



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

March 5, 2008

VOLUME 56, ISSUE 4

FREE

In this issue of Voxair:

Deploying to Afghanistan

Task Force 1-08 Battle Group soldiers from Manitoba start to depart

Page 3

Feature unit

Members of CFANS travel to the United States as part of training

Page 5

Into the deep

Navy Reserve divers hone cold water diving skills in Manitoba lake

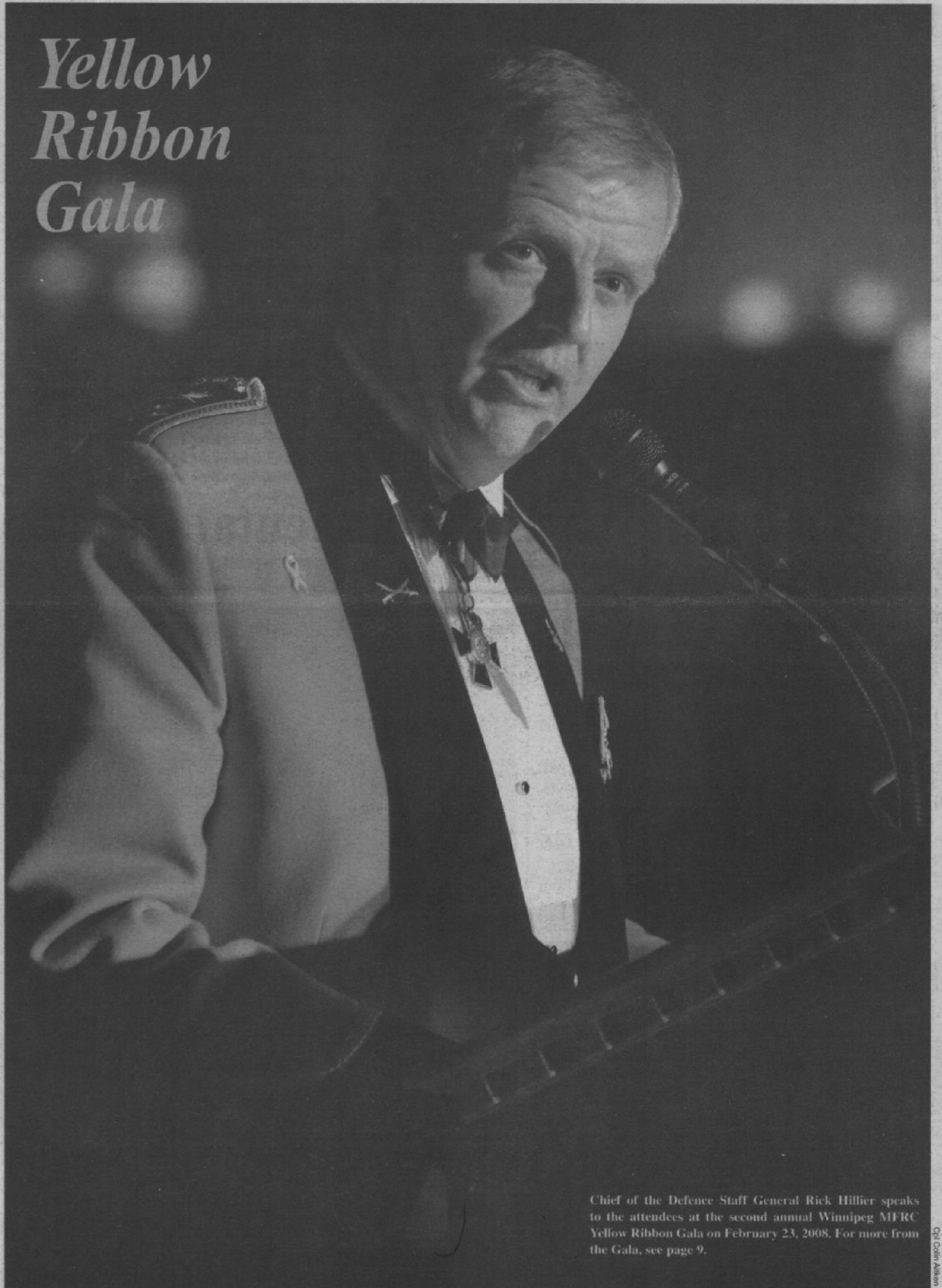
Page 8

On the run

CFRC participates in the Great Grain Relay

Page 12

Yellow Ribbon Gala



Chief of the Defence Staff General Rick Hillier speaks to the attendees at the second annual Winnipeg MFRC Yellow Ribbon Gala on February 23, 2008. For more from the Gala, see page 9.

Colt Colin Arsen

DOMENICA'S
FLORAL DESIGN

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

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

DAILY
SPECIALS

Free Delivery to both North & South Base Locations



PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

Steven Fletcher,
Member of Parliament

Charleswood-St. James-Assiniboia

Phone: 204-984-6432

Fax: 204-984-6451

3111-A Portage Avenue

Winnipeg, Manitoba R3K-0W4

FOR REGULAR UPDATES ON STEVEN FLETCHER VISIT WWW.STEVENFLETCHER.COM

New weather briefers graduate from CFS MET

By Sgt Josie Bissonnette

With a sigh of relief and much anticipation, Meteorological Technician Course QL6A 0702 graduated on December 13 at CFS Met.

For the six smiling students, what began at the beginning of September—although I'm sure to some it felt much longer—finally came to fruition.

Even a reacquaintance with a Winnipeg winter and something called windchill could not deter them as they reached a significant milestone in their military careers, which will undoubtedly lead to new roles and challenges.

The aim of the QL6A course is to train Meteorological Technicians to prepare and provide detailed environmental briefings in addition to providing technical meteorological information in support of military operations.



Front row from left: WO Guy Rivet (Chief Instructor), CWO Charlie Kennedy (J2 DMETOC CWO), John Sauder (402 Sqn's Honourary Colonel and CBC Meteorologist), LCol Witherden (Reviewing Officer/CO 402 "City of Winnipeg" Squadron), Maj Doug Lawrie (CMDT CFSMET), CWO Steve Hynes (SCWO), Louis Richard (STDS Officer). Middle row from left: Derrick Kania (Instr), Chad Thompson (Instr), Cathy White (Instr), Natalie Hasell (Instr), Jasmin Paola (TSU Lead). Back row from left: Sgt Joe Cleary (Instr), MCpl Kenneth Riles, MCpl David McGuinness, Sgt Jocelyn Bissonnette, MCpl Mary Raper, Sgt Susan Vivian (Instr), Sgt Ben Fournier (Instr), MCpl Andrew Williams, MCpl Shaun Pulleyn.

More than one half of the course is devoted to learning how to interpret a variety of meteorological products, while the other half is devoted to practical exercises composed of preparing and presenting weather briefings.

The use of the latest technology, along with a high instructor to student ratio is required to ensure success.

Subjects taught include theoretical and applied meteorology, analysis, and interpretation of weather data including satellite, lightning

and radar information, presentation techniques, and climate presentation.

Upon successful completion of this course, the graduate can expect a posting as a weather briefer supporting naval, land or air missions.

During the ceremony,



MCpl Kenneth Riles receives the Certificate of Achievement on QL6A 0702 for the highest academic mark of the course from the guest of honour LCol Witherden, CO 402 City of Winnipeg Squadron, and Louis Richard, STDS officer.

we had the distinct pleasure to present MCpl Ken Riles from HMCS Fredericton with the Canadian Forces School of Meteorology Certificate of Achievement, for obtaining the highest academic mark.

The graduates should be commended for their hard work, perseverance, dedication and superb performance

in successfully completing this training.

As for the staff at CFS Met, contrary to popular belief, we are always busy with training.

Currently a QL3 and a QL6B course are in house with graduations at the end of March and middle of April. Till next time, COGNITIO CAELI.

Intermediate Air Environmental Qualifications course

Air Command Academy created the Intermediate Air Environmental Qualification Course (IAEQ) to replace the Sergeant Seminar as a more focused qualification to aid Sergeants during this period of career development - DP3. During the week of 11-15 Feb 2008, 17 Wing conducted the first serial following a 12 student pilot course that ran in Borden this past December. Twenty-seven Sergeants completed the course including personnel from Tinker USAF Base, 15 Wing Moose Jaw, St Jean CFLRS, and Detachment Dundurn.

Instructors from local units presented a variety of topics including how to Supervise Subordinate Supervisors, Address Subordinates Training Needs, Conduct Investigations

Apply Principles of Leadership and The Role and Main Activities of the CF and the Air Force.

This qualification refreshed previous skills learned from JLC/PLQ and enhanced knowledge required at the Sergeant level. One of the added benefits of this course was the opportunity and time spent with senior staff during the week.



Twenty-seven Sergeants, including personnel from Tinker USAF Base, 15 Wing Moose Jaw, St Jean CFLRS and Det Dundurn participated in the first IAEQ course.

VOXAIR		
MARCH 5, 2008	VOLUME 56, ISSUE 4	Deadline for next issue: 7 MARCH 2008
OFFICE HOURS	CONTACT	
Monday to Thursday, 0630 - 1600 hrs	Ad Sales/Main Office 204.833.2500 ext 4120	Submissions/Reporter 204.833.2500 ext 6976 voxair@mts.net +VOXAIR@PersSvcs@Winnipeg
	Accounting 204.833.2500 ext 4121	
VOXAIR STAFF		
LCol L. Brodeur Editor-In-Chief 204 833-2500 ext 5281	Andres Estensen Production Coordinator/ Layout	Traci Wright Proofreading
Rick Harris Managing Editor 204 833-2500 ext 4299	Misra Yakut Accounting	Jim Holland Advertising Sales 204 832-0115
Maureen Walls Office Supervisor Sales Manager		Printed By The Daily Graphic 1.204.857.3427
Visit Us Online: www.voxair.ca		

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

Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn Forces
Winnipeg, MB R3J 3Y5
This newspaper is printed using
environmentally safe inks.
Publications Mail Agreement No. 1462823

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

Barala Kennels

YOUR PET'S HOME AWAY FROM HOME

- BOARDING ALL BREEDS OF CATS & DOGS
- INDIVIDUAL QUARTERS AND OUTDOOR RUN
- PET EXERCISE AND PLAY AREA • SEPARATE CAT FACILITIES
- CENTRAL AIR CONDITIONED AND HEATED KENNELS
- AIRPORT PICKUP & DELIVERY

OWNERS: GARTH AND SARA GRANT
barala@mts.net www.baralakennels.com 633-2629

Posted to OTTAWA?

