



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

March 31, 2010

VOLUME 59, ISSUE 6

FREE

Standing On Top Of The World

Warrant Officer Darcy St. Laurent is on his way to fulfilling his goal of conquering the North Pole. See Page 4 for the full story.



Photo Courtesy: Save The Poles

IN THIS ISSUE:

FORT GARRY HORSE HOLDS GUN CAMP-C7 QUALIFICATION

PAGE 03

AIR FORCE PARTICIPATES IN GREAT GRAIN RELAY

PAGE 06

3CFPTS HURRIES HARD IN CURLING BONSPIEL

PAGE 08

ICE ROAD TRUCKING IN NORTHERN WINNIPEG

PAGE 09

440 'VAMPIRE' SQUADRON HELPS OUT WITH THE OLYMPICS

PAGE 12

Millennium
Auto Service Ltd.



- Complete Auto Service
- Computer Diagnostics
- Government Inspections
- Evening Hours

3797 Portage Avenue (Portage at St. Charles St.) Phone: 885-2690 or 632-8909 Fax: 885-2705

DOMENICA'S
UNISEX HAIRSTYLING

2255-G Ness Avenue

Ph: 885-3665 or 832-6978



Mon & Tues
9:30 am - 6:00 pm

Wed to Fri
9:30 am - 8:30 pm

Saturdays
8:30 am - 5:30 pm



- Military Men Cuts.....\$10
- Perm & Cut.....\$43⁹⁹
- Flat Tops.....\$10
- Frost & Cut.....\$45
- Colour & Cut.....\$38
- Senior Men Cuts.....\$9
- Children's Cuts.....\$9-14
- Ladies Cut.....\$16
- Ladies Blow Dry.....\$16
- Folds.....\$4 to \$6

Operation Podium Theatre Deactivation

Capt A.L. Brent

OPERATION PODIUM DEACTIVATION TEAM

Operation Podium (Op PODIUM), one of Canada's largest domestic operations, was four years in the planning followed by months of coordinated effort to prepare sites around the Vancouver and Whistler area to house the 4,500 troops required to ensure the safety of the Olympics and Paralympics. But as the old saying goes, "What goes up must come down!" and with that in mind a Theatre Deactivation Team (TDAT) was formed to facilitate the deactivation of all sites and Temporary Accommodation Facilities (TAFs) within the Joint Operation Area (JOA).

The TDAT mandate was to ensure deactivation strictly adhered to timelines established by operational requirements and contractual expiration dates. In short, the TDAT had to make sure everybody and everything was out of the Joint Operations Area (JOA) in a matter of weeks following the close of the Paralympics. What had taken months to put in place must now be disassembled, deconstructed and cleared of all military personnel in mere days. A daunting task to be sure for the 3 person TDAT team but, with a ton of planning, cooperation and a little luck tossed in, it's surprising what can be accomplished.

"Logistics is the art of defining and extending the possible."

James A. Huston, The Sineux of War: Army Logistics 1775-1953.

Establishing a timeline by which all TAFs and sites within the JOA would be rapidly deactivated with no disruption to continuing operational requirements was the number one priority. The deactivation had to take place in two phases, post Olympics involving 10

sites mostly in the Whistler area, and post Paralympics which would include all remaining support troops and the 9 residual sites/TAFs. With a minimal amount of time for TDAT to achieve its mandate, coordination and cooperation between the various support elements and components involved in the joint operation was paramount. Joint Task Force Support Element (JTFSE) is comprised of all the elements of logistical support components perfectly suited to execute the type of rapid deactivation that was being called for. Following the close of the Olympics, 10 sites were deactivated over a span of eleven days. 3,500 troops were returned to their units, support staff repatriated, morale and welfare equipment returned, and thousands of dollars worth of equipment and vehicles was inspected, prepared and shipped all over Canada. This operation will take place once again following the close of the Paralympics though on a slightly smaller scale with only 1,000 troops remaining in theatre.

Environmental assessments are being conducted on all CF occupied sites and remediation actions taken (if possible). New contracts are being created to accommodate unforeseen shipping requirements, security needs, waste removal and a myriad of other details that surfaced as planning surged ahead.

The challenge for such a rapid close out plan was focusing all components and various support units efforts toward coordinated and cooper-

ative deactivation as early as possible. A number of meetings were held with the support elements and components and through expert organizational cooperation, flexibility in responding to shifting operational dates and last minute support requirements a final plan for deactivation was achieved and put into action following the closing ceremony of the Olympics.

Within the JTFSE organization, Communication Information Systems (CIS) had the responsibility for the technical inspection, preparation and deactivation of

trated taking into account all other support and transportation requirements. The Logistic Support Group Supply (Log Sp Sup) responsibility was to verify all supply customer accounts (SCA), prepare, package and ship all CF assets to a staging area for further onward movement. It was quickly determined that the CIS and Log Sp Sup tasks during teardown were closely intertwined and the decision was made to embed a Log Sp team with each CIS team for the execution of each site/TAF deactivation. The first TAF teardown proved a seamless, efficient operation and was completed faster than projected. This allowed the teams to advance to the next site earlier than anticipated hastening the closure of each site.

