



# THE VOXAIR

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FREE

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*Remember to fill out the CF Newspaper survey from the October issue for your chance to win a \$50 gift certificate for Gasthaus Gutenberger*

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## Testing the limits

MCpl Robin Richardson, 435 Squadron SAR Tech, is nearing completion of a free-fall descent, during the national SAREX. Please turn to page 9 for more about the exercise.

Photo: Figiel

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# A new champion for persons with disabilities

By Karen Christiuk

“I am here to listen,” said LtGen Angus Watt, Chief of the Air Staff, who attended the national meeting of the Defence Advisory Group for Persons with Disabilities (DAGPWD) in Victoria in September.

LtGen Watt was recently appointed Champion for Persons with Disabilities and Visible Minorities within the Department of National Defence, and he kick-started his new role by spending a day with military and civilian co-chairs from the local DAGPWD regions in order to learn more about their struggles and successes.

“Although you are a small group, you are huge in effect,” remarked LtGen Watt.

With an aging population, and the risk of injuries from military operations, living with a disability is a

cultural reality for many civilian and military personnel within the Department of National Defence and Canadian Forces.

Regional group members of the DAGPWD work within their own communities to exchange information on issues affecting persons with disabilities within Department of National Defence, and offer advice and suggestions to leadership within the organization.

LtGen Watt said he is looking forward to advocating and promoting the DAGPWD and reminded everyone that every small grassroots activity can grow into something larger.

“We recently installed (wheelchair) evacuation chairs at National Defence Headquarters in Ottawa,” said LtGen Watt. “You start small and grow.”

During the three day DAGPWD annual meeting in

Victoria, regional co-chairs listened to presentations on disability management and workplace accommodation, and examined current disability issues.

Sgt Denise Childerhose, military co-chair for 17 Wing, said that meeting with her colleagues from across Canada was an invaluable experience.

“It was great to gather ideas and find out what other regions are doing,” said Sgt Childerhose.

“As a new co-chair, it was also helpful for me to learn more about the programs and services that are currently available for people with disabilities within the Canadian Forces and the Department of National Defence.”

To learn more about DAGPWD please see

[http://hr5.ottawa-hull.mil.ca/dhrd/engraph/agsec/dagpwd\\_home\\_e.asp](http://hr5.ottawa-hull.mil.ca/dhrd/engraph/agsec/dagpwd_home_e.asp)



Lt-Gen Angus Watt, Chief of the Air Staff and Champion for Persons with Disabilities and Visible Minorities, learned more about accessible vans from Defence Advisory Group for Persons With Disabilities (DAGPWD) co-chair Duane Simpson at the DAGPWD national meeting in Victoria.

## Air Reserve celebrates accomplishments

By Maj Lorne Harding and Lt Manivone Panyasith

On 24 Sept 08, the Air Reserve celebrated the past year's accomplishments by conducting a mixed all-ranks dinner at Canad Inns, Winnipeg.

The guest speaker, Major-General Andre Deschamps, Assistant to the Chief of the Air Staff, spoke to nearly 175 reservists and guests regarding the excellent support and commitment that the Air Reserve has provided the Canadian Forces and the Air Force.

The dinner, hosted by Brigadier-General Eldren Thuen, DG Air Res, is conducted as part of the Combined Air Reserve Training Seminar (CARTS).

The seminar takes place in Winnipeg annually to train Air Reserve Flight Commanders, Chief Clerks and Training Coordinators.

This year, as part of the dinner, a Depart with Dignity ceremony was conducted to thank CWO Bernie Pepin, former Air Reserve CWO, and his wife Ghislaine for 42 years of service to both the Regular and Reserve Forces.



BGen Eldren Thuen, DG Air Res and CWO Bernie Verreault, AR CWO, present CWO Bernie Pepin with his shadow box.



MGen Andre Deschamps, ACAS presenting CWO Bernie Pepin with his certificate of service assisted by Ghislaine Pepin.

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#### OFFICE HOURS

Monday to Thursday,  
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#### CONTACT

Ad Sales/Main Office  
204.833.2500 ext 4120

Accounting  
204.833.2500 ext 4121

Submissions/Reporter  
204.833.2500 ext 6976

[voxair@mts.net](mailto:voxair@mts.net)  
+VOXAIR@PersSvc@Winnipeg

#### VOXAIR STAFF

LCol L. Brodeur  
Editor-in-Chief  
204 833-2500 ext 5281

Rick Harris  
Managing Editor  
204 833-2500 ext 4299

Maureen Walls  
Office Supervisor  
Sales Manager

Andrea Estensen  
Production Coordinator/  
Layout

Misra Yakut  
Accounting

Traci Wright  
Proofreading

Jim Holland  
Advertising Sales  
204 832-0115

Printed By  
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Correspondence should be addressed to:

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Don't forget to fill out the CF newspaper survey in the October 8 issue for your chance to win a \$50 gift certificate to Gasthaus Gutenberger

# CFSSAT welcomes Maj Brenier as new Commandant

On 5 September, CFSSAT held a Change of Command ceremony in the La Verendrye Lounge of the 17 Wing Officers' Mess. Maj Jean Bernier became the fifth Commandant of the Canadian Forces School of Survival and Aeromedical Training.

Command was passed to him from Maj Dave Proteau, and the ceremony was presided over by the 17 Wing Commander, Col Howden.

The event was well attended by commanding officers, branch heads, honorary Colonels, and school/branch Warrant Officers; as well as many military and civilian guests.

Maj Jean Bernier is the third Air Navigator to command CFSSAT, and brings extensive operational experience to the school.

Maj Bernier's posting to the Joint Rescue Coordination Centre in Trenton, coupled with having just returned from a tour at the Kandahar Airfield, provide him with significant insight that should prove valuable when dealing with the SERE (Survival, Escape, Re-

sistance and Evasion) training conducted at CFSSAT.

There are many projects underway that will require him to adapt quickly to his new role.

Maj Proteau, also an Air Navigator, has now returned to CFANS where he previously spent several years as an instructor.

While in command of CFSSAT, Maj Proteau oversaw several initiatives which took place concerning the way aeromedical training is conducted, including the incorporation of the ROBD (Reduced Oxygen Breathing Device) and the initiation of the CADO (Combined Altitude Depleted Oxygen) training and distance learning projects.

He also lead the way with new aspects of SERE training, ensuring that the SERE courses that CFSSAT offers became arguably the best training of its type that can be found anywhere in NATO.

The CFSSAT Change of Command ceremony was a mixture of conflicting sentiments.

While providing a venue to officially welcome Maj Bernier as the new Commandant of CFSSAT



On Friday, 5 September in the Officers' Mess of 17 Wing Winnipeg, Col S Howden, Commander 17 Wing, presided over the CFSSAT Change of Command Parade. Control of the School transferred from Maj Proteau to Maj Bernier.

and look forward to new initiatives that will most likely be coming, it was also an opportunity to

say thank you and goodbye to the departing Commandant, Maj Proteau; who CFSSAT members con-

sider an excellent leader; to several he was deemed a mentor and, in many cases, a friend.

# 17 Wing raises money for Muscular Dystrophy

On Tuesday, October 7, during the Boot Drive, 17 Wing firefighters collected a total of \$1972.25 plus one parking token, one token

for a car wash and one small battery for a watch.

The money raised will be giving to GCWCC then forwarded to

Muscular Dystrophy.

Over the last 15 years, the 17 Wing Fire Department Boot Drive has raised more than \$26,

000 to improve the quality of life for those with neuromuscular disorders. Thanks to all fire fighters involved raising the money, and

to those who stopped at the gate and donated. Special thanks to Cpl Zdrill and Cpl Lobo for organizing this event.



Sparky, the 17 Wing Fire Hall mascot and Cpl Reynolds collect donations at the front gate.



Sgt Currie and CWO Rioux collect donations in boots at a 17 Wing Gate.

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# Tractor-trailer course provides valuable information

By Cpl M.W. Beal  
17 Wing Transport

I recently attended the tractor-trailer instructor's course which is held at the Commercial Safety College in Masstown, N.S.

This is a three week course which is offered to those MSE-Ops who are already experienced tractor-trailer operators.

I was one of 12 students, some of whom travelled from as far away as Edmonton to attend this course.

The course was broken down into three phases which included a compe-

tency phase, an instructional phase and finally an evaluation phase.

During each of the three phases we were being assessed both in the classroom as well as on the vehicle.

Each day we worked half the day inside the classroom preparing and giving presentations of various lengths to our peers, while the other half day was spent out in the yard performing various tasks or on the road honing our driving skills.

