



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

February 6, 2008

VOLUME 56, ISSUE 2

FREE

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## We are the champions

Pte Justin Eldridge of Cold Lake, right, and SSgt William Lloyd of Winnipeg, right, jump for the ball during the opening tip off in the final game of the Prairie Regional Basketball Championships. LCol Leo Brodeur, Acting WComd, opened the championship with the ceremonial tip-off. The 17 Wing team beat Cold Lake to advance to Nationals. See story, page 3.

Col Colin Allen

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# 402 City of Winnipeg Sqn participates in SAR

By Maj RC Green & Maj PE Hodge,  
402 Sqn

In response to a request from the 1 Canadian Air Division and RCC Victoria, 402 Squadron accepted the challenge of flying top cover for 442 (T&R) Sqn during a massive search in British Columbia mountains based in the city of Kamloops. 402 Sqn's participation started on 26 Oct and finished 2 Nov. Once the decision was made, the squadron quickly rallied around the cause and launched an aircraft as quickly as flight planning and aircraft preparations would allow.

402 Sqn is not usually involved in this type of operation, so pilots Capt Paul Hodge and Capt Jason Milani relied on ex- 442 Sqn navigators Capt Ronda Eddy and Capt Yves Pruneau to provide background details and the organization of the search itself while en route to Kamloops. Technician Cpl Joe Calcutt also joined the crew and was instrumental in keeping the aircraft ready for flight.

We arrived the evening



Submitted by 402 Sqn

of 26 Oct and were ready to participate the next day. The flying mission was to establish a holding pattern in high-level airspace with the aim of facilitating the communication between the Search Head Quarters (located in Kamloops, BC) and

the 20 or more search aircraft flying in the rugged BC mountain valleys sometimes over 200 km away.

The Search HQ routinely had possible sightings or had to re-assign aircraft to new search new areas which was relayed by the top cover

402 Sqn Dash 8 aircraft. In addition, keeping tabs on the aircraft entering and exiting their particular areas proved to be a busy time for the Navigators. Major Rick Green, Capt Kevin Miller, Capt Jeff Chappel, MCpl Eric Krievans and Cpl Lavi-

na Martin relieved the initial response crew on 29 Oct and continued with the "top cover" missions until 1 Nov.

On the military side, there were various numbers of aircraft, but in general, there were two Buffalos, one Cormorant and two Griffons

and 2 Sea Kings involved in the search. A vast swath of land was searched more than once, focusing in the vicinity of the last known position of the missing aircraft and any mountain routes that may have been flown by the missing pilot. The search was stood down on Friday, 2 Nov with all search areas covered and no sight of the downed aircraft.

402 Sqn flew over 75 hrs in an eight-day period and only lost two SAR launches due to aircraft unservicabilities. Two separate Mobile Repair Teams were dispatched to Kamloops. The first was to attend to a fuel filter problem and the second to repair a hydraulic leak. MCpl Charles Ross led both MRPs and after a number of long maintenance shifts, he and his team had the aircraft serviceable. The second MRP and equipment was dispatched by vehicle that involved a long road trip through the mountains to Kamloops. Technicians Cpl Darrel Houllind and Cpl Dawn Meier stated that they had long days but was a great experience.

## Voxair publication schedule

Deadline	Publishing date
08 February	20 February
22 February	05 March
07 March	19 March
21 March	02 April
04 April	16 April
18 April	30 April
02 May	14 May

### Correction:

On the cover of the last issue, Akosua Matthews' name was spelled incorrectly. We apologize for the error.



Col Brenda Guilien

## Commendation

Maj Dan Morrison receives a Wing Commander's Commendation from Wing Commander Col Scott Howden. The commendation recognized his outstanding leadership, mentoring and unwavering support for inexperienced staff members, working with a staff of 178 personnel that had two key staff members deployed; while being the Acting Wing Administration Officer for five months.

## VOXAIR

FEBRUARY 6, 2008  
VOLUME 56, ISSUE 2

Deadline for next issue:  
08 Feb 2008

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Monday to Thursday,  
0830 -1600 hrs

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The Daily Graphic  
1.204.857.3427

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PO Box 17000 Stn forces  
Winnipeg, MB R3J 3Y5

This newspaper is printed using  
environmentally safe inks.

Publications Mail Agreement No. 1482823

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# 17 Wing claims Prairie Regional basketball title

By Christopher Merrithew & Avery Wolaniuk

After a hard-fought and exciting game against 4 Wing Cold Lake, the 17 Wing Winnipeg Men's basketball team came out on top, winning the CF Prairie Region Basketball Championships by a score of 52-47. "We prepared very hard, and there was a lot of excitement around the tournament," said Maj Todd Murphy, captain of the Winnipeg team. "We knew the competition was going to be tough and we were very pleased to come out with the championship."

The tournament, which ran from 25-27 Jan 08, featured three teams: CFB Edmonton, 4 Wing Cold Lake and 17 Wing Winnipeg. Play began with round-robin competition in which 17 Wing went undefeated and advanced directly to the championship game. Win-

nipeg's team, with members from across the Wing, 1 Cdn Air Div and the Canadian Forces Recruiting Centre, are mostly returning players from last year's team that took home the PR basketball trophy. "Despite the fact that we had won last year we certainly went in with no preconceived notions that we were coming to win anyway," Maj Murphy said.

4 Wing Cold Lake narrowly defeated CFB Edmonton 75-70 in the PR basketball semi-final, earning a rematch with the Winnipeg team. The final was very evenly matched between the two teams, but 17 Wing took the lead at half-time and never relinquished it as they were crowned the 2008 PR basketball champions.

Each game featured Boston Pizza Player of the Game awards,

and SSgt Will Lloyd from Winnipeg was named the 2008 PR Basketball tournament Most Valuable Player. The tournament was held at the Fitness and Recreation Centre, Building 90. "The PSP staff did a fantastic job organizing the tournament," said Maj Murphy.

With the victory, 17 Wing will advance to the CF National Basketball Championships, which will be held at CFB Borden. At last year's Nationals, the team made it to semi-finals and lost to the eventual champions from Petawawa. "Everybody is looking forward to the chance to getting back to nationals," the team captain said. "Certainly we want to build up on last year's success - we know that Petawawa is back again this year and they'll be as strong as they were last year, and we hope to give



After a nail-biting, 52-47 win over 4 Wing Cold Lake, the 17 Wing Winnipeg Men's Basketball team (above) claimed victory in the Prairie Region Basketball Championships, held at 17 Wing Fitness & Recreation Centre on 25-27 Jan 08. The 17 Wing Winnipeg team advances to the CF National Basketball Championships, to be held the 23-29 Feb 08 at CFB Borden.

them a good challenge."

Congratulations to the 17 Wing team on their victory, and to all the

teams and athletes who competed. Best of luck at the CF National Basketball championships.

## Wing Fund Chili Fest marks end of 2007 GCWCC campaign

Members of the 17 Wing Community warmed up on a cold winter day with a bowl of chili and stories about the work their donations to the GCWCC are doing in Winnipeg.

The Wing Fund Chili Fest, held at noon on 22 January, drew a big crowd to the Red River Lounge in Building 61.

Col Scott Howden gave his greeting to the group, followed by speaker Richard Doyle, President

and CEO of Versatech Industries Inc, a registered charity that annually receives a grant from the United Way to continue its work in hiring, training and employing individuals with mental disabilities.

His presentation gave those in attendance another snapshot of the way that every contribution to the GCWCC makes a difference in someone's life in Winnipeg.

Sherry Liley, civilian co-chair for the GCWCC the past two

years, shared a letter of thanks sent by McDonald Youth Services, the organization that received the generous donations of warm clothing made to Koats for Kids by the members of 17 Wing.

17 Wing's GCWCC raised \$124 846.96 in 2007, 8.56 per cent above the goal.

That number is part of the United Way Winnipeg's 2007 total of \$17 million raised that helps alleviate poverty in the city.



(back from left) CWO Glenn Wallace (WCWO), guest speaker Richard Doyle (CEO Versatech Industries), Paul LaCap (United Way of Winnipeg), Kara Frain (United Way of Winnipeg), and LCol Leo Brodeur, WAdminO. (front from left) Col Scott Howden (17 WComd), Sherry Liley and Capt John Schwindt, co-chairs of the 2007 17 Wing GCWCC.



Folks from across the Wing line up for lunch.

### Thank you to Community Recreation members

Community Recreation's annual Customer Appreciation Week (January 7-12) was a great success this year. Our members kept busy putting endless amounts of tickets into our prize package baskets, while enjoying various snacks. On Wednesday, January 9, Gord Swaile (Base Theatre manager), made popcorn and served it to our members. At the pool on Saturday January 12, the aquatic instructors organized pool games and handed out prizes to the children. This year, we added a healthy living segment to our appreciation week, and had chiropractor Dr. Richard Tapper come out and perform nervous system scans for our members. The Community Recreation staff would like to congratulate all of the winners and acknowledge and thank our sponsors, whose generous gifts made our prize packages.

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# The Centre offers support to veterans and families

The current operational tempo within the Department of National Defence, coupled with the dangers of working in hostile environments, has greatly increased the risk of psychological fatigue and physical injury for our service people. But what happens when you can no longer be employed in the Canadian Forces due to illness or injury? Worse yet, what does your family do when a member passes away while serving?

