THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
April 30, 2008 VOLUME 56, ISSUE 8 FREE

The C-17 Globemaster III taxis to 435 Squadron on the runway at 17 Wing.

Photos by Pte Levarre McDonald

Air Force's newest aircraft visits 17 Wing

By Cpl Brenda Gullen

On 11 April 2008, the Air Force's latest addition, the C-17 Globemaster III, arrived at the Wing carrying cargo and allowing members of the community to view and tour the awesome aircraft.

Strong winds did not stop members from the Wartime Pilots' and Observers' Association, Winnipeg area stakeholders, the Province's Special Envoy for Military Affairs, Bonnie Korzeniowski and local media who came to see the arrival of the C-17 and view its capabilities. It is safe to say that all cameras present were working over-time.

The CC-130 Hercules is noted for strong, steadfast ruggedness and performance in adverse conditions while conducting search and rescue operations, medical evacuations and tactical air-to-air refuelling operations. It can carry more than 20,000 lbs of fuel and can transfer 1,000 to 2,000 pounds of fuel per minute during air-to-air refuelling.

The C-17 Globemaster III is noted for being rapid and reliable for strategic and tactical transport of large amounts of troops and equipment, over long distances. Both aircraft can transport combat equipment but only the C-17 can transport oversized combat equipment. In addition, the CC-130 and C-17 aircraft are capable of landing and taking off on unpaved runways. The C-17 Globemaster III only requires three crew members - the pilot, co-pilot and loadmaster; while the CC-130 requires five crew members - the pilot, co-pilot, navigator, flight engineer and loadmaster.

The C-17 Globemaster III will equip 429 "Buffalo" Squadron at 8 Wing Trenton, and the Squadron will be responsible for all its operations and day-to-day maintenance. 429 Squadron was reactivated on 18 July 2007, when LGen Steve Lucas, Chief of Air Staff, presented the colours of 429 Squadron to the Commander of 8 Wing Trenton, Col Mike Hood.

For an aircraft that requires less crew, the C-17 Globemaster III has a lot of room. From the cockpit to the galley, to the seats and cargo area, there is no comparison to the C-130 Hercules. It is like going from a workable home to one that has luxury.

A view of the cargo hold of the C-17 III Globemaster taken during its first visit to Winnipeg.

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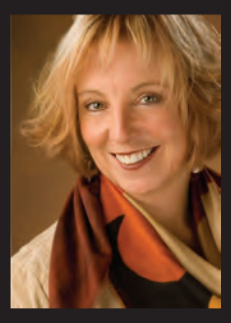

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Classifieds

For sale

For sale due to posting: a dining room table with two leaves and six chairs (one is an armchair), good condition - $250. A metal-framed futon, good condition - $45. A. 10-speed racing bike, good condition (needs air in the tires) - $20. A 1997 BMW 540i V8 auto, dark green with beige leather (premium pkg), 79,500 miles - $10,900. Call local 4209 or 282-1800.

AIRCO - air compressor & brad nailer kit - New, excellent condition, 1.5 HP compressor, 2" brad nailer, 25' x 3/8 " poly air hose. Instruction book included. Asking $125.00 or best offer. Phone 668-5862 after 18:00.

Pet crate/ cage - Brand new, excellent for rabbits, guinea pigs, samll dogs etc. Blue plastic base - 6" high x 24" long x16 " wide with clip on upper white plastic coated wire cage - 9" high x 24 " long x 16" wide. Roof/top lifts up for entry. Asking $75.00 or best offer. Phone 668-5862 after 18:00.

Moving to Greenwood or Shear-water and need an Air Force Mess Kit? I have the jacket, pants, shirt, cummerbund and suspenders for a 6 foot 220 lb man. Excellent condition. Asking $125. Contact Steve at 902-444-0950.

2002 Chevy S-10. 110 K kms, 4.3 L V6, auto, extended cab with 3rd door, AC, AM/FM/CD, rear sliding window, box liner, truck cap with front sliding window, non-smoker. Moving out of the province. Available May 12. Asking $9,900. Call Peter local 6667 or after working hours 888-6664.

1 - 19" Daytek monitors. $30, also a **water dispenser** with small fridge at the bottom. Great working condition, $75 OBO. 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 0900 - 1400hrs.

For sale 1992 Buick Regal. Good condition. Asking $1000 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.

Coming events

Breakfast meeting of the Winnipeg Chapter of the Full Gospel Business Men's Fellowship International, Best Western Charterhouse Hotel, 0900 Sat 03 May. Hear inspiring testimony from Bruce Day, retired police officer. Everyone welcome. $9 per person. Reserve tickets at 475-4207 by Thu 1 May.

Do you have something to sell? Looking for something to buy? Advertise in The Voxair! Email voxair@mts.net today!

Volunteers Needed

1 Cdn Air Div / Kit Shop

We are in need of friendly Kit Shop helpers! Volunteers assist customers with purchases, handle cash, maintain inventory, and arrange and restock shelves. Previous retail experience is helpful, but not necessary. Training is provided. Volunteers must be customer- oriented, willing to work as a team and reliable.

Flexible Shifts

If you are interested or know someone that may be interested in filling a position please contact:

PO2 Donna Pelchat, Kit Shop Manager
Loc 6512

Besoin de bénévoles

Magasin de fourniment de la 1 DAC

Nous avons besoin de bénévoles chaleureux au magasin de fourniment! Les bénévoles aident les clients à effectuer leurs achats, manipulent l'argent, tiennent l'inventaire et organisent et regarnissent les tablettes. L'expérience du travail dans un magasin de détail est utile, mais pas nécessaire. On donne de la formation. Les bénévoles doivent avoir le sens du service à la clientèle, accepter de travailler en équipe et être fiables.

Horaire souple

Si ce travail vous intéresse ou si vous connaissez une personne susceptible d'accepter un poste, veuillez communiquer avec :

M 2 Donna Pelchat, directrice du magasin de fourniment, poste 6512

TAROSCOPES

BY NANCY

Aries (March 21 - April 19): You may be impatient because you're eager to get started on something new, but settle down. First, assess if the time is right. You may be ready but others involved have to be consulted. If you need their help, you'll have to compromise a bit and plan around their schedules.

Taurus (April 20 - May 20): Changes in your attitude are now obvious to others. Your appreciation for yourself translates into confidence. Fine tune your activities to match the new you. You'll be busy but the work is worth it, for time is of the essence. Once the rush is over you will be able to relax.

Gemini (May 21 - June 21): A strong response to conflict is a signal to be noted. Relationships change when you insist on respect from others. Some connections fall away but trial by fire can be a good thing. Situations arise where you must stand up for yourself. Be assertive, not aggressive.

Cancer (June 22 - July 22): You discover how much you appreciate being with those who teach you more about love, life and relationships. Free will comes with responsibility; compromise is important; respect is essential; acceptance of others invaluable. Let people know you care.

Leo (July 23 - August 22): A current struggle has you revisiting the past. Romanticizing things won't help. It may seem like more work than it is worth to deal with things; but, if you don't, someone else will. Your pride won't like that. Self-doubt sets in if others withdraw their support or love.

Virgo (August 23 – September 22): Promote yourself in new ways. Show how much you're capable of. Look at work that excites and interests you. You can find this combination though it may take a bit more education to beat out the competition. Still you'll be happier in the long run – that counts over time.

Libra (September 23 – October 23): Others have taken the time to foster and promote you. You can continue to rely on your connections to go further or you can step back and help someone else. The choice is between personal values and monetary gain. Reflect on your ideals and beliefs before deciding.

Scorpio (October 24 - November 21): After observing others reactions to you, you decide to become more assertive and to change anything that doesn't honor who you really are. Resolve fuels the slow process of change; persistence pays off. Many others have faced challenges and won – you will too.

Sagittarius (November 22 - December 21): Is shyness or reticence holding you back or is it the thought of someone being threatened by your success. Follow your own inner awareness with confidence and others will fall into line. Focus on teamwork to defuse conflicts. Control issues cause problems.

Capricorn (December 22 - January 19): What you believe is possible impacts on the end results. Change is inevitable. Be part of the solution. Make your expectations and needs known. Good things are ahead even though it's a rocky road to get there. Let the promise of reward sustain you.

Aquarius (January 20 - February 18): Your positive attitude helps you see new ways to foster your growth and development. You now believe it's possible to succeed. Facilitate good health by taking care of yourself with diet and exercise. When you do well, treat yourself by going out with friends.

Pisces (February 19 - March 20): You're changing but others may not see it. Consequently, you may find you're gravitating towards a different crowd that is more accepting of the new you. Use your intuition to gage where others are coming from but watch to see if their actions verify it before making commitments.

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Combining military life with comedy

By Brenda Gullen

Heather Witherden and I went for coffee, to do an article on the blending of being a military spouse and having a career. I enjoyed the conversation and found that we had a lot in common– one thing being that our husbands flew together in Shearwater, N.S. on the Sea Kings at 443 Squadron.

Witherden was born in Winnipeg to Florence and Casimir Holigroski and attended Dakota Collegiate, and upon graduation attended the University of Winnipeg. She met her husband, LCol Rick Witherden in 1986, and were married in 1988.

She started her career in comedy in April 2006, the same time her husband became Commanding Officer of 402 Squadron the "City of Winnipeg Squadron."

"The adventure started when I got married and moved around," said Witherden.

Her first posting was to Shearwater, N.S., where her husband was a Sea King instructor pilot and 402 Squadron Pilot Standards Officer.

