
- AFAICT = As far as I can tell
- AFAICS = As far as I can see
- 55 = Coast is clear
- AITR = Adult in the room
- AFK = Away from keyboard

- AISI = As I see it
- P911 = Parental emergency
- AML = All my love
- B4N = Bye for now
- ASL = Age, Sex, Location
- ASLP = Age, Sex, Location, Picture
- AWHFY = Are we having fun yet?
- AYOR = At your own risk
- 420 = Marijuana
- 53X = Sex
- GNOC = Get naked on camera
- IMB = I'm buck naked
- KPC = Keeping parents clueless
- PAW = Parents are watching
- QT = cutie
- STFU = Shut the Fu*k up
- S/U = Shut Up

For more information or to submit your own terms go to www.teenchatdecoder.com

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Base/Wing Family Crisis Team • Military Police • Chaplains • Social Work Officers • Medical Officers • CFMAP: 1-800-268-7708

Where To Go For Support outside the CF:
Military Family Resource Centres • Hospitals • Shelters • Victims Services • Rape Crisis or Sexual Assault Support Centers • Social or Family Services

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Voxair Featured Unit — Canadian Forces School Of Aerospace Studies “Excellence In Aerospace Education”

Submitted by Major Alain Dallaire, CFSAS

The Canadian Forces School of Aerospace Studies (CFSAS) is a diverse organization composed of 13 different military occupations and supported by a strong civilian and reservist presence. It is composed of two very distinct flights, which train and educate officers and non-commissioned members of the 3 elements of the Canadian Forces, through technological and professional education.

Aerospace Technology (AT) Flight:

Through the Aerospace Systems Course (ASC), CFSAS provides Air Force officers with the advanced technical background and project management skills necessary for effective engineering leadership in the modern Air Force. This 10-month challenging course culminates with the Aerospace Power Review (APR); an annual 2-day themed symposium where course members present both their individual research paper and research project to an audience comprised of members representing prominent industry, academia and high-level CF organizations. For the graduates of ASC 60, APR 2008 will be held 24-25 June with the theme, “The Role of Unmanned C4ISR in Support of Canadian Sovereignty”. Anyone interested in new technologies and innovating solutions to modern operational challenges should mark their calendars and attend!

The Electronic Warfare (EW) section of the AT Flight provides education and training supported and approved by NATO Doctrine and Joint Operational standards. The section runs both the Basic Electronic

Warfare (BEW), and the Advanced Operational EW (AOEW) courses. Additionally, the EW section supports the CF Fighter EW Advanced Radar (FEWAR) course in Cold Lake and a variety of EW conferences, as well as NATO hosted courses. The popular 5-day BEW course offers to both NCMs and officers an understanding of basic Air Defense Systems, RADAR, Electro Optics, and Electronic Counter Measures. In August 2006, the EW section introduced the CF's first fully accredited on line BEW course. With a more operational perspective, the AOEW is a 14-day course, which offers insight on current Canadian research facilities and operational EW platforms within the United States. Graduates of AOEW receive the foundation necessary to perform EW duties in the Combined Air Operations Center (CAOC) environment.

If you own a cell phone, use a pager, check the weather channel, or drink Orange TANG while watching cable TV, you will certainly be interested in the third section of the AT flight, the Space section. Through the 5-day Space Application Course (SAC), students learn the fundamentals of space power and its application in modern operations. The 3-week long Space Operations Course (SOC), features guest lecturers from key space organizations, multiple computer simulation opportunities, and many discussions/lectures on a wide array of space-related subjects. SOC is a prerequisite for CF members posted to key Space and Missile Warning positions in the United States. The Space section brings CF personnel from all three elements into the classroom to learn how space systems have changed their military operations and missions, and

even changed their personal lives.

Officer Development Flight:

For 3 years now, CFSAS decreased and eventually ceased its delivery of residential professional education courses for officers in favour of re-inventing the Air Force Officer Development (AFOD). The resultant program has recently reached its first critical milestone, with the completion of the trial serial of Block 2 of AFOD on 1 September of this year. Although it is only the first step towards a complete and comprehensive AFOD program, this first step has proven that the concept and the practicality of the AFOD solution is sound. Steady-state delivery of Block 2 is scheduled to commence in November of 2007.

The AFOD program will eventually span all three developmental periods (DP1 – AF DP3A) assigned with an air force

educational mandate. AFOD is designed with a significantly reduced in-residence time, and a correspondingly expanded Distance Learning (DL) component to meet the educational needs of Air Force officers from the completion of basic training to the point that they are promoted to major. CFSAS anticipates that the reduced residential time and an Air Force commitment to permit completion of DL modules while members are on duty at their home units will combine to improve the students' quality of life, while still maintaining the socialization benefits of a residential program during the culminating phase. By limiting the length of the residential phase CFSAS has been able to substantially reduce the infrastructure and staff costs and offer a PD program that will finally be able to meet the educational needs of the Air Force.

Governor General Announces Meritorious Service Decorations

By Karen Christiuk

On 24 September, Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada, announced the awarding of several Meritorious Service decorations, with several links to 1 Cdn Air Div/CANR HQ. The decorations, which will be presented at a ceremony at Rideau Hall in Ottawa on October 12, are being awarded to individuals whose specific achievements have brought honour to the Canadian Forces and to Canada.

BGen Donald Joseph Quenneville, M.S.C., who was Deputy Commander of the Canadian North American Aerospace Defence Command Region from August 2004 to June 2007, will be receiving a Meritorious Service Cross (Military Division). BGen Quenneville's leadership

and initiative were the driving force behind the creation of the first Space Operations cell within the Canadian Forces and the establishment of the first National Air Planning Process. BGen Quenneville recently retired from the United States Air Force and now resides in Massachusetts.