Since 2001, The Centre – Director Casualty Support and Administration (DCSA) has been assisting injured members in continuing on with their lives, starting new careers and providing sup-

port to families who have lost loved ones on operations.

In early September 2007, 10 regional detachments of DCSA were opened at Bases/Wings across the country including a detachment in Winnipeg and one CFB/ASU Shilo.

These two detachments, covering the geographic boundaries of Manitoba, Saskatchewan, and Northern Ontario, were opened under the direction of a Regional Detachment Manager. Major (Ret'd) Curt Greig operates the office at Base Headquarters at CFB/ASU Shilo and an Assistant Regional Manager, CWO (Ret'd) Frank Emond runs the office



in Building 63 at 17 Wing Winnipeg.

The primary role of the DCSA Detachment staff is to provide education, outreach and advocacy regarding services available to injured soldiers, veterans and their families and work with numerous service providers inside and outside of the Department of National Defence.

They are established to ensure that each individual receives all the administrative benefits that are available to them.

In order to perform its mandate, the DCSA Detachment staff liaises with service providers including our physicians, Personnel Selection Officers, MFRCs, CF case managers, SISIP, Release Sections, Director

Military Careers Administration (DMCARM), Veterans Affairs Canada (VAC) and any other service providers with whom our people may be involved.

It is stressed that the role of the Detachment is not to replace the service providers, but to acknowledge the various resources already in place and through coordination and education, ensure that those resources work in harmony for the benefit and welfare of injured members, veterans and their families.

The Centre (DCSA Detachments) further stressed that a service person do not need to have been injured in a Special Duty Area (SDA)

or during a Special Duty Operation (SDO) to access the services of DCSA.

We work with all injured service person regardless of how the injury or illness was sustained.

Further DCSA is unique in that we are able to deal with all serving members of the Regular and Reserve Forces, as well as veterans and family members.

The 17 Wing office is located in Building 63, room 127.

The office in Shilo is located in Room 123 of the Base Headquarters, CFB/ASU Shilo.

For more information about the DCSA, call (204) 833-2500 ext4806.

# Soldiers prepare to deal with the stresses of deployment

By Sgt Dennis Power, Army News

Historically, Canadian soldiers have focused on physical fitness and soldier skills before deploying to a theatre of operations. In recent years, they have also benefited from an increase in the psychological preparations included in their pre-deployment training.

Recently, soldiers nearing the completion of their training before deploying to Afghanistan for TF 1-08 had a unique training experience to give them a heads-up for what they may experience while deployed.

LCol (ret'd) Dave Grossman, of the U.S. Army, delivered a series of powerful and informative briefings using layman's terms outlining what soldiers may experience during combat, and

how to deal with the physiological and psychological effects that can follow.

Grossman, a West Point psychology professor and U.S. Army Ranger, has made a career of studying the effects of war on soldiers.

During his recent visit to CFB Shilo he shared his knowledge and experience gained by his study of generations of soldiers.

"There's a host of information we're passing on with regards to what's going to happen to you in combat, and after combat," said Grossman. "It's not like you have to devote great amounts of time to it, we can cover the high ground in four hours."

"It's knowing what to expect that helps the soldier," continued Grossman, "When a soldier knows what to expect he'll be able to say,

'I was warned that might happen, no big deal', then do some breathing, and get it under control."

Soon to be returning to Afghanistan with TF 1-08, Sgt Jason Boyes, a Section Commander with B Company, 2 PPCLI, deployed previously with TF 1-06, and spoke highly of a similar presentation with Grossman.

"I found it helped prepare the guys for the physiological and psychological effects of warfare, what they were going to experience in combat, and what they were going to experience when they came home," he said.

"He gave us the signs and symptoms of the effects that soldiers go through, it was the 'heads-up' that we needed," added Boyes. "We were involved in some very intense combat operations,

at times with an enemy that was only metres away, we went in understanding what our reactions to combat might be, and how to deal with them. It was good training."

All ranks of TF 1-08 in Shilo took part in the training because it gave everyone the same clear picture of what may happen to them during combat or a critical incident. It provided every soldier in the Task Force with the same knowledge that may be important in recognizing when a peer needs help.

"Grossman laid out very clearly what some of the stresses will be, and how to manage them," said Maj Mike Lane, Officer Commanding, B Company, 2 PPCLI.

"It was a crucial part of our training for all ranks, rec-

ognizing symptoms affecting us, knowing that they are normal, and knowing how to cope with them. It's an out-

standing training event that everyone should go through before going overseas."



Soldiers training to deploy to Afghanistan with Task Force 1-08 receive a briefing on the psychological effects of war by Lieutenant Colonel Dave Grossman, U.S. Army (ret'd).

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**Logistics Branch anniversary**

The Logistics Branch celebrated its 40th anniversary on 1 Feb 08, kicking off the year-long celebration at 17 Wing with a web-cast and cake cutting. There are approximately 250 military members within the Logistics Branch who serve at 17 Wing. From left: LCol Leo Brodeur, MWO Bert Quinlan, OS Dong Nguyen and MS Carelyne Masepela cut the cake.



**Air Command Commendation**

On January 17, MGen Marcel Duval, Commander of 1 Cdn Air Div/CANR, presented Col J.A.J. Parent, Commander of 1 Wing (Kingston), with an Air Command Commendation for playing a key role in CF Transformation and orchestrating numerous successful Air Force strategies.

# The March 1st I Quit! program is back

Submitted by Health Promotion

It's that time of year again. We are gearing up for our annual March 1st I Quit! smoking cessation challenge. This challenge offers a chance for smokers to finally butt out and join the majority of Canadians who've already worked hard at quitting smoking.

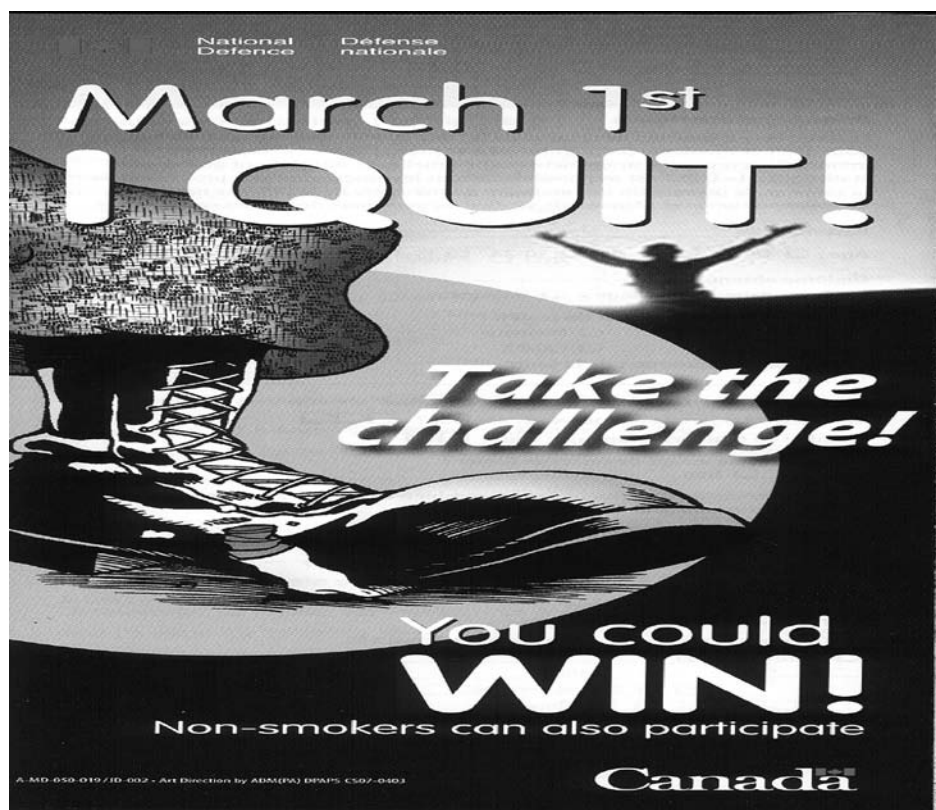
Smokers are challenged to register with two non-smoking supporters using the website at [http://hr.ottawa-hull.mil.ca/health/en-graph/home\\_e.asp](http://hr.ottawa-hull.mil.ca/health/en-graph/home_e.asp) or using the hard copy brochures (drop-off boxes located at building 90, 1 Cdn Air Div, and MFRC). If you quit smoking 1 March 2008 and stay quit for that month, you may be eligible to win a prize. This year there is \$18 000 in prizes to be won with the top prize worth \$3000. We are so thankful to CANEX and SISIP who

have graciously provided these prizes.

So what are you waiting for? Find two non-smoking supporters and register! Deadline to register is 29 February 2008. Smokers who quit after 1 September 2007 are also eligible. The challenge is open to the DND team. Please see the website and/or brochure for eligibility criteria, rules, and more details. Non-smoking supporters are also eligible to win some prizes. You can also contact Health Promotion, local 4150/4160 if you have any questions.

Make 2008 the year you quit smoking! It's not easy, but it's doable. If you're ready to quit, take it on.

If you need help quitting and want to increase your chances of quitting and staying smoke-free the HP Butt Out program is offering a group session beginning 6 Feb. Call HP to register or for more information!