For Witherden, everything was new. She was newly married, moving away from Winnipeg, for the first time and changing to a new University.

How does a military wife amuse herself while hubby is doing his military duties?

Witherden approached this by keeping a sense of humour and writing a lot of letters to family and friends, which later became emails, chats and blogging. She also became a mom. The Witherdens had their first son, Avery in 1995.

Now with a little one, the Witherdens were on the move again, this time with a year in Toronto for Staff College for LCol Witherden and then back to Winnipeg in 1998. Once settled, the Witherden family grew when they had their twin boys, Harris and Stuart.

Witherden is as energetic as their three sons.

When military life and a career as a comedian is not keeping her busy, Witherden is volunteering for the Linden Meadows School, Winnipeg Military Family Resource Centre and the Winnipeg Comedy Festival.

Witherden said that her dream became a reality by working with the Winnipeg Comedy Festival.

She admits that moving around and having to communicate with family and friends by letters and email helped her become a comedian.

Witherden has opened for Tracey Macdonald, a Canadian comic who spent 17 days entertaining our troops in Afghanistan.

In 2001, her husband retired from the Regular Force and joined the Reserves, which keeps the comedian here in Winnipeg.

During her comedy career, she has been the runner up in the Winnipeg's Funniest Female in 2006 and Winnipeg's Funniest Person with a Day Job; she also has been involved in Just for Laughs local home-grown competition, in 2007. Most recent is her show at the sold out 2008 CBC Winnipeg Comedy Festival.

Heather Witherden performs.

Witherden not only has a great sense of humour but also a big heart; which comes through her fundraisers for charity work like the Canadian Breast Cancer Foundation, Children's Hospital Foundation and Relay for life.

Witherden says everything has a funny side, if we just take the time to see it.

Comedy is a family affair for the Witherdens.

"Having Heather in the comedy game has been therapeutic for us," said LCol Witherden. "You just have to laugh when Type A meets Type B - my behaviour is definitely the source of some of her material. We are always saying that you must maintain a healthy sense of humour in the military so, in my case, I married it."

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Catholic

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Roman Catholic
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Father Gracjan Burkiciak
Roman Catholic
Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

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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
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Office 833-2500 ext 5349

Padre David Stewart
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Office 833-2500 ext 5785

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

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

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(English Only) 0900 hrs

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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
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- Family Separation & Reunion
- Child & Youth Development
- Parenting Support

MFRC Monthly Community Coffee Break

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Resources

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

Other Numbers

MFRC: 833-2500 ext.4500
Emergency Childcare: 935-7733
MFRC Childcare Centre: 837-3653
Youth Centre South: 488-8563
Youth Centre North: 833-2500 Ext 4502
BBB CF Family Consumer Info Line: 989-9019

Military Families: Strength Behind The Uniform

MFRC volunteers rock!

Volunteers play an integral role in the day-to-day and special events operations at the Winnipeg Military Family Resource Centre. We are very proud of all the work that you do, and always happy to show our appreciation for all of your efforts.
National Volunteer Week (NVW) pays tribute to the millions of Canadian volunteers who donate their time and energy. It takes place this year from April 27 to May 3. At the MFRC we are planning several events to honour you, our volunteers, during that week.

Monday, April 28, 2008
Good Morning Kick-Off!
Join us at the MFRC for a coffee party to celebrate the beginning of Volunteer Week. We will have coffee, tea, juice, and sweets from 9 to 11 AM. This is a chance to meet staff and other volunteers that you may not know yet.

Tuesday, April 29, 2008
Let's Rock!
Get in touch with your inner wild side and take a sample Hip Hop Class (all fun, I promise!) Then find out what all the excitement is about by trying your hand at the video games Guitar Hero and Rock Band. It all takes place at the Wing Theatre, starting at 7 PM.

Wednesday, April 30, 2008
Gems, the best Rocks of all!
Spend an afternoon in touch with your creative side. We will have some rocky gems for you to use to make a piece of jewelry or another craft. Join us at 2 p.m. in the multipurpose room at the MFRC.

Thursday, May 1, 2008
MFRC Coffee Break
This month's Coffee Break will be dedicated to our MFRC Volunteers. Come out for some fabulous food, and meet members of our Wing and community, as well as other volunteers. The Coffee Break runs from 10 to 11 AM in the multipurpose room at the MFRC. This is always a well-attend event, so plan to come early!

Friday, May 2, 2008
Relax!
After a busy, activity-filled week, take time to be pampered. Come out to the MFRC to get your massage from students of the Wellington College of Massage Therapists. Please RSVP early to guarantee a spot for this wonderful experience.

There you have it! A week planned just for you, our valued volunteers! Please mark your calendars, and plan to attend as many events as you wish. If you can let me know ahead of time that would be helpful for planning purposes. I look forward to celebrating this week with you!

Kids in the Kitchen

Does your child like to cook? If yes, then, Kids in the Kitchen is the program for them. Kids in the Kitchen teaches children the joy of cooking in a safe, fun atmosphere. Program starts Saturday May 10 from 10 am - 12:30 p.m. and continues for six weeks. There is a $25 fee for this program to offset the cost of supplies. Recommended age for this program is 6 – 12 years. Pre-registration is required.

Kidventures

Come explore with us! Kidventures is a weekly theme camp for children in elementary school. (Up to 12 years of age) Each week the campers will explore different themes, like nature, sports, science, and history. A weekly field trip is included in the camp fees. Registration begins 7:30 pm on May 7 at the MFRC. Registration packages are now available at the MFRC or by calling the Youth & Adult Program Coordinator at 4508.

Summer Employment

MFRC Youth Programs is currently hiring for summer programs. Positions are available at Kidventures and the Youth Drop-in Centres. Application packages are available at the Centre and by calling the Youth & Adult Program Coordinator at 4508. Application deadline is May 16.
Fort Whyte Alive – June 14 10:00 – 2:00

Youth & Teen Special Event

Winnipeg Goldeyes Game – May 18 1:30 – 4:30 (approx)
Come out with us and watch the Goldeyes take on the Kansas City T-Bones. The afternoon promises to be tons of fun. Cost is $5.00 per person. We will be traveling by city bus to this event.

Show & Save Book

The MFRC Youth Programs is selling the spring edition of the Show & Save book. This book offers 2 for 1 discounts to many Winnipeg businesses. Whether you are looking for fast food, casual or fine dining, golf, entertainment or services, the Show & Save book will help you save money. Purchase one today for only $15. Books are available at 102 Comet Street.

Family Special Event

The Winnipeg Children's Festival is one of the best children's festivals in Canada. There are concerts, story telling, and art and craft activities. Bring your family and enjoy the day. There is something to do for everyone, young and old. We will be attending the festival on Friday, June 6. Cost $5 per person. Children under 2 are free. There are only a limited number of discounted tickets available. Sign up early.

Deployment Get Together

Uplifting Laughter Tuesday May 6 at Minto Armoury –6:30 pm
Presenting a laughter session called Uplifting Laughter given by Dorian Guerard and her daughter Jennifer Leslie who are Certified Laughter Leaders. The benefits you will leave with after the session are: Good-hearted living prevents Hardening of the Attitudes, relieves stress, depression, anger and anxiety, improves enthusiasm, reduces loneliness, increases self-confidence and improves health & healing. This presentation was given to a packed house at the Warrant Officers & Sergeants Mess on International Women's Day, and the comments were very positive after the presentation. Laugh a little each day, it's better than chicken soup. At least that's what the chickens say! If you are interested please register for this event by calling 833-2500 Ext 4500.

Tips on how to help children cope while a parent is deployed

A deployment can be emotionally challenging for those left behind, especially children.
Although children's reactions will vary with their personalities, ages, and coping skills, changes as dramatic as deployments will normally be puzzling to all children.
Parents wonder how the separation will affect their children and what their roles as parents will be in assisting children through this time.
Common concerns for parents are: Will the children remember the deployed parent? How will the children cope with the separation? Separation from a parent is stressful for a child. We need to expect reactions to that stress. Those reactions will differ among children.

Ideas for the parent at home:
- Try to keep household routine/rules the same
- Resist saying, "Wait till your father/mother hears about this!"
- Help children keep track of time by using a calendar, paper chain, jelly beans in a jar, etc.
- Encourage child to send their own letters, e-mails, pictures, etc
- Tape conversations with children as they arrive home from school or while eating dinner
- Encourage children to express feelings of anger safely
- Talk about the deployed parent in daily conversation – think of ways to keep the connection with him/her
- Let your children know that it's okay to be sad, but teach them how to recover and move on

The Manitoba Marathon challenge is on

By Cpl Brenda Gullen

During the Wing Commander's Healthy Breakfast at the Officers' Mess on 08 April 2008, Col Howden, 17 WComd, put out the challenge for everyone to participate in this year's Manitoba Marathon on 15 June.

Joining Col Howden in the full marathon will be LCol Witherden, Commanding Officer of 402 Squadron. The 17 Wing Chief Warrant Officer, Chief Warrant Officer Wallace and LCol Shyiak, Commandant of 3 Canadian Forces Flying Training School, will compete in the half-marathon.

Col Howden thinks of the Manitoba Marathon as a Soldier On project and, in keeping to his word at the change of command parade, he will participate in the marathon with Chief Warrant Officer Wallace.

CF Soldier On is symbolic of the men and women of the Canadian Forces. In essence, it is the spirit of heroic inner perseverance and courage of the sailors, soldiers, airmen and airwomen of the CF combined with the physical motion of marching forward, onward and upward toward the success of any given mission.