As well, LCol Colin Roy Keiver, M.S.M., C.D., Section Head A3 Transport, will be receiving a Meritorious Service Medal. LCol Keiver was cited for his work as the Air Operations Advisor for Task Force Addis Ababa, in Khartoum, Sudan, from 28 November 2005 to 25 May 2006.

“It's very rewarding, both personally and professionally, to be recognized for what was one of the most challenging experiences of my military career,” said LCol Keiver.

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Running A 24-Year-Old Dream

By Avery Wolaniuk

There's a photo in an old copy of a CF magazine showing a soldier seemingly effortlessly propping up a canoe more than twice his height with one hand, paddle firmly planted into the ground in the other, ruck sack, helmet and rifle at his feet.

It's the image of the first CFB Petawawa Ironman, MCpl Randy Marshall. Capt Joel Templeman, an Information Systems Operations Officer at the RCSU(Pra) HQ, kept that 1984 copy of the Sentinel stowed away in a drawer all these years. A first-year cadet at the time, the Ironman was not something he thought he'd ever actually attempt. "When I was 14 I thought — 'yeah, I totally want to do that,' but when I was 14 I wanted to go to the moon, right? You never think you're going to do that stuff," he said.

But more than two decades later, he did. On 21 Sept 07, he found himself one of the crowd taking off from the starting line at 0430hrs in the pitch dark of a cool Petawawa morning, where the fog obscured any light that might have reached the racers. Every runner had a glow stick tied to the back of their pack, and as the race got underway, competitors followed the jangling line of phosphorescent red sticks, running full tilt when you can barely see your hands in front of your face, said Capt Templeman, who finished 12th out of 217 competitors and fourth out of 41 competitors in the "over 35" category.

The Petawawa IRONMAN, mainly made up of competitors from Ontario and Quebec, starts off with a 32 km ruck march, followed by a four km portage with a 55 lb canoe, an eight km paddle downstream the Ottawa river, and wraps up with a six km ruck march with a steep hill to surmount about three km from the finish line, "just to break your heart," said the captain. The entire time racers carry a bulky 40 lb ruck sack.

For Capt Templeman, the ruck sack and march were familiar friends. In July, he traveled with 10 others from 17 Wing to Holland to march 160 kms in the Four Days Marches Nijmegen across the Netherlands. Then the ruck sack was a little lighter and the pace a little slower. It was during the long hours of that march that his interest for the Ironman was rekindled by a team member who had recently transferred from Petawawa. Through a chain of contacts, the captain was able to secure a slot running as an individual just a few short weeks before the race, with outstanding support from 427 Sqn, the only unit in blue at the active army base. "They did a really good job, and took me around. Without them I would have been literally lost."

In the years between cadet and cadet instructor, Capt Templeman has seen the program under go many changes. Most recently, there has been a diminished focus on physical fitness, says Capt Templeman. "Just like in schools, when money starts getting cut, that's what starts getting taken away. It's definitely more difficult to get funding for purely physical fitness activities," he said, noting that, along with leadership and developing an interest in the CF, fitness is one of the three pillars of the cadet program. Entering the Ironman, marching at Nijmegen, and racing in the Prairie Pitch (an adventure race he competed in two weeks prior to the trip east), are ways he can inspire those around him to seek their own personal challenges and feed his own adrenaline addiction.

Next on his athletic "to do" list is a race called Swamp Donkey; this time he's viewing the course from the other side. Along with Capt Chris Fenlon-MacDonald, Common Training Officer at the Cadet Detachment Winnipeg, he'll be organizing a biking/canoeing/orienteering adventure race at Falcon Lake on 13 Oct 07. For more information on the five-eight hour Swamp Donkey or the two-four hour lite addition, call 204-283-6133 or visit swampdonkeyar.com.



MCpl Randy Marshall, first Ironman of the SSF (1984). This picture planted a seed in the mind of a young cadet, who grew up to run the race himself 24 years later.

His advice to those thinking about pushing their own limits? "Slow and steady gets you 12th," Capt Templeman joked. "That's how I run my races. It's about determination and not stopping. This one took 24 years to get there, but it was definitely worth the effort."

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New Definitive Stamps

By Alf Brooks

In October Canada Post issues five low-value definitive stamps picturing beneficial insects:

- Convergent Lady Beetle (Lady Bug): 1 cent Adult Lacewing: 3 cents
- Northern Bumblebee: 5 cents Canadian Darner (Dragonfly): 10 cents
- Cecropia Moth: 25 cents.

The stamps are in panes of fifty; a souvenir sheet picturing all five stamps is shown here.

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Battle Of Britain



Photo by Cpl Steve Bogue

His Honour the Lieutenant Governor of Manitoba - the Honourable John Harvard receives a Royal Salute. 67th Anniversary of the Battle of Britain Parade.



Photo by Cpl Steve Bogue

67th Anniversary of the Battle of Britain Parade.



MWO Dennis Hendrickson receives his new rank badges from 17 WComd Col Scott Howden, 23 July 2007. MWO Hendrickson is now the Wing Readiness Training Flight Master Warrant Officer.

A New Reservist



Photo by Karen Christluk

BGen Eldren B. Thuen, Deputy Commander Mission Support, 1 Cdn Air Div/CANR and Director, General Air Reserve presided over the swearing in ceremony for Pte(R) Karen Melissa Lee, as an Air Reserve Resource Management Clerk on September 24. BGen Thuen is currently the most senior ranking Air Reservist in the Canadian Air Force and, at the time of her swearing in ceremony, Pte(R) Lee was the most junior-ranking.