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Canada

# Military teams up with Learn to Earn program

By Avery Wolaniuk

Before the program began, seven out of 10 children in this downtown community dropped out of school before grade nine. Now in its fourth year, the program sees 80 per cent of its participants entering grade 10.

The difference is the work of Learn to Earn, an initiative connecting students as young as eight with community workplaces. The goal is to get students to see the connection between staying in school and their job futures. So far, it's working.

"Nobody expected this program to become what it's become. We stumbled on to a formula that's a winner," says Kristine McGhee, the program's creator. "The program has been successful in getting kids to link education to employment."

This year, for the first time, the military is teaming up with R.B. Russell School and the Learn to Earn program. About 96 grade 10 students will come out to 17 Wing Winnipeg from February to May, six students each week. During their visit, each student will job shadow a volunteer buddy. For a couple of days, they'll experience the work and working environment of various trades.

Last spring BGen Eldren Thuen and Sgt Steve Lawton visited William Whyte Junior High School, also in the Winnipeg School Division, to see a presentation by students about their job shadowing experiences. "Both of us thought it was just incredible and realized the benefit to both the children and the community," said Sgt Lawton, assistant to the WCWO. "These kids may not have the foresight or background to know the importance of continuing on their education right to the end." They approached the Wing, and

received the go-ahead from Wing Commander Col Scott Howden to partner with the program.

The military is a one-stop trades-shop for the program. To facilitate individual businesses for each trade would be extremely difficult, says Kristine McGhee, founder of Learn to Earn and its pilot predecessor, the Career Exposure Project. By partnering with the Wing, these mainly Aboriginal students will have the opportunity to experience any number of trades – from mechanic to cook to clerk. "The military is unique because we have jobs that reflect the civilian environment," Sgt Lawton said, with the benefit of all being under one organizational roof.

The trades that are offered depend somewhat on the buddies that step forward to volunteer. Military members and civilian employees are both welcome. "We're hoping for stuff in any of the various trades. It can be anything from administrative work to working as a vehicle mechanic at TEME, aircraft mechanic, cook, Military Police, just about everything," said Sgt Lawton.

A study by the Canadian Council on Learning cites several factors key to keeping Aboriginal students engaged in their education. "Many Aboriginal students are motivated by the prospect of employment rather than strictly educational goals. When learning goals are focussed on jobs, Aboriginal student retention often improves," it states. Learn to Earn turns this practical suggestion into reality for its participants.

While many children dream about growing up to become a doctor, firefighter, accountant or astronaut, the research found that many of the children only identified jobs they saw in their community. Exposure to a workplace means learning

about the possibilities available after graduation.

"At an early age if they don't know the types of careers out there, they don't recognize the opportunities that can be there for them," Sgt Lawton said. "If we can show them that you need math to do this type of career, you need science for this or English for this, it helps them put some ownership on their education and recognize how it is going to benefit them."

Coming to the Wing also gives students the chance to see that things like sports and social events exist in the workplace, offering community as well as employment. That's an attractive perk for some of these kids who might lack that sort of connection in their home lives. "The culture of camaraderie and teamwork is going to be very attractive to kids," said Ms. McGhee, a business woman and former police lieutenant. Ms. McGhee ran as a Conservative in the 2007 provincial elections, coming up second in the votes for the St. James riding. Last year she was awarded the Stu Conger Award for Leadership in Career Counselling and Career Development.

The focus on trades is new to the program this year. It reflects the growing need of skilled trades people in Manitoba. "This is the first time that we have drilled down to the trades occupations, and that's what's kind of unique to the program is that it's filling a specific need that's out there and hopefully expanding our future work force," Ms. McGhee said.

For now, the goal is to prepare that future work force. "The big thing to remember is that it's all about these youth and to really give them a chance to see the possibilities that their futures can hold," said Sgt Lawton. "I'm completely sold on it."



Trooper Richard Renaud



Cpl Étienne Gonthier

## Two Canadian soldiers die in Afghanistan

At approximately 7:15 a.m. local time (in Kandahar) on January 15, Trooper Richard Renaud, 26 years old, of the 12e Régiment blindé du Canada, Valcartier, Que., was killed when the armoured vehicle he was in struck a suspected improvised explosive device (IED). Another Canadian soldier was also injured in the same incident.

"We mourn the death

of Trooper Richard Renaud who died today in Afghanistan. We also extend our wishes for a prompt recovery to the soldier who was injured in the same incident. Our thoughts and prayers go out to their friends and families at this difficult time," said The Honourable Peter Gordon MacKay, Minister of National Defence and Minister of the Atlantic Canada Opportunities Agency in

a statement.

"These soldiers were participating in a patrol in Arghandab District when the vehicle they were traveling in struck an Improvised Explosive Device."

Eight days later, on January 23, at approximately 1:40 p.m. local time (in Kandahar), Corporal Étienne Gonthier was killed when the armoured vehicle he was in struck a suspected Improvised Explosive Device (IED), 35 km South-West of Kandahar City.

Two Canadian soldiers were also injured.

"These brave soldiers

were part of a convoy traveling through the Panjway District of Kandahar Province. Efforts in this region are aimed at creating the conditions for reconstruction and development efforts to flourish in a country ravaged by decades of conflict," Minister MacKay said.

"The United Nations-mandated mission is making a difference in Afghanistan and we stand proudly with our Canadian Forces members as they strive to bring safety and stability back to people of Afghanistan. Their sacrifice will not be forgotten."



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# Apply now for new technical training opportunities

## WPSO corner

By Lt Crystal Kipping-Wyatt

Are you a non-commissioned member looking for a challenge? Do you have an interest in pursuing post-secondary schooling? If so, the Non-Commissioned Member Subsidized Education Program (NCM SEP) may be for you. Very few members are aware of the CF's latest initiative to increase the technical capability of our forces.

Exactly what is this new occupation transfer program, you question yourself? The NCM SEP is an occupational transfer program geared towards training selected serving members for service in various technical MOCs in all three elements. Occupations such as Aviation Systems Technician, Vehicle Technician, Dental Technician, Marine Engineering Mechanic, Naval Weapons Technician, just to name a few, are looking for interested members like you to pursue technical diplomas.

Technical: So, there it is – the first catch. It must be a technical occupation which is offered at an approved post-secondary institution.

A list of all the technical occupations that are open for application under this program can be accessed on the Canadian Forces Recruiting web page (<http://www.recruiting.forces.gc.ca>) or visit your Wing Personnel Selection Office. The occupations that are listed may change year-to-year, depending on the demand in each area. So if you have been considering pursuing a technical occupation, read on and find out more.

Subsidized: Yes, you heard right! The CF is willing to pay you to attend a civilian technical college if you are se-

lected for this program.

Specifically, the NCM SEP program allows current members to pursue a two-year technical program with the intention of fulfilling the first phase of occupational training. Rather, than showing up at the Wing for work, during those two years you would be heading off to college like other men and women while undergoing training. Just imagine that wearing jeans, t-shirts, and carrying a back pack might become your new uniform. If you have already started a suitable technical diploma, you may be eligible to apply for subsidization for the remaining time of your program. The CF will help you finish what you've started or start a new career in a non-traditional training method.

What a fantastic opportunity to broaden your horizons and seize a challenging future in a technical occupation. Again, you ask what's the catch? There are only a few small snags and requirements which include the following that are listed below.

Occupation Transfer Eligibility:

- 1) Must have completed 48 months of continuous service by 31 December of the year in which the application is made.
- 2) Must meet the appropriate medical category for MOC.
- 3) Must be QL4 qualified in current MOC.
- 4) Must be Pte/Cpl or if MCpl or above, must be willing to relinquish rank and pay to Cpl.

Academic Eligibility:

- 5) Must have proof of unconditional acceptance into a post-secondary institution and diploma/certificate program applicable to the desired occupation. To find a list of approved institutions for this program please access the WPSO

link: [http://borden.mil.ca/cfrg/english/iss\\_s/iss\\_s\\_non\\_commissioned\\_members\\_e.asp](http://borden.mil.ca/cfrg/english/iss_s/iss_s_non_commissioned_members_e.asp). In addition, please do not forget to access your preferred institution's website to ensure that you meet their academic requirements for your chosen technical program.

Obligatory Service:

6) Be aware that a period of obligatory service for NCM-SEP graduates, as well as non-graduates who have incurred obligatory service, will be based on two months service for each month of subsidized education training as specified in DAOD 5049-1. Obligatory service normally commences on the day following the date the subsidized education training ceases or is completed.

To see the minimum requirements may seem overwhelming, but I assure you they can easily be met simply with a bit of time and experience. Remember, if you are accepted into this program you will attend a civilian college for two years to obtain your diploma. Thus, if you are interested in pursuing another career or furthering your education in a technical field, the Non-Commissioned Member Subsidized Education Plan may be for you.

Details on this year's program can be found in CFRG HQ BORDEN//ISS// NCM SEP 001 201529Z DEC 07, which you can access at the WPSO webpage: [http://17wing.winnipeg.mil.ca/WAdmin/PSO/index\\_e.htm](http://17wing.winnipeg.mil.ca/WAdmin/PSO/index_e.htm)

Wing Personnel Selection Office, Bldg 135, Rm 217

As with many good things in life, this opportunity is only open for a limited time. Applications for the NCM SEP will be accepted at the WPSO office until 15 April, 2008 for Academic Training starting September 2008. For any further questions, please contact your friendly neighbourhood WPSO near you or call local 2459.