World events and political meetings (G8) created a unique challenge for Log Sp Sup during Op PODIUM. Equipment in use at Op PODIUM was tagged for immediate usage in other operations and therefore had to be identified, sorted, prepared and palletized for onward movement to 5 separate locations. The G8 identified equipment required rapid redeployment due to the shortness of time between ops. During a site/TAF's closure the equipment was marked with the destination it had been identified for. The equipment was then sent on to the warehouse at Jacobson Way where a Log Sp production team received and began the process of sorting, palletizing and loading it onto trucks. By performing all the packaging, inspection, and destination identification tasks on the site/TAF, the time required to ship the equipment to its next destination from Jacobson Way was vastly reduced.

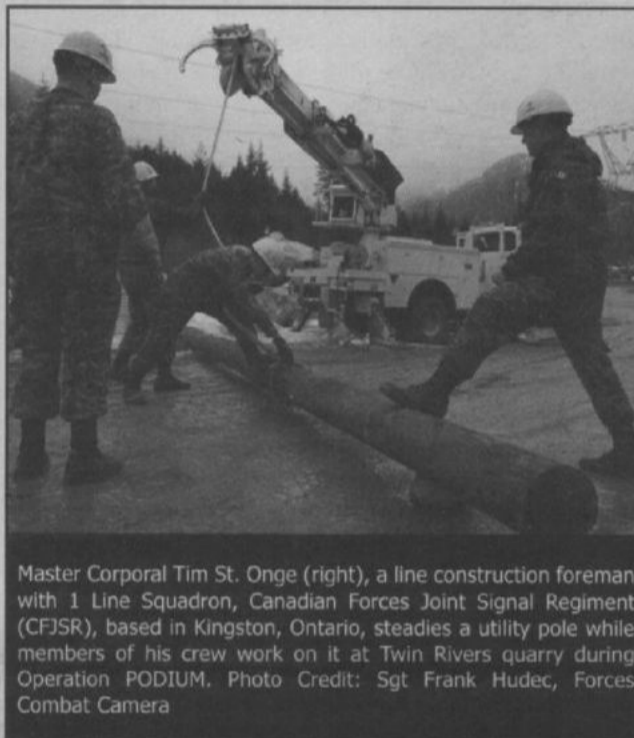
The Log Sp Tn, CMTT, Maintenance, and Movement Control Detachment were responsible to coordinate the inspection and return of all rental

vehicles, the preparation, mounting of all military vehicles and sea containers within the JOA for shipment to 15 locations across Canada. Over 500 rental vehicles, distributed across the JOA, and close to 300 shipments of vehicles and sea containers located in 11 sites had to be inspected, retrieved, mounted and either returned to a local contractor or shipped out of the JOA.

An important part of deactivation was ensuring that environmental concerns were addressed. Upon closure of Op PODIUM all sites/TAFs were to be returned to their state prior to occupation. All sites/TAFs had to be assessed for environmental damage of any kind and remediation undertaken or planned for before decommissioning. Engineering Support Group (ESG) provided inspectors who conducted regular assessments on all sites/TAFs throughout the operation in order to address any preventative practice shortfalls and equipments shortages. Every HAZMAT spill, regardless of size, was recorded and included details of remediation actions. The northern sites/TAFs had an Engineer embedded to mitigate impact to the surrounding environment and take immediate steps to remediate any issues or spills. The Damage Control (DAMCON) team was on standby to provide immediate HAZMAT support in the case of severe spillage. Tire ruts were leveled, grass was reseeded and in some cases pavers re-positioned. While some of the remediation work would have to wait for spring, the majority of sites/TAFs were put back to original form.

"Many things difficult in design prove easy in performance", Samuel Johnson (1709-1784) British author.

The incredibly ambitious task during the planning phase, the vanishing act of 4,500 troops and all the related equipment and material, turned out to be a remarkably smooth operation. With all the components and support elements working in concert we will leave BC quickly, quietly and with little left behind to say we had been there. The success of Op PODIUM and the lessons learned during this operation will provide the foundation upon which future domestic doctrine will be shaped.



Master Corporal Tim St. Onge (right), a line construction foreman with 1 Line Squadron, Canadian Forces Joint Signal Regiment (CFJSR), based in Kingston, Ontario, steadies a utility pole while members of his crew work on it at Twin Rivers quarry during Operation PODIUM. Photo Credit: Sgt Frank Hudec, Forces Combat Camera

all communication, command and control systems while maintaining support capabilities for personnel remaining in the JOA. The deactivation timeline was primarily driven by the CIS capability to decommission, based on operational priorities, each site's communication and command equipment. Given the numerous locations and distances between, coordination of each site's CIS teardown had to be finely orches-

VOXAIR

OFFICE HOURS

Monday to Thursday
0630 - 1600 hrs

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
+VOXAIR@PersSvcs@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
VOXAIR Manager

Michael Sherby
Production
Coordinator / Layout

Misra Yakut
Accounting

Traci Wright
Proofreading

Jim Holland
Advertising Sales
204 832-0115

Printed By
The Winkler Times
(204) 325-4771

Visit Us Online: www.voxair.ca

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col V. Ballard. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or third party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.

Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn Forces
Winnipeg, MB R3J 3Y5
This newspaper is printed using
environmentally safe inks.
Publications Mail Agreement No. 1482823

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

Find out how
we can
make your
ad work
harder.
Call
833-2500
ext 4120
today!