Splash For Cash



Photo by Avery Wolanuk

Rumour has it that Maj Dan Morrison is the man under all that paint. Bomber fans spent some cold, hard cash putting this Roughrider fanatic in the tank.

The Splash for Cash, WLEO's GCWCC fundraiser, brought in more than \$1000 for the United Way campaign. Splash Promotions donated the use of the tank to the charity, and folks from across the Wing came to see their favourite superior sink or swim.



Photo by 17 Wing Imaging

17 WRTF has conducted APOD (Airport of Debarcation) training for the period 17-27 Sep and an IPC (Individual Pre-Deployment Course) 28 Sep - 5 Oct for 43 personnel from 1 Cdn Air Div. The trg has consisted of Weapons Trg, Grenades, Combat & Standard First Aid, Communications, Navigation, Field Craft, Battle Fitness Test & Fire Fighting. Training was intensive and continuous with only 2 days off for the duration. On behalf of the Course Training Co-ordinator, WO Bill Rideout, and the rest of the RTF staff, I would like to thank all the pers on the Wing for their support, especially Food Svcs, Wing Accn and PSP Staff. (above) The group at St Charles Rnage on 19 Sept 07. To borrow a phrase from our senior service, this group looks "Ready aye Ready."



Photo by Pte Levarre McDonald

General Safety Award for 402 Squadron Reservist

402 Squadron formed up to honour one of their own this past summer. In August of 2007, Deputy SAMEO, Capt Sarah Ramratan presented MCpl Krievans with a General Safety Award in recognition of his foresight and initiative for reporting the excessive build-up of snow on the roof of 10 Hangar during the winter of 2006-2007. The citation for his award, issued by the Director of General Safety, read: "On 2 January 2007, you were servicing a CC150 Airbus at the AMU Terminal near 10 Hangar at CFB Winnipeg. Due to a snowstorm a few days earlier, and minimal manning during the holiday season, a large amount of snow had accumulated above the main doors on the north end of 10 Hangar. Although this was not your usual workplace, you identified the danger and cleared the area of flight line crews and Christmas travellers (which included the children and spouses of CF members) and reported it immediately to 17 Wing OPS. Wing Construction Engineering was called in, and although they could not remove the snow, barricades were set up to secure the area. Through your foresight and recognition of this serious hazard, potential injuries to CF members and their families were averted. Well Done."

Congrats! A New Captain



Photo by ASLT David Lavallee

Congratulations to Capt Steve Neta, PA4 (1 Cdn Air Div/CANR), who received his promotion from BGen Eldren B. Thuen (Deputy Commander Mission Support, 1 Cdn Air Div/CANR and Director, General Air Reserve) on September 28. Capt Neta has worked in Public Affairs since 2006 and was cited by BGen Thuen during the ceremonies as "an outstanding officer and leader." (above) Capt Neta is flanked by his mother Lurinda (left) and his wife Michelle (right).



Lt Gary Black, Military Police Deputy Det Cmd receives his commission from LCol Wayne Whitburn, WOPO.



Photo by ASLT David Lavallee

A total of 18 students from across Canada were at 17 Wing for the Advanced Flight Safety Course. Here, a student examines the "wreckage" of a helicopter as part of an exercise on incident investigation, which was held in the Officers' Mess parking lot on September 27.

The Life Of A TSR

IS Flt

Once upon a time there was this new person posted into your section and they were given a desk and a job. To their surprise there wasn't a computer at their desk. How were they ever going to do any work? That's when their boss stepped in and said "you'll need to send WTISS a Telecommunication Service Request (TSR) request".

Have you ever wondered what happens after that? Let's try and shed some light on how the TSR process works. First off the initiator of the request fills out one of those handy dandy web based forms that is on the WTISS web site. They go about filling in the blanks like name, position, phone, unit and bld/room. Now they shift focus to the critical areas on the form that, unfortunately, can cause unexpected delays if information is missing, incomplete or just too vague. In an effort to try and get the right tools for the job, it is essential that the system being affected is clearly identified, like DWAN, GPNNet, AFCCIS or RelCan. Each of these networks has guidelines on software, hardware or may even require national approvals for computer installations that WTISS must follow.

Now that you've identified the system being affected, be sure to indicate if equipment is being replaced or if this is a new requirement and please be very sure to identify the SCA that the equipment will be placed on. You're just whipping through this form now, and you reach the statement of require-

ment...mmmmm. Let's see, new personnel in section requires a computer to perform his day to day functions, not to mention access to email!!! Is there anything else I should put in here? You bet there is, like the data drop that the computer is going to be connected to or as we commonly refer to it - the DVO - and the number on it. So now you look around your cubicle and notice that there isn't one. Well this isn't a problem if you mention it at the onset of the TSR. If wiring needs to be installed it can significantly delay the arrival of your computer as a site survey will need to be completed to confirm your requirements can be met with existing building infrastructure. There could also be problems in the telecommunications closet... you know that room normally at the end of the hall that has a sign on it signifying that it is a WTISS communications closet. The site survey will also let us know if there is an open connection in the closet to connect to your PC. If there isn't, then a switch will need to be procured to accommodate the need for an additional network drop - further adding to delays.

Well let's just assume that we don't have any problems with a connection being available. Is there anything special that you want with your computer? You know like dual monitors, large monitors, DVD burner, or that we intend on using one monitor for two different machines which would require a KVM (keyboard, video, and mouse) switch that you have or needs to be purchased. If you are going this route knowing what the

other PC is and what it is connected to solves a lot of problems and prevents further delay. The more info you provide in this section the more you help to ensure that WTISS is better able to fulfill your needs as quickly as possible. For simplicity let's assume you've decided "No, we just want one PC, it's going on the DWAN and it doesn't need anything special - just the standard DWAN baseline image."