FREE Relocation kit

You will receive:

- your FREE GPS gift certificate
- city maps
- school information
- local information
- Ottawa Book of Everything
- Average price by neighbourhood stats
- Inventory of new homes available now

Organized HHT, approved suppliers to DND/RRP Program

Michel Brissette Jean Richer
Broker of Record Salesperson

Toll Free: 877-606-5300
relocation@akkira.com
www.Going2Ottawa.com

AKKIRA REALTY INC.

Manitoba soldiers begin deploying to Afghanistan

By Stacey Brown, Shilo Stag

Seventy soldiers gathered with their family and friends to say goodbye at Shilo's Multi-Purpose Training Facility (MPTF) February 12 before deploying to Afghanistan. This group, along with approximately 700 additional troops, will leave the base over the next few weeks as part of the Task Force 1-08 Battle Group.

Sgt Renee Hansen, a clerk with 2 PPCLI, was joined by her husband and two children as she prepared to board the bus to Winnipeg.

"I can't say I'm either excited or nervous, but I'm ready to get the job started," she said. Sgt Hansen, who has been deployed to Afghanistan before, says keeping up communication with her kids is one of her priorities.

"When things go on in their lives, they can send me a quick email and say 'Oh, this is what's going on at school' or 'This is what's

happening today', and it's nice," she said. "Brittney's 13, so she'll be on MSN, and Dylan's learning to type, so we'll be using MSN and webcams and letters and cards."

Sgt Hansen's mother, Gloria Tait, was also in attendance to see her daughter off. She will return to see her son, Cpl Ian Tait, 2 PPCLI deploy on February 25. "This is their job, what they've chosen to do," she said. "You worry about your children, but you also worry about their friends."

Amanda Klassen, girlfriend of Pte Kyle White, 2 PPCLI, echoed a sentiment likely felt by most in attendance. "I get kind of nervous," she said. Pte White, who is on his first tour, feels confident that the troops are ready and admits his biggest challenge will be facing the possibility of friends being injured.

"We're proud of our son," said Pte White's father who supports his son's choice of being in the Army and deploying overseas.

The recent establishment of the Deployment Support Centre (DSC), located in the Community Centre, in addition to the existing Rear Party at 2 PPCLI, led by Maj Mike Wright, along with 1 RCHA's Rear Party and the MFRC, are all available as resources for spouses and family members to seek support while their loved ones are overseas. The Rear Parties are linked in with the DSC; a new initiative, explains Maj Wright. "We didn't have that in 2006 and this is a result of lessons learned from previous deployments." The DSC will remain operational on base permanently, providing support for families deployed for more than 28 days.

LCol Corbould, CO, 2 PPCLI Battle Group, sees the development of the DSC as a step forward in terms of support available on base. "I think we've come a long way, from a family support perspective. It used to be unit-centric, and it was based on the personalities of the individual of the unit to



Sgt Renee Hansen, 2 PPCLI, shares a big hug with husband MWO Steve Hansen, 1 RCHA before boarding the bus for Winnipeg February 12. Members of TF 1-08 will continue to depart Shilo for their tour to Afghanistan throughout the month.



LCol Corbould (right), CO, 2 PPCLI led Battle Group, chats with his troops prior to them boarding the bus.

determine how successful a rear party was going to be." LCol Corbould says the lessons learned in the past prepare everyone for providing better services in the future. "A true measure of success is with the families at the end," he said.

Approximately 15 percent of the soldiers deploying with TF 1-08 have been to Afghanistan before, says LCol Corbould who stressed that that prior experience is definitely an asset. "We've benefited from those soldiers who are going back on the tour, bringing their training and experience," he says noting that the troops feel they are more prepared than in the past.

The CO says he is confident in the training which began last spring in Shilo and carried through until fall with Ex DESERT RAM in Wainwright and Ex MAPLE GUARDIAN. "They are more than ready."

PHARMASAVE

Serving Sun Life Customers

Sun Life Financial

- Save on your Prescriptions
- Pay only the Deductible
- Let us do the Paperwork

For more information
Call: 928-2010

Free Delivery is Available



Prescriptions can be easily transferred, just ask

1883 Grant Ave, Winnipeg, Phone: 928-2010 Fax: 928-2015

Terry Ortynsky NISSAN

Military discounts available to all military personnel and affiliates.

Call me for further details on Specific vehicles.

1424 Regent Avenue West
Winnipeg, MB R2C 3A8

Ph 204-669-0791 Toll 866-809-5186
Cell 204-990-9101 Fax 204-663-3429
Email: wrjotte@terryortynsky.com



WAYNE RAJOTTE

Professional & Business Directory

RUTLEDGE LAW OFFICE

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

COUNTRY CLUB PLAZA

310-3025 Portage Ave.

Phone: 987-7575 Fax: 837-3638

BALDWINSON INSURANCE

Rec Centre (Whytefold Rd.)

Drivers Licences &

autopac 889-2204

TRANSFERRED TO THE NORTH BAY AREA IN 2008?

Get access to Hot New Listings and great insider information to help plan and make your move.

Go to: www.militarytransfertonorthbay.com

North Bay Home Solutions Realty Ltd. Brokerage
705-475-2222

KPRT change of command at Camp Nathan Smith

By Kandahar PRT

In a ceremony held at Camp Nathan Smith on February 9, 2008, LCol Dana Woodworth accepted the command of the Kandahar Provincial Reconstruction Team (KPRT) from LCol Bob Chamberlain.

The handover was conducted in the presence of LGen Michel Gauthier, commander of Canadian Expeditionary Force Command (CEFCOM), and BGen Guy Laroche, commander of Joint Task Force (Afghanistan). LCol Woodward will lead the KPRT for a year.

While in command of the KPRT, LCol Chamberlain handled the rapid expansion of new governance structures after Operation MEDUSA and the launch of more than 1,000 new projects in line with the Afghan-led Kandahar model of reconstruction and development, which is now highly

regarded.

He guided a strong whole of government team during a critical period in the mission, increasing consultation and collaboration with local government departments and international organizations.

"I am tremendously proud of what has been accomplished in the mission as a whole, and in particular this experienced team of outstanding Canadians that I was honoured to lead over the last year. Efforts 'outside the wire' have really accelerated," said LCol Chamberlain.

As well as infantry soldiers, engineers and civil-military co-operation experts, the KPRT comprises civilians from the Department of Foreign Affairs and International Trade, Canadian International Development Agency, Correctional Service of Canada, several Canadian police agencies,

and the United States Agency for International Development.

Their collaboration has helped shape and facilitate major projects to help Afghans in Kandahar Province see a viable alternative to the insurgency. "Every day I see people in the villages and districts who have had enough of fighting and are keen to embrace their future," said LCol Chamberlain.

LCol Dana Woodworth, the new commanding officer, praised the KPRT's accomplishments during LCol Chamberlain's tenure in command.

Referring to the challenge of leading such a diverse team of diplomats, development workers and security experts, he pledged that the KPRT would continue assisting the Government of the Islamic Republic of Afghanistan in its effort to extend its authority through the 17 districts of Kandahar Province.



Under the eye of BGen Guy Laroche (centre) at Camp Nathan Smith, the commanding officer of Joint Task Force (Afghanistan), the new commanding officer of the Provincial Reconstruction Team, LCol Dana Woodworth (left), signs the change of command documents with his predecessor, LCol Bob Chamberlain.

"The unit will stay focused on supporting the Provincial Governor and District Leaders as they establish governance and en-

able the implementation of development," said LCol Woodworth. At the change of command parade, LGen Gauthier also acknowl-

edged LCol Chamberlain's achievements and told the soldiers who served under him to be proud of what they have accomplished.

Spring into Fitness this spring!

Sculpt and tone
Tuesdays

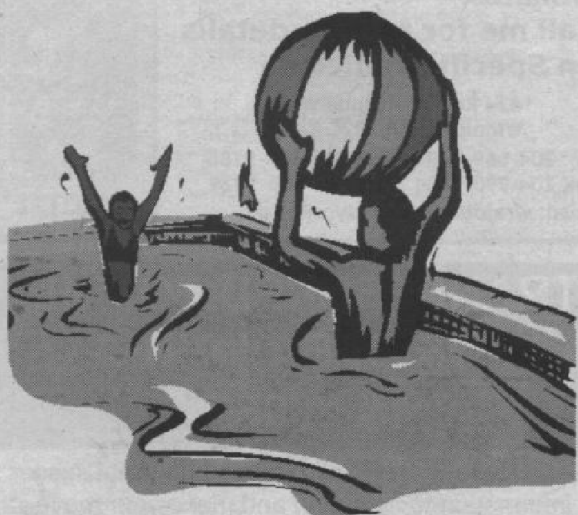
1800 - 1900

Full Body Boot Camp
Wednesdays

1800 - 1900

AquaFit
Tuesdays & Thursdays

1745 - 1830



Phone Michelle at ext 5976 or
Dan at ext 2057 for more information.