While in the yard we performed tasks such as daily inspections, coupling, uncoupling and the field

manoeuvring skills which is their mini version of a drivers' rodeo.

The field manoeuvring skills consisted of putting a tractor-trailer through a series of obstacles with accumulating the minimum amount of demerit points.

These obstacles included; driving forward through a set of offset alley barricades, followed immediately by a tight right turn, manoeuvring in a serpentine pattern both forward and backward around three sets of barrels and completing this the final obstacle was to set our vehicle up to back into an alley

dock with restricted space.

This may not sound so difficult to a seasoned driver, but given the amount of space available to manoeuvre your rig, it did present a challenge for all of us.

We completed all of these tasks the first week as competent drivers.

Now the real fun was to begin as we were going to play the role of instructor for the second week.

After a relaxing weekend of touring around Halifax's famous waterfront and Peggy's Cove, we were anxious to put on our instructor's cap and repeat the same tasks in this new role.

The driving portion was by far the most demanding.

As an instructor, I am now demonstrating safe driving techniques while supplying a verbal commentary of everything that I am doing to my peers.

Verbalizing everything from proper shifting techniques to what to do when crossing railroad tracks and what to look for when approaching crosswalks and school zones, makes for a

very busy and exhausting drive.

All the other tasks that we performed in the first week now had to be done in the same manner.

We each took turns in the instructor role while being assessed by the college staff as well as our peers.

During this same week we were also tasked with preparing two, a 30 and 60 minute, lectures which were to be presented to our peers sometime during the remainder of the course.

This was the busiest week as most of our lecture preparation took place in our hotel rooms in the evening and over the weekend.

The third and final week seemed to arrive without warning.

This was it; just when we got our feet wet as instructors we now had to play another new role, the role of the examiner.

This time we were being assessed on how well we wrote up and debriefed our peers while they performed each task.

This week was actually a

little more relaxing than the previous since we just had to monitor and write comments rather than demonstrate and explain at the same time.

We were also pros on the computer and in the classroom by this time, conducting research on the internet and mastering the power point program.

Well, as all good things must come to an end so did our experience at the Commercial Safety College in Masstown. On Friday, 26 September, 12 certificates were presented to twelve deserving individuals.

It was a great experience overall as I enjoyed the camaraderie of working with other MSE-Ops from around the country and had learned as much from them as I did from the teaching staff.

I can testify that my skills as an instructor have been improved over the duration of this program.

I brought back with me a higher level of knowledge and understanding that I can share with my colleagues within the transport unit at 17 Wing.



Cpl Beal, second from right, back row, and his classmates from the tractor-trailer instructor's course.

## Remembrance Day service locations

All personnel, military and civilian, are invited to attend one of the many services that will take place throughout the city. All the legions welcome the military presence at their services and the veterans thoroughly enjoy swapping war stories. Dress for military personnel is DEU 1 A (medals), headdress Navy – Service cap/bowler, Army – beret, Air Force – Wedge, (SAR Techs – beret). **PLEASE NOTE** - UN Blue and MFO Orange berets are not authorized for wear on Remembrance Day. Wear is authorized specifically on Peacekeeper's Day.

- Winnipeg Convention Centre. Service commences at 1045hrs; to be seated by 1030hrs
- 1885 Memorial St Service commences at 1045hrs, service by Royal Wpg Rifles
- Minto Armouries, 969 St Mathews St. Service will be held in the drill hall. Service commences at 1045hrs.
- Army, Navy, Air Force Assiniboia – Unit 283, 3584 Portage Ave. Service will be held in main hall. Service commences at 1040hrs, to be seated nlt 1030hrs.
- Sir Sam Steel Legion Branch 117, 376 Salter St. Service will be held at the Legion. Service commences at 1045hrs.
- St James Legion Branch 4, 1755 Portage Ave. Parade to march from Legion to the ceremony in Bruce Park. Service to commence at 1040Hrs.
- Charleswood Legion Branch 100, 820 Charleswood Rd Service to be held at Oak Park High School. Service to commence at 1030hrs.
- Fort Rouge Legion Branch 97, 426 Osborne St. Service to be held at the Legion. Service commences at 1045hrs.
- Transcona Legion Branch 7, 117 Regent Ave E. Service to be held on 09 Nov at Blessed Sacrament church. Service to commence at 1400hrs.
- Brooklands and Weston Legion 2, 1613 Logan Ave. Service to be held at the Legion in the upper lounge. Service to commence at 1045hrs.
- HMCS Chippawa. Service to commence at 1045hrs. To be seated nlt 1015hrs.
- McGregor Armouries, 551 Machray Ave. Service to be held in main drill hall. Service to commence at 1030hrs.
- 38 Bde – Lamp Post Memorial. Sergeant and Valour Rd Service to commence at 1045hrs.
- RWR Memorial, Vimy Park, Portage and Home St. Service to commence at 1045hrs
- Belgian Veterans Club Branch, 407 Provencher Service to be held at Belgian Cemetery, 09 Nov 08. Service to commence at 1045hrs.
- West Kildonan Branch, 1748 Main St Service to be held at the Legion. Service to commence at 1045hrs.
- Norwood St Boniface Branch 43, 134 Marion Service to be held at St Philips church. Members will march from Legion (1015hrs) for service at church starting at 1045hrs.
- Prince Edward Branch 81, 300 Trent, West Kildonan. Service to be held at the Legion. Service to commence at 1045hrs.
- Fort Garry Legion Branch 90, 1125 Pembina Hwy. Service to be held at the Legion. Service to commence at 1030hrs.
- RM of Springfield. Service to be held at Oakbank Baptist Church.
- Elmwood Legion Branch 9, 920 Narin Meet at Cemetery (Henderson Hwy and Hesper) a service to follow at the Legion 1100hrs.

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# Like change, retirement is inevitable... plan now

## WPSO Corner

By LCdr Ron Mumford

As I look out my office window (something I seem to do a lot of), I see the transformation of fall colours emerging on the trees around the Wing and the sporadic V patterns of Canada Geese heading south for warmer surroundings. All of which are telltale signs that change is in the air and another Winnipeg winter is not far over the horizon.

In fact, by the time this article is published in the Voxair, in all likelihood there could already be snow on the ground.

Change has also occurred in the WPSO section as APS 08 and the impending MSS has altered the landscape of our office with a number of new personnel, some vacant positions and some additional challenges.

Many of us gauge the passage of time in terms of annual birthdays or the beginning of the new fiscal year.

For me, APS marks the beginning of a new work

year, where we have either said our good-byes to those posted out and welcomed new arrivals or alternatively, said our own farewells and introductions at our old/new units/sections.

Both of these circumstances represent examples of change, with new beginnings and opportunities for everyone.

Additionally, as this pattern of postings come and go, they mark yet another year of CF service and one year closer to that inevitability known as retirement.

As with deployments and postings, retirement characterizes another major change that CF members and their families will undertake.

Arguably, it can be viewed as the most significant transformation that we will experience.

For some, it might represent turning the page on one career and commencing another, completing that certificate, diploma or degree that was started many years ago, or just sitting around the house reading, gardening and taking life a bit slower.

Whatever road you take with regards to your retire-

ment, it will no doubt be a change from what you're used to and how you manage that change will depend to a large extent upon the planning and preparation you made prior.

Perhaps this discussion on retirement has more personal significance to me now, as I too will be retiring from the CF as of September 2009.

As such, I find myself reflecting over the past 30 years and perhaps like many of you asking the question, where has the time gone?

But in looking back over my career, I can honestly say that it took an eye-opening experience to give me that introspective kick in the proverbial behind to really look at where I was, where I was going in my career and the importance of taking a realistic perspective on retirement planning.

At the risk of sounding too nostalgic and falling into what I call the I remember when syndrome, it's important to emphasize the relevance of planning for retirement and I'll do so by using a personal example that left an indelible impression on

me.

More than 20 years ago, I was sitting in my laboratory at 22 Wing Hospital in North Bay, drawing blood from a CF member who was completing his release medical.

After I was finished, he started to cry and I asked if I had hurt him. He replied that he didn't feel anything but this medical represented the end of his career and he was scared.

He went on to tell me that 15 years ago, he decided to take some courses and obtain a qualification related to his job. That didn't happen.

Another five years went by and he decided to ensure that he had money set aside for his children's education. He didn't do it.

With less than five years to retirement, he realized that it was time to make sure that everything was in order and now the reality was that he didn't have another job, felt that he had few qualifications transferable to civilian life and had three children who were attending university and college.