Let's just skip the Info section for TM flight as those boxes are pretty well self explanatory. We finally get down to the bottom of the form and hit the financial info part. For about 99% of all the TSR's submitted there is some sort of cost involved. If this is the case you'll need a Fin code and a couple of signatures, section 32 authorization and the unit approving authority. We require these to confirm that we can charge costs to your fin and that your boss is aware we're doing this.

Now that the form is filled out and signed you mail it over to WTISS. Why can't we just email it you say? WTISS requires an original signed TSR on file for auditing purposes. The form reaches WTISS and the first thing that happens is our Project section assigns the TSR a tracking number. This allows us to track your request and gives you a ref number to use when you phone over with questions. After getting a number, Projects assigns the TSR to the appropriate section/s within WTISS: TDS for installing the wiring, CSU for purchasing kit, NSS for network additions/changes and CSS for setting

up and installing your PC.

Your TSR now makes its way through the various sections within WTISS with each of them doing their part towards completing the request. We'll now assume your TSR is the only one in the queue but typically we'd have between 100 and 200 active TSRs at any one time. Within each section there is also the requirement to balance the workload of completing new service requests and resolving trouble tickets.

When the CSU section orders your PC they are required to follow strict procurement regulations and are at the mercy of suppliers for delivery dates - especially at year end when all government departments are trying to buy equipment. Once your new kit arrives, it is matched up with your original TSR, the SCA paper work is drafted and the installation coordinated with the originator.... And.... After passing through many many hands the TSR is closed and the originator finally gets to do some work on their new PC.

The next time you sit down and contemplate submitting a TSR we trust you'll have a better appreciation of the work involved and why it may take longer than you'd like.

Factoid FY06/07

- Approximate number of IT TSRs closed: 1,250
- Approximate number of IT trouble tickets resolved: 4,000
- Number of calls to the HelpDesk: 26,000

Navy League Cadets And A New Wave Of Adventure

By Larry Schenkeveld

Renewed interest is generating among our communities for youth programs such as what the Navy League of Canada offers. Established in 1895, to support the Canadian Navy, to the Boys Naval Brigade, in 1917 (1910?), to the formation of the Wrenette League for young ladies, in 1950, to what it is today; supporting in unity 15,000 youth in 230 communities nation-wide.

What makes us different from the Army, Air or Sea Cadets? We are structured for children ages 9-13 years compared to our allies that cater to the youth of 12-18 years of age. Further, our programs are designed and developed to help support our young youth to beat their odds by building self-character through diverse skills of leadership and citizenship. Not to say that our allies don't do this in their programs but, we are more designed to produce these skills at the most preliminary and simplistic way given our demographics.

One of the characteristics that we repetitively see through all of our cadets happens to be the most basic military developmental systems; the uniform. These young cadets take such pride in maintaining and respecting their uniforms and in wearing them. Not to mention, the ability to learn drill movements, flags, and colors is generated as high regard among their fellow cadets as a valued status. Other training that endorses self-confidence and is of interest to the cadets is: rope-work, first aid, water safety, orienteering, and communication, all with teamwork, leadership, and mentoring in mind.

The testimonies from parents, cadets, and spectators have all exuberated confidence in our programs. The ability

that these programs bring forth in supporting many of our youth in helping them overcome some extenuating circumstances in their lives with a joy and sense of belonging and of family is shared and validated by many.

One of our greatest successes this past year, which happened to be the main highlight of our year-end, was marching in the 2006 Grey Cup Parade. We were welcomed so warmly by the spectators and cheers and claps of job well done filtered through the air by all, validating to the cadets that their accomplishments were positively recognized by others; further, implementing their self-esteem and self-confidence.

In Winnipeg, JRK Millen Navy League Cadet Corps has just over 50 cadets and the numbers are climbing. We meet and parade on Friday evenings at HMCS Chippawa, 1 Navy Way. And of course, none of this would be possible if it were not for our Volunteer Officers and Civilian Instructors that provides the framework, structure, and encouragement for our cadets. Due to the increased volume of our youth programs we are in need of adding new Officers and Civilian Instructors to join our strong corps. Even though you may not have Naval experience or you think you do not have the qualifications to put forth your time, we assure you that everyone has a unique wealth of experience and JRK Millen would welcome and benefit by your energy, time, and knowledge whether military or not. When you are looking for a way of increasing your leadership and instructional skills or looking for a community youth program, please consider us.

For more information, phone JRK Millen Navy League Cadets at the Ships office at 943-7745, extension 3291 and check out our website www.navyleague.ca



JRK Millen Navy League Cadets on the Grey Cup Parade.

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The Air Reserve Celebrates Its 75th Anniversary



(From left) MGen R. Linden (Ret'd), Col A. St-Onge (Dir AF Trg), BGen E.T. Thuen (DComd Msn Support), each of whom spoke at the celebration of the Air Reserve's 75th birthday.

By 2Lt Travis Smyth

17Wing Winnipeg— On 5 October 07, Canada's Air Reserve celebrated its 75th birthday.

Over the years, the Air Reserve has proven its value as an exceptional force, capable of delivering aerospace power at home, and abroad.

Known as the Non-Permanent Active Air Force (NPAAF) upon its creation in 1932, the NPAAF first consisted of three squadrons: N°10 Army Co-Operation Squadron (Toronto), N°11 Squadron (Vancouver) and N°12 Squadron (Winnipeg). By 1945, 47 reserve squadrons were serving overseas alongside allied forces.

Air Reservists have taken pride in the fact that Canada's very first air unit that was sent to the war was a reserve outfit—110 "City of Toronto" Squadron, on 16 February 1940.

Today, the Air Reserve is composed of

approximately 2200 full and part-time personnel, consisting of various Officer and NCM trades that are employed at every Wing across Canada.