Do your
part...
recycle
or pass
along this
newspaper
when
you're
done.

GASTHAUS GUTENBERGER GERMAN RESTAURANT

•Authentic German & Continental Cuisine
•Schnitzel •Beef Rouladen •Homemade Spatzle
•Fine German Desserts •Fine Wines and German Beer
Open Daily Monday - Friday 11 am - 11 pm
Saturday 4:30 pm - Midnight
Sunday 11 am - 10 pm

2583 Portage Avenue (1 block west of the Moray bridge)

Phone: 888-3133 for reservations

Catering Service Available

Fort Garry Horse Hosts Gun Qualification For Family And Friends

Cpl Bill Gomm
38 CBG PUBLIC AFFAIRS

"I shot a gun and I went for a ride in the G-Wagon," said Liesa Hayden.

The Fort Garry Horse held a Gun Camp-C7 qualification at Canadian Forces Base Shilo during 13-14 March. As part of the training, the Commanding Officer invited soldiers' families and employers to the event.

Upon arriving at the range the families and employers were split into two groups. One group was instructed on how to use and fire the C7 rifle, while the

other group was given the opportunity to ride in a G-Wagon. On the range, each guest fired four five-round groupings from the 100 metre firing point.

For Mrs. Hayden, this was her second attempt at firing the C7 rifle. A previous visit didn't go as planned.

"I was really looking forward to being able to experience what my husband does all the time but unfortunately, it didn't happen," she said of her first visit.

The second time was the charm for Mrs. Hayden.

"It was great. I missed

my target on the first grouping but the next three groupings were great."

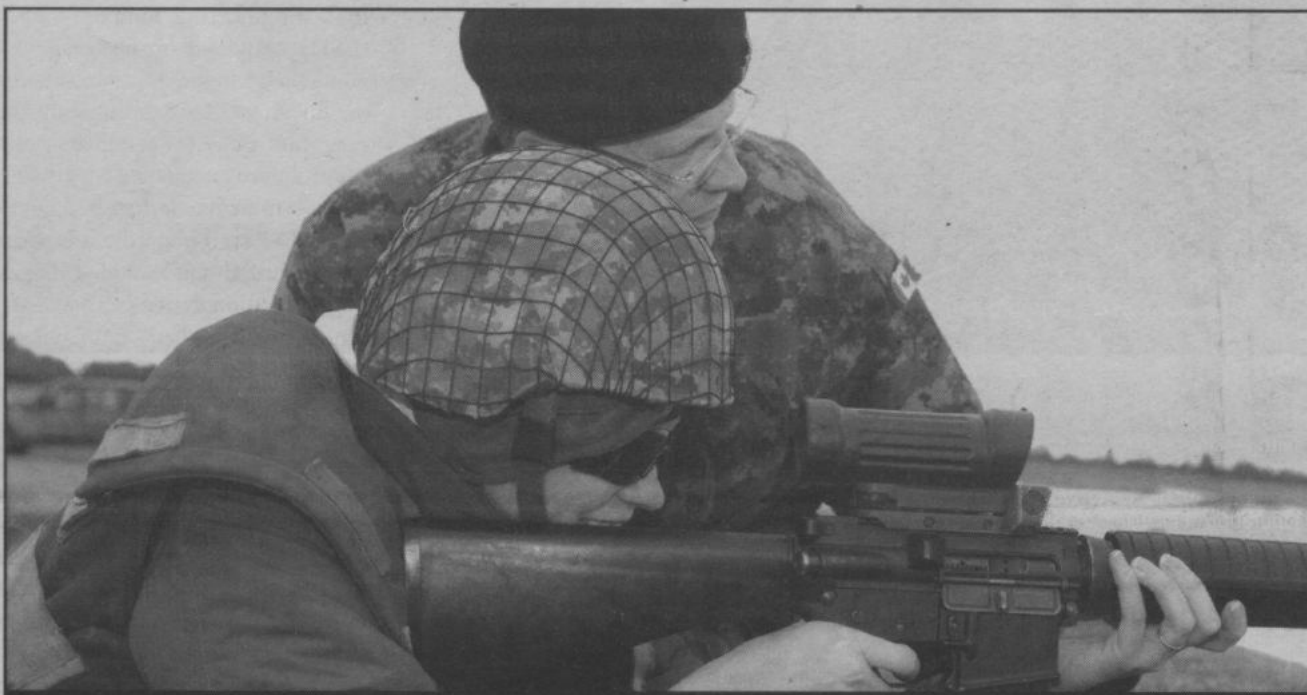
The families and employers traveled to the range under the care of Captain Barclay Smorang, the Unit's Family Support Representative and Commander Claude Michon from the Canadian Forces Liaison Council (CFLC).

During the bus ride from Winnipeg to CFB Shilo, the families and employers were given a brief presentation about the Army Reserve followed by a question and answer session.

"Overall, the event went well," said Capt Smorang. "We had good participation from families and employers and the events allowed for close participation with their serving family or employee."

Lexxis Jefferson of Dakota Lock and Safe and a good friend of Master Corporal Tamara Coutu attended the event as an employer.

"I had a fabulous time," said Ms. Jefferson. "This was amazing. Thank you to all the people that do this for a living. I really appreciate it."