Although he had realized the importance of re-

tirement planning, he hadn't adequately prepared for this moment.

The quotation in the title of this article originated from Benjamin Disraeli and is very appropriate to the context of change, particularly when targeting retirement.

From an organizational sense, the CF has evolved tremendously in terms of preparing military members for this eventuality.

Throughout the course of our careers the emphasis on professional development and educational upgrading has grown exponentially and with it, so have the opportunities for employment upon retirement.

There are Education Officers/Coordinators or their counterparts at virtually all Base/Wings to provide support in this area.

The Canadian Defence Academy (CDA) has changed their education reimbursement policies to further support CF members in achieving their academic goals.

It's important to emphasize, that educational upgrading is like financial

planning, the earlier you work on it the better.

I urge you to contact the WPSO section and our Education Officer, Emily Lauzon (204) 833-2500 ext 5394 or our Education Clerk, Beverly Kulbacki (204) 833-2500 ext 6391 and start planning for your education sooner than later.

Alternatively, Second Career Assistant Network (SCAN) Seminars are offered on the Wing twice per year in support of those members preparing to retire.

Do take advantages of these services as many organizations don't offer them.

These SCAN seminars are available to all CF Members and their spouses and include valuable information for retirement planning.

To summarize, it's the responsibility of each CF member and basically good common sense to plan for your retirement.

Despite the resources available and the best of intentions, you have to initiate this process. Like change, retirement is inevitable, so don't wait until your release medical to start this important planning process.

# Tutor crash kills pilot and military photographer

By 15 Wing Moose Jaw

At about 12:37 pm on October 9, a CT-114 Tutor aircraft from 431 (Air Demonstration) Squadron crashed 2.5 km North West of the base during a formation photo flight.

Two Canadian Forces members from 15 Wing Moose Jaw died in the crash. The fallen airmen are Captain Bryan "Mav" Mitchell, 46, and Sergeant Charles "Chuck" Senecal, 49.

"Our thoughts and prayers are with the families of Captain Mitchell and Sergeant Senecal," said Colonel Paul Keddy, Wing Commander of 15 Wing. "Captain Mitchell was extremely proud to be a member of the

Snowbird Team and the Canadian Forces. It was truly a dream come true for him to have been selected by the Snowbirds to fly in the next show season. He was an inspiring instructor pilot and well-respected officer who had a passion for flying.

"Sergeant Senecal had a long and rewarding career as a photographer in the Canadian Forces with about 30 years of dedicated service. He was well known at 15 Wing as someone who could be counted on. His joie de vivre was contagious and made a difference in the lives of people around him."

"We are all deeply saddened at the loss of these great friends, amongst them an extraordinarily talented

pilot from our home team back in Moose Jaw," said Major Rob Mitchell, Commanding Officer, Canadian Forces Snowbirds. "They will be sorely missed."

The CT-114 Tutor was taking part in a formation photo flight. The formation being photographed included another CT-114 Tutor, a CT-155 Hawk and a CT-156 Harvard II. The aircraft that crashed was piloted by Captain Mitchell with Sergeant Senecal on board. The aircraft was following the formation at the time of the accident.

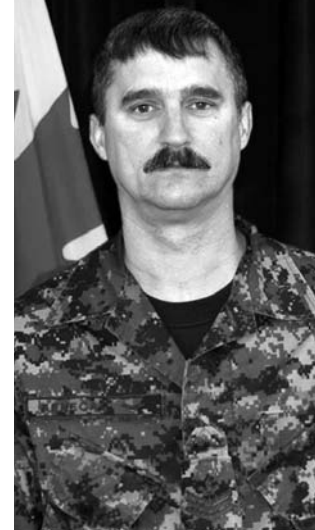
An investigation into the cause of the crash is underway. The investigative team is comprised of a lead investigator, a flight surgeon, an



Capt Brian Mitchell

escape system specialist, a human factors specialist and a pilot who has flown the aircraft type.

The community is asked to respect the crash site



Sgt Charles Senecal

while the investigation is underway. Investigators have begun collecting witness statements and have secured the area.

The Snowbirds show

team is in San Francisco, California. A decision had not yet been made as to whether or not they will continue with their planned performance this weekend.

The Snowbirds show team is made up of the performing pilots, technicians and support staff who perform at air shows around North America. The home team remains at 15 Wing Moose Jaw during the show season and provides ongoing support to the squadron. It is made up of the standards pilots, technicians and additional support staff. Pilots who have been selected for the team, but who have not yet finalized their training, are part of the Snowbirds' home team.



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The 2008 DND Photography Contest winning photos are available for on-line viewing and you can vote for your favorite in People's Choice Award! You could be a winner too! All voters are eligible to win a Toshiba Digital Photo Frame. Voting closes on November 7th, so cast your vote today at: [www.dndphotocontest.ca](http://www.dndphotocontest.ca).

# 17 Wing Operations provides essential services

## Feature unit

Wing Operations is the nerve centre of 17 Wing. It is comprised of several sections as follows: the Wing Operations Centre, MET Department, Wing Ops Orderly Room, Wing Imaging, Wing Tasking, Wing Flight Safety, Aeronautical Information Centre, Wing Readiness Training Flight and the Wing Military Police. All sections answer to the WOpsO, LCol Fairley.

The Wing Operation Centre's (WOC) primary responsibility is the coordinating of all Wing flying activities as well as all transient aircraft on 1 Cdn Air Div assigned missions.

The WOC is also responsible for negotiating corrective measures with the Combined Air Operations Centre (CAOC) when operations are off schedule, determining that weather and aerodrome conditions meet the minimum safety requirements of 1 Cdn Air Div flying operations, and coor-

dinating reception, transportation, meal requirements, and departure requirements of transient crews.

The WOC also provides support to non-flying activities operating throughout 17 Wing. The Duty Operations Officer is in charge of the WOC Desk, which is manned 24 hrs a day, seven days a week, 365 days a year.

Their responsibilities place a primary emphasis on current Operations and Search and Rescue (SAR) launches including coordinating with Rescue Coordination Centre (RCC) and CAOC.

W Ops Admin is responsible for the Imaging and Tasking sections as well as regular day-to-day activities in the W Ops OR.

Under the W Ops Admin umbrella there are 14 personnel, in the three sub sections.

Tasking does it all, coordinating domestic and international deployments and taking care of CF members throughout the process of

pre-deployment to post-deployment matters. Of note, Tasking cell I/C Sgt Diane Miazga has developed the first ever SOPs for Tasking clerks, which will soon become Air Force wide SOPs.

Wing imaging provides the Wing and 1 Can Air Div with their imaging needs.

The section has a duty tech on stand by 24 hours a day for Investigations and Aircraft support.

The section also provides military portraits and passports.

Wing Imaging provides support to the Wing PAO, BOXTOP deployments and Wing flight safety investigations.

When required, Imaging also supports the Military Police and the Fire Hall in local investigations as well as supporting reserve units in Manitoba and beyond.

Wing Readiness Training Flight (WRTF) currently comprises of 15 personnel.

WRTF has a mission to provide a common basic level of military readiness through the provision of re-

resher training and required higher readiness training to prepare 17 Wing personnel for contingency operations (both domestic and international).

Refresher training is conducted for the 9 mm pistol and C7 rifle, CBRN, standard first Aid/CPR, Level C CPR, Advanced First Aid, Land Navigation, Communications and Peace Support Operations.

WRTF also conducts COMKAF training and IPC training which is the pre-deployment courses for military personnel who are being deployed to Afghanistan.

Within WRTF is the Explosive Ordnance Disposal (EOD) unit, which is responsible for the caretaking, maintenance, and licensing of munitions within 17 Wing.

The EOD team handles the disposal and recovery of defence explosive ordnance found outside DND property within the 17 Wing AOR, which stretches from Lake Superior to the Alberta border to Churchill.

The Security and Military Police (MPs) Squadron consist of 28 personnel.

They provide police and security assistance to all units under 17 Wing.

It advises on and monitors the training of the WASF (Wing Augmentee Security Force) to ensure all members involved are aware of the proper security techniques in various situations.

By providing personal identification clearances and vehicle registration, they contribute to the safety and security of the Wing and all of its components.

The MPs sustain a direct liaison with local and regional law enforcement agencies and also develops programs, such as Block Parents in PMQs to foster good community relations.

The Aeronautical Information Centre is accessible around the clock.

The AIC provides current, up-to date maps and publications that are readily available and easily accessible for flight planning for aircrews at 17 Wing.

The AIC is organized and managed by the Airfield Support Officer.