LEADERSHIP. DEDICATION. MOTIVATION.
APPLY YOUR TALENTS TO A NEW
KIND OF SERVICE.



NOW HIRING:

Sales Associates, Showroom Specialists, Cashiers, Overnight Freight, Designers, Customer Service, Inventory, Department Supervisors and more...

BENEFITS:

- Health & Dental Benefits (FT & PT)
- Tuition Reimbursement
- Deferred Profit Sharing Plan
- Bonus Opportunities
- Competitive Wages
- Flexible Hours
- Growth Opportunity



Ready to join the motivated team at Canada's
#1 Home Improvement Retailer? Apply online at:

homedepot.ca

We are committed to diversity as an equal opportunity employer. Available positions may vary by store.



Déploie ton
plein potentiel

Choisis ta spécialisation dès le secondaire!

etudier-en-francais.ca

Conseil des
écoles publiques
de l'Est de l'Ontario



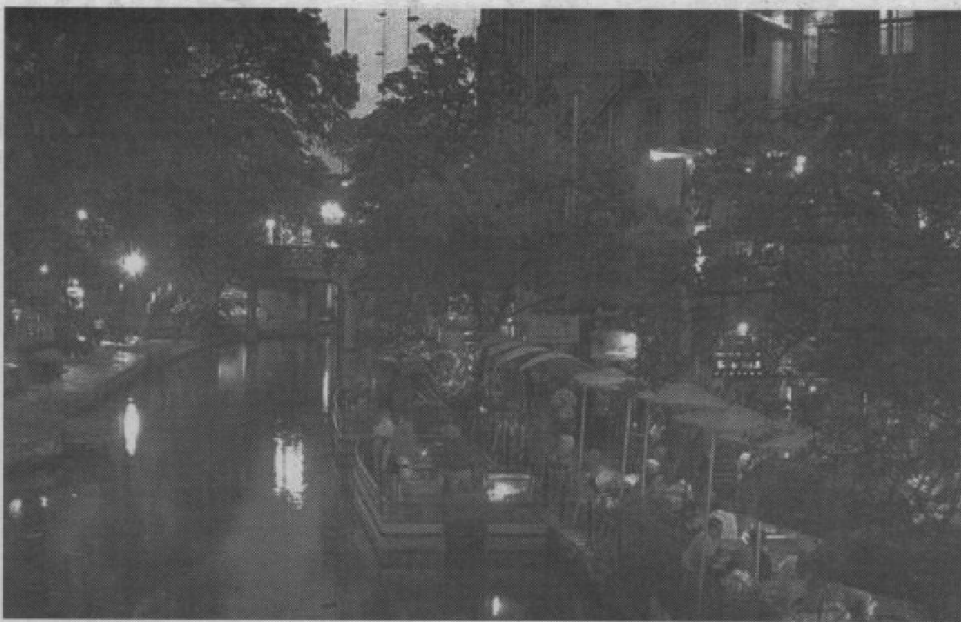
Nous aidons votre enfant à devenir un citoyen responsable, autonome et bilingue!

Trenton • Marc-Garneau
30, avenue Fullerton
613 394-0617

Kingston • Mille-Iles
164, prom. Van Order
613 544-7252

Pembroke • L'Équinoxe
412, rue Pembroke Ouest
613 732-1525

Inscriptions en tout temps



An evening out on the San Antonio river walk.

CFANS members travel south for training

Feature unit

By Capt Todd Pretsell

On 11 January, 2008, eight students, six instructors, four pilots and two planes departed the extreme cold of a Winnipeg, MB winter for the temperate climate of San Antonio, TX. What a beautiful city! The downtown area is centered on the three-mile River Walk with its numerous restaurants, clubs, hotels and unique gift and souvenir shops. Another two blocks over is perhaps the most well known historic site in all of Texas; the Alamo.

Must be nice you say... well, quite frankly, it was; a welcomed break from the bitter cold but it wasn't without purpose.

This trip serves a very important function in the Air Navigator (ANAV) curriculum at the Canadian Forces Air Navigation School (CFANS) as it familiarizes students with American airspace and procedures while exposing them to large-scale mission planning.

These are critical skills the students will use extensively during the final phase of their training at the school.

Air Navigator training consists of three phases.

Phase I consists of basic low level visual and radar navigation, an introduction

to radio communications, and emergency scenarios.

Phase II deals with more advanced navigation in which students learn how to manage a fully functional and degraded computer navigation suite for high-level en-route navigation, while conducting standard VHF/UHF/HF communications.

Phase III combines all previously learnt skills and knowledge to accomplish a tactical mission such as surveillance, search and rescue or directing the aircraft over a target at a precise position, altitude, heading and time.

This final phase develops the students' problem solving and decision-making skills while ensuring they can maintain situational/tactical awareness and prioritize crew activities.

This is the true essence of what it is to be a modern day Air Navigator.

With the introduction of new equipment and technological advancement, the traditional role of the Air Navigator has evolved.

Most aircraft are outfitted with integrated electronic navigation suites and a multitude of other complex sensors that all combined provide an abundance of information in large quantities and at high speeds.

The challenge is not just getting the aircraft from one point to the next, but collecting, filtering and managing

the available information, deciding the best course of action and leading the crew to successfully accomplish the mission.

Regardless of the platform, today's navigators continue to be responsible for the tactical navigation of the aircraft but their critical roles are showcased as tactical co-ordinators and mission managers.

As such the Canadian Forces Air Navigation School (CFANS) will continue to be a hub of activity as the premier training facility for air navigators the world over.

That's not to say we can't have a bit of fun along the way, after all you know what they say about all work and no play.

United States Air Force member retires

By Karen Christiuk

United States Air Force (USAF) member MSgt Michael D. Prichard retired on February 22 in a traditional ceremony that was held in the atrium of 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR).

MSgt Prichard entered the USAF in 1986 and trained as an Intelligence Operations Specialist at Goodfellow Air Force Base (Texas). He later moved on to positions in Germany, Florida, Saudi Arabia, North Carolina, Korea, and Winnipeg. Since May 2005, MSgt Prichard has been a

Senior Strategic Analyst for 1 Cdn Air Div/CANR.

The retirement ceremonies were highlighted by the singing of the U.S. and Canadian national anthems by Sgt Cindy Scott, the presentation of a retirement certificate signed by U.S. President and Commander-in-Chief George W. Bush, and the presentation of letters of appreciation from MGen Marcel Duval (Commander, 1 Cdn Air Div/CANR), BGen Steven Wilson (Deputy Commander Force Employment and CANR, 1 Cdn Air Div/CANR), and CWO Maurice Sacco (Division Chief Warrant Officer, 1 Cdn Air Div/CANR). MSgt

Prichard also received a triangular shadow box containing his ribbons and badges and a U.S. flag that was flown over the U.S. Capital at the request of North Carolina Representative, the Honourable Sue Myrick. MSgt Prichard's former colleague, Col Michael G. Cosby, Commander of 363d Training Group Dhafra Air Base (United Arab Emirates), was the presiding official for the ceremony and signed all of MSgt Prichard's retirement documents.

MSgt Prichard ended the ceremonies by thanking his colleagues and family and said of his 22 years, "It has been a grand tour."



Col Michael G. Cosby (left) presents a retirement certificate to MSgt Michael D. Prichard.



A Division of the Canadian Forces Personnel Support Agency
Une division de l'Agence de soutien du personnel des Forces canadiennes

Your Financial Solutions for Today...and Tomorrow!
Vos solutions financières pour aujourd'hui...et pour demain!

Dedicated exclusively to the Canadian Forces community...since 1969!

Dévoués exclusivement à la communauté des Forces canadiennes...depuis 1969!

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

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

NATO Veterans' Organization is looking for NATO and NORAD veterans

The NATO Veterans' Organization is now almost 2 years old and we have grown from 5 members to close to 500 members at present. For more information about the organization, visit <http://natoveterans.org> e-mail to joordens@nbnet.nb.ca or call at 506-472-1943.

CFB Winnipeg members deploy to Camp Mirage



Supply Technician MCpl Rick Cameron, accompanied by his wife Corrine, waits to board a 437 Transport Squadron CC-150 Polaris aircraft at the 17 Wing Air Movements Section for the flight to Camp Mirage for a six-month deployment on Dec. 10. This will be MCpl Cameron's second tour at Camp Mirage and his fifth overseas deployment. MCpl Cameron joined the Forces as a Supply Technician in 1990. In addition to regular supply technician duties, MCpl Cameron is trained as a Parachute Rigger and served in Calgary and Edmonton before coming to Winnipeg. A native of Regina, Saskatchewan, MCpl Cameron attended Thom Collegiate there. He and his wife Corrine have three girls, ages 2, 4 and 6 years old.

P2V-7 Neptune Survivors' Luncheon Greenwood, NS



The VPI Club of Greenwood, Nova Scotia, is planning a luncheon on 3 June 2008 to commemorate all those aircrew who flew the Neptune aircraft in the RCAF or other Allied Air Forces. We will be exchanging stories, and reminiscences, both factual and near-factual.

For more information, contact Derek Squire at 902-765-4660 or derek.squire@gmail.com.

LEADERSHIP – DÉVOUEMENT – MOTIVATION UN NOUVEAU SERVICE VOUS APPELLE. METTEZ VOS TALENTS À CONTRIBUTION.



NOUS RECHERCHONS :

Associés aux ventes, spécialistes de l'aire d'exposition, caissiers, associés à la réception (quart de nuit), associés du rayon Décoration, associés au service à la clientèle, associés préposés aux stocks, chefs de rayon et autres

AVANTAGES :

- Assurance dentaire et assurance maladie pour les associés à temps plein et à temps partiel
- Remboursement des frais de scolarité
- Régime de participation différée aux bénéfices
- Possibilité de primes
- Salaires concurrentiels
- Horaire variable
- Possibilité de croissance



Êtes-vous prêt à vous joindre à l'équipe motivée du premier détaillant en matière de rénovation résidentielle au Canada? Vous pouvez postuler un emploi en ligne.

homedepot.ca

Nous favorisons la diversité et souscrivons au principe de l'égalité d'accès à l'emploi. Les postes offerts peuvent varier d'un magasin à l'autre.