Master Warrant Officer Hayden coaches his wife Liesa, while she fires the C7 rifle for the first time. MWO Hayden is with The Fort Garry Horse. Photo Credit: Cpl Gomm



Corporal René Moreau hands out ammunition to members of the Executrek/Familytrek prior to the range. Cpl Moreau is with The Fort Garry Horse. Photo Credit: Cpl Bill Gomm

SCAN Seminar

The Wing Personnel Selection Office will be hosting a Second Career Assistance Network (SCAN) seminar. The objective of this seminar is to provide both military personnel and their spouses with up to date information pertaining to the benefits and services available to retiring members. Additionally, the seminar will address aspects of transition to a second career outside of the CF. Please note: SCAN presentations from 1300-1600 on May 10 will focus on issues pertaining to medical release. Details of the seminar are as follows:

DATE: 11-12 May 10

TIME: 0800-1600

LOCATION: Wing Theatre (Bldg 90)

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>

Séminaire du SPSC

Le Bureau de sélection du personnel de l'Escadre (BSP Ere) tiendra un séminaire du Service de préparation à une seconde carrière (SPSC). Ce séminaire vise à informer les militaires et leurs conjoints des avantages et des services offerts aux militaires qui prennent leur retraite des FC. On y abordera également les aspects liés à la transition vers une deuxième carrière à l'extérieur des FC. Noté : La présentation SPSC de 13h00 - 16h00 le 12 mai, portera particulièrement sur les questions liées à la libération pour raisons médicales. Voici les renseignements pertinents :

DATE : les 11 et 12 mai 2010

HEURE : de 8 h à 16 h

LIEU : Amphithéâtre de l'escadre (bâtiment 90)

TENUE : Tenue civile appropriée

PUBLIC CIBLE : Militaires et leurs conjoints

Pour en savoir davantage sur les inscriptions et le programme du séminaire, visiter le site Web du BSP Ere à <http://17wing.winnipeg.mil.ca/WAdmin/PSO/scan.htm>

Professional & Business Directory

RUTLEDGE LAW OFFICE

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

COUNTRY CLUB PLAZA

310-3025 Portage Ave.

Phone: 987-7575 Fax: 837-3638

BALDWINSON INSURANCE

Rec Centre (Whytefold Rd.)

Drivers Licences &

autopac 889-2204



mmmm MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering



1245 Inkster Blvd
2591 Portage Ave
1380 Ellice Ave
718 Osborne St

Look Out Santa

Capt Jeff Noel
WING PUBLIC AFFAIRS OFFICER

It began as a dream more than a decade ago but now Team Winnipeg member Warrant Officer (WO) Darcy St. Laurent is finally enroute to fulfilling his dream of standing at the Geographical North Pole.

"I'm 41 now so if I wanted to do this then now was the time to do it," said WO St Laurent, a Search and Rescue Technician (SAR Tech) currently serving as an instructor at the Canadian Forces School of Survival and Aeromedical Training (CFSSAT).

St Laurent, American Eric Larsen - who is attempting to become the first person to conquer the North Pole, South Pole and Mount Everest in the same year, and Britton Antony Jinman will begin their arduous 800 kilometre polar trek from Cape Discovery, located at the northern tip of Ellesmere Island on March 2.

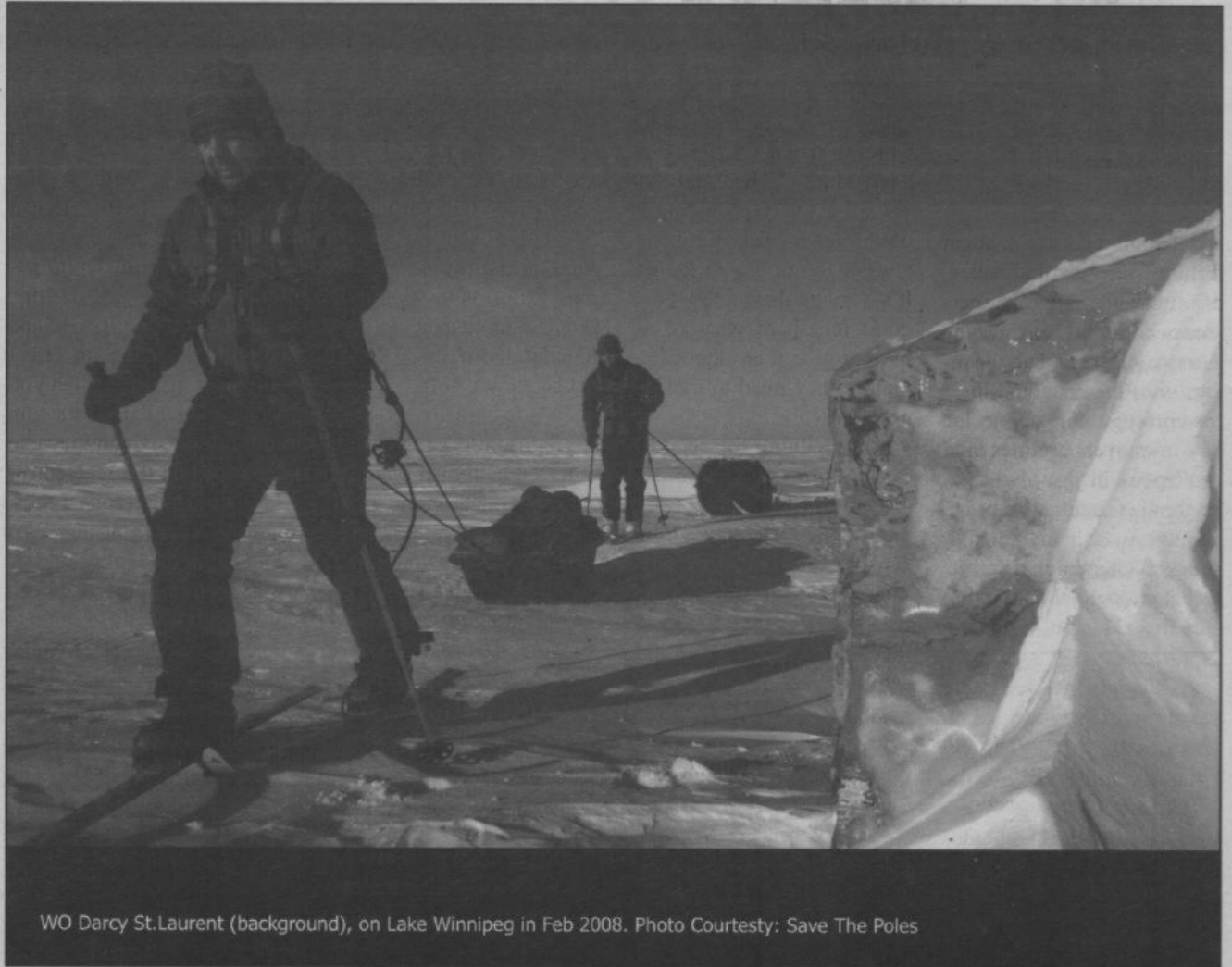
"It's been extremely busy these past few days