## Mature Student Diploma program comes to 17 Wing

By Lt(N) Amy Campbell, GrdTrgO

A new partnership has been announced between 17 Wing and the River East Transcona School Division. The partnership offers the Mature Student Diploma at 17 Wing through the McLeod Adult Learning Centre.

It means that anyone in the Defence Team, military or civilian, who does not have their Grade 12, now has the opportunity to achieve the requirements needed to complete it.

To achieve the Diploma, each candidate requires eight credits – four credits at the Gr 12/S4 level (including Math and English) and four at any high school level. Prior Learning Assessments will be conducted to determine which credits you may already have. Courses

taken through DND and other learning centres may be eligible for credit.

The Grade 12 Math and English courses will be offered on site at 17 Wing. The first course will be Grade 12 English Language Arts (40S Technical Communication) which will be offered on Tues and Thurs afternoons from 1430 - 1700 starting in February. The specific start date in February is still to be determined. This is a five-hour commitment per week, two and a half hours of which will be considered work time and the other two and a half hours will be personal time.

What about those who already have their Gr 12 but would like a refresher? Anyone who already has their credit for Gr 12 English or Math may audit modules of the courses to improve their

skills. As well, the Learning and Career Centre (LCC) offers courses on Writing Skills. For more information on the LCC courses, contact Leah Bannister, Learning Advisor, at ext 5072 or email: [Bannister.L@forces.gc.ca](mailto:Bannister.L@forces.gc.ca)

To register for the 40S Technical Communications, please complete a Training Request Form and submit it through your chain of command to Wing Ground Training at fax number 833-2831.

If you have any questions about this or any other aspects of the Mature Student Diploma program, please contact Lt(N) Amy Campbell, WGrdTrgO at ext 6297 or email: [Campbell.AEH@forces.gc.ca](mailto:Campbell.AEH@forces.gc.ca) or Mary Jane Fisher, Learning Advisor, at 4213 or email: [Fisher.MJ3@forces.gc.ca](mailto:Fisher.MJ3@forces.gc.ca)



### Certificate of appreciation

Major Garth Sindrey, the 402 Squadron Air Maintenance Engineering Officer (SAMEO) presents Corporal Joe Calcutt with the SAMEO certificate of appreciation on 28 Nov 07 for his excellent initiative and skillful troubleshooting techniques in rectifying a longstanding Auxiliary Power Unit (APU) unserviceability on one of the Sqn's four CT142 Dash 8 aircraft.

Chl Colin Aikhen, 17 Wing imaging

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## Care and Share on Valentine's Day

### Twonies from the Heart

On 14 February, representatives from 17 Wing Care and Share Fund will be at all Wing gates to collect your spare change in support of Wing personnel temporarily in need of financial assistance.

### Cookie-grams

The Chapel of the Good Shepherd Chapel Guild will be selling giant cookie-grams at  
**1 Cdn Air Div Headquarters**  
**from 9:30 to 1:00**  
**Thursday, 14 February.**

You can make a personalized order, which will be delivered to the Chapel 10 February. Call Evelyn Harrison, 885-2473, to place orders.  
 Cost is \$10.

# 1 Canadian Air Division/CANR awards ceremony



On December 13, a Commander's Honours and Awards ceremony was held in the atrium of 1 Cdn Air Div/CANR HQ. Maj D.A. Butcher receives his CD2 from MGen Marcel Duval, Commander 1 Cdn Air Div/CANR.



Sgt E.U. Walsh receives her CD1 from MGen Marcel Duval, Commander 1 Cdn Air Div/CANR.



Capt D.F. Dieleman receives his Commissioning Scroll from MGen Marcel Duval, Commander 1 Cdn Air Div/CANR.



Capt C.W. Thorn receives his CD from MGen Marcel Duval, Commander 1 Cdn Air Div/CANR.



Capt B.J. Henderson receives his Commissioning Scroll from MGen Marcel Duval, Commander 1 Cdn Air Div/CANR.



WO T.A. LeFloch receives her CAS Commendation from MGen Marcel Duval, Commander 1 Cdn Air Div/CANR.



LCol T.E. Flynn receives his Comd Commendation certificate from MGen Marcel Duval, Commander 1 Cdn Air Div/CANR.



2Lt M.N.N.J. Laberge receives her Commissioning Scroll from MGen Marcel Duval, Commander 1 Cdn Air Div/CANR.



2Lt M.J.A. Rocheleau receives his Commissioning Scroll from MGen Marcel Duval, Commander 1 Cdn Air Div/CANR.



CWO J.S. Gyuk receives his CWO Scroll from MGen Marcel Duval, Commander 1 Cdn Air Div/CANR.



CWO S.C. Hulan receives his CWO Scroll from MGen Marcel Duval, Commander 1 Cdn Air Div/CANR.



CWO J.J.D. Gervais receives his CWO Scroll from MGen Marcel Duval, Commander 1 Cdn Air Div/CANR.



CWO J.W. Peterson receives his CWO Scroll from MGen Marcel Duval, Commander 1 Cdn Air Div/CANR.



LCol B.F. Frawley receives his CD1 from MGen Marcel Duval, Commander 1 Cdn Air Div/CANR.



LCol T.E. Flynn accepts a Commendation Certificate on behalf of all members of CF-18 Deploying Operating Base Arming/De-Arming Working Group from MGen Marcel Duval, Commander 1 Cdn Air Div/CANR.

# TF 1-08 soldiers polish skills before deployment

By MCpl Trevor Reid, C Company

The sharp staccato of Simunition® paint rounds being fired echoed through the air as soldiers of C Coy 2nd Battalion Princess Patricia's Canadian Light Infantry practiced their contact drills in a wooden village set up in the Kapyong Barracks. With mere weeks until deployment to Afghanistan, soldiers of the Task Force 1-08 battle group are training hard, keeping their skills sharp and keeping their confidence high.

A busy week of training began with a series of urban presence patrols conducted in the city of Brandon. These patrols were designed to give the soldiers experience at moving, communicating and observing in a bustling, three-dimensional environment.

"Training in Brandon is great," said MCpl Richard Quay, a Victoria-based reservist, attached to C Coy, "It gives the troops a chance to experience an environment not strictly set up for training, with real people to talk to and a larger, more complex area to patrol."

From the busy streets of Brandon, the soldiers moved next to the Simunition® range in Shilo. The range reinforced good reflexive shooting habits and attitudes for Pte Jeff Kummer. "You get in the right mindset that you aren't afraid to take fire or return fire. You learn to turn and face the threat and fight through," said Pte Kummer.

As a bonus, the rifle sections were videotaped as they moved through the range, enabling range staff to give accurate debriefs. MCpl Andrew McKechnie appreciated the insight the video provided to section leaders. "Video is a very effective training aid because it allows the section to see all the events in a scenario," said MCpl McKechnie. "The video shows how we conducted our manoeuvres and allowed us to see what we did right and our flaws to improve on."

While the pace of these pre-deployment exercises has been busy, soldiers like MCpl McKechnie feel it is well worth it. "This training has been well done on all levels. I just wish we had the chance to do these types of exercises more often," he said.

The Task Force 1-08 Battle Group departs for Afghanistan this month.



On 24 Jan 08, the patrolmen and snipers from 2 PPCLI Reconnaissance Platoon and Sniper Group conducted a familiarization range in preparation for TF 1-08.



A member covers section mates from a doorway during a Simunition® exercise held as part of pre-deployment training for TF 1-08 soldiers from 2 PPCLI.



A member of C Coy, 2 PPCLI participates in a presence patrol in Brandon as part of pre-deployment training.



During the exercise, members fired C8 FTHB, C6 GPMG (as part of the Remote Weapon System), .50 Calibre HMG, 9mm Browning pistol, 12 Gauge shotgun, MacMillan Tactical .50 calibre long range sniper weapon, Timberwolf .338 calibre medium range sniper weapon and Soviet Weapons: AK-47 and SKS.

# 2Lt Lawson tops Aircraft Navigator course 0604



By Cpl Brenda Gullen

Lt Ben Lawson was born in Lahr, Germany to Kelly and Captain Tom Lawson. After having lived the military life as a child, Ben Lawson decided to join the military after graduating high school in Ottawa, in 2002. Lt Lawson did his Basic Officer Training in St. Jean Que. and off to Royal Military College for four years; graduating with a Bachelor of Arts - Honours History Degree. He has taken his Survival Evasion Resistance Escape Training and Sea Survival Training.

2Lt Ben Lawson is pictured at the simulator with his maps; that is how he topped his Aircraft Navigator Course 0604 receiving his wings and promoted to

Lieutenant on 13 December 2007, at the Canadian Forces Air Navigation School in the Mawdesley Hall building, 17 Wing Winnipeg.

Goose from Top Gun probably did not have his dad be the Reviewing Officer at his graduation but Lt Ben Lawson had his dad, BGen Tom Lawson, Royal Military College Commandant as his Reviewing Officer.

After graduation, Lt Lawson is posted to Ottawa where he will do an attached posting to Rand Air Force Base doing an Electronic Warfare Course that is one year long. He has two brothers with one attending Royal Military College.