On 26 September, a celebration dinner was held at Canad Inns Polo Park to commemorate the 75th Anniversary of the Air Reserve. Over 165 serving and retired Air Reservists representing units across Canada attended with MGen (Ret'd) R. Linden and BGen E.B. Thuen, Director General Air Reserves, as guest speakers. Guests were delighted to have LGen Angus Watt, Chief of the Air Staff speak via DVD media to the guests and congratulated all Air Reservists for their outstanding contribution to the Air Force and the Canadian Forces. A 15-minute slide show revisiting past eras of Air Reserve service and personnel highlighted the evening.

Happy 75th Anniversary to our Air Reserve.

Photo by MCpl Tom Trainor



Photo by Capt Corey Mask, 425 TF Squadron, 3 Wing Bagotville

A CF-18 Hornet supporting the Canadian NORAD Region escorts a US Air Force B-52. The aircraft participated in Exercise Amalgam Dart on September 18, which included aircraft from the Canadian and the Continental US NORAD Regions.

Canadian And US Forces Team Up For NORAD Exercise

By Capt Steve Neta

1Canadian Air Division/Canadian NORAD Region Headquarters

The atmosphere in the quick reaction area is tense. Fighter pilots with the North American Aerospace Defence Command have been placed on high alert as they sit with their equipment nearby, waiting for the inevitable. All of a sudden the phone rings and the order is given to scramble the fighters. Situation: an unidentified aircraft is approaching the Air Defence Identification Zone over the Atlantic Ocean. Their mission: to intercept and identify the aircraft prior to entering sovereign airspace.

If this sounds like a real-life scenario, then the NORAD exercise coordinators have done their job.

On September 18 and 19, the Canadian and Continental US NORAD Regions participated in Exercise Amalgam Dart. The main objective was to provide a realistic scenario to put NORAD personnel and procedures to the test.

"Even if you know that you are getting scrambled for an exercise, your heart still jumps when you hear the horn go off," said Capt Corey "Alcan" Mask, a CF-18 pilot with 425 Tactical Fighter Squadron at 3 Wing Bagotville. "When you get scrambled you are always trying to beat the clock airborne. You quickly don your equipment and run out to the jet and normally the heart rate does not go down at least until wheels are up."

In one of the exercise scenarios, CF-18 Hornets from 3 Wing Bagotville and F-15 Eagles from Otis Air Force Base launched to intercept an inbound "unidentified" aircraft over the Atlantic.

Although Capt Mask has practiced intercepts in the past, this particular exercise brought something unique. A US Air Force B-52 Stratofortress from Barksdale AFB played the role of the mysterious aircraft.

"Until you see the aircraft, it is just like any other radar intercept. It is when you fly on its wing that you start to appreciate just how big the aircraft is," said Capt Mask, who has had the privilege of intercepting a CC-150 Polaris to offer a special welcome home to troops returning from Afghanistan.

This exercise also achieved another first for the pilot. It was the first time he exercised the transfer of an aircraft escort from Canadian to American fighters.

"[The transfer] was very smooth. We heard the F-15's on the radio early on before we had reached US airspace and they visually took over escorting the B-52 just as we reached the end of the Canadian Air Defence Identification Zone," he added.

Other aircraft supporting this exercise included an E3 AWACS (airborne warning and control system) from Tinker AFB and a KC-10 air-to-air refuelling tanker from McGuire AFB.

The partnership between Canadian and US forces is par for the course in the bi-national Command. Since NORAD operations often include participation between its Canadian, Alaskan or Continental US regions, so too do the training exercises. For Capt Mask, and surely all of the other participants, the objective of realistic training is not lost.

"The most important aspect of these types of exercises is that you get to practice your NORAD mission in a realistic environment," added Capt Mask. "Although you often practice intercepts in local training airspace, you don't often get a chance to perform a six-hour mission with air-to-air refuelling over the North Atlantic, intercepting a unique aircraft while having to deal with weather, fuel diversions and long range radio communications."

Amalgam Dart is one of a series of NORAD exercises that are held throughout the year designed to provide realistic training, to evaluate tactics and procedures and to ensure connectivity and interoperability.

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The interest of all candidates is appreciated, however, only those selected for an interview will be contacted.

SQ Soldiers Take To The Field



Private (recruit) Leah McInnes straightens out barbed wire so it can be used for a low wire entanglement obstacle during the Soldier Qualification Course.



Master Corporal Brian Mollison demonstrates how to setup a trip flare during the Soldier Qualification Course. MCpl Mollison is with The North Saskatchewan Regiment.

By Corporal Bill Gomm

Shilo Mb/Dundurn SK – “We started out with a move to occupy the position, laid out our trenches and had them dig in throughout the night,” said MCpl Tye Elliott of The North Saskatchewan Regiment. “During the night we dealt with some probing from the enemy forces.”

Reserve recruits from Manitoba and Saskatchewan took part in the Western Area Training Centers Soldier Qualification (SQ) Course run out of Winnipeg, Manitoba and Dundurn, Saskatchewan in August. Winnipeg conducted two serials while Dundurn did one. For the last week of the course both units deployed to the field for their Field Training Exercise (FTX), the Winnipeg soldiers went to Shilo while the Dundurn soldiers simply went to the training area.

For Pte Leah McInnes deploying to the field was one of the highlights of the training. “I liked the field and the machine guns the best,” she said.

MCpl Elliott instructed the recruits on setting up an obstacle plan using low wire entanglements, wire fences and how the

obstacles fit into the defensive plan for the platoon. “For introduction to this training the soldiers seem to be responding well to the direction that they’re giving,” he said. “It’s a lot to take in so few days.”