packing," says the veteran SAR Tech who was awarded both the Star of Courage and the Medal of Bravery for his involvement in two northern rescue missions during his career. "I want to make sure I haven't forgotten anything because when I'm up there I can't go to the store if I've forgotten something."

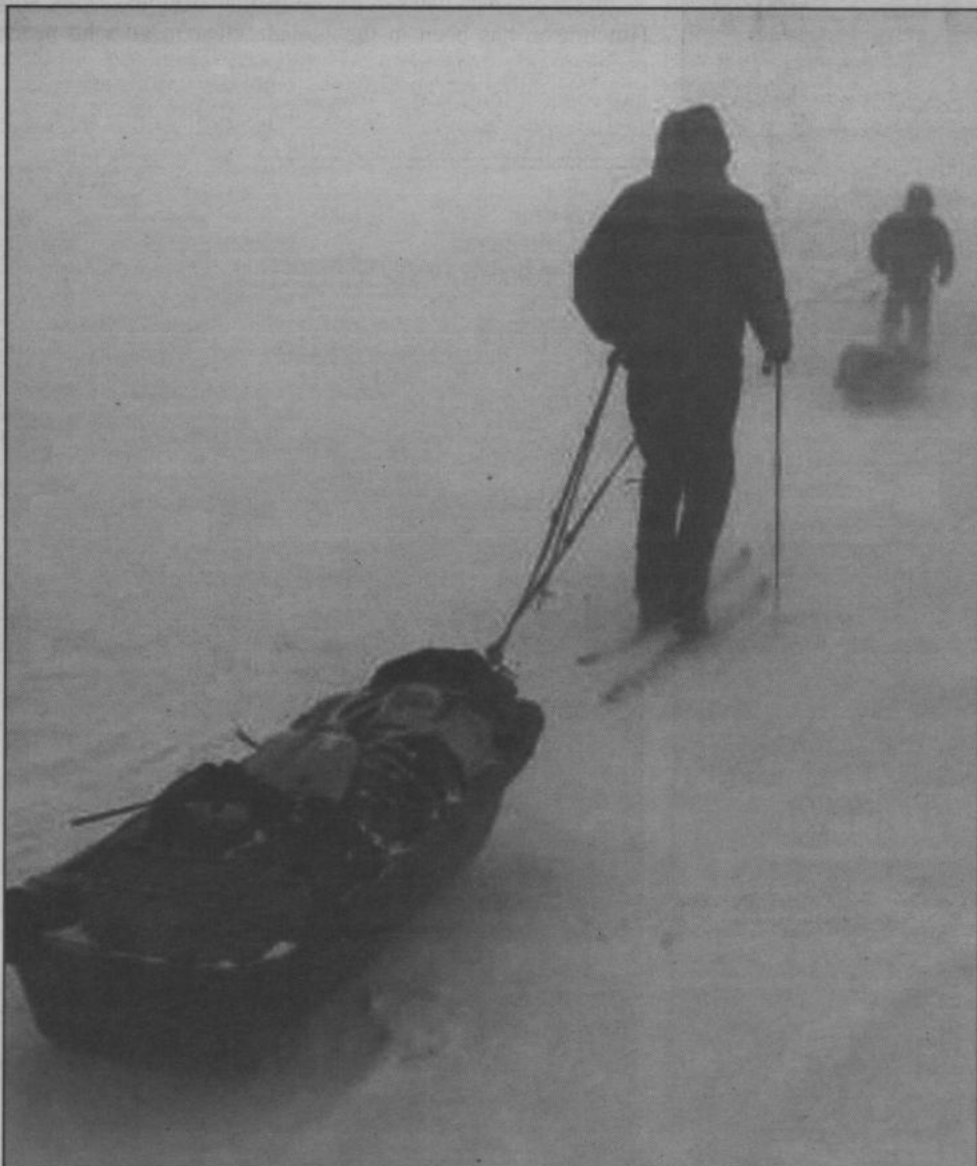
During the trio's estimated 55-day trek to the North Pole, each will pull a sled weighed down with more than 80 kilo's of food and gear, with additional supplies parachuted to them on the ice after almost 3-weeks.