The Manitoba Marathon is a healthy way to start off Father's Day and offers something for everyone.

Here is the breakdown of the marathon:

1) The Mini Mites - Fun Run starts at 06:30 hours;

2) Wheelchair Marathon, Half Marathon and VIP's starts at 06:55 hours;

3) Intrepid Dezine - Half Marathon (13.1 miles) starts at 07:00 hours;

4) Manitoba Lotteries - Full Marathon (26.2 miles) starts at 07:00 hours;

5) Toyota Never Quit - Marathon Relay starts at 07:10 hours;

6) Great West Life - 2.6 mile Super Run starts at 07:15, 07:17, 07:19 and 07:21 hours; and

7) Free Press - 10km walk starts at 07:23 hours.

Whether you are an experienced marathoner, a novice runner or a walker there is a marathon for you.

For more information about the marathon and how to register please go to www.manitobamarathon.mb.ca.

Intersection curling champions

Congratulations to the PSP F&S curling team who defeated RCSU 6-3 to be crowned the 2007-08 I/S curling champions. The PSP team finished in third place after round robin play and then swept all competitors aside in the playoffs to be declared the I/S curling champions. PSP team members are, from left, MCpl Cory Blanchard, Cpl Ed Lamarche, Rick Phillips and MCpl Don Cormier. Thanks to all the teams that competed in the I/S Curling program this year and look forward to having everyone back next year to take on the defending champions.

Staging could bring more money

Yes, the real estate market is hot right now, but that doesn't mean it isn't worth it to spruce up your home.

Staged homes sell for six per cent more, on average, than homes that have not been staged. On a $300,000 home, that's $18,000 that would have been left on the table.

If you would like to maximize the offers on your home, here are a few tips to start you out.

As the snow has mostly melted, homeowners need to look outdoors to ensure the exterior looks as good as the interior of their home.

Start with the front door. It is crucial to impress the potential buyer here.

Scrub your door and anything around it until it sparkles.

Freshen up with a coat of paint. Clean your lights, inside and out – the last thing you want is for a spider to be hanging around.

If your mailbox can be cleaned to new condition – great. If not, replace it. Purchase a fresh welcome mat.

Lastly, fill planters with some color to greet your potential buyers. In the drab surroundings of early spring, your house will stand out with luscious color.

Outdoor rooms are quickly becoming the new trend in homes.

Buyers will pay a premium for additional living space… even outside. Jennifer Doering-Keiver of Creating Impressions Home Staging & Redesign, recommends creating a focal point in your backyard.

Set out your outdoor furniture and cushions with the gazebo.

Add some pretty outdoor entertaining dinnerware and some flowers.

If your furniture has seen better days, you should purchase, or rent from a stager, a bistro set or bench and create your own cozy corner with decorative iron trellis' to add height and a little privacy.

A cushion or throw could finish off the look of an al fresco spot to enjoy a morning coffee or read a book in the sunshine.

If you are going to invest your time or money in anything this spring, it should be on cleaning your windows.

They are a selling feature in every room and can be seen from the inside and out.

They will make your house brighter and will show your house as newer and well-maintained.

Of course, although the exterior is important, the interior of your home needs to reflect the same care and attention to detail as the outside if you are looking to maximize the price on your home.

As the single largest investment for most people, you only get a few chances in your lifetime to earn much more green on the sale of your property.

For more information on preparing your home for sale or rejuvenating your home anytime, please contact Creating Impressions at 996-3180 or visit www.creatingimpressions.ca.

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MDA has launched a major initiative to become Canada's leader in operational, Unmanned Aerial Vehicles (UAVs). To support this initiative we are looking for recently-retired Air Force personnel to fill the following positions:

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• Pilots

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MDA is one of Canada's largest systems engineering companies, developers of advanced information system solutions for space, land, and maritime applications. As Canada's ISR Company, MDA has delivered a number of large operational intelligence, surveillance, and reconnaissance (ISR) solutions to defence departments in Canada, and to government customers around the world.

UAVs are a key component to MDA's layered ISR strategy, leveraging our current RADARSAT-2 and CP-140 Imaging Radar projects, and our ability to fuse multi-source data into DND systems.

For more information and to apply, visit:
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1 Cdn Air Div/CANR honours and awards ceremony

On April 10, 2008, Acting 1 Cdn Air Div/CANR Commander, BGen Yvan Blondin presented the 1 Cdn Air Div/CANR Commander's honours and awards.

Photos: Cpl Colin Aiken

Capt M.B. Krak receives the General Campaign star.

WO A.R. Guy receives his Canadian Forces Decoration Third Clasp.

Capt C.A. Coombs receives her Canadian Forces Decoration Second Clasp.

Capt J.F. Locke receives his Canadian Forces Decoration Second Clasp.

CWO G.D. Alex receives his Canadian Forces Decoration Second Clasp.

CWO M.P.C. Fortin receives her Canadian Forces Decoration Second Clasp.

Maj C.A. Hope receives his Canadian Forces Decoration First Clasp.

Maj N.F. Lisney receives his Canadian Forces Decoration First Clasp.

Maj M. Zimmer receives his Canadian Forces Decoration First Clasp.

Capt E.J. Miller receives her Canadian Forces Decoration First Clasp.

MWO D.G. Fleet receives his Canadian Forces Decoration First Clasp.

WO A.L. Temple receives her Canadian Forces Decoration First Clasp.

Sgt C.M.Y. McDermid receives her Canadian Forces Decoration First Clasp.

Maj L. Baspaly receives her Canadian Forces Decoration.

Ray Clement receives a 25 year Long Service Award.

Richard Hurley receives a 25 year Long Service Award.

Laura Letkeman receives a 25 year Long Service Award.

Cheri Robin receives a 15 Year Long Service Award. She also received a Commander's Commendation.

2Lt J. Finateri receives her Commissioning Scroll.

CWO D.A. Heath receives his CWO Scroll.

Maj V.P. Wawryk receives the Commander's Commendation.

Maj M.G. Wuennenberg receives the Commander's Commendation.

Maj R.K. Bird receives a 28 years Certificate of Service. He also received the Director of Flight Safety Award.

NORAD 50th anniversary celebration

Friday, May 30
10 to 11 a.m.
Manitoba Legislative Building, south grounds

1 Canadian Air Division/Canadian NORAD Region Headquarters invites all members of the public to view a military parade and dramatic fly-past by the legendary Snowbirds Demonstration Team and two CF-18 Hornets (also from the National Demonstration Team) in recognition of the 50th anniversary of NORAD. The Air Command Band will also perform.
For more information about 50th anniversary events, visit http://www.norad.mil/50/

Community Recreation

Summer Sport Camp

Registration begins on Monday, April 28. Register soon- space is limited.

The 2008 Summer Sport Camp Guide and Registration form is available for pick up at the front desk in Building 90. The camp guide is also available on the DIN or at www.pspwinnipeg.ca.

Spring Session evening fitness classes

Monday	*Tuesday*	*Wednesday*	*Thursday*	*Friday*
	Aquafit 1745-1830		Aquafit 1745-1830	
	Sculpt & Tone 1800-1900	Full Body Bootcamp 1800-1900	Yoga 1800-1900	

Contact us:

Fitness and Recreation Center, Building 90, 680 Wihuri Rd.
Gym Facility Monitors/ General Information: 833-2500 ext 5139
Office Hours: Monday to Friday 0730 - 1200 hrs and 1300 - 1600 hrs

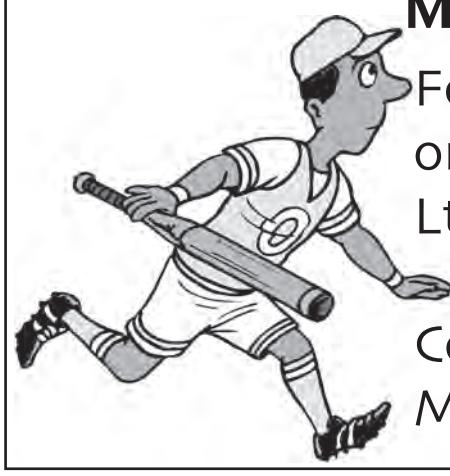
Community Recreation Director, Lori-Ann Mundt, ext 2059
Community Recreation Assistant, Daniel Gerson, ext 2057
Recreation Services, Ann Gibson, ext 5976
Aquatic Supervisor, Bri Fay, ext 7013
Community Library, ext 2490

Sports & Fitness

WANTED:

Players for 17 Wing winnipeg

MEN'S SLO-PITCH

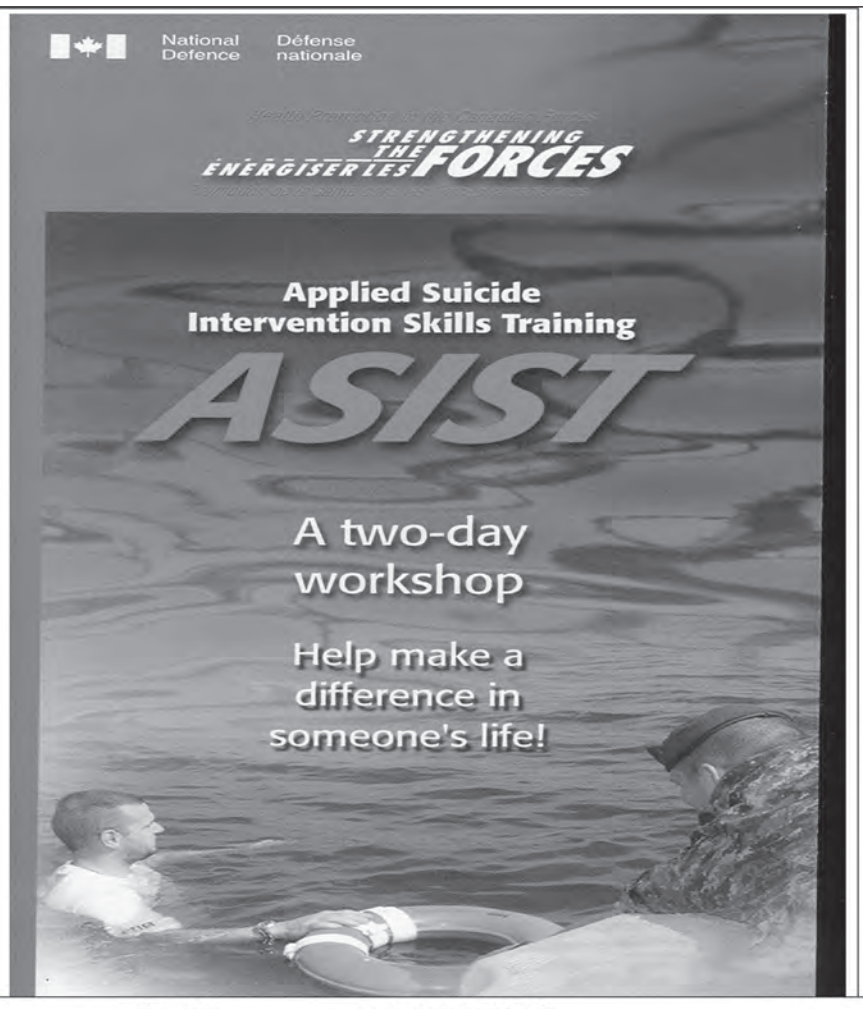


For more information, or to sign up, contact Lt Ryan Weavers at local 2384 or Sports Coordinator Chris Merrithew at local 5511

Players needed for 17 Wing Women's Slo-Pitch

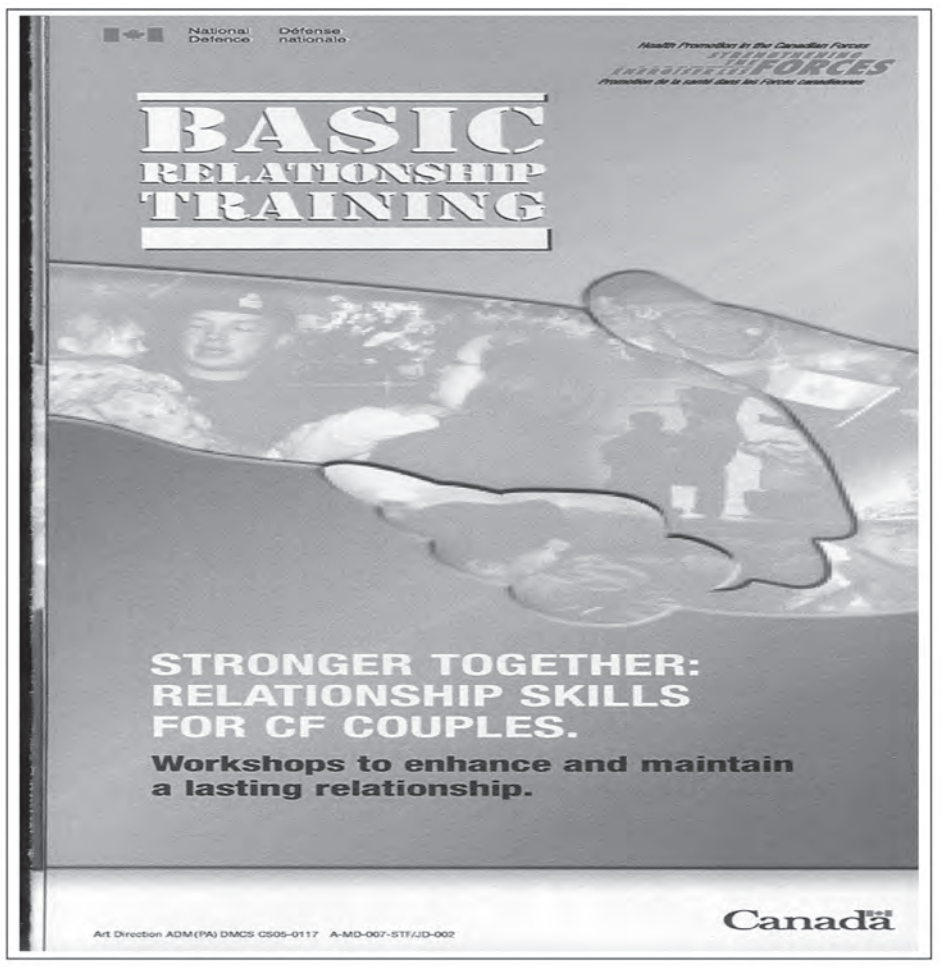
For more information, or to sign up, contact Sports Coordinator Chris Merrithew at 5111 or Sgt Joanne White at White.JE2@forces.gc.ca

Health Promotion



DATE: 1 & 2 MAY 08
TIME: 0800 – 1600 HRS
LOCATION: BLDG. #135, ROOM #132

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



DATE & TIME: 24 MAY 0900 - 1630 HRS / 27 May 1830 – 2030 HRS / 3 JUNE 1830 - 2030 HRS
(PARTICIPANTS MUST ATTEND ALL THREE SESSIONS.)

LOCATION: LEARNING & CAREER CENTRE, BLDG #135

FOR ADDITIONAL INFO AND TO REGISTER CONTACT HEALTH PROMOTION @ 4150 OR 4160

HQ&S Company on the ground in Afghanistan

By Corporal John Hobart
Signals Platoon

By the beginning of the second week of March 2008, all of Signals Platoon (Sig Pl), of the 2nd Battalion Princess Patricia's Canadian Light Infantry Battle Group (2 PPCLI BG), had feet on the ground.

Most will say that the first thing they noticed as they exited the new C17 Globemaster III or the old die hard C130 Hercules onto the tarmac of Kandahar Airfield (KAF) and walked towards the worn out buses that would take us to our 'Welcome to Afghanistan' brief, was the smell.

Ignored were the three rocky peaks of Zaker Ghar Janubi, Zaker Ghar Shomali, and De Shurandam Ghar almost hidden in the darkness or the skinny pine trees with long feathery needles that you couldn't tell if they were just dusty looking from the blowing sand or if that was just their colour. No, all we noticed was it smelled and we all wanted to go to bed.

Sig Pl was spared the experience of living out of the Big Ass Tents (BATs); instead we crammed as much kit and as many people as we could into our temporary rooms until the troops we were relieving made space for us.

The first few days of work were fast and furious. Troops clambered in and out of Bisons checking them top to bottom and loading them up in case they had to be deployed outside the wire. Others were immediately loaded onto Chinook Helicopters and airlifted out to Forward Operating Base (FOB) Ma'Sum Ghar to man the Radio Rebroadcast (RRB) station.

We all soon got the swing of things and began to become acquainted with the uniqueness of living at KAF. The cultural influences of a dozen coalition nations as well as Afghanistan have formed KAF into one of those places unlike any other place on earth.

Four Dining Facilities (DFACs) spread out across the camp, all run by the same company, serve Mediterranean, North American, and two serve European cuisine respectively.

The food is good, if plain, and the only real down side of these DFACs is that you seem to have to get into five lines to get everything you want. Other things like curry ketchup and steak and kidney pie take a little getting used to.

A big highlight near the end of the month was when several bands headlined by Blue Rodeo, a group of ex-NHL players, and the Stanley Cup came to Kandahar.

Anyone that wanted to could line up and get their picture taken with the Cup. Though the most desired pose, holding the Cup over your head, was outright not allowed and several soldiers were given angry looks from the guys escorting the Cup when they attempted it.

The hockey players held tryouts for Team Canada (Afghanistan) that would play several games of ball hockey against, among others, Team USA (who we triumphed over). After the games, when the sun had finally set and it started getting cool out, Blue Rodeo and the other bands would play several concerts at the Boardwalk and Canada House.

Many challenges still await us before we return to Canada, the steadily climbing temperature among them, but we all remain in good spirits and are eager to press on.

MCpl Bruno Turcotte / Cpl Jean-Simon Duchesne, JTF-Afg Roto 4

The first few days of work were fast and furious for Sig Pl with some members immediately loaded onto Chinook Helicopters and airlifted out to FOB Ma'Sum Ghar.

Very Canadian: Troops had the chance to play road hockey and then go to a Blue Rodeo concert.

A view of the mountains near Kandahar Airfield.

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Fort Garry Horse Engineers' training a blast

By Cpl Bill Gomm

"Going live is a great experience," said Pte Nicholas Curry of the Queen's Own Cameron Highlanders of Canada. "It's good to focus on training that will be good for your career."

Soldiers from The Fort Garry Horse Engineers and other Winnipeg based units fired the C19 Command Detonated Defensive Weapons System at the Shilo demolition range 29 March 2008.

The C19 is an electrically fired defensive weapon system that can easily be set up by a soldier. It's primarily used in ambushes and in all defence phases of combat.