“It’s going okay, can’t complain,” said Pte Micheal Tymiak. “I don’t think there’s a moment out here that you are not learning something.”

“At the Forward Operating Base (FOB) we had the recruits dig down to stage three, which is our two man fighting trench with over head protection,” said MCpl Mark Pearson, 15 Military Police Platoon. “Throughout the night they were bumped from various sides of the FOB to test the different sections. It wasn’t too bad, they were awake most of the time.”

With the end of the exercise near, recruits from the Winnipeg SQ had a chance to use the Simunition House but with blank ammunition only.

“It went well, it was a good taste of some of the future things that may come for some of these soldiers,” said MCpl Brad Shillington, The Royal Winnipeg Rifles. “It gives them a feel of what I think Canadian troops are doing nowadays.”

Letter To The Editor

By Corporal Bill Gomm

The Friends of Frances Bay is a local group that is dedicated to recognizing Frances Bay the famous actress from Dauphin Manitoba. You may not know her name but you do know her characters. Ms. Bay started her career on CBC radio. She was the host of her own radio show called Everybody’s Program that was geared to Canadian

soldiers during the II World War. We have letters going back to 1946 from the Manitoba Dragoons saying that her voice kept their spirits up during such difficult times. The Manitoba Military Aviation Museum is planning to do an exhibit showcasing Dauphin’s involvement during World War II and Ms. Bay will be a major part of this exhibit.

Ms. Bay has also been in over 150 stage, television and stage productions. You would know Ms. Bay as the loving grandmother in Happy Gilmore with Adam Sandler, the marble rye lady in Seinfeld or Fonzie’s grandmother in Happy Days. Please note that Mr. Henry Winkler has

also pledged his support for our efforts. Ms. Bay also won a Gemini Award for her work on Road to Avonlea. So, you can see these are just a few of credits and this talented individual needs to be recognized properly and that is why her family has created a petition online at www.petition-online.com/franny. We are hoping to ensure that Ms. Bay is inducted to Canada’s Walk of fame this 2008 for her 90 birthday! We want her to enjoy this while she is still alive. The Friends of Frances Bay are calling on the Military community to step forward and support their Girlfriend to the Canadian Forces!



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All birthday parties take place on Saturdays and Sundays between 12:00p.m - 3:00 p.m

To request a booking form, or for more information regarding our party bookings, please call Dan Gerson at 833-2500 ext 2057.

Halloween Party

Date: Sunday October, 28
Time: 4:00 p.m. till 6:00 p.m.
Location: Building 90
(Westside of the Gym)

Activities:

- Magic Show
- Haunted Maze
- Halloween Crafts
- Costume Prizes
- Halloween Drinks & Snacks

Cost: FREE!!

Please register your family by calling Dan Gerson at 833-2500 Ext.2057 or email gerson.dj@forces.gc.ca



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 - 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 Families: Strength Behind The Uniform

From The Daughter Of A Soldier:

Last week I was in Trenton, ON attending a conference. While I was in the airport, returning home, I heard several people behind me beginning to clap and cheer. I immediately turned around and witnessed one of the greatest acts of patriotism I have ever seen. Moving thru the terminal was a group of soldiers in their cadpat, as they began heading to their gate everyone was abruptly to their feet with their hands waving and cheering.

When I saw the soldiers, probably 30 – 40 of them, being applauded and cheered for, it hit me. I'm not alone. I'm not the only red blooded Canadian who still loves this country and supports our troops and their families. Of course I immediately stopped and began clapping for these young unsung heroes who are putting their lives on the line everyday for us so we can go to school, work and home without fear or reprisal.

Just when I thought I could not be more proud of my country or of our service men and women, a young girl, not more than 6 or 7 years old, ran up to one of the male soldiers. He kneeled down and said "hi," the little girl then asked him if he would give something to her daddy. The young soldier, not much older then 22 himself, said he would try and what did she want to give to her daddy.

Then suddenly the little girl grabbed the neck of this soldier, gave him the biggest hug she could muster and then kissed him on the cheek. The mother of the little girl, who said her daughter's name, was Courtney, told the young soldier that her husband was a Corporal and had been in Afghanistan for 11 months now. As the mom was explaining how much her daughter, Courtney, missed her father, the young soldier began to tear up. When this temporarily single mom was done explaining her situation, all of the soldiers huddled together for a brief second. Then one of the other servicemen pulled out a military looking walkie-talkie. They started playing with the device and talking back and forth on it.

After about 10 – 15 seconds of this, the young soldier walked back over to Courtney, bent down and said this to her, "I spoke to your daddy and he told me to give this to you." He then hugged this little girl that he had just met and gave her a kiss on the cheek. He finished by saying, "Your daddy told me to tell you that he loves you more than anything and he is coming home very soon."

The mom at this point was crying almost uncontrollably and as the young soldier stood to his feet he saluted Courtney and her mom. I was standing no more than 6 feet away as this entire event unfolded. As the soldiers began to leave, heading towards their gate, people resumed their applause. As I stood there applauding and looked around, there were very few dry eyes, including my own. That young soldier in one last act of selflessness, turned around and blew a kiss to Court-

ney with a tear rolling down his cheek.

Canadians who support our troops used to be called the "silent majority". We are no longer silent, and we are voicing our love of country and home in record-breaking numbers. Our idea of showing solidarity and support for our troops with dignity and respect starts on Fridays – and continues each and every Friday until the troops are no longer needed for peace. Let's get the word out and lead by example, and wear something red every Friday. Contact me, Sandra Doody at local 4507 and I will drop by your section to take pictures of your personnel in red and we will hopefully start a chain reaction and a little challenge!