Once at the Pole, St Laurent - who will become one of only a handful of Canadians to have made it to the top of the world, plans to place both an Air Force Ensign and a Manitoba flag into the ice.

For more information on what it takes to become a Search and rescue technician, please visit: http://www.forces.ca/flash.aspx#/flash/en/job_view/131/search-and-rescue-technician



WO Darcy St. Laurent (background), on Lake Winnipeg in Feb 2008. Photo Courtesy: Save The Poles



WO Darcy St. Laurent (foreground) and Eric Larsen (background), a former expedition partner during a winter trek on Lake Winnipeg in Feb 2008. Photo Credit: submitted.

NATIONAL & REGIONAL MASTER STANDING OFFER REFERENCE CHART

Regional Master Standing Offers	Western (AB, SK, MB, NWT, Nunavut)
Office supplies Call up limitations: Max \$25,000 per order \$10,000 per line	EV394-05CA06/005/REG
OEM toner Call up limitations: Min call up value \$100, Max \$40,000 per order, \$10,000 per line	E60PS-040069/006/PS
Remanufactured toner Call up limitations: Min call up value \$100. Max \$40,000 per order, \$10,000 per line	E60PS-040067/002/PD
Paper	E60PD-070004/001/PD
National Master Standing Offers	All Regions
Office seating Installation	E60PQ-030004/034/PQ Regular hours \$12 per chair After hours (Mon-Fri) (17:01-8:59) \$15 per chair Saturdays \$15 per chair 1-100 Holidays & Sundays \$20 per chair. \$50 minimum installation charge per callup Chargeable
Freight	
Filing cabinets Installation	E60PQ-030005-025/PQ 1-100 Regular hours \$20 per cabinet After hours, Mon-Fri: \$30 per cabinet 1-100 Saturdays \$45 per cabinet 1-100 Holidays & Sundays \$50 per cabinet \$60 minimum installation charge per call up Chargeable
Freight	

Also available through Grand & Toy as a part of NMSO holders:
• SAMSUNG • 3M • LEXMARK • BROTHER • GLOBAL • HUMANSO • TEKNION

Jerry Kauenhofen, Account Manager

15 Scurfield Blvd, Winnipeg, MB, R3Y 1V4

Tel: 204 284 5100 #3921

Fax: 204 633 4251

Cell: 204 795 6618

jerrykauenhofen@grandandtoy.com

grandandtoy.com



Orders and Customer Service

Tel: 1 866 391 8111

Fax: 1 866 391 8555

GRAND & TOY

The Importance Of Being Observant

As World Meteorological Day celebrates 60 years, the Canadian Forces' meteorological occupation highlights its importance in military history.

Jill St. Marseille

Behind every Canadian military aircraft that takes-off and lands is a key person who helps ensure the safety of the crew and the integrity of the mission. Since meteorology can define the day-to-day capabilities and challenges in just about everything Canadian, not to mention in avionics, meteorological technicians (met techs) are crucial not only to the Air Force, but to the CF as a whole.

Although met techs are Air Force personnel, their operational scope goes beyond the runway; they not only observe weather conditions and brief crew on current conditions for aircraft, but they also serve on Navy ships, with Army units and on various CF operations.

"We are a trade that is used by all elements," said

Chief Warrant Officer Yves Cinq Mars. "[The data] that we are actually providing is used a lot for decision making: go or no-go missions. It's part of the process; we don't tell them what to do but we give them the information they need to make a decision."

Op Podium, the security operation for the Vancouver Olympics, relied upon various helicopter squadrons across Canada to patrol the mountainous regions around B.C. Met techs were heavily involved in the day-to-day activities and preparatory exercises.

Upper air atmosphere observations are among the met tech specialities, and were important for the helicopter crews. "During Op Podium, we had some guys doing ballistic meteorology to sound the upper atmosphere [the motion of the atmosphere above 500 ki-

lometres, including gravity waves, tides, sound waves, turbulence, and large-scale circulation] for the weather conditions in the mountains," said Chief Warrant Officer David Hutchinson with the Joint Meteorological Centre in Gagetown, N.B.

While ballistic meteorology is used to gauge conditions high above sea-level, the same instrumentation is used for to provide the similar data to Army units on the ground in Afghanistan.

"[The met tech's] job in the met section is to provide the 'guns' with meteo-

logical data," said CWO Hutchinson. "With a projectile going to the target, it's flying through the atmosphere. All the different parameters, pressure, density, wind direction, speed, and temperature, have an effect on that projectile. When you input the met data in the gun computers they can they can correct for the meteorology." And that can significantly affect the accuracy of the projectile.