Canadian Forces Air Navigation School (CFANS)

is the basic facility for all Canadian air navigators training

It also trains select air navigators from seven other countries including Singapore, New Zealand, South Korea, Norway, Germany, Australia and the United Arab Emirates under the Canadian Aerospace Training Plan. CFANS is the basic aircrew training facility for all Canadian airborne electronic sensor operators (AE-SOP).

CFANS is also the home of the Staff Air Navigator Course (SANC), a course designed to provide aircrew with the requisite knowledge and skills to identify and document operational capability deficiencies and to recommend solutions.

## Top Meteorology student

By Cpl Brenda Gullen

Private Donna McDonald joined the Canadian Forces in December 2006, at the age of 33 years.

She did on-the-job training in Greenwood and was the top student on the Meteorology technician QL3 course here at 17 Wing Canadian Forces School of Meteorology.

The course's main focus is on Observing primary

weather conditions, along with classes on coding and decoding meteorology messages, knowing how to read a bar graph, rain gauge, kniphner snow gauge, laser ceilometers and balloon filling equipment which measures base of clouds and the ceiling.

Pte McDonald's home town is Charleston, Newfoundland and she graduated from Musgravetown High School. Before join-

ing the Regular Forces, Pte McDonald, better known as Donnie, had a successful graphic design business in the St. John's area. Her mom, Donna and stepdad Claude Butler live in Conception Bay, Newfoundland. Pte McDonald is posted to Trenton, with her sister only two hours away.

Her goals are to do a tour to Kandahar, Afghanistan, as soon as her four's training package is done.

### Promoting literacy

Flat Stacie, a laminated paper doll, dropped by 1 Cdn Air Div/CANR HQ for a few photos before heading off to a Girl Guide unit in Oklahoma. Flat Stacie is based on the Flat Stanley project, an international literacy and communications activity for young students, teachers and families. Stacie posed for her photos at HQ thanks to Sgt Marilyn Kendall, a Girl Guide leader for 415 Sparks who has involved her young Sparks in this interesting educational project. For more information please see [www.flatstanley.com/girl-scouts.htm](http://www.flatstanley.com/girl-scouts.htm)



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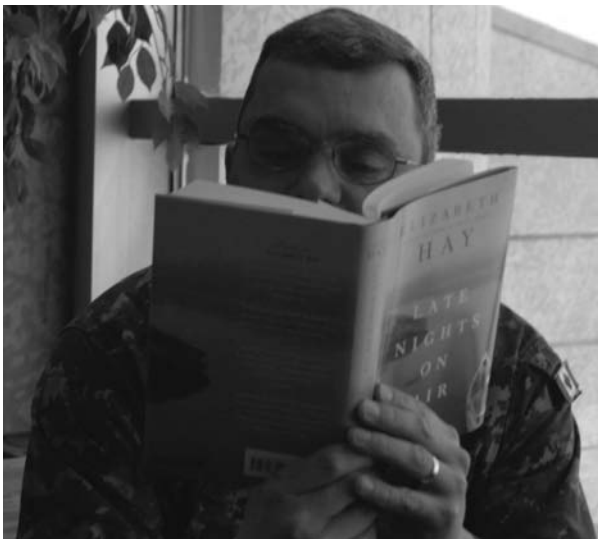
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## Book club looking for new members

By 2Lt Jordan Woodman

The 1 Cdn Air Div/CANR book club is looking for new members interested in joining them on their reading journey.

"Book clubs are a great opportunity to meet new people, enhance workplace well-being and develop a stronger sense of community," said club coordinator Brenda Hebert, 1 Cdn Air Div/CANR HQ HR Special Projects Officer.

"This exciting opportunity is available for everyone who is passionate about reading," said Hebert.

"Anyone who is looking for a healthy new escape from their regular lives, and have yet to discover the enjoyment of sharing a good story with others, are also encouraged to give our book club a try."

The club's initial meeting took place last December.

"This is the first experience with a book club for many of us, so we plan to keep it relaxed and just have fun with it," said Hebert.

"Some members stated how this was always something they wanted to try, they just never had the option made available to them."

The 1 Cdn Air Div/CANR book club has 10 members and they have already started reading *Late Nights on Air*, by Elizabeth Hay.

"We plan to meet periodically to discuss what we have read, as well as to take suggestions from the club about what we would like to read next," said Hebert. "We would like to have a wide range of both fiction and non-fiction choices, so that we are open to all types of readers."

The 1 Cdn Air Div/CANR book club hopes to hear your thoughts at the next meeting on March 6, 2008 at 12h00 in room 218 (bldg 25).

To become a member of the 1 Cdn Air Div/CANR book club contact Brenda Hebert at local 4141 or email hebert.bg@forces.gc.ca.

# Blatchford pulls no punches

By Janine Avery, The Western Sentinel

*Fifteen Days: Stories of Bravery, Friendship, Life and Death from Inside the New Canadian Army*

By Christie Blatchford

Published by Doubleday Canada

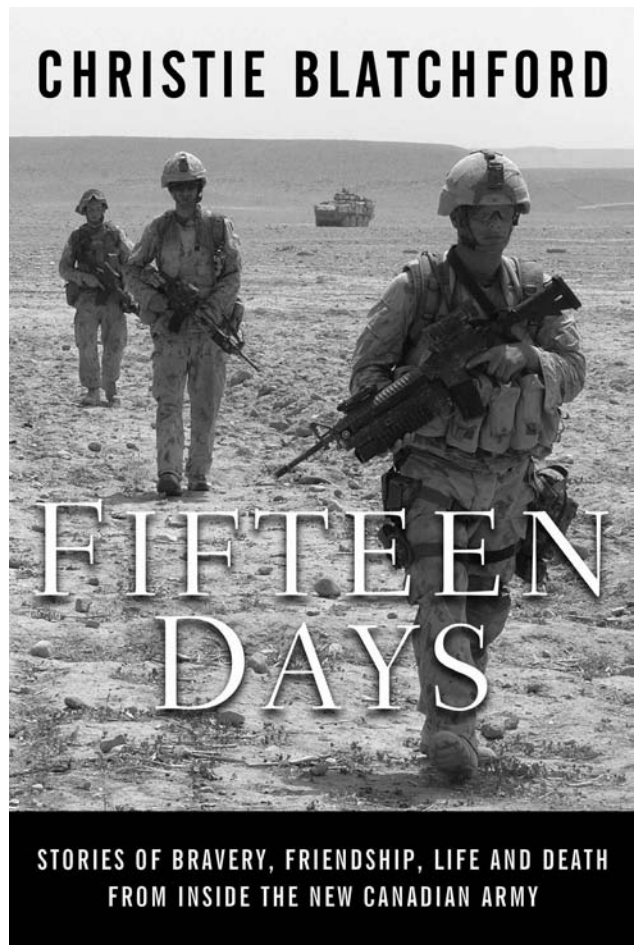
Just as Christie Blatchford had difficulties knowing where to begin when writing *Fifteen Days: Stories of Bravery, Friendship, Life and Death from Inside the New Canadian Army*, I had difficulties knowing where to start when reviewing it. I was interested in the book on so many levels – as the editor of a military newspaper, as a military wife and as a Canadian.

*Fifteen Days* tells the stories of 15 separate days in Afghanistan, taking place between Mar. 4 and Nov. 27, 2006. The accounts of those days are seen both through the eyes of Blatchford, a journalist who was in Afghanistan on four separate occasions reporting for *The Globe and Mail*, and through the stories of the soldiers who lived those days. For the most part, Blatchford relies on the interviews of the soldiers involved. As an editor I admire the level of trust the soldiers granted Blatchford. The press has traditionally been something to fear among soldiers.

The stories are heart-breaking, vivid and voyeuristic. At times the stories mirrored witnessing a car accident. I wanted to look away out of respect, and sometimes horror, but was unable to. It was almost like being in the room for the most intimate and shattering moments of the lives of my friends and neighbours. But at the same time I see the value of telling the story and I admire the frankness of Blatchford. The Canadian public isn't witness to a soldier telling a family of their son's final moments. They don't see a wife take her husband's lifeless hand one last time. They only see glossy images of uniformed soldiers stoically bringing home their dead. They see the neat package of the precise military funeral presented by the Canadian media, not the messy, painful road that the loved ones, friends, and comrades journey down. It's a harsh reality easy to overlook from the outside. Blatchford takes you to the heart of the battle, opens your eyes and won't let you look away.

It's that reality that makes me think that this is not a book I would want to read just before my spouse was about to deploy. As the wife of a soldier, it's a lot to take in. I consider myself tuned in to the military - it's my job, but Blatchford takes you to places only frequented by the troops themselves.

Blatchford, through the stories of those same soldiers, also shows you the satisfaction and disappointment of the mission in Afghanistan. By taking you into the battles that took place on those individual days, she is able to illustrate the sheer frustration of taking a piece of ground for the third or fourth time, and the genuine sense of accomplishment of seeing hundreds of Afghan people visit a remote medical



clinic set up by Canadians without fear for their lives. It's a strange balance that the soldiers live in, and Blatchford demonstrates it well. It's these same stories that reach into your heart as a Canadian. You can't help but stand a little taller knowing it's our citizens making a difference, albeit small at times. Blatchford's stories make you want to stand behind our soldiers and let them know they have your unwavering support.