The Airfield Support Officer is also responsible for dealing with the Winnipeg Airport Authority.

In conjunction with Wing CE, the Airfield Support deals with all structural issues surrounding the ramp, the serviceability of the han-

gar gates and of the apron itself.

They are responsible for liaising with all construction crews and ensuring that any upgrades on or around the apron do not interfere with the day-to-day operations of 17 Wing.

The Wing Meteorology Section currently has two personnel

They provide meteorological briefings to crews of 17 Wing flights as well as transient aircrew.

They disseminate weather warnings to 17 Wing and 1 Cdn Air Div and keep members up to date on meteorological conditions that could affect the operations of the wing. This includes providing a briefing to the Wing Commander every Friday morning.

As 17 Wing Ops is also the Air Lift Control Element for Op BOXTOP, the twice-annual resupply of CFS Alert, all personnel are involved in ensuring mission success either directly while deployed, or indirectly as the vital link between the deployed assets and 1 Cdn Air Div.

There you have it, a brief synopsis of Wing Operations – the unit that has its finger on the pulse of the Wing.

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# MGen Duval and CWO Mercer visit 9 Wing Gander

By Capt Tony Sheppard  
Reserve PAO 9 Wing Gander

What is best for us is not always our first choice when we make decisions on health and lifestyle.

MGen J.M. Duval, Commander 1 Cdn Air Div and CWO J.W. Mercer, 1 Canadian Air Division CWO, were at 9 Wing Gander September 18 and 19, 2008 to tour the facilities and observe the resources that 9 Wing Gander provides to the CF.

"Not my idea, but it's a great way to start the day," commented MGen Duval as he opened his talk at the town hall in 9 Wing Gander.

He was referring to start-

ing the day with a 7.5 km run that 9 Wing Gander's WComd had invited him to participate in as a part of 9 Wing's CF Health and Fitness Strategy.

The WComd had invited all available Wing members, including the complete Defence Team to participate. The turnout was excellent with about 80 per cent of the Wing participating.

While at 9 Wing, MGen Duval and CWO Mercer held a town hall meeting to pass along a higher level view of the way ahead for the Air Force.

Members posed questions to the Commander and CWO on specific implementation plans and things that

affect them directly.

Also, in the spirit of the visit, MGen Duval made presentations to 16 members of the 9 Wing team for achievements in the CF Aerobics Fitness Program, including to two individuals for the achievement of eclipsing 2,000 points.

During the afternoon, MGen Duval and CWO Mercer were given a demonstration of the capabilities of 103 SAR Sqn personnel and the Cormorant helicopter via an exercise.

The exercise simulated a boating accident where it was necessary to drop Search and Rescue Technicians into the water to effect recovery of the injured.

MGen Duval is the Commander of 1 Cdn Air Div, Canada COM Combined

Force Air Component Commander, Commander Canadian NORAD Region, and is

responsive to the Commanders of CEFCOM and CAN-SOFCOM.



MGen Duval views a demonstration of the 103 SAR Sqn's capabilities while on a visit to 9 Wing Gander.

## Volunteer receives honour

By Karen Christiuk

Jerry Gallipeau showed up at 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR) to start his regular volunteer shift on October 10, only to discover that his family and friends had gathered to pay tribute to his volunteer service and name the renovated kit shop after him.

Since 1993, Gallipeau has clocked in over 7,000 hours of volunteer service as the lead sales associate volunteer for the 1 Cdn Air Div/CANR Kit Shop—now officially known as the Gallipeau Kit Shop.

Gallipeau was at a loss for words and was, admittedly shocked and speechless when he saw that a life-size portrait of him was etched upon the glass door of the shop with his name above it.

"I never expected anything like this," said a smiling Gallipeau after the ceremonies. "I was jolted."

Gallipeau said he enjoys

volunteering at the kit shop because he likes to keep occupied stocking shelves and kibitzing with friendly people.

Known throughout 17 Wing as an outstanding volunteer, Gallipeau is also the volunteer Deputy Commander with the 17 Wing Ghost Squadron (where he works on vintage aircraft), and belongs to the #4 Legion, the 500 Wing City of Winnipeg Air Force Association and the Logistic Movers Association.

The official ribbon-cutting ceremonies for the Gallipeau Kit Shop were emceed by Air Reserve Chief Warrant Officer CWO Bernie Verreault and presided over by Lieutenant-Colonel Cam Stoltz, Headquarters Commanding Officer of 1 Cdn Air Div/CANR.

"It was an opportunity for us to give back something to Jerry for all that he's done for us," said LCol Stoltz. "When we were looking for someone to name the kit shop after, we knew it would be Jerry. This is his

kit shop."

Gallipeau was presented with a glass trophy by PO2 Donna Pelchat, who organized the event, and has worked closely with Gallipeau over the past few years.

"It's a pleasure and an honour for us to present this to you," said PO2 Pelchat, as she handed Gallipeau his trophy. "Today is truly your day."

Gallipeau has a long history with the military and served for 23 years with the Royal Canadian Air Force (RCAF) before retiring to Winnipeg in 1966.

Although he received numerous honours and decorations with the RCAF, including the United Nations Korea Medal and the Canadian Volunteer Service Medal (CVSM), Gallipeau said that having the kit shop named after him is his greatest honour.

For more information about the Gallipeau Kit Shop, contact PO2 Pelchat at 833-2500 extension 6512.



From left: Ann Hiebert (volunteer), Edward Mandrake (volunteer), PO2 Donna Pelchat (kit shop manager), Jerry Gallipeau, Lynn Wager (volunteer).



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# 17 Wing shoots, GCWCC scores

By 2Lt Jordan Woodman

With jerseys donned, hockey sticks in hand, and shins ready to be slashed, the stage was set for the third annual GCWCC ball hockey tournament on October 3, as eight units took to the floor ready to vie for Wing bragging rights.

The championship game saw the heavily favoured team from 17 Wing Firehall square off against the surprise underdogs of the tournament from 17 Wing Admin.

The only one who seemed unsurprised by the performance of the Wing Admin team was their captain, LCol Leo Brodeur, 17 Wing Admin Officer.

"Our practice regime of PT three times per week has definitely produced results, and the improvement from last place a year ago to the championship game this year will attest to that," said

LCol Brodeur.

The championship game began with a quick goal from the Wing Admin team that made it appear as though the underdogs could take the title.

However, the youth and speed of the Firehall squad quickly responded with a few tallies of their own, and before long the game was clearly out of reach for the upstart Wing Admin hopefuls.

The Wing Admin team could not contain the relentless attack of the Firehall players, led by Cpl Gerard "Bubs" Reynolds, who seemed to score at will.

"Everyone played with heart and we all had a good time today, knowing that this was all for charity makes it that much better," said Cpl Reynolds.

In the end, the Fire Hall took the championship title with a convincing 12-4 win.

However, it was evident



The ball drops to start the championship game at the annual GCWCC floor hockey tournament.

on the faces of all participants that everyone was a winner, as every participating unit helped contribute to the success of the event.

"Overall, this was a very well organized event that showcased good sportsmanship filled with lots of running, and we produced a great turnout all for a good cause. We are truly all stars

today," said LCol Brodeur.

As the final days of the campaign wind down, remember that by supporting the GCWCC you too can become a star in someone's life and make a real difference. For more information on how you can help visit, <http://17wing.winnipeg.mil.ca/wadmin/gcwcc/index.htm>



## Transportation breakfast

LCol Wayne Watson gets ready to feed the masses at the annual GCWCC Wing Transportation Breakfast on October 15. A total of 326 meals were served, and \$1,323 was raised.

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# Dunked for a good cause

By Karen Christiuk

With the threat of frost in the air, it was a beautiful crisp day for an outdoor dunk tank event in support of the Government of Canada Workplace Charitable Campaign (GCWCC).

Col Scott Howden, Commander of 17 Wing, was the brave soul that sat on the platform first.

He was fashionably attired in his beloved Toronto Maple Leafs jersey and, after a few tries, he finally sank like a stone thanks to a solid target hit by LCol Jim Bates from A6.

In addition to the Wing Commander, the list of official wet and frozen dunkees included WCWO Wallace, Maj Proteau, CWO Barnes, Judy Bosko Newfeld, LCol Witherden, LCol Fairley, MWO Wohlgenuth, WO



GCWCC co-chair Maj John Schwindt hits the water at the annual GCWCC Dunk Tank & TEME Barbecue on October 3.