MWO Rob Knight with his children at the 17 Wing Air Movements Section here prior to departing for Camp Mirage on a six month deployment as the Construction Engineering MWO. This will be MWO Knight's sixth deployment; he has previously served in Bosnia, Croatia, Kosovo, the Golan Heights, Haiti and CFS Alert. He joined the Air Reserve as an Air Frame Technician in 1983, transferring to the Regular Force as an Electrical Generating Systems Technician in 1998. Prior to being posted to Winnipeg, he served at Kingston and 8 Wing Trenton in Ontario, Shelburne and 14 Wing Greenwood in Nova Scotia and Gagetown, New Brunswick. MWO Knight was born in Grand Falls-Windsor, Newfoundland and Labrador, to Dorothy and John Knight. MWO Knight has been married to Mary-Ann for 16 years. They have two children, ages 12 and 14.

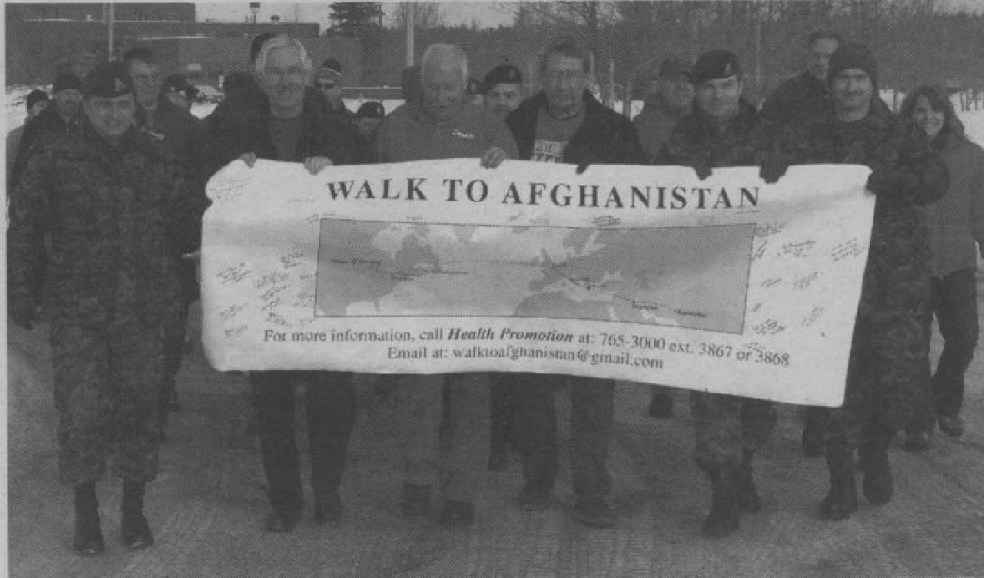


Cpl Dave Bergeron checks in for his service flight to Camp Mirage with Cpl Dymond, a Traffic Technician with the 17 Wing Air Movements Section here on 10 December. Cpl Bergeron is deploying for a six month tour as a local purchasing officer at Camp Mirage. Cpl Bergeron was born in Comox to Rose-Ange and Marcel Bergeron, who now reside in Gatinau, QC. After finishing high school at Louis Riel in Winnipeg, he joined the Air Force in 2003 and completed his training at the Canadian Forces School of Administration and Logistics at CFB Borden before being posted to 17 Wing.



With a characteristic smile on his face, Roman Catholic chaplain Capt Lance Magdziak, arrives at the 17 Wing Winnipeg Air Movement Section for the service flight to Camp Mirage for a six month deployment as the Camp's Padre. He left December 10. Father Lance is one of a pair of twin boys and was born in Przemysl, Poland, near the Ukrainian border. He immigrated to Canada in 1981 and entered the priesthood in 1989. He joined the Regular Force in October 2005.

CFB Shilo launches Walking to Afghanistan challenge



Commanders and Section Heads of Shilo-based units lead the way on the launch of the Walk to Afghanistan. The banner will be posted on the base and used to chart progress as participants in the challenge log their kilometres.

By Sgt Dennis Power, Army News

The biting cold of late January on the prairies was no deterrent to hundreds of supporters of the launch of the Walk to Afghanistan challenge in Shilo.

The challenge, run by CFB Shilo Health Promotion serves two purposes: to inspire CF members and their dependants, and the local community to stay active during the winter.

It also provides a means to demonstrate support for Shilo-based soldiers currently deploying to Afghanistan.

"The launch is a great opportunity for Shilo, Brandon and Westman to come together to support the troops," said Fiona Jeffries, Health Promotion Director for CFB Shilo,

"With so many soldiers deploying from Shilo we really wanted to open this up to the wider community to give them a chance to show their support."

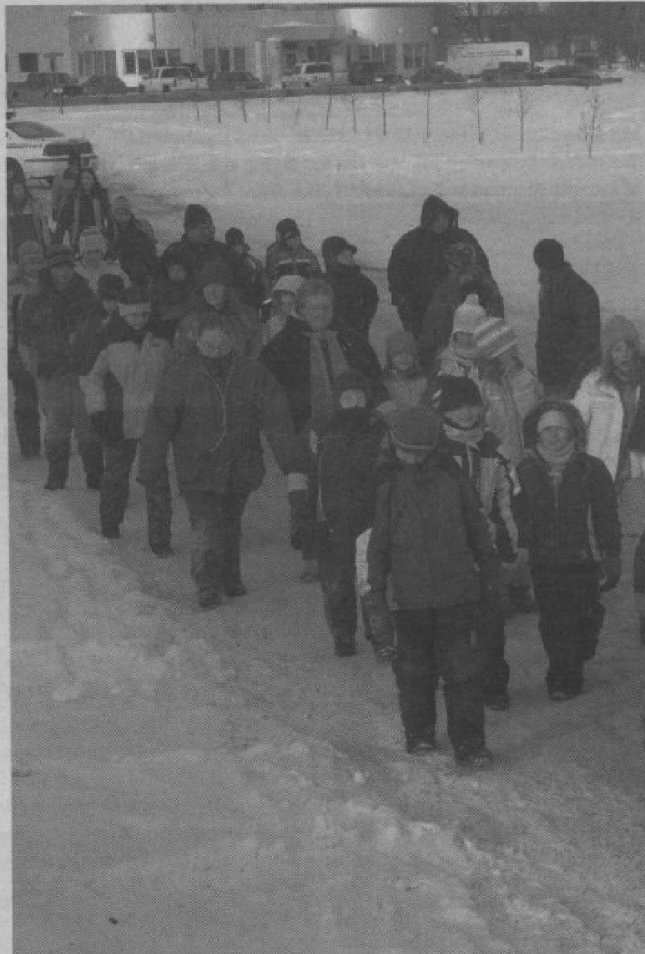
The challenge is to get people to stay active through a wide range of activities which are later converted into kilometres.

The demonstration of support happens as participants log their activity on the website.

The goal is to cover 13,000 kilometres from Shilo to Kandahar, for each of the 800 soldiers deploying from Shilo.

The launch included CF personnel and civilian employees from all units on the base, including hundreds of children from O'Kelly School, and Ecole La Source, both located on the base.

Dozens of participants



Students from O'Kelly School and Ecole La Source, both located at CFB Shilo, took part in the launch of the 'Walk to Afghanistan'. Students and staff at both schools will be keeping track of activities to add kilometres to the challenge.

representing various service organisations came from Brandon, as well as a busload of children from River Heights School. The event was kicked-off with a parade of two laps around the Community Centre Annex where everyone rallied.

"A lot of the soldiers are not originally from this area, and we want them to know that the people who are from here support them and care about them," said Jeffries, "It's a great cause, and great motivation to stay active at this time of year."

The Walk to Afghanistan challenge is open to anyone who wants to show their

support, regardless of where they live.

The event runs from Jan. 25 until Mar. 9. For more information on how you can participate, or to log your kilometres, e-mail walktoafghanistan@gmail.com.

INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION 21 March

1 Canadian Air Division Headquarters proudly presents:
"TERROR IN ERROR?" Islam 101

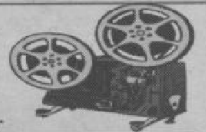
Guest speaker Omar I. Zulfi (1 Canadian Air Division Public Affairs)

Monday, 17 March 08
1 Canadian Air Division Headquarters
Mynarski Hall - Bldg 25
14:30 - 16:00

Come join Omar Zulfi as he uncovers the whole truth about the world's most feared and troublesome faith: ISLAM. "TERROR IN ERROR? Islam 101" is a presentation on Islamic ideology and a look at what the faith really teaches.

What exactly is Islam and where did it come from?
Is it religion of peace, or violence by any means?

Since 1966, the 21st of March has been recognized by the United Nations as the International Day for the Elimination of Racial Discrimination. Canada was one of the first countries to support the UN declaration and, in 1989, the Department of Canadian Heritage launched its annual March 21 Campaign. The March 21 Campaign was initiated in response to the need to heighten awareness of the harmful effects of racism on a national scale and to demonstrate clearly the commitment and leadership of the federal government to foster respect, equality and diversity. For more than ten years, the March 21 Campaign has mobilized youth across Canada to rise up and to take a stand against racism. Through their participation in the campaign, Canadian youth have spoken loudly and eloquently: there is no place for racism in their lives! For more information -http://www.patrimoinecanadien.gc.ca/march-21-mars/why-pourquoi/index_e.shtml



First ever 17 Wing Youth Film and Claymation Workshop Premier

On Thursday March 13, 2008, at 7 p.m the 17 Wing Youth Advisory Council will present three short films at the Base Theatre (Building 90). The youth have created a music video, a short documentary on the Festival du Voyageur, and a claymation film. Please come on by and support our military youth! The cost is only \$2, and the proceeds will go towards the Youth Advisory Council. Popcorn and slushes will also be sold.