The role of the C19 is to provide ground forces with a supplementary short-range weapon capable of inflicting casualties on personnel or soft-skinned vehicles.

All the soldiers who took part in the range went through the Tests of Elemental Training (TsOET) using practice versions of the C19.

With snow still on the ground and over cast skies the training soon got underway, but with a winter storm warning in the forecast everyone hoped the range would be over before the snow fell.

As the last few soldiers detonated their C19's the snow started to fly.

"Despite the weather the training is going well,' said 2Lt David Tuan. "We haven't any duds."

Training and using the C19 is just one of the many demolition skills engineers use.

"We do a lot of demolitions using C4 and Bangalore torpedoes and we try to practice as often as we can," he said.

For these engineers the next big training event will be Exercise PRAIRIE DEFENDER in Dundurn 26 April to 2 May.

Pte Joe Harder lies down to sight the C19 Command Detonated Defensive Weapons System. Pte Harder is with The Fort Garry Horse.

Photos: Cpl Bill Gomm

Pte Nicholas Curry checks the firing wire assembly for the C19 (Practice) Command Detonated Defensive Weapons System. Pte Curry is with The Queen's Own Cameron Highlanders of Canada.

Pte Harder prepares the M57 Firing Device for the C19 Command Detonated Defensive Weapons System under the watchful eye of Cpl David Szczerski, who is one of the Acting Ranges Safety Officers.

Pte Harder grounds his hand on the ground prior to removing the electrical igniter from beneath the sandbag and attaching it to the C19 Command Detonated Defensive Weapons System.

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Teamwork and personal success go together

By Kiera Fogg

"Don't look back – just keep moving forward!" "Come on, double time!"

These words of encouragement were just some of what were said as 28 military students participated in their first round of winter warfare training on Friday, February 22, 2008, at the St. Charles Rifle Range.

Exhausted from the week of exercises and the mere four hours of sleep they had the night before on a snow floor, these men and women proved that teamwork and a positive attitude are keys to success in the most challenging situations.

One of the challenges was a snowshoe race that took the soldiers through a 400 metre loop of two to four feet deep snow.

Coming off a race, the out of breath Cpl Rene Perron, 25, said, "It helps a lot to have your teammates cheer you on. You don't want to let them down… it's all about respect."

It was obvious that Cpl Perron's attitude was shared by others when shortly after, one team member comfortingly put his arm on another teammate's back as he struggled to catch his breath after a race.

This was an unexpected sight considering that according to the course officer, Capt Richard Desjardins, "Yelling is motivation."

But the display of concern is no sign of weakness. MCpl Kaitlyn McManus, 23, a medic and a history major at the University of Manitoba, said that when things get tough, you "suck it up and deal." She explained that when working as a team, there is no room for soldiers to think only about themselves.

But it's not just about taking orders and doing what you're told either. Capt Desjardins explained that soldiers are also taught to be individuals.

He said that the soldiers have orders and missions, and they are expected to think for themselves if necessary when achieving a mission.

"There are guys in here with master's degrees. Why make them robots," said Capt Desjardins.

The quality of people involved was evident when talking to Cpl Joe Dyck, 19, who maintains a 4.2 grade point average by going to school in the mornings and completing homework by noon.

Cpl Dyck, who is studying criminal justice at the University of Manitoba to become a police officer, said that he hopes to be deployed to Afghanistan.

"I just believe in the things they are doing over there… building infrastructure and helping the country get on its feet," said Cpl Dyck, who also said that the military is everything he hoped it would be.

Pte Nathan Goertzen, 28, was just as enthusiastic. "You find out who you really are and you learn to push yourself," said Pte Goertzen.

Such confidence building exercises help to push these soldiers past the biggest barrier of all, which according to Capt Desjardins is the mental block.

"Winter warfare training makes them realize that they can do more than they think, including surviving -100 degree temperatures when touring places like the Arctic," said Capt Desjardins.

First Top Performer award given

By TSgt James Landers

The 1 Canadian Air Division honoured one of its own April 21, 2008 with the presentation of the Top Performer award for the Combined Aerospace Operations Center.

The Top Performer Program was created to recognize all members working in the AOC –NCM, officer and entire crews for superior or outstanding performance.

The first recipient of this newly created award program is MCpl Eric Blouin, a six-year veteran of the Canadian Forces and a Montreal native, who demonstrated exceptional skill and devotion to duty during the first quarter of 2008.

Arriving in Winnipeg in 2007 from CFB Bagotville, he immediately immersed himself into the mission of the AOC.

Not content with status-quo, he accepted all challenges and looked for ways to improve job performance.

It was this dedicated work ethic that would see MCpl Blouin recognized over five peer NCM's for this award.

He was evaluated on his consistent top-notch performance as a Duty Watch Technician, for his involvement in the local community where he raised thousands of dollars for charity programs and for outstanding technical support to visiting senior NORAD Command Chiefs.

By displaying this type of drive and enthusiasm so early on in his career, this can only be the first of many such awards and honours for a truly superior member of the Canadian Forces.

Cpl Colin Aitken

LCol Anthony Higuera, the Chrisis Action Team Director of Operations, presents CFACC Combined Air Operations Centre Top Performer of the Quarter award to MCpl Eric Blouin at the Atrium in 1 Canadian Air Division.

Cpl Simon Duchesne, KPRT Photographer

On Patrol

Cpl Jason Hennessy from the Kandahar Provincial Reconstruction Team (KPRT), speaks with Kandahar City kids during a patrol.

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Joint Task Force 2 set to launch new recruiting drive

Submitted by JTF2

Joint Task Force 2 (JTF 2), the Canadian Forces Special Operations Forces counter terrorism unit will launch its 2008 recruiting drive at CFB Winnipeg June 3 at building 135 room 111 at 1330.

JTF 2 annually recruits serving members from across the CF adding to its operationally focused rank and file.

The recruiting process is competitive and challenging, with the selection process identifying those individuals who can best fill positions as an assaulter, coxswain or specialist/supporter.

JTF 2's mission is to provide a force capable of rendering armed assistance in the resolution of an issue that is, or has the potential of, affecting the national interest. The primary focus is counter-terrorism; however, the unit can expect to be employed on other high value tasks.

JTF 2 is among the world's finest Special Operations units.

Unit members have and are prepared to conduct worldwide operations in direct support of Canadian national security interests.

In the 15 years since the unit's inception JTF 2 has earned a proud reputation for excellence among our allies and coalition partners.

JTF 2 is part of the larger Canadian Special Operations Forces Command, which includes the Canadian Special Operations Regiment (CSOR), the Canadian Joint Immediate Reaction Unit (CJIRU) and 427 Special Operations Aviation Squadron (SOAS).

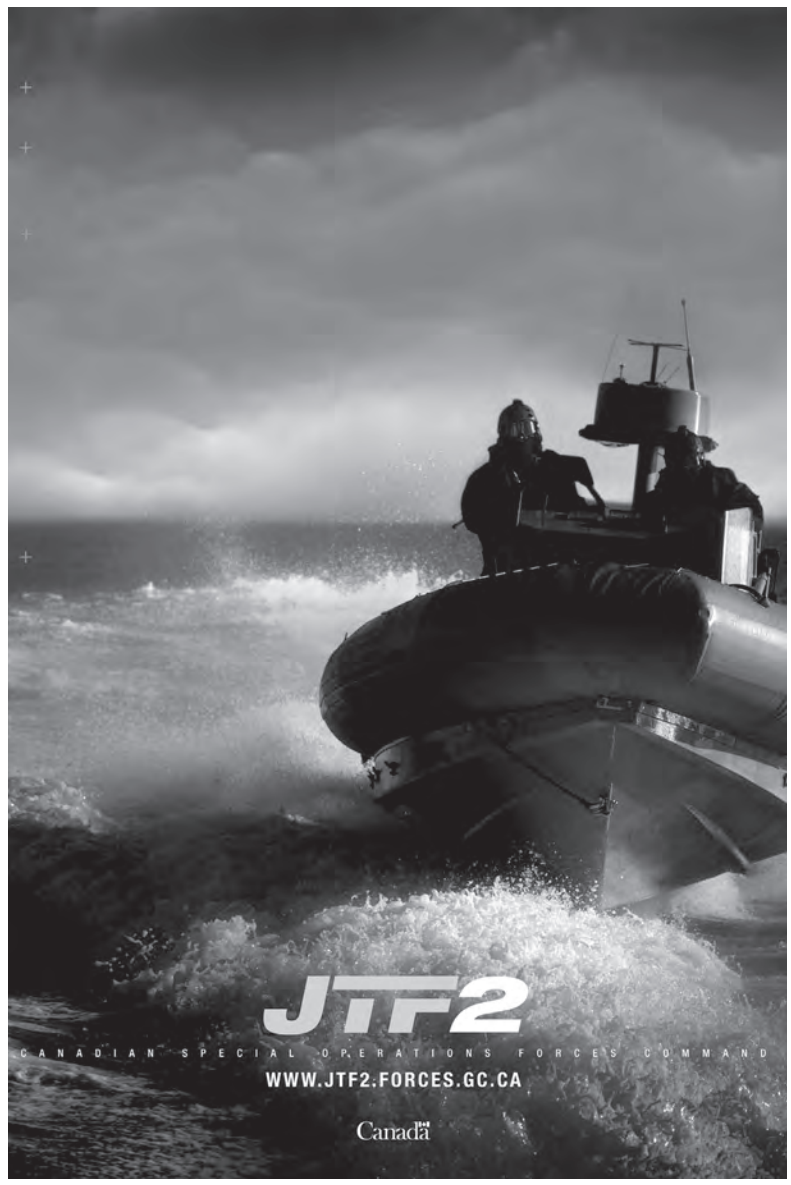
While each unit has its respective recruiting processes all are dedicated to the recruitment, selection, training and deployment of highly motivated and operationally focused members.