Martel, MWO Poirier, Sgt Richkun, Col Latouche, Maj Schwindt, MWO Noseworthy, MWO Karsten, WO Kerr, and MCpl Thibeau

Partitipants also enjoyed the last barbeque of the sea-

son, and hot dogs, hamburgers and pop were available for purchase for a small fee.

For more information about this year's campaign, visit <http://17wing.winnipeg.mil.ca/wadmin/gcwcc/>

## Have you seen this man?

**By supporting the GCWCC, you can!**

Col Howden commits to become a Montreal Canadiens fan for a season if 17 Wing and 1 Cdn Air Dive raise \$150,000 FOR THE GCWCC. Leafs fans can support the campaign by contributing enough to reach \$155,000, freeing Col Howden from his commitment.



# Tried, tested, proven – 2008 SAREX challenges best SAR personnel from Canada and the US

By Lt Jeff Noel  
Wing Public Affairs Officer

Against a backdrop of pristine skies, dark blue waters and boreal forests, the skills of more than 250 military and civilian Search and Rescue experts from across Canada and the United States were tried, tested and proven during the 2008 National Search and Rescue exercise (SAREX) held recently in Thunder Bay, Ontario.

The annual exercise, hosted on a rotating basis by one of the Canadian Forces (CF) Search and Rescue (SAR) Wings, provides an opportunity for the SAR community to exchange valuable information and experiences gained, identify issues of import, and further serves as a venue for collecting SAR-related data during live exercise scenarios.

Hosted by 17 Wing's 435 "Chinthe" Transport and Rescue Squadron, who won the Diamond Award as the Unit with the best overall performance recorded in selected competitive events, this year's SAREX proved to be extremely demanding for all participants.

"To add more relevance and simulate more accurately the varied missions we



Search and Rescue and the Canadian Coast Guard hold an exercise in conjunction with Sarex 2008.

perform daily," said SAREX Coordinator Maj Jay Steele, a C-130 Hercules pilot with 435 "Chinthe" Squadron, "we expanded the exercise by adding two scenarios designed specifically to test the skills and abilities of our personnel to operate in a marine environment."

In addition to the marine events which regrettably were not visible from shore, the citizens of Thunder Bay

and area were able to view first hand from the comfort of their patios, offices or even park benches, the skills of the aircrews as they manoeuvred their helicopters and aircraft overhead.

As well, the precision parachute jumps of Canadian Search and Rescue Technicians (SAR Techs) and American Para-Jumpers (PJs) and Rescue Swimmers frequently generated cheers

and applause from spectators who gathered each day throughout the exercise outside the fence of the Thunder Bay airport.

As if the expanded format for this year's SAREX was not enough of a challenge for the participants, national pride and friendly military-civilian rivalry added to the exercise with the participation of the Civil Air Search and Rescue Associa-

tion (CASARA), the United States Coast Guard, and the US Air Forces 39th Rescue and 308th PJ Squadrons.

"Our mission of saving lives is absolutely crucial. By coming together as we have here in Thunder Bay, we greatly enhance our ability to respond efficiently and effectively to the needs of those who seek our assistance in times of distress," said 17 Wing Commanding

Officer Col Scott Howden.

The most heartfelt words, however, were provided by Her Worship, Mayor Lynn Peterson of Thunder Bay. "I, like most Canadians, see your exploits on television newscasts and say wow! But after witnessing first hand the training, the dedication and the passion you all have, I just want to say on behalf of all Canadians – thank-you."



MCpl Robin Richardson, front row centre, and Cpl Scott Hoadley, front row right, both of 435 Sqn, walk toward the CC-130 Hercules in preparation for their free fall jump during SAREX 2008 in Thunder Bay.



Cpl Julien Gauthier, a Search and Rescue (SAR) technician with 413 SAR Squadron, 14 Wing Greenwood, checks the rate of breathing on a simulated casualty during the medical competition event at Search and Rescue Exercise SAREX 2008.

# Depart with dignity ceremony held at Air Div

By Karen Christiuk

After 30 years of dedicated service, Maj Jay Jongerius retired from the regular forces on October 2, and will begin a new life as a Class A reservist.

A private ceremony was held at 1 Canadian Air Division/Canadian NORAD Region Headquarters to mark the occasion, and was officiated by BGen Yvan Blondin, Deputy Commander Force

Generation.

Of his three decades in the Canadian Forces, Maj Jongerius remarked, "It's been great. I'd love to do it over again, and I'm looking forward to Class A."



BGen Yvan Blondin, Deputy Commander Force Generation, left, presents Maj Jay Jongerius with a Certificate of Service signed by former Chief of the Defence Staff General Rick Hillier.

## New site manager functional

Kendra Pennell, formally Cpl Pennell has joined the ranks of the Public Service. She has made a move in WSup from Clothing Stores, to Site Manager Functional (SMF). The dynamics of serving on the front lines in Clothing Stores has prepared Pennell for anything her new job throws at her.

Pennell joined the Canadian Forces (CF), Aug. 89. Kendra has served 17 years as a Supply Tech with post-



Cpl K.L. Pennell accepts her certificate of service from Capt K.R. McCharles upon retirement.

ings to Portage la Prairie, and 17 Wing ARAF.

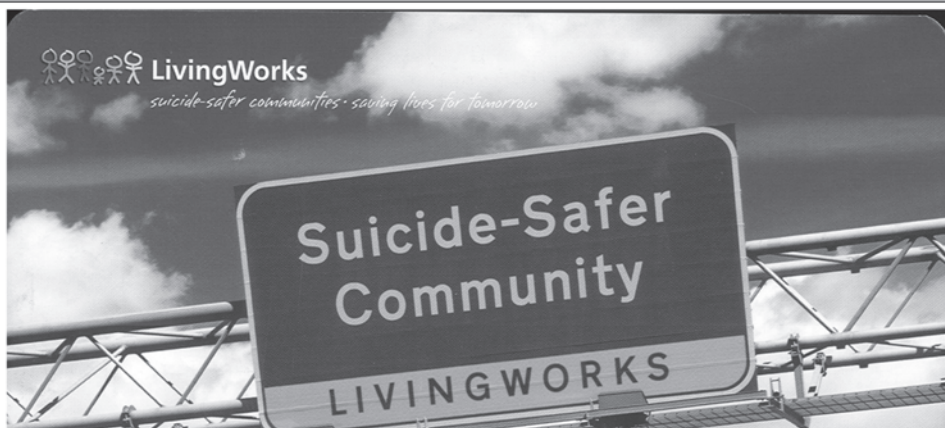
The water cooler is now strategically placed near Pennell's cubicle to curb the possibility of loneliness that could ensue from serving customers through MIMS, as opposed to face-to-face. She is a welcome addition to the Customer Service (CSU) Section of WSup and has already raised morale with her agreeable personality, her knowledge base, and the energy in which she has approached her new position.



### Promoted

On 2 October, 2Lt Robert Finkle, Res Compt Project O, 1 Cdn Air Div, left, was promoted to Lt. LCol June Zuorro, 1 Cdn Air Div Compt made the presentation.

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## Community Recreation

### New Com Rec Supervisor

My name is Lindsay Chmilnisky and I am the new Community Recreation Supervisor. I am in my last year of the Recreation Management and Community Development Degree program at the University of Manitoba. I've been employed at 17 Wing Winnipeg for six years. I worked on the pool deck as a lifeguard/ swim instructor, as the Aquatic Supervisor and now as the Community Recreation Supervisor.

I look forward to providing the 17 Wing Community with fun, new and exciting programs. Make sure to look for our upcoming Halloween party, youth programs, new themed birthday parties and much more!

You can contact me about more information on our current programming or if you have some new ideas. I can be reached at 833-2500 ext 2057 or [chmilnisky.le@forces.gc.ca](mailto:chmilnisky.le@forces.gc.ca)

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Hot dog, slushies, pop and chips  
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For more information,  
call Lindsay at 833-2500 ext 2057.

### Youth Halloween party

**Friday, October 24**

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**South side Youth Centre**

Scary movies

Prizes

Snacks

Games

Pumpkin carving

Haunted house



For more information,  
contact Lindsay at 8332500 ext 2057

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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 Supervisor Lindsay Chmilnisky, ext 2057  
Community Recreation Admin Assistant Ann Gibson, ext 5976  
Aquatic Supervisor Kendra Redekop, ext 7013  
Community Library, ext 2490

# 17 Wing Officers' Mess golf 2008 season update

By Maj Denis St-Pierre

The 17 Wing Officers' Mess Golf Tournaments for this past season is now completed.

This year, golfing offered an excellent opportunity to meet new members, relax, enjoy some beautiful and not so beautiful summer days and the social experiences.