Met techs have also been involved in weather briefings for unmanned aerial vehicle flights in Afghanistan.

The Navy has two met techs on board every ship – whether the ship has an embarked helicopter or not. The primary role for the senior met tech is to do weather briefing for the ship's captain so that he can plan his daily missions. The secondary role is, if there's a helicopter on board, to write a flying forecast for an area about 50 kilometres around the ship. The junior met tech will do the observing, serve as the navigator's 'yeoman' (or assistant) and maintain the charts and navigations for the navigator.

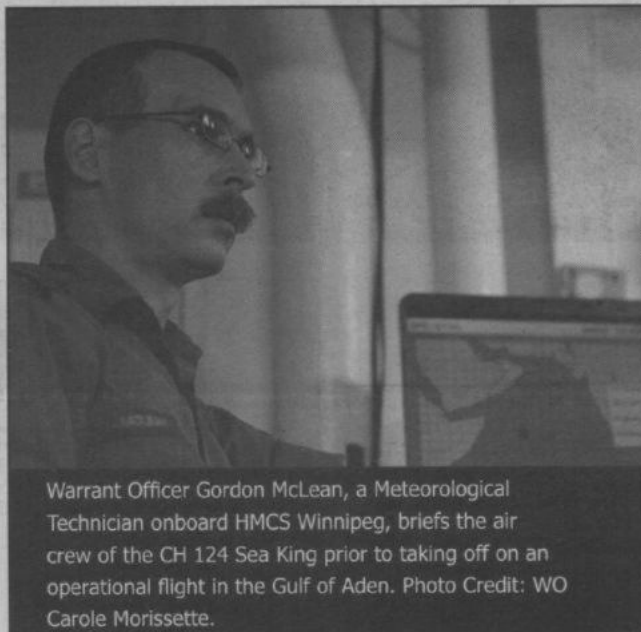
During Op Hestia, the relief effort in Haiti in the aftermath of the January earthquake met tech Master Corporal Marc Boucher "forecasted a storm moving enough in advance so that the camp was able to take measures before the rain came in order to protect the locals, and the camp, from mud slide," said CWO Hutchinson.

In the 30 years that CWO Hutchinson has been in the occupation, technology has come a long way. "We

used teletypes, a desk-sized typewriter with communication equipment attached to an eight-level punch tape," he said. "It was 1940-1950 technology. It's gone from room-size computers to laptops."


And it's that very room-size 1940s technology that influenced a major historical event on a fateful day in June 1944. "One of the greatest things that happened during World War Two was [influenced] by a weather person," said CWO Cinq Mars. "When they actually went to the D-Day disembarkation, [met techs equivalents] were very involved in giving the forecast and making sure that the day was good for the disembarkation."

Even with what would now be considered crude equipment, met techs profoundly influenced the success of the Canadian military mission. With today's more powerful capabilities, they will continue to assure that troubled skies are made clear to all who need to know.



Warrant Officer Gordon McLean, a Meteorological Technician onboard HMCS Winnipeg, briefs the air crew of the CH 124 Sea King prior to taking off on an operational flight in the Gulf of Aden. Photo Credit: WO Carole Morissette.

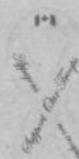
POSTED TO TRENTON?

DAVID WEIR  BA, CD Broker

Client Focused • Results Oriented

#1 Office Broker 2001-2009
Top 1% Royal LePage Nationwide 2005-2009
IRP Approved • Bilingual Service
1.800.263.2177

david@davidweir.com • www.davidweir.com



ROYAL LEPAGE

ProAlliance Realty, Brokerage
INDEPENDENTLY OWNED AND OPERATED



Cpl Pierre Drouin, a Meteorological Technician with the Ballistic Meteorological Section Athena Battery, a component of the Kabul Multi-National Brigade (KMNB), launches the 381st and final weather balloon from Camp Julien, Kabul, Afghanistan. Photo Credit: CF Photo

GOT A STORY YOU'D LIKE TO SUBMIT?

SEND US AN E-MAIL AT:

VOXAIR@MTS.NET

HOOK & SMITH

Barristers, Solicitors & Notaries Public

201-3111 Portage Ave.

Winnipeg, Manitoba R3K 0W4

Dennis A. Smith, Grant W. Davis, Winston F. Smith, Q.C.,

Sarah Thurmeler and Bernard Toews



Telephone - (204) 885-4520

Fax - (204) 837-9846

Email: general@hookandsmith.com

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

The Great Grain Relay

Relaying News of the Air Force Run



On 27 Feb, 15 Air Force runners and three lap counters based in Winnipeg were among 300 participants who took part in the Great Grain Relay, a running event to raise money for juvenile diabetes held on the 200m indoor track at the University of Manitoba.

Teams of five runners ran four-lap relays for two hours, with the team accumulating the most laps being declared the winner. The Air Force was well represented, with one team from the Canadian

Forces School of Aerospace Studies (CFSAS) in black, and two teams from 1 Canadian Forces Flying Training School (1 CFFTS) in red and blue.

All wore airforcerun.ca T-shirts as they circled the track, promoting the second annual Air Force Run which will be held on May 30.