Terry Ortynsky
KIA
980 Nairn Ave.
www.terryortynsky.com

Need a lift?

Come & See me or call me @ 663-3542

CAPT. (Ret) JACQUES BOISCLAIR can give you one.
For ALL your CAR needs.
"We Make it Easy" with "Special" Military Pricing *Ayeeeee!!*



etudier-en-francais.ca

• programme de maternelle à temps plein offert gratuitement
• services de garde préscolaire et parascolaire offerts sur place

Je déploie mes ailes!

À l'école publique de langue française, nous aidons votre enfant à prendre son envol vers l'avenir!

Trenton
Cité-Jeunesse
30, avenue Fullerton
613 394-1398

Kingston
Madeleine-de-Roybon
2, avenue Montcalm
613 531-8160

Pembroke
L'Équinoxe
412, rue Pembroke Ouest
613 732-1525

Inscriptions en tout temps



Naval Reserve divers hone skills at West Hawk Lake

By Darlene Blakeley
Maritime Staff Public Affairs

It's winter in Canada. You're a diver in the Naval Reserve. What could be more fun than cutting through nearly 30 inches of ice with a chainsaw and plunging into the frigid waters of a Manitoba lake?

With the water temperature hovering at about 1C, that's just what 33 divers from 12 Naval Reserve Divisions did over the weekend of February 23 and 24 in West Hawk Lake near Winnipeg.

One of the main roles of the Naval Reserve is port security – ensuring that where our ships sail and berth are safe and free from hazards.

As a result, port inspection dive teams are specifically trained to conduct underwater searches of the ocean bed, underwater

inspections of jetties and ships' hulls, and mine recognition and countermeasures.

"The divers operate in all environments and conditions, including under the ice and in very cold temperatures," says Petty Officer 1st Class Scott Allingham, Diving Chief Eastern Region. "We chose Manitoba for this national exercise because it is the ice-diving Mecca of Canada – we are guaranteed to have ice in February."

During the exercise, the average time spent under the ice was 20 minutes, depending on the depth of each dive.

Divers stayed connected to the surface by a safety line that also allowed them to communicate with team members on the ice above. More than 30 dives were conducted over 10.5 hours, largely devoted to search

and recovery operations.

The dive team kept warm thanks to equipment specially designed to keep them comfortable for long periods of time, including state-of-the-art dry suits and full face dive masks.

"Much of our country is in a frozen state during winter and we need to be prepared for it," says PO1 Allingham. "This is even more important these days with the heightened emphasis on Arctic operations."

While this type of dive exercise is carried out annually in Winnipeg by the local unit HMCS Chippawa, this was the largest national-level exercise held in three years according to PO1 Allingham. Other Naval Reserve Divisions participating were Cabot, Carleton, Catarqui, Malahat, Montcalm, Prevost, Radisson, Scotian, Star, Nonsuch and York.



MS Kim Bishop, HMCS TECUMSEH, saws through the ice of West Hawk Lake at the remote deployment site. He is preparing the site for ice diving operations. MS Igor Sevic, HMCS MALAHAT, stands by to assist with the removal of the ice block from the diving hole.



Naval Reserve Port Inspection Divers (from left) MS Mike Donald (HMCS YORK), LS Marc Bibeau (HMCS RADISSON), PO2 Nim Cook (HMCS CARLETON) and MS Igor Sevic (HMCS MALAHAT) work together to remove an ice chunk in preparation for ice diving.



Port Inspection Diver MS Owen Brunelle (HMCS CARLETON) returns from his ice dive at the remote deployment site. During this dive MS Brunelle completed a search pattern for a lost object.



The Mortgage Centre

We work for you, not the lenders.

Getting mortgage advice from a bank? From a Mortgage Associate employed by a bank? Whose financial future do you think they have in mind?



Over 13 years specializing in government relocations gives us an incomparable and in-depth understanding of the relocation process. Our expertise allows us to provide custom solutions for the unique needs of government transferees.

What we care about is making sure you are completely satisfied with your new mortgage. What is best for you is in our best interest!

The Very Best Mortgage Company Inc.
Diana White and her relocation team
1-888-282-3133

Online application available at:
www.verybestmortgage.ca
Email: info@verybestmortgage.ca

Each Mortgage Centre is independently owned and operated.

To the men and women in our Canadian Forces: Thank you!

25% of commissions earned from military sales will be donated back to the military community

Terry Hashimoto 470.6963

 **RE/MAX**
professionals

Second annual Yellow Ribbon Gala a success

By John Chabih, Winnipeg MFRC

More than 270 guests enjoyed fine food, music, courtesy of the Air Command Band and two incredible speeches at the WMFRC's second annual Yellow Ribbon Gala on 23 Feb 08.

Chief of the Defence Staff Gen Rick Hillier and Juno-award-winning musician and performer HCol Loreena McKennitt both spoke about the importance military families have on military operations and the value of organizations such as the MFRC have when supporting them with the struggles of military life.

Gen Hillier advised 17 Wing that he is advocating for additional resources and equipment. He shared his vision for replacing the well-used Sea King Helicopters and he requested the Air Command Band begin to play more mainstream music, especially more country.

HCol McKennitt made a passionate plea for Canadians to be supportive of the Canadian Forces and to not get caught up in the political rhetoric of the day. She moved the audience by performing two pieces from her internationally renowned repertoire of music.

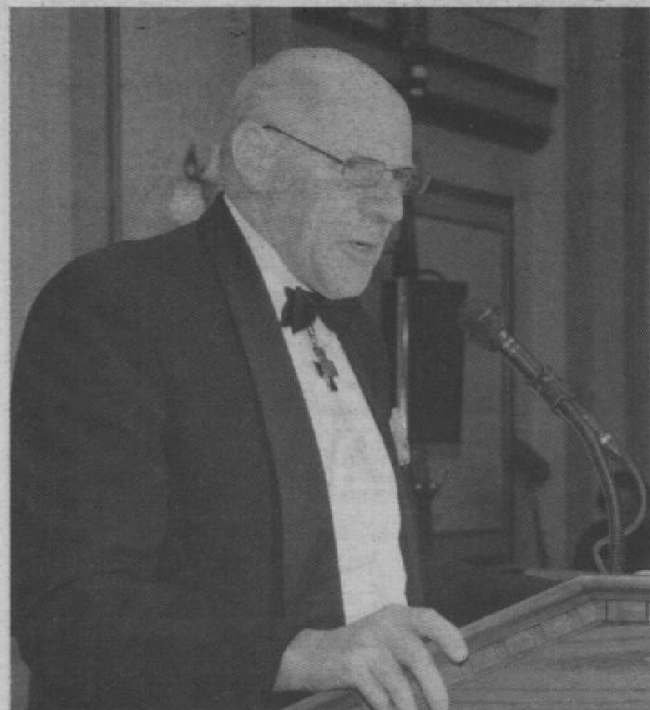
Both the CDS and HCol McKennitt spent the evening taking photos with admirers and sharing stories with colleagues. Both demonstrated their unbridled support to the vision of the Gala and to the Defence Team of 17 Wing Winnipeg.

All funds raised by the Gala will be used for programs and services that benefit military families.



Photos by Col Colin Aikens

Brian Grant, guitarist and Loreena McKennitt the Honourary Colonel of 435 Squadron, perform during the Yellow Ribbon Gala. The Winnipeg Military Family Resource Centre's second annual Yellow Ribbon Gala, held at The Fort Garry Hotel Saturday, 23 February showcased the programs and services the Winnipeg MFRC provides to CF personnel and their families to government, business and community partners.



Lieutenant General (ret) Ray Crabbe speaks following the dinner.



Mrs Joyce Hillier and the Chief of the Defence Staff, General Rick Hillier, greet Lois and Joe Mallet.



The Hotel Fort Garry provided a beautiful backdrop for the event.



MCpl Denise Snow and MCpl Jason Snow are called front and center for the work they do with the MFRC.

Stamp collecting and the Winnipeg Philatelic Society

By Alf Brooks

The Winnipeg Philatelic Society meets on the first and third Thursdays, September to June, at the Scandinavian Centre on Erin Street. Doors open at 7 p.m.

After a brief business meeting there is either an auction of members' material or a presentation on a philatelic topic. Before these more formal activities there is the opportunity to talk to other collectors.

Visitors are welcome; we are a friendly group.



Illustrated here is a stamp from Austria, 1950, showing a man with a magnifying glass examining an envelope, an open stamp album in the background; a stamp collector, no doubt, perhaps on a cold winter evening—a good time for working on this hobby. But stamp collectors also meet to talk with other collectors, to share their experiences.

Cinéma / Theatre

- Just Across the Bridge
- 2 Blocks North Whytewold & Ness

More movie listings can be found on the DIN. **888-6290 (Recording)**

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

8:00pm FRI-SUN March 7-9 107 mins

AMY ADAMS PATRICK DEMPSEY JAMES MARSDEN
TIMOTHY SPALL IDINA MENZEL and SUSAN SARANDON

Walt Disney
ENCHANTED

G

8:00pm FRI-SUN March 14-16 102 mins

TOM HANKS JULIA ROBERTS
CHARLIE WILSON'S WAR

UNIVERSAL
Coarse Language 14A

Posted to Kingston in 2008?
Don Wyld CD Military Authorized Realtor

Automatic Buyer Representation

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

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

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

Century 21 TOWN & COUNTRY REALTY INC.