Positive feedback from

the more than 100 mess golfers and numerous guests who participated in the tournaments this year left little doubt that everyone had a great time.

This year again, my aim was to offer a new golf experience to all mess members and our guests and I think my aim was achieved.

The tournaments at Scotswood Links, Teulon, Selkirk, Steinbach, The

Meadows and the Suds event at Blumberg, offered as much challenge as most mess golfers wished to handle.

Our golfers' competitive spirit was alive and well again this season as the competition results clearly show. Congratulations to LCol Tom Szczerski, the winner of the Stan Gitzel Memorial

Trophy as the Officers' Mess Golfer of the Year for 2008 with a best three games total score of 238.

To select the golfer of the year, I used your best three games.

Thank-you to the Officers' Mess for providing the funds to purchase the many prizes awarded to all participants this season.

A special thanks to Mr. Grant Clements from Re/Max, Murray Chevrolet Hummer and Canadian Tire Unicity for their very generous contributions to our tournaments.

I hope you enjoy the golf this year and with your participation next year and encouragement to your friends

to come out and play, the 2009 season should be even more exciting.

Following are tentative dates for the summer 09 Officers Mess Golf Tournaments and the Sud's Tournament: 20 May 2009, 18 June 2009, 9 July 2009 (Sud's), 30 July 2009, 19 August 2009 and 15 September 2009.

2008 Officers' Mess golf standings					
1	Tom Szczerski	76	79	83	238
2	Mike Lagace	79	79	84	242
3	Dave Mason	80	81	83	244
4	Doug Chess	79	85	87	251
5	Gary Sereda	78	82	95	255
6	Cheryl Netterfield	82	86	89	257
7	Daniel Labrie	79	89	94	262
8	Colin Houghton	81	91	95	267
9	Kim Parker	87	91	92	270
10	Don McLeod	82	95	99	276



Maj Mike Lagace, Officers' Mess PMC presents the Stan Gitzel Memorial Trophy to LCol Tom Szczerski the 2008 Officers' Mess Golfer of the Year.



Maj Mike Lagace, presents a crystal bowl to LCol Tom Szczerski. The bowl was donated by Grant Clements.

## Fitness is a family affair

By Voxair staff

Sophie Duquette and 2Lt Pascal Proulx are dedicated to maintaining a healthy lifestyle, and are willing to share information and advise with those who ask.

Duquette traveled to Columbus, Ohio and participated in the 2004 Arnold Classic bodybuilding competition.

She came in second in the Ms. International light-weight category. In 2002, she placed fourth in the Ms. Olympia competition, which took place in Las Vegas.

She has since retired from the competition circuit, and is dedicated to raising a family, but she diligently trains at the gym with her husband, who is an accomplished athlete himself.

Now that Duquette and 2Lt Proulx have children, it's more difficult for them to train together.

They now alternate training days so that one of them is home with the children.

"My goal is to be the best mother for my kids. Family



Sophie Duquette, 2Lt Pascal Proulx and their children first, training second," said Duquette.

Juggling training and family can be challenging at times, and the couple believes time management is the key to maintaining a healthy lifestyle.

"Everybody has time for the gym; it's just a matter of scheduling and motivation. Achieving a good level of fitness is particularly easy in the Canadian Forces. All the training facilities are free and you have access to high quality and dynamic PSP staff who have a wide variety of training knowledge," said 2Lt Proulx, who works at CFS.

Working out on a regular basis also gives Duquette and 2Lt Proulx the energy they need to keep active and productive.

Both Duquette and 2Lt Proulx believe that you have to have fun while you're training.

Duquette said that she's been working out for more than 19 years and every time she goes, she enjoys it.

"You can't do something for that long if you aren't having fun," said Duquette.

"After we're done working out, we are ready to transfer that energy to the family. And for us, it makes the whole difference."

2Lt Proulx says working out also improves your stamina at work.

"You'll be more positive; you'll improve your work ethic, and increase your work capacity. Everything goes together. That way, you improve your self-esteem and life quality. In my opinion, it's the secret for success."

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# Adventure tests mettle

By Maj Dave Proteau

Months of training, three members per team, swamp, sweat, pulled muscles, scratches and bruises: add it all up and you get 2008 Swamp Donkey.

On September 27, five teams from 17 Wing gathered up at Falcon Lake for this epic adventure race.

For most of us, it was our first attempt at adventure racing and we were in for a few surprises.

Adventure racing is a combination of canoeing, mountain biking and orienteering in teams of three, along a pre-determined course designed to test your physical and psychological limits.

Team members have to use their map reading skills, decision-making aptitudes and physical ability while remaining within 100 feet from each other while navigating through the 50 km+ long course.

Along the way, teams had to reach more than a dozen checkpoints and transition zones where they stamp their race passports and shift from biking to running to canoeing to orienteering and back to biking.

Most teams arrived at Falcon Lake on the previous day to register and receive pre-race briefings.

Nervousness was in the air as the teams gathered up and finalized their preparation for what was to be an outstanding challenge.

Race day began with final instructions prior to the starting command given at 1000 hrs. With that command, we were off for nearly seven hours of exhilarating competition through the wilderness of the Canadian Shield.

The race began with a 20 km mountain biking portion through a very challenging course that took teams across beaver dams, swamp and trails (most of it carrying your bike rather than riding it).

With 72 teams entered in the contest, it was tight quarters for the first couple of hours as teams were pacing themselves for the long stretch ahead.

The first biking portion included a short bike-orienting section through the community of Falcon Lake.

It was obvious by that point that local knowledge of the area would be a huge



2Lt Lacroix, Maj Proteau and Joanna Jarrett.

advantage to racers.

Since most of the 17 Wing teams did not possess familiarity with the area, we were all starting with a distinct disadvantage against local racers.

However, military training, physical endurance and determination would prove beneficial later on in the race.

Our team encountered our first set back during that portion when I tangled up with teammate 2Lt Stephane Lacroix on the high speed segment of the course.

We both went flying off our bikes at 25km/hr and were thrown to the asphalt where we were left to survey the damages.

The result: a broken helmet, slight concussion and a ripped-up left hand for 2Lt Lacroix and a heavily damaged bike for me.

Next was the 4.5 km canoeing portion that included a one km portage through a tight single-track trail across rugged terrain.

A costly strategic error proved to be the demise of our attempt to finish first in our category (Military/911) when I forgot to get our passport stamped and had to let 2Lt Lacroix re-trace the portage.

Making up for my mistake, we paddled hard through to the next transition zone where we made up valuable time using our military training skills of map reading through heavily wooded terrain and regain a few positions.

The next 3.5 kms were definitely challenging but smart decisions and short rest periods allowed us to go from 36th (out of 72) up to 22nd. We were now in for the final stretch.

We arrived at the last transition zone back in first place in our category and near the top 20 overall (which was our goal).

We hopped back on our damaged bikes (bent front

wheel and only two gears out of 27...) and made our way to the top of the ski hill for the final bike-orienting portion.

Once again, local knowledge of the area greatly helped local racers as the last portion took them just over half an hour while it took us over an hour to complete.

We were within sight of the finish line when we noticed a fellow 17 Wing team ahead of us, sprinting for the finish.

With all of our remaining energy and strength, we made our final push but it wasn't meant to be.

We finished with a final time of 6 hours, 48 minutes and 28 seconds, a mere 23 seconds behind the first place military team.

Congratulations go to the 17 Wing Adventurers (LCol Fairley, Maj Sindrey and Maj Schwindt) who made 17 Wing proud and captured the Military/911 category.

With our egos bruised along with our legs, shoulders, hips etc, we vowed ourselves to return next year and finish in the top 15 overall and seize first place in the Military/911 category.

Congratulations to all five teams from 17 Wing who bravely faced this challenging adventure head-on and did the CF proud.

The challenge is now sent to all of you adventure-racers-to-be, to take on your fellow CF members in the much anticipated 2009 Swamp Donkey race.

Please check the Swamp Donkey website <http://www.swampdonkeyar.com/Home.html> and start training for next year!

Personal thanks to my teammates, 2Lt Stephane Lacroix and Joanna Jarrett, for their tremendous performances as well as a huge thank you to Sgt Tim McMeekin, Cpl Kevin Belanger and CFSSAT for the outstanding logistical support.



## Intersection slo-pitch winners

Congratulations to the PSP F&S slo-pitch team that defeated 435SQN in the I/S slo-pitch championship final to be crowned the 2008 I/S slo-pitch champions. The PSP F&S staff defeated 435SQN in a very close championship final to be declared I/S slo-pitch champions for the 10th year in a row. Thanks to all the teams that participated in the 2008 I/S Slo-pitch season.