As CANSOFCOM grows so do the opportunities to join a part of the CF that commands respect around the world and to work with like-minded people ruthlessly focused on the mission to safe guard Canadians from current and future threats.

Recruiting sessions will be held at bases across Canada with dates, times and location available online at www.JTF2.forces.gc.ca.

Representation and information for the other units within CANSOFCOM will also be available at each session.

For further information, call the JTF2 recruiters today, or visit the JTF2 website and download an application form, phone recruiting personnel at 1-800-959-9188, or visit www.JTF2.forces.gc.ca.



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MLA comments on Air Force 101

Private Member's Statement
Doug Martindale, MLA, Burrows
Air Force 101

Mr. Speaker, when Canadians think about the Air Force and NORAD, places like Cold Lake and North Bay often come to mind. I was pleased to be part of a delegation of 10 elected officials, including the MLAs for St. James and Minto, who attended Air Force 101, an awareness seminar organized by the 1 Canadian Air Division and Canadian NORAD Region Headquarters located in St. James. The day's activities showcased the important role that Manitoba plays in Canada's Air Force.

We were given excellent presentations by Colonel Scott Howden, Major General Marcel Duval and Captain Brian Morrissette about the connection between our Air Servicemen and women and the communities that they live in. The Air Force plays an important role both economically and socially in Manitoba.

The Air Force put on a search and rescue parachuting demonstration for us. Watching the highly trained and incredibly professional Air Force soldiers co-ordinate a search and rescue drill was truly impressive. It reminded us that come wind, rain or snow, our Air Force is ready to offer a helping hand to Manitobans in need. We flew in the hold of a Hercules aircraft to Portage la Prairie where we were given a tour of Manitoba's cutting edge flight training facilities at Southport Aerospace Centre.

This very modern site is essential to the training of Air Force pilots and is easily one of the best in the world. Many of us were able to try our hand/eye co-ordination on the helicopter and jet flight simulators. On the return flight, I flew on the flight deck, which was fascinating.

Mr. Speaker, I'd like to thank organizer Colonel Scott Howden and all the presenters of Air Force 101. Learning about the many roles of Canadian Armed Forces personnel at 17 Wing was an interesting and educational experience for which we thank them.

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THE VOXAIR

Québec: 400th anniversary stamp

By Alf Brooks

On May 16 Canada Post issues a stamp to mark this anniversary, the establishment of the Habitation that became the principal town of New France. The stamp pictures Samuel de Champlain's ship and natives in canoes, with the heights upon which a fortress was later established in the background. The name Québec comes from the Algonquin, "the place where the river narrows."

France Post will issue a similar stamp.

3 CFFTS has undergone many changes over the years

Feature unit

By Capt Ray Grenkow
3 CFFTS UIO

It had been a while since I was in Manitoba; 15 years to be exact. During the long hiatus away from Manitoba, many changes have occurred. The one change, which affected the Air Force, was the closure of CFB Portage la Prairie, allowing 3 Canadian Forces Flying Training School (3 CFFTS) to be taken over by a civilian contract company, sort of.

During my in-clearance at 3 CFFTS, there were a few things that required me to go to 17 Wing to complete. While at an office doing my in-clearance, the clerk who was helping me asked where I had been posted in from and what I was going to be doing. I said that I was posted to the flying training school in Portage. The clerk replied, "I didn't know there was a flying training school here. So…where on Portage [Avenue] is the school?"

I thought, "Here is someone who has Perimeteritis." I heard about people like this but did not believe they were still around. I would like to pass on what it is that the flying school in Portage la Prairie is all about, and to update those who were once there on the changes that have occurred in the last few years.

The closing of the base did not stop the training of CF pilots, and 3 CFFTS did not move to a new base or airport. What did change was that the military no longer provided direct logistic and maintenance support.

The Basic Helicopter School (BHS) continued to use the venerable Jet Ranger. Some new aircraft were purchased for the new era of training. The Slingsby was purchased to replace the aging Musketeer II, and a new school was developed to bridge the gap between graduating on the Tutor and starting the multi engine Operational Training Units (OTU). The Multi-Engine School (MES) was started in 1991 with the Beech King Air 90 aircraft.

3 CFFTS is the beginning and the end for almost all the pilots in the CF. Young aspiring would-be pilots are moulded into wings graduated pilots. The school has, once again, gone through many changes in the last few years. Bombardier is no longer the contractor for supporting the military flying training. Allied Wings won the twenty-year contract and will soon be using modern aircraft and simulators which they have acquired to take CF pilot training well into the Twenty First Century. The Bell 206 Jet Ranger III continues it history with the school. The Slingby has been replaced by the Grob 120A, the King Air has been replaced with a newer version, and the Bell 412 was purchased to enhance the Basic Helicopter course by providing an advanced flying training platform for the helicopter students.

A Bell 412 and King Air 90 in Hangar 2 for maintenance.

There has been some recent reconstruction in Southport. Hangars 1 and 2 were demolished and rebuilt into modern facilities. Hangar 3 was torn down this past winter and a new hangar will be rebuilt to accommodate the growing fleet of training aircraft.

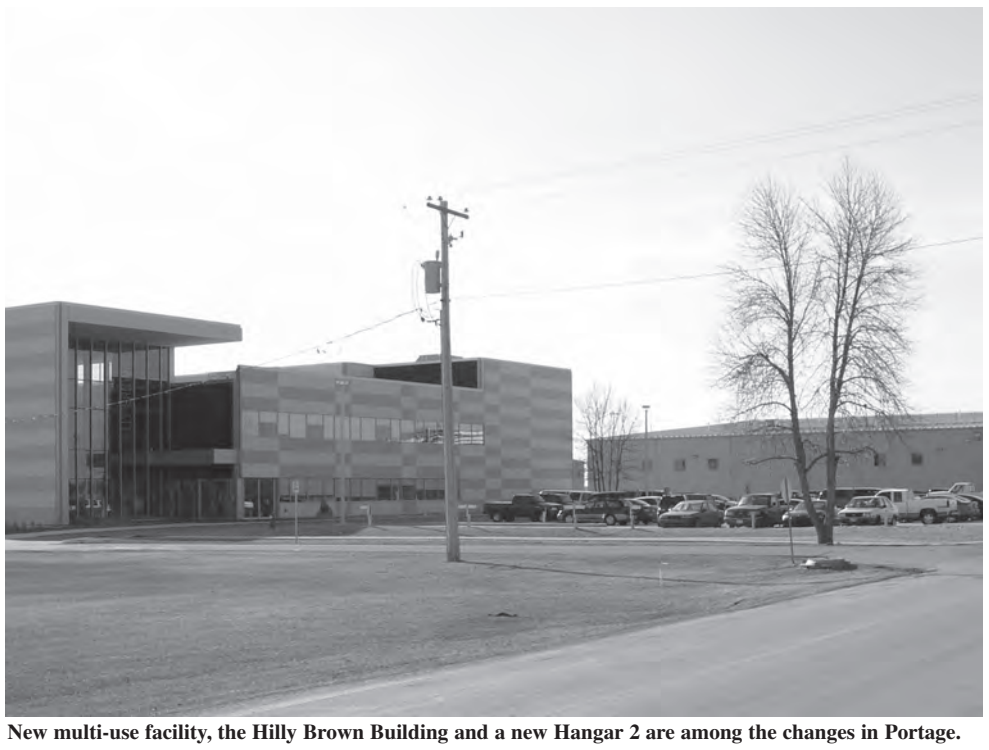
There are 45 pilots and support staff who work hard at 3 CFFTS to ensure the students meet their graduation dates. Most of the staff live in the RM of Portage la Prairie, and do venture out to Winnipeg to enjoy what the Big City has to offer; however, Portage has developed a respectable shopping venue so fewer trips to Winnipeg are needed.

There are many staff members who rely on the support of 17 Wing; when required, they go to Winnipeg to conduct their business with the Wing. The trip takes one hour from Southport to 17 Wing. Almost as much time as it takes to drive from St Vital to Kildonan but there is only one traffic light.

Students at 3 CFFTS have been strong supporters of the Portage la Prairie community. They have been volunteering in the local soup kitchen, and recently the students of the Small Group Evaluation (SGE) helicopter course organized a curling Bonspiel to raise money for the local Air Cadet Squadron. As a result, the cadets were able to travel to the University of North Dakota and tour the John D. Odegard School of Aerospace Sciences.

So, the next time you are looking for something to do on the weekend, come out to Portage la Prairie and spend some time at Crescent Island Water Park, and travel 5 km south to Southport to have a look around.

You will see that many changes have occurred, but there are still some of the old buildings; and of course, the runways are still there.


New multi-use facility, the Hilly Brown Building and a new Hangar 2 are among the changes in Portage.

Museum seeks artifacts

The Office of Air Force Heritage and History, within 1 Canadian Air Division/Canadian NORAD Region Headquarters, is creating a new Air Force Heritage Museum display with the theme: the two Gulf Wars and Kosovo.