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

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

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

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

STRESS: Take Charge!

17 WING WINNIPEG HEALTH PROMOTION
is proud to present:

STRESS: TAKE CHARGE!

DATE: 13 & 14 March 08
TIME: 0800 hrs – 1600 hrs
LOCATION: Bldg. #62, Room #309

FOR MORE INFO OR TO REGISTER CONTACT HEALTH PROMOTION AT LOCAL 4150 OR 4160
Registration deadline: 10 March 08

Platinum
Mortgages & Financial
2594617 Manitoba Ltd.

Lori Blande
Executive Mortgage Manager
P. 204.488.1336 • F. 204.487.0741
Corp. Office 204.957.0063
E. lori@platinummortgages.ca
www.platinummortgages.ca

"Coast to Coast & Post to Post"

Platinum Ideas. Powerful Solutions

Bonnie Korzeniowski
MLA for St. James
2175 Portage Ave.
889-8073 • bonnick@mts.net

Base to Base, we have you covered...

Your DND Inter-base Real Estate Connections

HALIFAX

Everything you need is at www.ymason.ca or call Yolande at (902) 478-3197

- ✓ Links to local listings... better than MLS.ca
- ✓ Free relocation package couriered to you
- ✓ Bilingual service available
- ✓ School information
- ✓ Great local map
- ✓ HHT checklist

**A&H
GMAC**
Real Estate

644 Portland Street
Dartmouth, NS B2W 6C4

Cell: (902) 478-3197
Bus: (902) 435-3594
Fax: (902) 435-2623



Yolande Mason, REALTOR®

GREENWOOD

Posted to Greenwood?



Ghyslaine Roy
REALTOR®
Century 21 Acclaim Realty Ltd.
Cell: 902.825.9469
Fax: 902.765.6311
Email: ghyslaineroy@hotmail.com
Website: www.groy21.com
Service disponible en français



Barb Craig
REALTOR®
Royal LePage Atlantic
Cell: 902.670.0653
Office: 902.765.7777
Fax: 902.765.7770
Email: barbcraig@royallepage.ca
Website: www.yoa.ca/cynthiaandbarb

TRENTON

Everything you need is at www.davidweir.com or call David at 1.800.263.2177

- ◆ links to local listings ... better than MLS.ca
- ◆ free relocation package couriered to you
- ◆ bilingual service available
- ◆ school information
- ◆ great local map
- ◆ HHT checklist

**DAVID
WEIR** B.A., C.D. Broker
Client Focused • Results Oriented

#1 Office Broker, 2001 - 2007
Top 1% Royal LePage Canada, 2005 - 2007
Royal LePage ProAlliance Realty, Brokerage
Independently Owned & Operated
Email: david@davidweir.com • Cell: 613.848.0615

OTTAWA

Posted to **Ottawa?**

Do It Right Call **Anne & Dwight**



1-800-267-7653 (SOLD)
www.anne-dwight.com
Email: anneanddwight@msn.com

RE/MAX metro city realty ltd., Brokerage
Independently Owned and Operated

- Full relocation packages couriered to your home or office
- Organized HHT designed to provide outstanding results
- Serving members and their families since 1983
- Team members with one focus... Our clients
- Approved suppliers to DNDIRP Program

PETAWAWA

The **Neville Team**



BART NEVILLE
Broker of Record
GLORIA NEVILLE
Broker
MIKE NEVILLE
Broker

Century 21
Neville Realty Ltd.
Brokerage

888.337.7653
www.thenevilleteam.com
info@thenevilleteam.com

KINGSTON

Posted to Kingston?

Hundreds of military families successfully relocated since 1988



Relocation Package includes:

- School information
- Local area map
- HHT checklist

John Price & Heather Price

Sales Representatives

1650 Bath Road

Kingston, On • K7M 4X6

613-384-5500

Sutton

www.priceandprice.ca

BORDEN

Posted to Borden?

- 20 yrs HHT experience
- Relocation Packages ASAP
- Dedication to YOUR needs!

800-383-3980

www.realtyguy.com
hugh@realtyguy.com

Hugh Hardy, Broker



RE/MAX

Chay Realty Inc. Brokerage

2 Summerset Pl, Angus, ON L0M 1B2

WINNIPEG

DND Relocation Specialists
with over
200 DND moves



Ed Dale

eddale
HOME SELLING TEAM

1-800-361-0500

Check out our CF Testimonials online at:
www.eddale.com

Email: ed@eddale.com

EDMONTON

**EDMONTON
RELOCATIONS**

it's what we do

Ian

Connie

Call **ROBERTSONFIRST**
IRP Approved Realtors

Edmonton
St. Albert

Morinville
Gibbons



1-800-216-9452

www.robertsonrelocation.com

Can't find your Base? Contact one of our Top Producing REALTORS®

CFRC Winnipeg runs in the Great Grain Relay

By Capt Tom Purcell, UPSO

Outside the Max Bell Centre at University of Manitoba, the temperature reached a frigid -47 C but inside, three teams from CFRC Winnipeg participated in the Great Grain Relay. The three teams were comprised of five runners and a lap counter made up of CFRC staff, including Reg F, PRes and civilian personnel. This year, 44 other teams participated in what was originally called the Cabin Fever Classic. For the next two hours they would run the Great Grain Relay to see who could run the most laps.

Everyone who ran was happy to be inside and the cheers from friends and family spurred the runners on as they did their laps. There were five categories: Corporate Male, Corporate

Mixed, Friends and Neighbours Male, Friends and Neighbours Female, Friends and Neighbours Mixed, High School Male and High School Female.

In the last two years, the CFRC fielded only one team in the Corporate Male category and did well, but this year the Centre had three teams: two in Corporate Male and one in Corporate Mixed.

Fitness in the CF is a priority. Commitment to the operational environment, personal well being and team building were the main focus for the CO, Maj Halikas.

He felt that this goal was good training and a welcome break during our long prairie winter. In recent weeks the unit PT sessions allowed all CFRC members to attempt the Great Grain Relay through practise runs and

sessions on the indoor track. The event was very well organized and the high-energy music that played throughout the race kept everyone motivated.

In the end, CFRC team No. 1, made up of Capt Dubois, Capt Johns, Sgt Frampton, Sgt Skinner, LS Clawson placed second in Corporate Male category with 151.7 laps.

While CFRC team No. 2, which included Capt Cadick, Capt Purcell, PO2 Hunchak, MS Heffernan and Cpl Khan placed fifth in Corporate Male with 131.4 laps and CFRC 3 team No. 3 members Maj Halikas, PO2 Gilchrist, Cpl Byrne, Cpl Hooper, and Rheel Lesage placed sixth in Corporate Mixed with 124.2 laps.

Everyone enjoyed the chance to get out, run and represent the Canadian Forces.



Back row left to right: PO2 Hunchak, Sgt Frampton, Rheel Lesage, Capt Dubois, Capt Purcell, Capt Johns, Cpl Khan, Sgt Skinner, PO2 Gilchrist. Front row left to right: Maj Halikas, Cpl Hooper, Cpl Byrne, LS Clawson and MCpl Heffernan laying across.

REMEMBER. HONOUR. CONNECT.

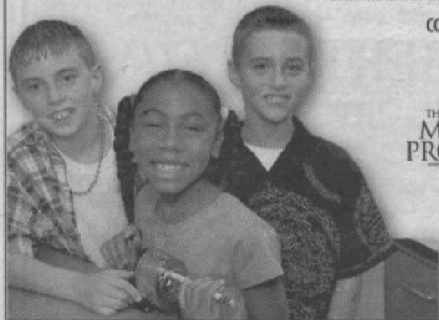
Are you a veteran of World War II, Korean War, Peacekeeping operations or a current member of the Canadian Forces?

Share your experiences with young people in schools and your community.

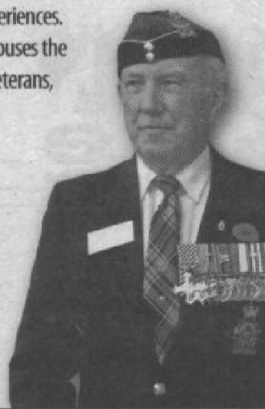
Contact the **Memory Project** to register and receive a free training kit.

1.866.701.1867, memory@dominion.ca

The Memory Project is a national bilingual program of The Dominion Institute that trains veterans on the best techniques to share their stories with youth. The veteran volunteers visit schools and organizations in their local communities to talk with youth about their wartime experiences. The Memory Project Digital Archive, an online database that houses the oral histories and artifacts of over 1000 Canadian veterans, complements the Speakers' Bureau.