Back row, from left: Don Mills, Cpl Jamie Upshall, Chris Merrithew, 2Lt Shaun Hulme, WO George Lake and Rick Phillips. Front row from left: Tom Dillon, Pte Kelly Lake, Brianna Fay and Maj Dave Proteau. Missing: James Follette, Frank Charest, Lindsay Chmilnisky.



## Golf champions

Congratulations to the CFSAS Slicers golf team that defeated WTISS in the I/S Golf Championship final to be crowned the 2008 I/S golf champions. From left: Maj Bob Orzechowski, Shaleem Hosein, Maj Doug Chess, Maj Bruce Gundling, Maj Chuck Halikas, Capt Matt Lamb and Maj Don McLeod. Missing: Maj Tony Ament, Maj Richard Ladouceur, Capt Ken McRae, and Jim Cameron. Special thanks to Darlyne Fathers and the rest of the staff from the CFB Winnipeg Golf Course for all their support and assistance throughout the season. Hope everyone enjoyed the season and look forward to seeing everyone next summer.

# Halloween

## 2 hours



**When: October 31**  
**Time: 1100-1300**  
**Where: Building 90**  
**Spin room 1100-1200**  
**Gym floor 1200-1300**

**You can do both or choose your favourite.**



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### Hubbell Awards presentation

Ivan Poitras and Ben VanRuiten representing the Hubbell Awards Inc. present the MFRC with a cheque for funds raised at the Run With Us Gala held on September 16, 2008.



### Red shirts rock

The staff of Circle Square Ranch paid tribute to Kalynn and Taylor Warren by celebrating Red Friday. Taylor just returned from Afghanistan on TF1-08 and the Circle Square Ranch is where Kalynn and Taylor met when they both worked there.

### New date for workshop

Deployment Workshop - Saturday November 8 - 11:30 am to 4 pm  
Come out and enjoy a workshop to learn how to make your own Christmas Cards. We will make 12 cards and one gift box in total at a cost of \$10. Beginners are most welcome. Lunch will be included in the cost and offered prior to the workshop. Once you have registered for this workshop and then find you can't make it, please contact me to cancel no later than October 31. It is important, as the individual who is putting on the workshop has to cut all the materials for the cards and it is very time consuming. To register please call 833-2500 ext 4500. Childcare will also be provided.

### Newcomer Event

Lower Fort Garry, Friday, October 24, 2008  
Take a candlelit tour and discover the spooky side of Lower Fort Garry. Who knows who (or what) you'll bump into in the night! End your evening with a bonfire, hot chocolate, marshmallows and share Halloween stories. Cost: \$7 person  
Call 833-2500 ext 4500 for more information.

### Support the MFRC through GCWCC

Did you know the Winnipeg Military Family Resource Centre (WMFRC) is a Canada Revenue Agency (CRA) registered not-for-profit charity and is GCWCC contribution eligible?  
If you would like to donate to the WMFRC, please select box "C" (Other Canadian Registered Charities) on the GCWCC Gift Form given to you by your Canvasser/Unit Rep. The CRA BN/Registration number required for supporting the WMFRC is: Winnipeg Military Family Resource Centre 133105536RR0001. We thank you for your support!



### Where's Soldier Bear?

Like a newcomer posted into Winnipeg the MFRC's Soldier Bear is exploring 17 Wing. Soldier Bear will be photographed at various locations around 17 Wing until the end of December, and his photo will be published in Voxair. If you think you know where Soldier Bear had his picture taken stop by the MFRC to fill out a ballot. Draws for your chance to win your very own Soldier Bear will be held on October 1, October 29, November 26 and December 23. A grand prize draw for the chance to win a \$100 gift certificate to the Keg will be held on December 23. Each person is eligible to enter twice a month and it is possible to win more than once.

### Deployment Gremlins

Written by a Navy Spouse

Gremlins. When you say that we all think of those cute, fuzzy creatures from the movie Gremlins. And then you think of the ugly, trouble makers from the movie. Well, I've got the second kind in my house! As usual, the gremlins have hit because my husband is on deployment. They never attack when he is home! They lie in wait for him to leave.

Gremlins usually wait for at least a month to strike too. It's like they have to make sure he's actually gone for the long haul. I'm sure everyone can relate.

Let's see what's gone wrong lately..... First the vcr busted. No big deal, I can handle this. I opened that sucker up and fixed it! I'll show those Gremlins!

Next, the computer started acting up. Okay, in it goes to the shop. The cpu and main cooling fans had blown. No problem - got new fans put in there. Ha! Still got the upper hand on those Gremlins.

Well, about this time, the vcr Gremlin strikes again! This time it's going to go to the shop. It's beyond my feeble attempts! Score 1 for the Gremlins. Not bad really. Since I got the computer fixed, and running, I consider it a tie score - not bad for two months into the deployment.

I think I got a little too smug.

One of my tasks is to drive our second car once a week to keep it running while my hubby is gone. Well, it finally died. After attempting to jump start it, I give up, look through the receipts and yep, it's just time for it to die! Cool! I'll just unhook the battery wires, let it sit for a couple more months before I buy a new battery. That way I won't have to worry about driving the urban assault vehicle, also known as Christine to you Stephen King fans! (yes, the car loves my husband and hates me!)

So, I put on my mechanic hat - I can do this! Well, half a can of WD-40 and cut and scraped knuckles later, I have the positive wire unhooked and the negative wire is still hooked to the battery. I still haven't figured this one out since all of the women I know here are also deployment widows at the moment. So, the way I look at it the score is now Gremlins 1 1/2 and Carrie 1 1/2.

I'm sure over the next four months or so the score will flip flop back and forth.

That's normal for deployments.

As long as we don't let the Gremlins win we're doing good. Keep a sense of humor about it and realize these things are going to happen. Don't ever ask What next?

If you do, something is sure to happen!

Maybe, just maybe, if we don't feed the Gremlins after midnight we won't have any Gremlin strikes.

Nah, that would be too easy!



### Fundraiser

Thunder Bay Military Family Resource Centre's Red Friday Tribute Fundraiser event was a huge success. The event was sold out and many of the people in attendance proudly wore their red apparel. It was a true tribute to the many soldiers, sailors, airmen and airwomen who serve our great country and also a tribute to their families whose support makes it all possible. Thunder Bay is truly a small city with a big heart!



### Bison award

The staff from the Wing Publishing Office accept the Bison Award for the month of October.

The Winnipeg Military Family Resource Centre  
in partnership with  
the Manitoba Branch,  
Royal Military Colleges Club of Canada  
are proud to announce the

# Yellow Ribbon Gala

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## Saturday, February 21<sup>st</sup>, 2009

Delta Winnipeg - 350 St. Mary Avenue  
Cocktails 6:00pm - Program 6:45pm - Dinner 8:00pm

### \$85.00 per person\*

\*Includes a charitable receipt for \$40.00  
Payment methods accepted are cash, interac & cheque

Dress: Mess Kit, Formal Attire

Ticket sales begin  
November 3, 2008

## Reflecting on a silent church

By Padre Lance Magdziak  
Chaplain

A few weeks ago, I was following a visit of Pope Benedict XVI to France. This visit took place August 12 till 16 2008.

I would like to share my thoughts and humble reflection about what I can call: a silent church.

Pope Benedict made his first visit to France, which has 35 million of Baptized Catholics.

Before the visit, the French press, pointing to the continual decline in the number of practicing Catholics and the French state's commitment to Godless secular nation, created a gloomy picture.

Everything began in Paris— which also is my favoured city from all the cities in the world.

President Nicolas Sarkozy came to the airport to welcome the Pope.

He said in His opening statement: "It would be crazy to give up on religion, it would be against culture and humanity. I call for a positive concept of Laicite..."

French Catholicism is known as the eldest daughter of the church, for having pledged allegiance to Rome in the second century and in



the 14th century, the southern town of Avignon even served as the temporary home to the Papacy.

But France is also where modern anticlericalism became visible with the 1789 French Revolution, which led to separation of church and state known as Laicite.

The Pope in his speeches invited people of France to look back.

He said to intellectuals: "What gave Europe's culture its foundation? - The search for God and the readiness to listen to Him- it remains today the basic of any genuine culture."

What I loved the most about this visit, that many ordinary people joined together for different festivities, music, testimonies, simply to celebrate their heritage.

I was moved to see a Canadian, Pere Jean Vanier founder of L'Arche, speaking to many young people at Notre Dame.