If you have any related artifacts, and are willing to loan or donate them to the Museum for the display, please contact Sgt Patricia McNorgan at (204) 833-2500 or McNorgan.P@forces.gc.ca Credit will be noted in the display.

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Mature Student Diploma update

WPSO Corner

By LT(N) Amy Campbell, WGrdTrgO

The Mature Student Diploma program at 17 Wing is well underway.

Several military and civilian personnel have been coming to meet with the staff from the McLeod Adult Learning Centre to see what they can achieve through Prior Learning Assessment and Recognition (PLAR), based on what they have already done through job experience or other courses.

They then can see what courses they need to take to complete their diplomas.

The Mature Student Diploma is of equal value to a regular secondary school diploma while the GED is not equivalent.

Through the process of PLAR, both military and civilian employees are being granted credits in such subjects as: retailing, management, career development, marketing, accounting, culinary, phys ed, and English.

There are many possibilities, so it is well worth making an appointment for an interview to find out what is applicable to your situation.

If you would like to make an appointment to find out more about how you can get a Mature Student Diploma, please contact Lt(N) Amy Campbell, WGrdTrgO at 6297, or Michelle Stephenson, LCC, at 4208.

Mature Student Diploma program: an instructor's perspective

WPSO Corner

By Dave Normandale
Technical Communication 40S Instructor

While there are many reasons why people don't complete their high school education, there is now a simple solution to achieving the Grade 12 diploma—the Mature Student Diploma Program.

The thought of returning to a regular high school sends shivers down the spines of many adults who want to complete their education, and there are many reasons why that feeling is quite rational: the length of time away from school is often predominant. The use it or lose it philosophy is true for writing and math, as well as for any other skill that has been dormant for a period of time.

Another problem is the "will I fit in?" issue—being on the far side of 30, or 40, does tend to make one somewhat different in a public high school class.

The size of the class is another potential barrier: one adult student in a group of 35 or so teenagers can create problems, ranging from a difference in focus through to not enough time for individual tutorials when needed.

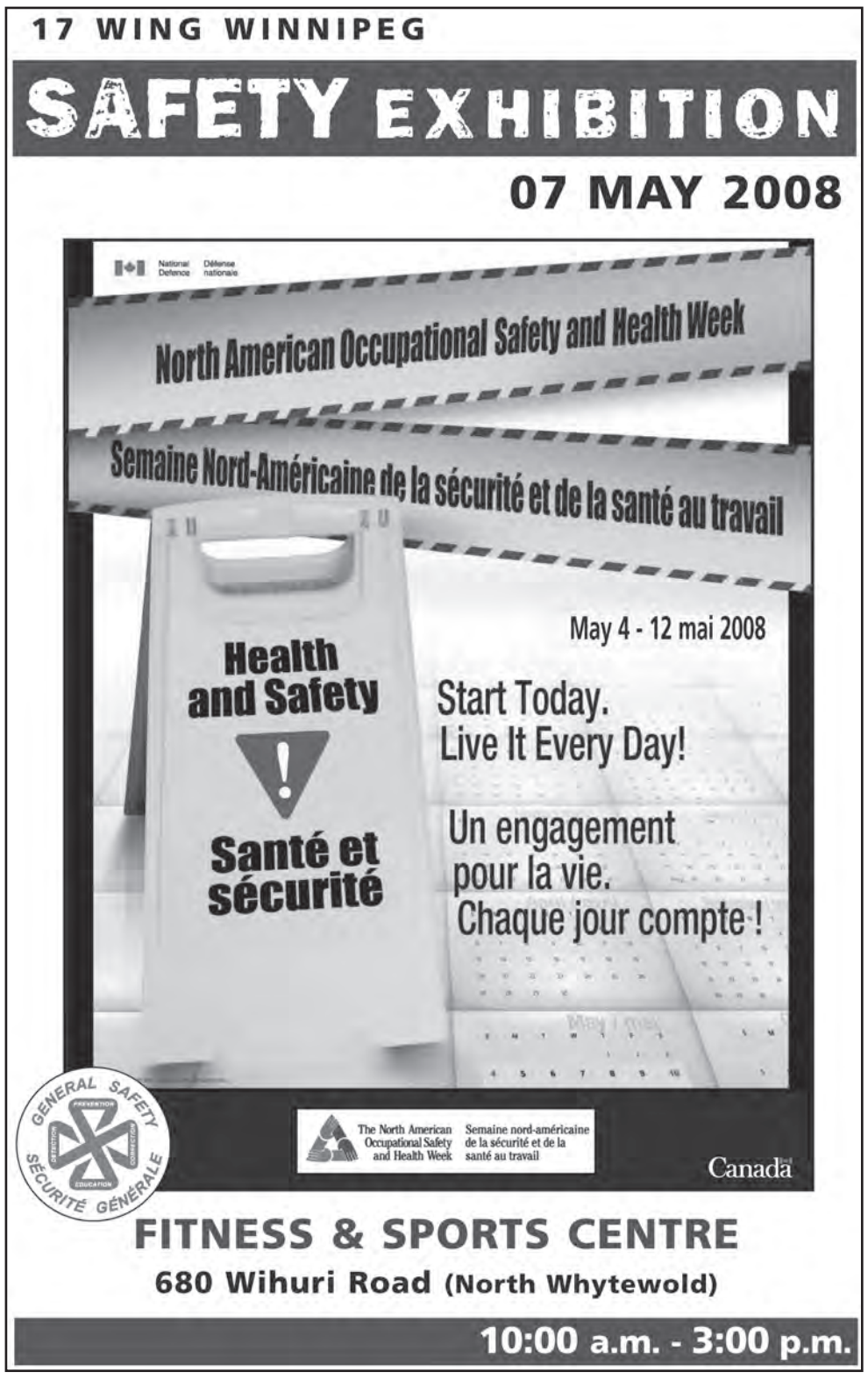
The Mature Student Diploma Program, however, comes to you on the Wing, in the Training and Education Centre, (Bldg 135).

The first course offered is a Grade 12 English program that does not, repeat does not, include Shakespeare, poetry, short stories, novels, or plays. Technical Communication is a specialized form of English that, in its curriculum form for high school, very neatly parallels the Canadian Style of English used by the Department of National Defence/Canadian Forces. The emphasis is on audience and purpose, with specific forms such as e-mail, letters, memos, presentations, and reports at the forefront.

Two of the students were able to achieve credit through PLAR in English; this resulted in a shift to World Issues, with the application of the Tech Comm report writing skills. One of the topics being studied in the World Issues course is water, and its potential for creating military conflict in areas such as the Middle East.

The content of the course has been modified to make it adult-focused. The Tech Comm course has gone one better—the assignments can be military-based, so that an idea such as Cpl Paul Kuras' (TEME) of modifications to the six-wheel MLV becomes the central focus for his credit.

Civilian Electrician's Assistant Matt Anderson has a love affair with cars—he is planning on developing a guide for new Canadians interested in purchasing their first cars. The used car market is filled with pitfalls for the recent immigrant, from language issues to getting taken with the price. The guide is Anderson's major assignment with a real world audience and a real world use.



SCAN Seminar

The Wing Personnel Selection Office will be hosting s Second Career Assistance Network (SCAN) seminar. The objective of this seminar is to provide information to both military personnel and their spouses with up to date information pertaining to the benefits and services available for retiring members. Additionally, the seminar will address aspects of transition to a second career outside of the CF. Details of the seminar are as follows:

DATES: 15-16 May 08
TIME: 0800-1600hrs
LOCATION: Training & Education Centre (Bldg 135)
Netherlands Theatre
DRESS: Appropriate civilian attire
WHO: Military members and their spouses

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

Please note: The Netherlands Theatre accommodates a limited amount of people, and as such the WPSO asks that only serious participants register for the upcoming SCAN. If you are unsure whether you can attend, please reserve the right for another individual to register.

Health and Physical Fitness for Life plan launched

Submitted by Health Promotion

On 8 April, the 17 Wing PSP team launched the new CDS' Health & Physical Fitness for Life (H & PF Plan) Plan with a Wing Commander's Healthy Breakfast. In partnership with Wing Foods attendees were treated to a Set Your Sights On Healthy Eating breakfast menu, which had less then 400 calories, 15 grams of fat and less then 600 mg of sodium.

During the breakfast, Col Howden addressed the audience and provided his vision of how he sees the H & PF Plan fitting in at 17 Wing. He reminded us that we already provide services that target the key issues; healthy nutrition, physical activity, good coping skills, and an addiction-free lifestyle. He encouraged unit COs to support members and their families to lead a healthy lifestyle, not just at work but at home.

At the end of March, the launch of the H & PF Plan was celebrated and included the unveiling of the newly developed nutrition poster. Col Howden, MWO DuLude (Food Services), and Christa Zappitelli (Health Promotion Director) unveiled the new To Serve Daily, You Need Your Daily Servings poster. It is our hope that this will heighten the awareness of the importance of nutrition and help to keep it in the minds of CF personnel throughout the year.