Blatchford uses the language of soldiers. The stories belong to them after all, and she strives to tell them through their eyes, using their voice. She illustrates the secret beauty of the third-world country and its hidden valleys of green, all while showing you the dutiful sacrifice of the Canadian soldier, whose blood has been spilled in those same valleys, for a mission they sometimes lose sight of. Blatchford tells the story their way, without forgiveness and without prejudice.

Often times this book is as hard to put down as it is to read. I found myself wanting to read more, but at the same time not wanting to read anymore at all. It's an exposed wound of the CF family, and although it may hurt for those of us on the inside, garnering the understanding of those on the outside may be worth the hurt.

## Information Services Flight is always busy

By Cpl W. Bennink, 17 Wing TISS

Located within Bldg 136, 17 Wing Telecommunications and Information Services Squadron, you will find the Information Services Flight with a staff of 16 military and civilian members. We provide acquisition, asset, network and computer infrastructure management, deployment and technical support to all computer and networking systems located at 17 Wing and the surrounding areas.

A look at the IS Flight from the Corporate Level down:

Our staff at the Corporate Level consists of an Information Services Officer and a Flight Warrant, who oversee operations and administrative management.

At the Customer Support side are four civilian members. They take care of procurement, asset management, database upkeep for all assets, shipping and receiving, Telecommunications Services Request (TSR), parts ordering, and warehousing (Bldg 136 and 129).

On the Technical side, we have a MCpl i/c, five Cpls and three civilian Term CS01s. We all provide support for approximately 4500 computers and laptops. This support also

includes, some networking, installing PDAs, BlackBerries, data recovery (hard drives), setup printers, install PKI Readers, software installations, dual-monitor installs, POS Systems, remote desktop support (VNC) and even re-building computers for users. We also build and test images prior to roll-out to ensure all drivers, and associated hardware function.

In addition to the above, we also handle Remedy Tickets you submit for technical problems.

These are prioritized accordingly based upon operational requirement. This is due to the vast number that can arrive unexpectedly, with as many as 50 to 150 pending tickets. Not every ticket within Remedy can be resolved within minutes. Some systems have to be sent out for warranty work and this can take time. Parts also must be ordered, installed and tested.

With the ever-changing world of technology, you can be confident that our technicians work extremely hard to keep up with the latest developments in computers and networking.

This way, we can help you do your job better.



### Op SANTA

Op SANTA is an annual community event co-ordinated by 735 Comm Regt. The Signals unit sets up a Command Post (CP) in the school yard. Children then line up to take turns speaking to Santa Claus over a 522-VHF-radio. This year, Op SANTA was conducted on 13 Dec 07, at Chapman Elementary School. Approximately 80 students spoke with Santa.

# 1 Cdn Air Div and WCE win WComd hockey tournament

By Chris Merrithew  
Sports Coordinator

Congratulations to 1 Cdn Air Div and the WCE hockey teams, who were victorious in their quest to win their respective divisions at the 2007 Wing Commander's Ice Hockey tournament. The tournament, held 5-7 Dec 07, consisted of eight high-calibre teams all vying for the opportunity to win the coveted Wing Commander Hockey Cup.

The tournament consisted of two divisions of four teams, with the top team from each division receiving a bye directly to the championship final. The second and third place teams from each division advanced to the semi-finals.

In the B Division Semi-final, the upstart Air Command Band team silenced the critics and defeated the Geriatric Jets 5-4 to advance to the B Division championship final.

In the A Division semi-final, the Canada Wings from Southport defeated the Make B-Leafs 3-2 in an exciting game when Capt Mark Thi-

etke scored on a breakaway in overtime to propel his team to the A Championship final.

The B Division Championship final was set between the undefeated WCE team and the optimistic Air Command Band team.

Each team pressured to score the all important first goal. At 52:36 of the game, the swift skating Capt Bamford blew past the WCE defenders and dented the twine behind the fallen WCE goaltender.

The Band team was boiling with excitement as they wanted their Cinderella story to continue on with a championship victory.

The powerful WCE team quickly answered with one of their own when Cpl Kyle Dewald received a superb pass from Maj Stew Beal and fired it past the surprised Band goaltender to tie the game at 1-1. Less than five minutes later, WCE scored the go ahead goal on the power play goal, scored by Sgt McDonald assisted by Cpl Al Germain and Cpl Gill. Dave Hopwood, a musician

in his own right, scored the third goal as WCE cruised to an 8-1 victory and ended the Band's win streak.

Cpl Gill was voted the Boston Pizza Player of the Game as he contributed one goal and four assists in the B division championship final.

The highly anticipated A Division championship final was set between the Canada Wings from Southport and 1 Cdn Air Div.

The game was very fast paced with end to end action. The 1 Cdn Air Div team got off to a quick start, scoring at the 44:14 mark of the game on a power play.

MWO Jim McKenzie received a pass from Capt Tim Coffin and 2Lt Dan Ennis and snapped a quick shot past the Canada Wings goaltender, Capt Greg Dixon, to take an early 1-0 lead.

The 1 Cdn Air Div team then opened the flood gates by scoring three more unanswered goals to take a commanding 4-0 lead.

Goals were tallied by Capt Soulard, Capt Milani and Cpl Lance Browne. The Wings responded at

29:15 on a beautiful deke by Capt Thietke but it was not enough to hold off the wave of 1 Cdn Air Div players as they went on to a convincing victory to be crowned the WComd A Division hockey champions.

Team captain MWO McKenzie received the championship trophy and was awarded the Boston Pizza Player of the Game for his three goal and two assist performance.

The finals were a great crowd pleaser and the tournament offered some exciting hockey over the three-day event.

The A/WComd, LCol Friday, and the WCWO, CWO Wallace, presented Labatt's hockey bags and coolers following the game to the winners and runners up in each divisions. I would like to thank the officials, timekeepers and the Highlander Sportsplex for their assistance in making the tournament a great success. I also like to thank our sponsors for their continued support and generous contribution of prizes.



The A side champs, 1 Cdn Air Div, a mixed team including members from CFANS and 1 Cdn Air Div, celebrated their victory with A/ECOMD LCol Friday and WCWO Glenn Wallace.



WCE took home the B side trophy, beating out the Air Command

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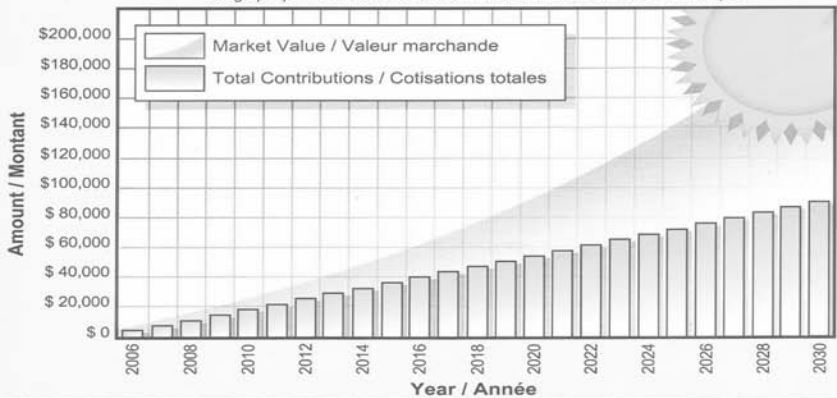
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Contributing \$300 per month to an RRSP for 25 years could potentially equal \$203,817  
Cotiser 300 \$ par mois à un REER pour 25 ans pourrait potentiellement égalier 203,817 \$

Année de cotisation / Contribution Year	*Cotisation annuelle / Annual Contribution	Taux d'intérêt 6% Interest Rate	Valeur marchande / Market Value	**Impôt épargné / Tax Savings	Investissement net / Net Investment
2007	\$3,600	\$115	\$3,715	\$1,080	\$2,520
2008	\$3,600	\$338	\$7,653	\$1,080	\$2,520
2009	\$3,600	\$574	\$11,827	\$1,080	\$2,520
2010	\$3,600	\$825	\$16,251	\$1,080	\$2,520
2011	\$3,600	\$1,090	\$20,941	\$1,080	\$2,520
2012	\$3,600	\$1,371	\$25,913	\$1,080	\$2,520
2013	\$3,600	\$1,670	\$31,182	\$1,080	\$2,520
2014	\$3,600	\$1,986	\$36,768	\$1,080	\$2,520
2015	\$3,600	\$2,321	\$42,689	\$1,080	\$2,520
2016	\$3,600	\$2,676	\$48,966	\$1,080	\$2,520
2017	\$3,600	\$3,053	\$55,618	\$1,080	\$2,520
2018	\$3,600	\$3,452	\$62,670	\$1,080	\$2,520
2019	\$3,600	\$3,875	\$70,146	\$1,080	\$2,520
2020	\$3,600	\$4,324	\$78,069	\$1,080	\$2,520
2021	\$3,600	\$4,799	\$86,468	\$1,080	\$2,520
2022	\$3,600	\$5,303	\$95,371	\$1,080	\$2,520
2023	\$3,600	\$5,837	\$104,809	\$1,080	\$2,520
2024	\$3,600	\$6,403	\$114,812	\$1,080	\$2,520
2025	\$3,600	\$7,004	\$125,416	\$1,080	\$2,520
2026	\$3,600	\$7,640	\$136,655	\$1,080	\$2,520
2027	\$3,600	\$8,314	\$148,570	\$1,080	\$2,520
2028	\$3,600	\$9,029	\$161,199	\$1,080	\$2,520
2029	\$3,600	\$9,787	\$174,586	\$1,080	\$2,520
2030	\$3,600	\$10,590	\$188,776	\$1,080	\$2,520
2031	\$3,600	\$11,441	\$203,817	\$1,080	\$2,520
<b>Total</b>	<b>\$90,000</b>	<b>\$113,817</b>	<b>\$203,817</b>	<b>\$27,000</b>	<b>\$63,000</b>

\* Based on smoking one package of cigarettes a day at an average cost of \$10 per pack.  
\* Selon la consommation d'un paquet de cigarettes par jour à un coût moyen de 10 \$ par paquet.