THE MEMORY PROJECT Canada



Something you want to sell? Place a FREE classified ad. email voxair@mts.net



The good old hockey game

Alissa Lee, right, and her brother Brayden Lee, left, cheer for the home team at the Manitoba Moose Military Appreciation Night hockey game March 1 at the MTS Centre with their grandfather Maj Wally Williams of 1 Cdn Air Div AF Trg. Check out the next issue of Voxair for more from the game.



creating impressions

HOME STAGING & REDESIGN

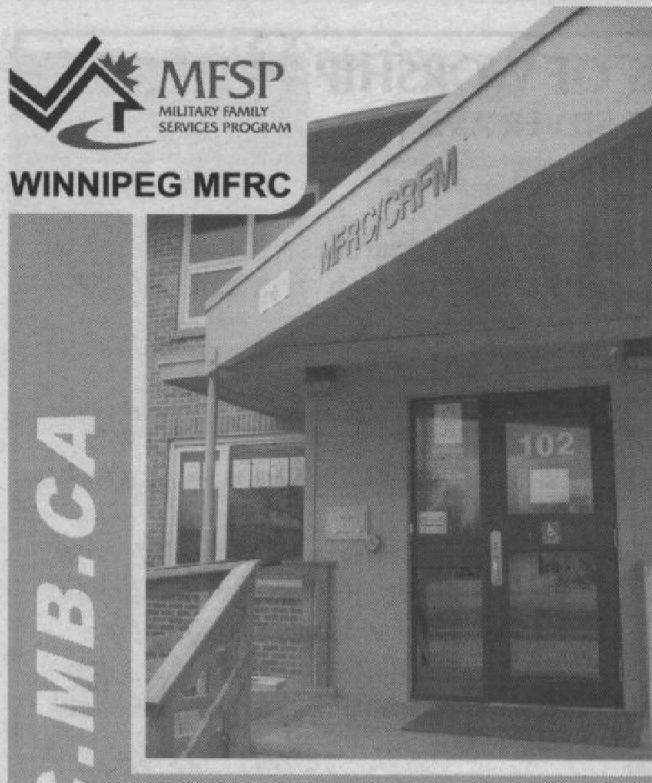
996.3180
www.creatingimpressions.ca

Rejuvenate your home to Maximize Profit in the Real Estate Market



Jennifer Doering-Keiver
Spouse of a CF member





MFSP
MILITARY FAMILY
SERVICES PROGRAM
WINNIPEG MFRC

WWW.MFRC.MB.CA

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
Wanted: a few good men and women for the board

The Winnipeg MFRC Board of Directors needs you! The Board of Directors meets once per month to discuss current and ongoing issues relating to the Centre.

The Board of Directors consists of 10 - 12 full voting members, the majority of whom must be military spouses. This ensures programming at our centre reflects the needs of our community.

WHAT'S IN IT FOR YOU?

- Gain valuable experience in democratic procedures, grass roots

Volunteers needed for upcoming MFRC events

The annual MFRC Women's Conference will take place on March 7 and 8. This fun-filled event promises to be full of wonderful opportunities for participants. In order to help make this event run smoothly, we need a group of volunteers to assist the planning committee on those days. We will need volunteers to help set up for the Friday evening presentation by Laura Earl, as well as to assist with the reception after her presentation.

On Saturday, the conference begins with Registration at 8:00 AM and will end by 4:30 p.m. We will need volunteers to assist with registration, directing participants to the appropriate rooms for their workshops, setting up and clearing for nutrition breaks and lunch, decorating the Learning Centre spaces, and tear down after the event. You will also be able to sit in on some of the presentations. Ten to 15 volunteers are required.

A Yellow Ribbon Lounge for military personnel who are traveling through Winnipeg will open at the James Rich-

ardson International Airport on March 17. There will be a large press conference to announce this event.

The Winnipeg MFRC has played a huge supporting role in getting this project off the ground, and we will be present at the launch/press conference. We will need about 20 volunteers to greet guests as they arrive, direct them to the Observation Lounge, take coats, sit with a guest book, help to serve coffee and cake, and assist with clean up.

We will also be going in early in the day to decorate the Observation Lounge.

If you can assist with either of these events, please call the Coordinator of Volunteers at the MFRC at 833-2500 ext 4519. Thank you for your help!

- planning and evaluation process.
 - Be a part of a National Organization with Resource Centres all over Canada and overseas.
 - Have a voice in the programs and services which are offered in your community and how they are delivered.
 - Meet new people, learn new skills.
- For more information, or to apply, please contact the MFRC Coordinator of Volunteers at 833-2500 ext 4500.

Did you know?

The MFRC operates two youth drop-in centres. These centres are open to all military youth and their friends. Each centre has Internet, video games including Guitar Hero & Rock Band, foosball tables, board games, a resource library, an arts & crafts area and canteen.

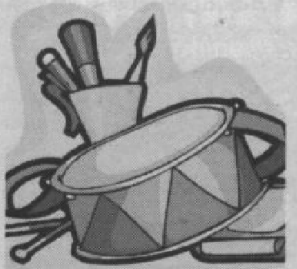
South Side Youth Centre - 347 Doncaster Street
Elementary School age: Monday to Friday 4 to 6pm
Teens: Monday & Wednesday 6:30 - 8:30 p.m., Friday 6:30-9:30
All ages: Saturday 1:30 - 4:30 p.m.
North Side Youth Centre - South end of 102 Comet Street
Elementary School age: Tuesday to Friday 6-8 p.m.
Teens: Tuesday to Friday 8-10 p.m.
Drop-in is free, so stop in and see what we have to offer.

Mothers & Daughters in Touch

This is an 8-week program developed by the Youville Centre to promote healthy and effective communication between mothers & daughters. It is a relationship and skill-building program where mothers & daughters learn together. We will be offering the program for girls 9 - 11 years. Program will start March 27, 6:30 - 8:30 at the MFRC, 102 Comet Street. There is a \$5.00 registration fee.

MFRC Lending Library

Toys, videos, DVDs and more!
We have the popular book and CD Pick Me Up - Fun Songs for Learning Signs and The Baby Signing Book to help you communicate with your baby.
Entertain your little one with Disney's Baby Einstein or Little Einstein DVD series.
Annual membership also gives you access to The Manitoba Museum and Fort Whyte Alive passes. Annual membership costs \$10.
For information contact the MFRC at 833-2500 ext. 4500



THANK YOU

to the following organizations for their generous contributions towards the 2008 Yellow Ribbon Gala:

PREMIER



PLATINUM (WINE)



GOLD



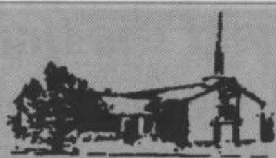
SILVER



THE FORT GARRY



Together in Church



Catholic

Chaplains

Chaplain Lisa Pacarynik
Roman Catholic
Office 833-2500 ext 5417

Father Gracjan Burkiciak
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.

HOLY WEEK HOURS OF WORSHIP

17 WING CHAPEL, 2235 SILVER AVENUE

Roman Catholic

Holy Thursday 20 March 7 p.m.
Good Friday 21 March 3 p.m.
Easter Vigil 22 March 8 p.m.
Easter 23 March 11 a.m.

Protestant

Good Friday 21 March 9 a.m.
Easter 23 March 8 a.m.

SEDER SUPPER

17 WING COMMUNITY CHAPEL, 2235 SILVER AVENUE

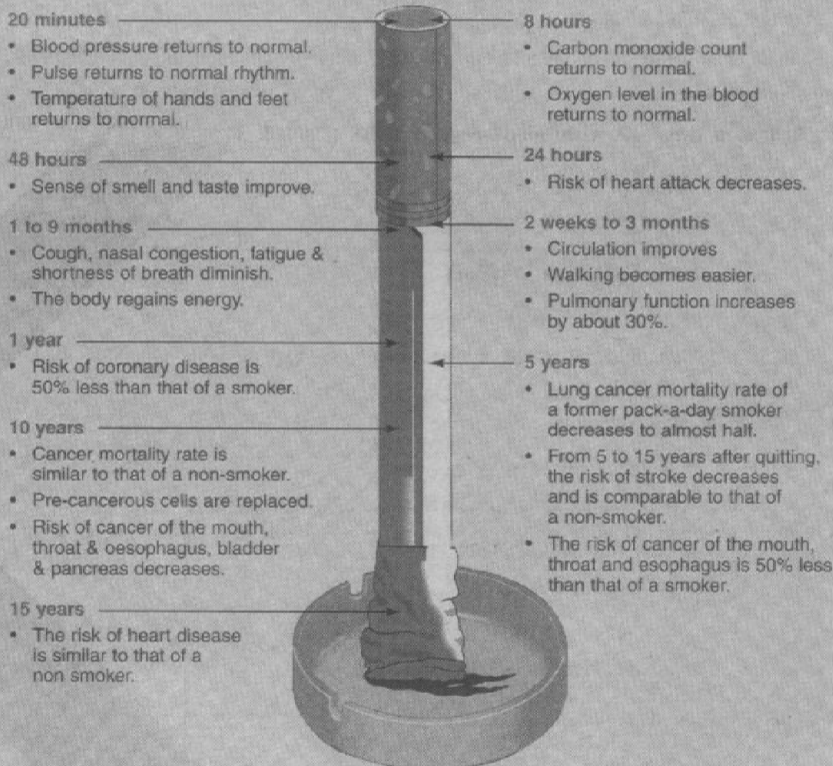
On Maundy Thursday, 20 March, at 5 p.m., a Seder meal will be celebrated at the 17 Wing Community Chapel, 2235 Silver Avenue. You are invited to join the joint congregations for an observance of the Feast of the Passover, which Jesus celebrated with his disciples. After the celebration of the Seder we will share a pot-luck meal. Please note that, in keeping with the spirit of the Seder, there should be no pork products or dairy. If you have any questions please contact Padre David Stewart, 833-2500, extension 4277.

When a Smoker **STOPS** Smoking

STRENGTHENING THE FORCES
ENERGISER LES FORCES

Canada

"20 minutes after your last cigarette, positive changes begin to occur in your system which continue for many years. It takes only one cigarette a day to compromise these beneficial changes."



Source: American Cancer Society, Washington. Art Direction: DGPA Creative Services CS02-0535

HOOK & SMITH
Barristers, Solicitors & Notaries Public

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

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

Telephone - (204) 885-4520
Fax - (204) 837-9846
Email: general@hookandsmith.com

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

RONALD HABING
Barrister & Solicitor

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

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

R. HABING & ASSOCIATES

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

NEW ARRIVALS

Puzzled about Manitoba Driver Licences and Plates?

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

autopac
A Manitoba Public Insurance product

- Fire insurance? • Contents?
- Driver Licences? • Auto Insurance?