I love Paris, I love French food, I love French wines, and I have many friends who trace their roots to the province of Quebec, their unique culture, language, and traditions.

I believe more than 17 per cent of CF is Franco- phone.

When I was watching the Pope Benedict in Lourdes, a small town in southern France, with 150,000 people around him, I was also thinking about my French-speaking friends.

It was the most beautiful picture and a long silence.

In this silence, I rediscovered the church in France as a silent church.

My understanding of a silent church can be as follows: Silent church is not just a church of the past, the church of the martyrs but also a church of today created by all of us who do not speak about our faith.

"Stay in silence and then speak- we cannot be silent because what we know," said the Pope.

I hope and pray that our search for God is still strongly going on.

## NORAD chaplain awarded Joint Service Commendation Medal

By David Krayden

LCdr David Greenwood, a Canadian chaplain serving at North American Aerospace Defence Command (NORAD) Headquarters in Colorado Springs, Col. recently received the United States Joint Service Commendation Medal in recognition of his faith-based work with NORAD.

His efforts on behalf of the Joint Support Group during the rescue and relief operations that followed after Hurricane Katrina hit New Orleans, Lou.

"I was somewhat surprised when I was summoned and formally and very officially presented with a medal by the U.S. Department of Defense on the order of the Commander of NORAD and Northern Command," said LCdr Greenwood.

"This is not a service medal that is internal to just the U.S. Air Force or Army but is acceptable in accordance with Canadian Forces directives: it is my understanding that I cannot wear

the medal with my CFs but that I can wear it with my mess dress."

The citation which accompanied the presentation reads:

"Lieutenant Commander David Greenwood, Canadian Forces, distinguished himself by exceptionally meritorious service as Staff Chaplain to the Command Chaplain, North American Aerospace Defense Command from July 2005 to August 2008. During this period, the outstanding leadership, professional skill and compassionate service of Padre Greenwood resulted in the development of a strong and lasting relationship between the Office of the Canadian Chaplain General and the Command Chaplain of North American Aerospace Defense Command. Padre Greenwood's immediate engagement with the Joint Support Group during Hurricane Katrina relief efforts provided comfort and significant religious direction for the logistical effort. His clear thought processes and expertise contributed significantly to the development of religious support planning for the Bi-national Civil Assistance Plan. Fur-

ther, his tireless efforts and diplomatic skill greatly enhanced training and coordination with NORAD's regions LCdr David Greenwood accepts the Joint Service Commendation Medal from Col Thomas Vail, command chaplain for NORAD and the U.S. Northern Command. Through his distinctive accomplishments, Lieutenant Commander the Reverend David M. Greenwood reflected great credit upon himself, the Canadian Forces, and the Department of National Defense."

LCdr Greenwood is currently studying Italian in preparation for his next posting to the Pontifical University of St. Thomas Aquinas in Rome, Italy.

There he will be only the second Canadian Forces chaplain to be enrolled in a post-graduate course leading to a Masters in Theology in Interfaith Studies and Ecumenism.

"It's a two year program and I'll be expected to come back and develop programs for the chaplaincy's recruiting desk," says LCdr Greenwood.

The course started at the end of September.

## Together in Church

### Catholic

#### Chaplains

**Padre Lance Magdziak**  
Roman Catholic Office 833-2500 ext 5272

**Padre Joe Johns**  
Roman Catholic Office 833-2500 ext 5785

**Administrative Assistant**  
Carol Cochrane Office 833-2500 ext. 5087

**Masses (English only)**  
Sunday 1100 hrs

**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

**Chaplain Bonnie Mason**  
(Presbyterian) Office 833-2500 ext 5417

**Padre Bob Granholm**  
(Mennonite Brethren) Office 833-2500 ext 4885

**Padre Ken MacRae**  
(Presbyterian) Office 833-2500 ext 5349

**Padre Gord Mintz**  
(Anglican) Office 833-2500 ext 5349

**Padre David Stewart**  
(Presbyterian) Office 833-2500 ext 4277

**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** 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** 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.



LCdr David Greenwood accepts the Joint Service Commendation Medal from Col Thomas Vail, command chaplain for NORAD and the U.S. Northern Command.

# Classifieds

## For sale

**Evenflo Aura travel system** (car seat/stroller) \$150 obo; infant playmat/gym \$15; infant car ride on/walker \$15; Graco playpen \$30. Call Janice at extension 5383 or 831-6194. <sup>(17)</sup>

**Four winter tires** 205/70/15. Phone Tom 895-8191. <sup>(16)</sup>

**Posting Sale** two pairs of washers and dryers older set \$200, newer set \$400; one full size mattress \$100; one double bed \$100; one change table \$20; one three-piece sofa, loveseat, chair \$300; one dining rm set table and 6 chairs \$150. Phone 889-3960. <sup>(16)</sup>


**1 BR Apt for Rent-** \$617. Available 1 Nov 08. Corner of Ainslie St. and Ness Ave.- just minutes from 17 Wing. Security, non-smoking building with on-site laundry, hardwood floors. Parking available. Call Laura 452-1037. <sup>(16)</sup>

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## Thank you

With my thanks to our staff for the TLC on my birthday, beginning with the 50 old buzzard icons affixed to the lawn in front of the H Svcs bldg, dental clinic end, the breakfast, the apple and raisin pies, the balloons and signage announcing my celebrations, the cards and pictures --- all your efforts and good wishes are appreciated. Special thanks to Syl Hancharyk and Sgt Tracy Gauthier for doubling up in cahoots to make this hallmark year begin with a bang!



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# TAROSCOPES

BY  
**NANCY**

**Aries (March 21 - April 19):** You want to know your deeper purpose. And, to know for certain that it will make you happy if you work at achieving it. Instant answers are not out there. Learn from the past. You can't force an outcome, especially in terms of relationships or things that take time to develop.

**Taurus (April 20 - May 20):** You seem to have a wealth of patience and hope that things will improve but the more you hope for this happy shift to occur, the more you see there is a lack of progress in that direction. Instead of waiting for other people to change, look at what you can do. You're in this together.

**Gemini (May 21 - June 21):** Retreat from hurtfulness or cruelty. Reflect on what feeds your spirit. Having a clear awareness makes it easier to be proactive; and, to say, "No" to giving endlessly without some kind of return kindness. Over time you will create a core group of positive, supportive people.

**Cancer (June 22 - July 22):** If it's worth having it's worth fighting for. Put some effort into getting what you want. Sure there is discord, struggles and conflict but this isn't the time to give in or avoid. Meet challenges head on. If all is not well – address the issue. Be genuine and you'll truly connect with others.

**Leo (July 23 - August 22):** You're feeling more yourself these days because you're in the spotlight where you feel best. If you or someone you care about has a health concern, deal with it. Be proactive, sensible and a bit more conscientious about wellness. Cultivate good habits and create a supportive environment.

**Virgo (August 23 - September 22):** Putting yourself first for a change has affirmed your sense of self-worth. Live in the moment, but also look to the future and plan how to prepare for it. You can't get there until you resolve a few things from the past. Don't give in to self-doubt; instead take action.

**Libra (September 23 - October 23):** You have the power to change things. You want to be appreciated. If your current situation isn't working for you, move on. Change locations and you'll find you have more freedom and more say. Spread the word - you're in the market for a new life. Friends help.

**Scorpio (October 24 - November 21):** You have options; though there is no point in trying to force anything innovative at this time. Consider others first, for now. Reconnect and recommit. You can flex your creative muscles later. Curb impulse spending. Settle into what feels comfortable, easy and right.

**Sagittarius (November 22 - December 21):** Your time has come – so enjoy it. Finally you see there was a point to all your efforts. Take pride in your accomplishments and the fact that you trusted your instincts. In future you may be surprised to find that what you really want hasn't changed that much over time

**Capricorn (December 22 - January 19):** Change is on the way. This reassurance will get you through the tough stuff. Deal with the chores before you take a break. Organize your time and commitments so that you're not bogged down. Making a major lifestyle change improves your physical wellbeing.

**Aquarius (January 20 - February 18):** Even when you're not sure you're headed in the right direction trust that if you're following your dream you're on the right path. It may not be practical, but if you don't give it a try you'll always wonder what you gave up by opting out. Risk a little bit more.

**Pisces (February 19 - March 20):** Face your fears. Don't give up just before you get to the Winner's Circle. Yes, a storm of self-doubt can hit you hard but push through it. An ideal situation is about to open up where you can really shine. Do it your way, on your own terms and reap the rewards.

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