\*\* Calculated at a 30% tax rate / Calculé selon un taux d'impôt de 30%

For more information or to register contact  
**Health Promotion, local 4150/4160** or register  
online at  
[http://hr.ottawa-hull.mil.ca/health/engraph/home\\_e.asp](http://hr.ottawa-hull.mil.ca/health/engraph/home_e.asp)



WINNIPEG MFRC



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

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

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

**Our Programs**

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

**MFRC Monthly Community Coffee Break**

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

**Resources**

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

**Other Numbers**

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

CF Family Consumer  
Info Line: 989-9019

**Military Families: Strength Behind The Uniform**



The MFRC will be holding its first Support Our Forces 5 km Fun Run and Walk on June 28, 2008 at Assiniboine Park. Registration will begin April 1. Watch this page for more information.

**Job Skills for Teens sessions**

Looking for a job? 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. Course is open to CF youth and their friends, 15-17 years of age.

- February 26 The World of Work
- March 4 Writing an Effective Resume
- March 11 How to Ace the Interview  
The Hidden Job Market and How to Keep a Job

Each session will run from 6:00-8:30pm at the MFRC, 102 Comet Street Total Cost for all three session is \$15. (it is required that youth attend all three sessions). Call 833-2500 Local 4500 to register no later than Feb 22, 2008. For more information contact John Chabih at Local 4511.

**Information Line has a new web link**

Peace of mind is only a phone call away  
The Mission Information Line (MIL) is a bilingual telephone service for families of Canadian military personnel serving in operations outside Canada. The toll-free, 24-hour service features detailed reports about Canadian Forces missions and operations from around the world and provides the kind of assurance and support family members depend on. During business hours, callers can speak directly to MIL staff for additional information or referral to other resources. MIL personnel are available to handle calls in confidence Monday to Friday, except on statutory holidays, from 8:00 to midnight Eastern Time. The Mission Information Line is not to be considered a substitute for Military Family Resource Centres or Unit Rear Parties, but rather a complement to their services.  
\*\*New Web-Link: www.missioninfoline.ca\*\*  
1-800-866-4546  
(Fax 613-995-24255)

**Yellow Ribbon Store**

The following items are now available for sale at the MFRC and Area 51 Mini Mart.

Yellow Ribbon Red T-Shirts	\$15.00
Men's and Women's sizes available	
Yellow Ribbon Red Shirts (Youth)	\$13.00
Yellow Ribbon Red Polo Shirts	\$27.00
Yellow Ribbon Magnets	\$4.00
Yellow Ribbon Car Window Decals	\$4.00
Yellow Ribbon Rhinestone Brooch	\$12.00
Yellow Ribbon Pins	\$2.00 or 3 for \$5.00
Yellow Ribbon Notecards	\$7.00/5 cards
Ball Caps	\$15.00
Toques	\$12.00
Yellow Ribbon Key Chains	\$5.00
Support our Forces Dog Tags	\$5.00
Soldier the Bear (Light, Dark or Polar)	\$20.00
Swarovski Crystal Bracelets	\$40.00



**A Goodbye Poem**

By B.V. Dahlen  
 "Goodbye" is still the hardest word, a human voice can say,  
 "So Long" is not much easier, to utter any day.  
 And when the person leaving is loved and cared about,  
 Those words will stick inside of you; your throat won't let them out.  
 So with a hug and tear I'll try, because it's time to part,  
 Simply to say, "I'll miss you so", and say it from the heart.  
 Please think of me with fondness, I won't forget your smiles,  
 A part of you remains right here with me despite the miles.  
 Because you have to travel, and that's all right with me,  
 You know you are part of something wonderful, a loving family.

**Stay in touch**

Now you can see and talk to your loved one serving in Khandahar and Camp Mirage! A new addition to the support the Winnipeg MFRC already offers to deployed families is the use of a video teleconference system. This is a great way to keep connected. There may also be an opportunity to have contact with your family member who is away on course, exercise or temporary duty for a period of 30 days or more within Canada. Contact the WM-FRC for more information. The VTC is upstairs in the Conference Room of the WMFRC at 102 Comet St and will be available Sunday thru Saturday from 7:00 am to 11:00 pm. If you have any questions, please contact Sandra Doody at (204) 833-2500 Ext 4507.



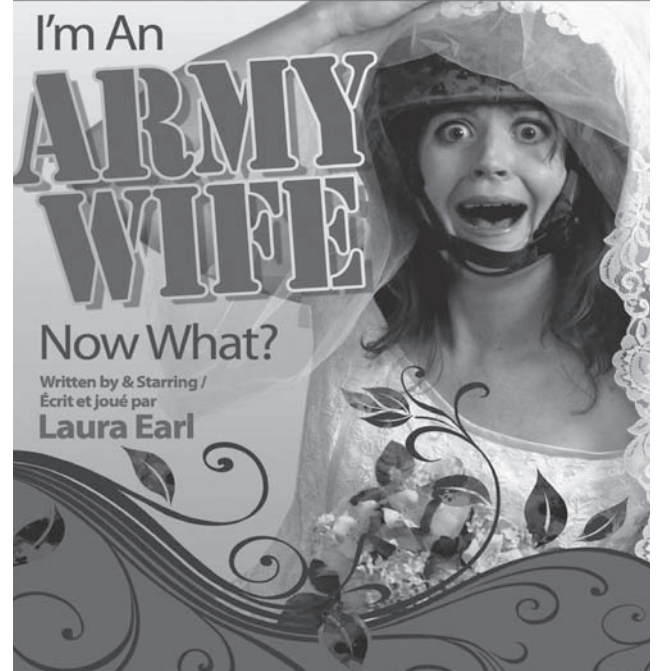
**Activity night for deployed families**

**February 12 Easter Chocolate Making**  
 Send some chocolates over to your loved ones. Please register for this activity by calling 833-2500 ext 4500. Childcare is available by advance registration only. These activities are for adults only, as free childcare is provided and the Youth Centre is open. This gives mom or dad a little bit of time to enjoy some adult conversation knowing their children are well cared for.

**Staff travels to Southport**

On Thursday January 24, 2008 staff from the Winnipeg MFRC headed out on the road to visit with families and students in Southport. Families were invited to visit with staff, learn about the programs and services available through the MFRC and enjoy a nice dinner put on as part of TGIT. Staff members from the MFRC had a good time learning about Southport and the people who work there. Thank you to LCol Shyiaik, Capt Woodruff and Capt Ward for organizing the evening.

The hilarious new one-woman show  
Le nouveau spectacle tordant de la comédienne Laura Earl



March 7, 2008 @ 1900 hrs  
 17 Wing Learning & Career Centre  
 Tickets \$20.00 - available at MFRC  
 For more information call 833-2500 ext. 4500

WWW.MFRC-MB.CA



## Together in Church



### Catholic

#### Chaplains

**Chaplain Lisa Pacarynuk**  
Roman Catholic  
Office 833-2500 ext 5417

**Father Gracjan Burkiaciak**  
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.

#### 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

**Padre Curtis Duclos** (Baptist)  
Det Dundurn  
Office (306) 492-2135 ext 4299

**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.

# Back to Basic leads to lessons learned

By Padre David Stewart

People often express an interest in getting back to basics. We long for life to be a little simpler. This is usually because we find we are too busy or too stressed by our daily lives. As a result we are not able to enjoy life, we constantly feel rushed and under pressure. The question is what would make our life more enjoyable? What can we change so that we feel less rushed?

I let the Military deal with that question for me. They felt that it would be good for me to go to Basic. And so off to CFB Borden I went for three months this past fall. Of course this is not a get away in the usual sense of the term, as many of you well know. This is time that is utilized to help train us as soldiers and build up our confidence. They will do this through a variety of approaches. Some of which will work very effectively.

Basic Training was an opportunity to learn many things about myself and to develop relationships with those that were on the course with me, after all these people would be my colleagues after we finished this course. As well I can honestly say that I now understand the phrase "death by power point."

I thought that I might reflect a little on some of things that I learned while away on Basic.

I learned that sleeping out in a Hooch on a clear night is not so bad after all. It is not so bad even when it is raining, as long as it has been erected properly. It is better to be inside your hooch when it is pouring down rain than



Lunchtime in the field.

to be on fire picket duty. I learned that while you are on course you will not starve, especially during field exercises. It is also amazing how a group of "mature" men quickly devolve into boys when they are out in the woods. We will laugh at each other's bodily functions and play jokes on one another. While this caused no end of laughter for us it only led to head shaking and looks of utter disdain from the women that were on our course. I learned that dust is the enemy, t-shirts should always be folded into neat little 7x7 squares and your socks should look like little biscuits.