Call us or drop in to:

BALDWINSON INSURANCE
BLDG 90 (REC CENTRE) • WHYTEWOLD RD
MONDAY TO FRIDAY: 8:30 AM TO 5:00 PM
Phone: 889-2204
Fax: 885-1964

PROUD OF OUR PAST



PROTECTING OUR FUTURE
Welcome...
ST. JAMES LEGION
Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

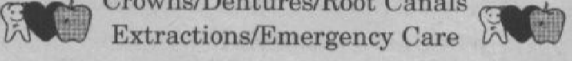
Bingo
Sat 6:30 pm

Line Dancing
Every Tues & Wed
8:00 - 10:00 pm

Dancing To Live Bands
Fri & Sat
9:00 pm - 1:00 am

Meat Draws
Every Fri 5 pm - 7 pm
Every Sat 2 - 4 pm

Dr. Philip S. Pass B.S.C., D.M.D.
Complete Family Dentistry
Preventative/Cosmetics/Orthodontics
Crowns/Dentures/Root Canals
Extractions/Emergency Care



Evening and Saturday Appointments Available
420-3025 Portage Ave. ph: 987-8490
ALL DENTAL PLANS ACCEPTED

COMMISSIONAIRES
TRUSTED · EVERYDAY · EVERYWHERE
Canada's largest security firm maintains a cadre of personnel for part-time and full-time work.
Part-time weekend employment for serving members and Reservists. Spouses are invited to apply.
Criminal Record check and Child Abuse Registry check required.
Military or Police Service an asset.

Apply with resume and references to:
50 Stafford Street
Tel: **942-5993** ext. 210 Fax: **942-6702**
email: clntsvc@commissionaires.mb.ca

Visit our website:
commissionaires.mb.ca


GASTHAUS GUTENBERGER
GERMAN RESTAURANT

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

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

2583 Portage Avenue (1 block west of the Moray bridge)
Phone: 888-3133 for reservations
Catering Service Available

ASSINIBOIA UNIT NO. 283



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

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

WELCOME ALL MILITARY PERSONNEL



Classifieds

For sale
Equalizer trailer hitch w/bars & chains, \$75. Call 889-9604.
1 - 19" Daytek monitors. \$30. Call 833-2500 ext 5491 or 999-7730
2-door grey 1993 Cavalier RS (FD). 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.

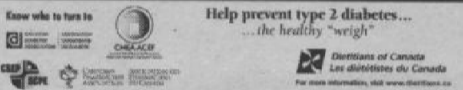
Wanted
Pet wanted Sammy (budgie bird) lost his girlfriend, Sissy, Nov 12. I will give a loving home to a budgie to keep him company. Call Darcy at 831-7619 after 5 or leave a message at local 5878.

Send your classified ad to
voxair@mts.net

Too many Canadians are taking the expression 'live life large' to an extreme, leading to obesity in both adults and children. Healthy eating and active living: it's the best investment in the future for you and your family. It's that simple.



Know who to turn to



Help prevent type 2 diabetes...
...the healthy "weight"

Diabetics of Canada
Les diabétiques du Canada
For more information, visit www.diabetes.ca

TRENTON BOUND?

Rural home 2000 Sq. Ft. on 2.5 acres seven year old overlooks large pond.

Photo display and info
*www.bytheowner.com/3946656

613-394-6656

TAROSCOPES BY NANCY

- Aries (March 21 - April 19):** You have past experience that enables you to predict what's coming and therefore you can prepare so it won't amount to a crisis. Plan sensibly for all eventualities. You have expertise that ensures you are not taken advantage of, but consult experts if you are unsure of anything.
- Taurus (April 20 - May 20):** You want to immerse yourself in your own work but this leaves you cut off from innovative ideas that result from contact with others. Discussions are stimulating. You enjoy being the authority on a subject so do the groundwork. The more effort you make the better the results.
- Gemini (May 21 - June 21):** New interests are exciting but take a lot of energy. With so much to do, you may not see old friends as much. If someone is jealous or depressed about the fun you're having, they may try and bring you down. Don't take on other people's stuff, no matter what they say to pressure you.
- Cancer (June 22 - July 22):** Sometimes changes in life make you feel sad but these are inevitable with time's passage. Letting go is difficult but it leaves room for joy to enter. You can't change the past but you can stop replaying it. Change the future by being honest with yourself. Do what you love.
- Leo (July 23 - August 22):** Remain removed from the calamities and crisis around you. Wait and see what happens. It's not as bad as you think. Trust others to fend for themselves instead of leaping in to resolve things your own way. Blaming and fault-finding are not constructive - after all, "life happens."
- Virgo (August 23 - September 22):** Don't gamble with your health or wellbeing right now. You can only rely on luck for so long. Stay open to information from others and avoid rigid thinking. You have options even if you can't see them. Though life may feel like a struggle right now - this is a phase that will pass.
- Libra (September 23 - October 23):** Change may feel uncomfortable but it forces you to go after what is really right for you. You may wonder if happiness is possible when you don't know what to expect but trying to control everything all the time is exhausting. Practice this: don't worry about what you can't fix.
- Scorpio (October 24 - November 21):** Eager to experience more joy in life you stretch beyond what you're used to. Day-to-day aspects of life require time so fit these into your new lifestyle and ensure new friends are aware of your responsibilities. Your practical side is attractive too, so don't hide it.
- Sagittarius (November 22 - December 21):** You've gained experience by dealing with difficult people and now it pays off. As you continue to learn how to manage in new and unusual situations you set precedents. Delegating tasks that no longer require your attention allows someone else to learn the ropes.
- Capricorn (December 22 - January 19):** Instead of dwelling on what isn't working, look at how far you have come. Look at the positive. Time is a great healer. Staying upset is optional. This doesn't mean you must forget, but you must move on. Get involved in constructive interests: read, work, exercise, relax.
- Aquarius (January 20 - February 18):** Huge success lies ahead. The feeling of increased confidence is the real reward though kudos are great too. Congratulations for taking a stand and being true to yourself. You'll feel whole, alive, appreciated and respected by others and by yourself as well.
- Pisces (February 19 - March 20):** You can establish a solid foundation for the future if you are willing to risk the difficult discussions. Eliminate self-doubt and uncertainty. Research if you need to, then set up a schedule for healthier living and relating. Learn from a bad situation so you don't repeat it.

FOR APPOINTMENTS CALL 775-8368

mmmm.



MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine
Dine In • Take Out • Catering

Serving since '62
Winnipeg

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



GRAND & TOY
FOR YOUR OFFICE / COMPUTER / FURNITURE NEEDS

Call Charell Oliver
Kama Assistant

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

Email: oliverc@grandtoy.com

GRANT CLEMENTS

CD, FRI, SRES

website: www.buywinnipeghomes.com
 email: clements@buywinnipeghomes.com
kellyandgrant@remax-clements.mb.ca

Toll free: 1-877-778-3388
 Business: (204) 987-9808
 Fax: (204) 987-9844

Re/Max Executives Realty
 3505 Roblin Blvd, Winnipeg, MB R3R 0C6

PROUDLY SERVING OUR MILITARY FAMILIES WITH:

- 26 years of military service
- Complimentary Relocation Package couriered to you within 24 hours
- Personal prospecting web site - get up to the minute listings emailed to you daily
- Thorough knowledge of the Winnipeg and surrounding areas market
- Assisted more than 3,500 buyers and sellers



KELLY CLEMENTS

SRES, CERC



Father and daughter team

- Registered Relocation Specialists
- Seniors' Real Estate Specialists
- Canadian Employee Relocation Council

BUYING OR SELLING...
 MAKE IT A STRESS FREE MOVE WITH THE CLEMENTS

Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2
 PH: 888-7973 FAX: 832-3461

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

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

Kelly P. Land
 Michael J. Law
 Rachel Smith

Almer N. Jacksteit
 Kristine K. Barr
 Alicia B. Sawka

"Our fees conform to the ERS guideline"

A long established law firm conducting a
 general practice for all types of legal work

MINNIE ANN PIERCEY

(204) 987-2121



- Ex Military
- Master Emerald Award Winner
- WREB Award Winner
- Free Decorating Consultation



Up to 1500 Airmiles FREE when
 you buy or sell with me!

1901 Portage Ave
 Winnipeg, Manitoba R3J 0H9

Email: minnieann@escape.ca
 Web: www.winnipeghomes.net

Office: (204) 987-2121
 Cell: (204) 770-4619

MOVING THIS YEAR ?



www.homesinwinnipeg.com



TERIE LANGEN

relocation specialist

Re/Max Executives Realty

3505 Roblin Blvd Wpg mb r3r 0c6



779-7000

terie@homesinwinnipeg.com



My clients have been
 #1 with me since 1973.

carrie.com

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

Call Don now for your Complimentary Package

Toll Free: 1-877-220-4122

Office: (204) 987-2121

E-mail: donc@mts.net



Don Carriere



Trudy M. Johnson, B.A.

Relocation Specialist

30 Years of Professional Success in the
 Winnipeg Real Estate Market

Toll Free 1-877-778-3388

Cell 1-204-981-1529

trudym@mts.net

Re/Max Hall of Fame

"spirited energy"



Serving Winnipeg & Surrounding Areas
 Residential - New Homes - Condos - Relocation - Referrals



Fred Levesque CD
 (204) 777-5555
maximumrealty@shaw.ca



Lee Wren
 (204) 781-4487
leewren@mts.net



Eva Bessas
 (204) 470-3332
ebessas@mts.net



Brendan McGurru
 (204) 799-3022
mcgurru@mts.net



Home Selling TEAM

www.danvermette.com

Service en Francais



255-4204

Proud to Assist Military Families

Relocation Specialist

25 Years Experience
 in the Winnipeg
 Real Estate Market

www.joannegebauer.com

joanne@joannegebauer.com

Toll Free: 1-877-778-3388



Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service