Preschool-aged Programs

Literacy programs for parents and children!! Come out to these programs that enhance language, reading and FUN!! Mother Goose-enjoy the power and pleasure of rhymes, song and story telling at this free drop in program. Thursdays 9:30 -11:00am until Dec 12 at Carpathia School. Rock n' Read- a free six week program to explore rhymes, songs, books and bookmaking. Thursdays 1:30-3:00pm until Nov 8 at the Westwin Community Centre (Bldg 33). For more information contact Shannon at 833-2500 ext 2491.

Card Making

Tuesday, October 9th at 7pm – MFRC, 102 Comet St.
Registration Required – Call 833-2500 ext 4500
Come out and learn from Cindy Scott how to make cards to share with your loved one. We will be making five cards at a cost of \$10.00/person. Don't forget to pre-register for childcare by calling the above number.

Watch this space for details about our upcoming all day stamp camp on November 4. It will start at 9:30 and run until 4:30 pm. The cost will be \$25.00 for fifteen cards and lunch is included.

'Soldier' the Bear is now available in French and English. Drop by the MFRC to purchase a 'hug' in the form of a cute teddy bear for your children (or maybe even for your self) at a cost of just \$20.00.

New at the MFRC

Yellow Ribbon Key Chains and Yellow Ribbon Rhinestone Brooches. Did you know there are only 75 more shopping days until Christmas? They are available from the front desk of the MFRC.

Upcoming Events at the MFRC

October						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Little Pals Playgroup 1330 – 1500 ext. 2491	2 Creative Tots 0930 – 1100 ext 2491 Casual Care 1300 – 1530 ext 2491	3	4 Coffee Break 1000 – 1100 ext 4500 Rock n' Read 1330 – 1530 ext 2491 Casual Care 0930 – 1200 ext 2491 Mother Goose 0930 – 1100 ext 2491	5	6
7	8 Thanksgiving Day	9 Creative Tots 0930 – 1100 ext 2491 Casual Care 1300 – 1530 ext 2491	10	11 Rock n' Read 1330 – 1530 ext 2491 Casual Care 0930 – 1200 ext 2491 Mother Goose 0930 – 1100 ext 2491	12	13 Francophone Ladies Group Meeting at Bird's Hill Prov. Park ext 4515
14	15 Little Pals Playgroup 1330 – 1500 ext. 2491	16 Creative Tots 0930 – 1100 ext 2491 Casual Care 1300 – 1530 ext 2491	17	18 Rock n' Read 1330 – 1530 ext 2491 Casual Care 0930 – 1200 ext 2491 Mother Goose 0930 – 1100 ext 2491	19 Volunteer Presentation – 1000 hrs. Bldg 135. Call ext 4519 to RSVP.	20
21	22 Little Pals Playgroup 1330 – 1500 ext. 2491	23 Creative Tots 0930 – 1100 ext 2491 Casual Care 1300 – 1530 ext 2491	24	25 Rock n' Read 1330 – 1530 ext 2491 Casual Care 0930 – 1200 ext 2491 Mother Goose 0930 – 1100 ext 2491	26	27
28	29 Little Pals Playgroup 1330 – 1500 ext. 2491	30 Hallowe'en Party Creative Tots 0930 – 1100 ext. 2491 Casual Care 1300-1530 ext 2491	31			

2007

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Chaplain Lisa Pacarynuk
Roman Catholic
Office 83-2500 ext 5417

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 Grant Schapansky
(Pentecostal)
Office 833-2500 ext 5349

Padre David Stewart
(Presbyterian)
Office 833-2500 ext 5785

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.

A Padre's Ponderings

By Padre Grant Schapansky

Family Violence is the abuse of power in a personal or intimate relationship. Abuse of power in relationships can take many different forms including physical, psychological, sexual, financial or spiritual abuse. Psychological or emotional abuse can include threats to: leave the relationship; commit suicide; or harm pets. Sexual abuse includes unwanted touching or sexual activity. Financial abuse includes using finances to control another person. Spiritual abuse happens when an individual uses religious or spiritual concerns to control another such as forcing a partner to follow their religion or telling ones child that they must obey their parent's abusive requests or God will not love them any more.

The Family Violence Survey conducted by Statistics Canada in 2000 found that 8% of women and 7% of men claimed to have experienced some form of violence in a personal relationship over the previous five years. Although anyone can be a victim of family violence, some populations are more vulnerable such as: individuals with disabilities; children; women; and seniors.

Over the years I've had the opportunity to work with many families looking for support in addressing the dynamic of violence in their intimate and family relationships. Although every situation is unique and the issues are much bigger than can be addressed here, two significant themes have often presented themselves to me in these kinds of family dynamics.

One is the instinctive sense of powerlessness or lack of personal responsibility that many persons feel when they speak of their mismanaged stress and anger. "She pushed my

buttons, She knows I can get out of control when we discuss finances," or "I wouldn't have hit him, if he hadn't made that comment, he was just asking for it!"

Believe me, blaming others for my behavior is as natural an instinct for me as the next guy (just ask my wife). Fortunately, my understanding of human behavior will not let me get away with this self-protective notion of blaming for why I do what I do. Simply put, I am responsible for my behaviors and choices, no matter how I feel or what my circumstance. My understanding about violent outbursts in ones family is that these behaviors are really not about losing control at all, but in fact are more about the demand to be in control in the relationship, one way or another. Often this sense of control (obtained during an outburst), lasts for a few brief moments but in the end, when guilt and shame are experienced, only results in increasing one's sense of inadequacy and failure in the relationship.

Owning choices, and discovering alternative ways to manage stress, anger, conflicts, and feelings of inadequacy are key to moving through and beyond abusive styles of relating.