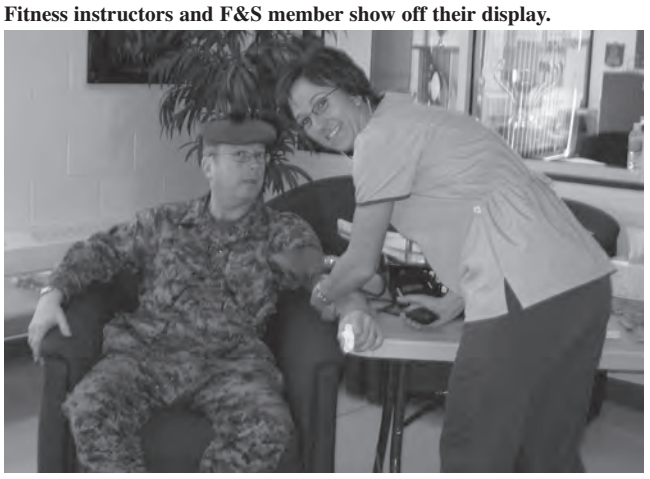
The beginning of April also brought new beginnings for the March 1st "I Quit" Challenge winners. Winners of the National, Alana Marszalek, and Local challenge, CWO Ron Elson, were presented their prizes by Col Howden, Lynn Goodwin (SISIP Representative) and Christa Zappitelli. Along with the challenge winners, all participants of the challenge demonstrated an addiction-free lifestyle.

Health Promotion, Fitness & Sports, and 23 Health Services will be offering ongoing lunch 'n' learns, events, and the Wing Commander's Walking Challenge in June to promote the plan.

Within the PSP staff and 23 Health Services at 17 Wing, this strategy has been welcomed with open arms. We are excited to work with the military community to take steps towards a shift in culture that will see Health & Physical Fitness as a priority. This strategy will mean Health and Fitness programming for the entire military community. We are continually working to ensure all partners are communicating within the health and fitness world. We are collaborating and working hard to ensure that the health and fitness of our members remains in the forefront of our priorities.

For more information please contact Health Promotion, local 4150/4160, or Fitness & Sports, local 2056.

Fitness instructors and F&S member show off their display.



Maj Douglass gets his blood pressure taken by Trisha Beattie from 23 Health Svcs.

LCol Brodeur gets the farmers' omlette, grilled ham and fresh fruit during the breakfast launch.

From left: Health Promotion Director Christa Zappitelli, Food Services MWO Dulude and Col Howden unveil the new nutrition poster.

March 1st, I Quit Challenge winners announced

Submitted by Health Promotion

The 2008 March 1st, I Quit Challenge was a great success on 17 Wing, 39 participants pledged to remain smoke-free for the entire month.

The names of all 39 participant and their 78 supporters were entered in a local and National contest to win up to $3000. This year the local winners were recognized and presented with their prizes at the Wing Commander's Healthy Breakfast, by Lynn Goodwin from SISIP and the Wing Commander. SISIP and CANEX were the main financial sponsors of the challenge. The ceremony coincided with the local launch of the CDS' Health & Physical Fitness Plan. The CDS has made smoking cessation one of the main targets of addiction free living.

This year's national successful Quit Smoking winners are: first prize, $3,000, Alana Marszalek, CFB Winnipeg; second prize, $1,500, 2Lt Chris Goodhew, CFB Ottawa; third prize, $1,000, Cindy Grenon, CFB Halifax.

This year's national non-smoking supporter is $1,500, Cynthia Bolduc, BFC Valcartier.

This year's successful I Quit Smoking local winners are: first prize, $200, CWO Ron Elson; second prize, $100, Cpl Mark Morrison; third prize, $75, Arlene Leonard. This year's local non-smoking supporter is: $50, George Hopman.

On behalf of the Health Promotion team I would like to congratulate everyone who participated in the I Quit challenge. I would also like to take this opportunity to thank everyone who supported an I quit participant, assisted in advertising, and a special thank you to Chuck Haarsma, MWO Pat Kieffert, and Wing CE who braved the cold weather to help us put up the "I Quit" banners.

If you or someone you know is interested in quitting smoking please encourage them to contact Health Promotion. The Butt Out program is a FREE program offered through Health Promotion and is available, year round, to all CF members, DND civilian employees, and family members. Contact Christa or Penny at local 4160/4150.

Wing Commander Col Howden (far right), SISIP representative Lynn Goodwin (second from right) and Health Promotion Director, Christa Zappitelli (far left) present the national winner, Alana Marszalek, with a cheque for $3,000.

CWO Ron Elson, second from right, receives his first place local prize.

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Message from the Chief of the Defence Staff to the CF

I have chosen to retire from the Canadian Forces and end my tenure as your Chief of the Defence Staff in July of this year.

I accepted the leadership of the Canadian Forces in February 2005. My goal was to set the conditions for our sailors, soldiers, airmen and airwomen to succeed in our critical and often dangerous tasks in defence of Canada, Canadians, and Canadian interests and values.

We have achieved those key objectives, and reached the critical milestones I originally set out for us to reach by the end of my time as CDS.

We have moulded our culture to one which recognizes that operations are our raison d'être; that our efforts, all of them, must concentrate on achieving the missions and tasks given to us by the Government of Canada, on behalf of all Canadians.

We have transformed how we recruit, train, equip, command, deploy, employ, bring home, recognize and care for our operational forces and our families, focused on achieving a strategic effect for Canada. We have done so while growing the CF, re-equipping it, and while carrying out intense combat and peace support operations overseas and demanding, essential security tasks here at home.

We have remembered how to grieve; to never forget our comrades and dear friends who have died in the service of Canada. Their sacrifice, and that of their families, deserves our unwavering commitment to ensure their loss is not in vain.

We have been strengthened, immensely, by the vocal and visible support of millions of Canadians who have demonstrated that they recognize, understand and honour your service, and the sacrifice of your families.

Leadership in the CF is not the role of one single person; it is the responsibility of all who wear the Canadian Forces uniform.

I believe you will now be best served by the invigoration of new leadership, with the vision, energy, and strength to lead you through the challenges that will lie ahead. For we have not finished evolving.

We must continue to adapt, and improve our Forces to accomplish the tasks Canadians need us to perform in the complex, dangerous security environment before us.

MCpl Bruno Turcotte, Photographer JTF-Afg Roto 5

The Chief of Defense Staff General Rick Hillier has announced that he will be retiring in July.

It is with great confidence that I await the selection of the senior leader who will take my place.I will continue to serve as your CDS until relieved of my duties by my successor, to be named in due course by our Prime Minister.

My wife, Joyce, and I thank you for the rewarding years we have shared with you, and look forward to many years ahead as part of the Canadian Forces family.

You are Canada's greatest credentials, our national treasures, and I am so very proud of you. It has been my honour and privilege to be your Chief of the Defence Staff.

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Message du Chef d'état-major de la Défense aux FC

J'ai pris la décision de prendre ma retraite des Forces canadiennes et, ainsi, de quitter le poste de Chef d'état-major de la Défense dès juillet prochain.

J'ai accepté de prendre le leadership des Forces canadiennes en février 2005. Mon but était de mettre en place les éléments requis pour que nos hommes et femmes de l'armée, de la marine, et de l'aviation réussissent toutes les tâches reliées à la défense du Canada, aux valeurs et aux intérêts du Canada.

Nous avons atteint ces objectifs-clé, ainsi que toutes les étapes critiques que j'avais prévues avant la fin de mon terme en tant que CEMD.

Notre culture reconnaît maintenant que notre raison d'être est les opérations; et que nous devons concentrer tous nos efforts envers l'accomplissement des missions et des tâches que nous assigne le gouvernement du Canada, au nom de tous les Canadiens.

Nous avons transformé plusieurs éléments de notre organisation, dont le recrutement, l'entraînement, l'équipement, nos structures de commandement, notre déployabilité, l'employabilité, notre attention à nos forces opérationnelles et nos familles, toujours dans une perspective stratégique pour le Canada.

Nous avons réalisé tout ceci alors que nous étions en pleine expansion de nos ressources humaines, l'acquisition d'équipements ou modernisation, tout en étant impliqué dans plusieurs opérations de combat et de maintien de la paix à l'étranger, et de nombreuses tâches essentielles pour notre propre sécurité au pays.

Nous avons pleuré ceux qui nous ont quittés; nous devrons nous souvenir de tous ceux qui ont fait le sacrifice ultime au service de notre pays. Leurs sacrifices, et celui de leurs familles, méritent notre reconnaissance entière.

L'appui incroyable que des millions de Canadiens nous ont offert nous a grandement soutenu, et nous a démontré qu'ils reconnaissent, comprennent et apprécient le service que vous leur rendez, ainsi que les sacrifices de vos familles.

Le leadership au sein des Forces canadiennes n'incombe pas seulement à un individu; c'est la responsabilité de tous ceux qui portent l'uniforme des Forces canadiennes. Je crois que vous serez revigoré par un nouveau chef qui aura la vision, l'énergie, et la force requises pour vous guider à travers les défis qui vous attendent. Car notre évolution n'est pas complète. Nous devons continuer à nous adapter et à nous améliorer, car les Canadiens comptent sur nous pour accomplir nos tâches dans un environnement complexe et dangereux.

C'est avec une grande confiance que j'attends la sélection de l'officier de grade supérieur qui me remplacera. Je continuerai de servir en tant que votre CEMD jusqu'à ce que mon successeur, qui sera nommé par le Premier ministre en temps voulu, prendra la relève.

Mon épouse Joyce et moi vous remercions pour les années enrichissantes que nous avons partagées avec vous, et nous réjouissons à l'idée d'être membres de la famille des Forces canadiennes pour plusieurs années à venir.

Vous êtes nos trésors nationaux, nos représentants du Canada à travers le monde, et je suis tellement fier de vous. Je me sens honoré et privilégié d'avoir été votre Chef d'état-major de la Défense.