We also learned that if we had to, we could scale a wall, climb out of ditch and then throw ourselves into the next one. We learned that we don't have to do all of this alone. That when we are faced with an obstacle that we can not conquer for ourselves that our friends, our team, will help support us and get us over the wall and safely to the other side. Some of us on this course went beyond what we knew our limits to be and some of us discovered new limits that will continue to be tested.

But there were also other things that I learned during

this time at Borden.

I learned that no matter how nice it is not to have to worry about groceries every week, it is still far more fulfilling to sit at the meal table with your family and share a simple meal. As much as I loved not having to wash dishes every day while I was away it is good to stand beside someone you love and have that time together after a meal. It was great to develop friendships with those that I was on course with but each day, but I also discovered just how much I loved and missed my family.

I also know that all that I experienced is a small measure of what our troops go through on a regular basis. They're farther away from home and for longer periods of time with the added ingredient of danger. Each of us who were on the course learned new things, about each other and about our-

selves. I can not speak for my course mates, but I can say that I also learned to be much more appreciative of those who are serving this country at home and on deployment and for the sacrifices that they and their families have made.

And so the next time we are complaining about how complicated our lives are, that we are felling rushed and overwhelmed. Maybe we can stop and think about those who have been left at home while a family member is serving on a deployment. They are trying to keep everything together at home.

Think about how overwhelmed at times that they might feel, not just dealing with the groceries and the housecleaning but the worry that they might feel when the media is reporting another roadside bombing. Think about the soldier who is in that situation, far from home, and has the responsibility to care for themselves and those with whom they are serving.

Yes, life can get very busy and it can go by very quickly.

Take time to appreciate what you have and those around you. Be thankful for little moments of warmth and tenderness. These are the basics that make life wonderful.

## Roman Catholic Lenten Observances St Marguerite Bourgeoys Chapel

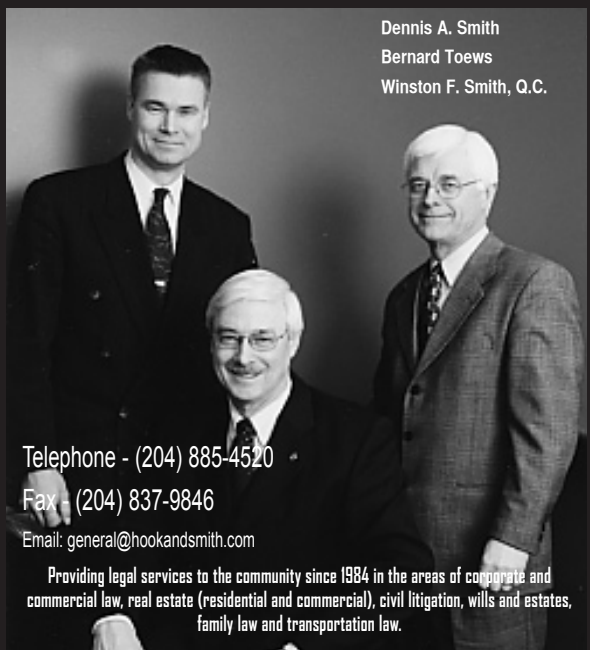
Ash Wednesday, 5 March 7 p.m.  
Mass and Stations of the Cross  
Wednesday, 13, 20, 27 February 7 p.m.  
Wednesday 5, 12, 19 March 7 p.m.

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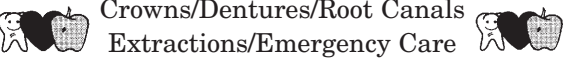
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MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

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**Equalizer trailer hitch** w/bars & chains, \$75. Call 889-9604.

**2 - 19" Daytek monitors.** \$90 for both or \$45 for one. Call 833-2500 ext 5491 or 999-7730

**2-door grey 1993 Cavalier RS (FI).** 3.1L, 6 Cyl, 5 Spd w/A/C. Low mileage 114,000 kms. One owner in very good condition. Jobs done; complete tune up, replaced alternator, battery, muffler and front brake pads & rotor. Passed safety. Asking \$3,500 OBO Call Nathalie at 475-7051 after 14:30 pm or 833-2500 ext:4599 btwn 09:00 - 14:00hrs

**Palliser dresser w/mirror** (3 drawers & 2 cupboards), w-70.5cm, h-29.5 cm, d-18.5 cm. \$160 for set. Matching bedside table.

**19" hansol monitor** (CRT monitor) Great resolution - \$100 OBO.

• **Sony 5 disc CD changer** \$100.00 Call Michelle or Terry at 784-9315.

**For sale** 1992 Buick Regal. Good condition. Asking \$1500 OBO. Call 885-2009.

**1996 Pontiac Sunfire convertible:** Automatic, 4 cylinder, AM/FM stereo, air conditioning, anti-lock brakes, dual airbag, keyless entry, power windows, tilt steering, bucket seats, power locks, spoiler, cruise control, power roof, command start, 139,000 km, four new tires, new pads/rotors front brakes, red with white top: \$3950 Bill Collier: Loc 5363 or Home: 885-3545

**Kerosene heater, 23000 BTUs,** like new. Ideal extra heat for basement, workshop or if the power goes out. Cdn Tire new price \$279, asking \$100. Call Peter local 6667 or after working hours 888-6664.

**Portable Hunter Humidifier.** Quiet 2 speed fan with night light. 2.5 gallon size for up to 1350 sq ft. Asking \$30. Call Peter local 6667 or after working hours 888-6664.

**Wanted**

**Pet wanted** Sammy (budgie bird) lost his girlfriend, Sissy, Nov 12. I will give a loving home to a budgie to keep him company. Call Darcy at 831-7619 after 5 or leave a message at local 5878.

**Wanted: Bark Collar** for medium size dog. Also wanted: Bunk beds Please call local 4150 or 960-2953.

**Coming events**

**D'Arcy's A.R.C. "Paw"sta Dinner Fundraiser** at Bord-Aire Community Centre 471 Hampton St. Sat. Feb. 16, 2008. Adults \$10 Children \$5. Two seatings: 5pm & 7:30 pm. Tickets available at D'Arcy's A.R.C. 1973 Portage Ave. \*www.darcysarc.ca

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# TAROSCOPES BY NANCY

**Aries (March 21 - April 19):** Setting goals motivates you and competition can bring out the best in you. Rewards are greater when you track your progress – so keep a record. Celebrate each small achievement. Search for things to do and ways to ensure that you don't lose the advantage or your momentum.

**Taurus (April 20 - May 20):** You find out that you have access to more resources than you initially expected. There are times for doing things in the tried and true way and times when it's better to be unconventional. Keep in touch with key players. Get others on-board. Open lines of communication.

**Gemini (May 21 - June 21):** Be conservative when making commitments. Your choices will stand the test of time. During the ups and downs ahead, you will be the voice of reason. And, when you can't tell where things are going, take it slow until you can. More information will be forthcoming.

**Cancer (June 22 - July 22):** You'll meet new people who can become long-term friends if you get involved in a fun activity. You don't need to work out what to do with your time; think about what has drawn you in the past and look for something similar. Facts about an issue surface and surprise you.

**Leo (July 23 - August 22):** High expectations can inspire you to make changes. You are enthusiastic and want to kick into action immediately. Calm down, though. You may be so caught up in what you are doing that you don't realize the impression you're making. Consider what your actions say about you.

**Virgo (August 23 - September 22):** You're caught up in rush, rush, rushing around only to have to wait, wait, wait. Get used to this pattern. Use the lulls that keep recurring to rest and regroup. This can prepare you to face further stresses. Don't waste time worrying and wondering why things aren't zooming along.

**Libra (September 23 - October 23):** Your innovative ideas may meet with opposition but paying attention to this is a way to gain valuable information. You have a healthy, long-range view. When others try to blow you off course, use their questions to initiate a brainstorming session to improve the system.

**Scorpio (October 24 - November 21):** Though uncomfortable, the state of upheaval you're experiencing isn't totally unexpected. Some endings are long overdue. Now there is room for growth. A sense of nostalgia can make you crave the "known," but reality asks you to consider your emotional wellbeing.

**Sagittarius (November 22 - December 21):** Stick to the facts. Your imagination can make dire predictions, based on fear, seem like reality. Something had to give for changes to occur. Don't be disappointed if you don't get what you want – be more specific. Others may not realize your situation.

**Capricorn (December 22 - January 19):** Use sensible, down-to-earth language to convey what you require. Stay focused on dealing with details and necessities. Being prepared can minimize the impact of upcoming events. For good measure, avoid getting caught up in the drama unfolding around you.

**Aquarius (January 20 - February 18):** An associate asks for proof that you mean what you say. You wish you didn't have to prove anything, but be realistic. Stop procrastinating. Do what you said you could. Show your commitment, sincerity and competency. You'd expect no less if the situation were reversed.

**Pisces (February 19 - March 20):** You can make anything happen if you put your mind to it. Remaining positive is essential. If you feel disillusioned, find a way to distract yourself until this passes. A difference in outlook doesn't have to mean the end of a relationship. It can be the beginning of expanded awareness.

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