The second prominent theme I've see in the dynamics of these family systems is the profound sense of loneliness and isolation that all its members experience. The unspoken house rules of: "Don't talk; Don't feel; Don't trust" are effective in circling the wagons against outside support and intervention. Admitting to oneself, let alone to someone outside the family that we have significant family needs is a huge challenge, but one well worth the risk. Our families are worth it!

There is help available. Silence will need to be appropriately broken, and requests for help will need to be made.

MND On The Death Of Cpl Nathan Hornburg

National Defence

The Honourable Peter Gordon MacKay, Minister of National Defence and Minister of the Atlantic Canada Opportunities Agency, issued the following statement on 25 Sept 07 on the death of Corporal Nathan Hornburg and the wounding of four Canadian soldiers:

"I would like to express my heartfelt condolences to the family and friends of Corporal Nathan Hornburg who died in Afghanistan in an incident that also left four other Canadian soldiers injured. My thoughts and prayers are with them during this time of great sorrow. I also wish a speedy recovery to the soldiers injured in this incident.



Cpl Nathan Hornburg

These soldiers were participating in Operation SADIQ SARBAZ (Honest Soldier) – a joint Afghan National Security Forces (ANSF) and ISAF operation that is setting the conditions for a continuous security presence and the establishment of a new police sub-station in the northern part of Panjwayi. Corporal Hornburg and his colleagues were helping to bring stability and security to a population that has seen much hardship and turmoil. Their actions have brought hope to the people of Afghanistan.

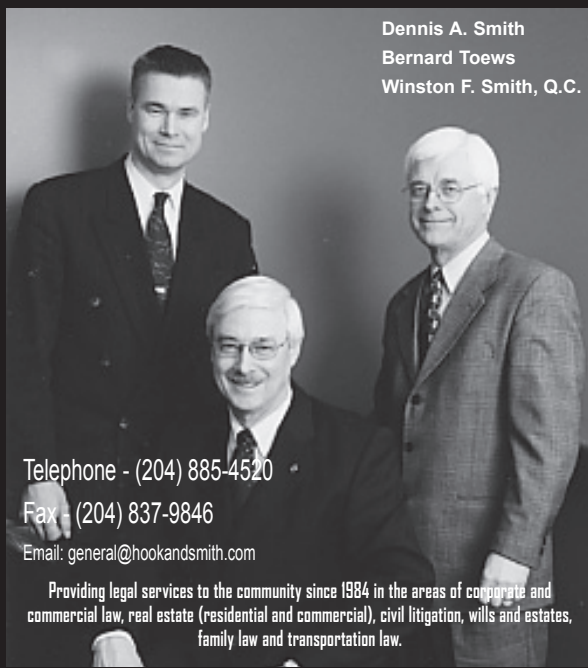
Let us never forget Corporal Nathan Hornburg – a great Canadian whose self-sacrifice ensured a better life for others."

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TAROSCOPES

BY
NANCY

Aries (March 21 - April 19): If you need to do something, do it. If you find that you've misjudged a situation you can deal with it. You've done it before. Continue to act and accept responsibility for things as they happen. You respect this sign of maturity in others, and others admire this about you, too.

Taurus (April 20 - May 20): You get bored if you're not challenged. Still you may feel misunderstood by others because they seem to think you have it good and wonder why you need to rock the boat. This could be the clue that points you to the place to focus your energy – relating to others is a skill to hone.

Gemini (May 21 - June 21): Many hands make a job easier. You'll be giving help and accepting it from others. A team effort or joint initiative will bring the desired results. Cut costs by using a new product, by using a different method, or taking another route. The old way isn't working for you. Set a new course.

Cancer (June 22 - July 22): Giving too much stops another from taking the initiative and gaining their own sense of success. Consider how this relates to a time when you assumed your way was the best way for all concerned and stepped in quickly to fix things. This lesson is about to crop up again.

Leo (July 23 - August 22): You have been very forthcoming and enthusiastic with the assumption that people would value these qualities and therefore accept what you proposed. Don't take a rejection personally; it could just be that others feel the long and short term benefits are at odds with their agenda.

Virgo (August 23 - September 22): You feel stuck in the past and eager for something you've started to show a return or signs of success. Be patient. Take things one step at a time and try not to think so far ahead. Trust that your own needs and desires will be realized in the right way at the right time.

Libra (September 23 - October 23): The end is in sight. You're encouraged to push on. Don't get sidelined by fear of failure or the unknown. To combat any doubts that crop up, celebrate each small step that takes you in the right direction. Completion is a victory. Endings make way for new beginnings.

Scorpio (October 24 - November 21): The best intentions don't always result in positive outcomes. If someone you love wants you to keep out of their business, try to see it from their point of view and respect their need for privacy. After all, isn't that what you'd want? Offer assistance only when asked.

Sagittarius (November 22 - December 21): Efforts at improving communication pay off. Instead of defending your actions to yourself, undertake an honest inner dialogue. Then use what you know to make amends with someone, especially if you are the one who instigated a row – even if it was unintentional.

Capricorn (December 22 - January 19): Learn moderation. Fight the temptation to continue to do what isn't working. Try a few alternatives and see if you can light a spark of interest. You crave excitement. Experiment with doing something that fascinates you instead of settling for mediocrity and the known.

Aquarius (January 20 - February 18): There is no turning back. You chose an unconventional lifestyle. In your heart you knew this was right for you, and it's a blessing. Security is an illusion. Seek alternative, more emotionally fulfilling activities and companions. Minimize anxiety by living in the present moment.

Pisces (February 19 - March 20): You feel uncomfortable if you are the centre of attention because you've paid a high price in the past, when others got upset if this happened. Luckily, restrictions are eased when you step out of the role of pleasing others. So, what next? You decide. Be proactive not reactive.

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