At the end of the day, the black team finished second in the Corporate Mixed category and the red team finished third in Corporate Men's. Air Force bragging rights went to the red team of 1 CFFTS, who ran one-quarter lap farther than the CFSAS team.

"Having a team from CFSAS and two teams from 1 CFFTS really added to the friendly rivalry that exist between the two schools," said Lieutenant-Colonel

Luc Guillette, commandant of CFSAS. "More importantly, it really showed that we worked as one team to promote the Air Force Run, as well as raising money for Soldier On and the Military Families Fund."

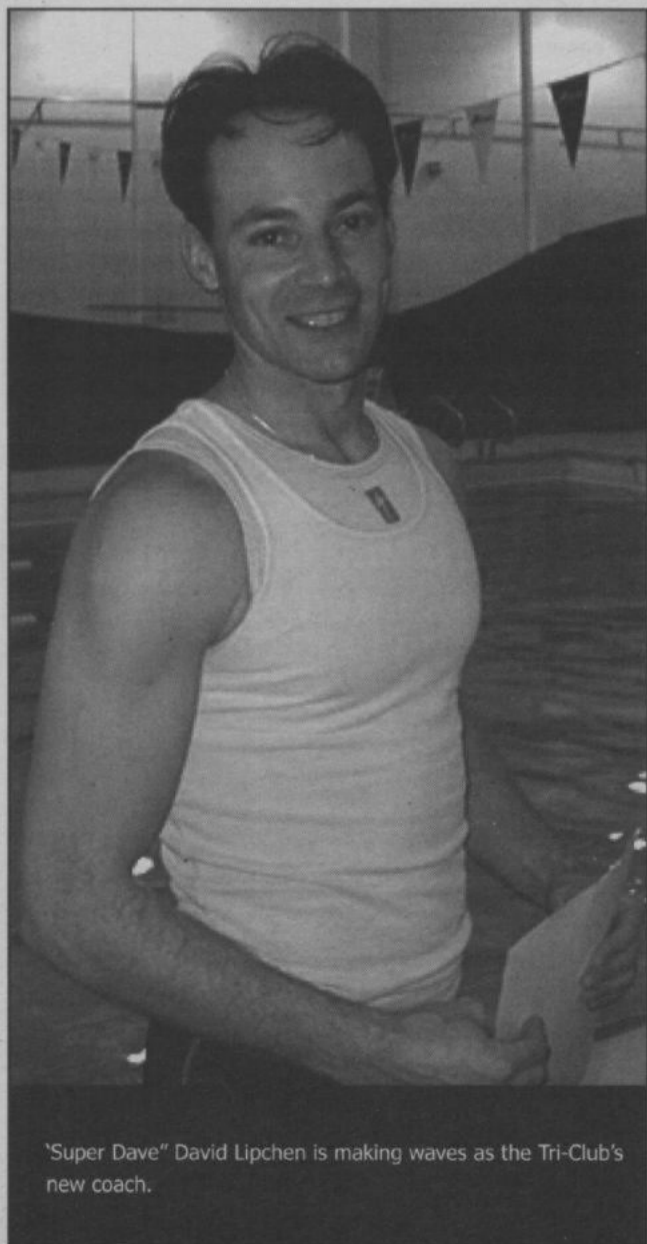
"I've only been running for two years and never in a relay format for two hours before," added LCol Theo Heuthorst, commanding officer of 1 CFFTS, whose red team ran 139 laps. "What a fun event. Besides testing our stamina, it provided a great opportunity to showcase our upcoming Air Force Run to the local running community. We wore our Run shirts proudly ... and our numbers are growing for our event in May."

For more information on the 2010 Air Force Run, visit: www.airforcerun.ca



Teams from CFSAS, in black and 1 CFFTS, in red and blue, pose for a group photo following the 2010 Great Grain Relay, all proudly sporting their Air Force Run shirts. Photo Credit: Maj Cindy Pettitt.

Triathlon Club Gets New Coach



"Super Dave" David Lipchen is making waves as the Tri-Club's new coach.

Part of starting up a Sports-based club is finding a coach, and that can be a bit of a struggle. Coaching a team is an often thankless experience and one that not many people are quick to fill.

As a triathlon club, we had a double whammy. Triathlon is a very challenging sport, with a short race season, so a lot of the qualified people are already snatched up, or busy doing their own training.

We thought we found a coach at the beginning of this year, but that did not pan out. She was new to coaching and as a new club; we needed someone with more experience.

Enter David Lipchen, or Super Dave as he is known to those in the Tri community. Super Dave has competed in eight world championships, qualified for 12 and successfully raced at all triathlon distance, except Ironman.

"I am not quite physically ready to do Ironman. When I do it, I want to be able to get a sub-10 hour time," he explains as we puffed away on the Spin bikes.

Our first practice with Super Dave was last week,

and it was a memorable one. The previous coach had been more about perfecting stroke and swim technique, Super Dave seems to be more about getting us in gear and on track with our goals, which was a welcome change.

"He knows the sport inside and out. He has the personality to bring the best to every training session for his athletes - energy, passion and knowledge," says Sergeant Colleen Kelly-Wardle, team member.

After an hour working at the Spin bikes, the team

worked on some core exercises, then hopped in the pool for a few laps. The sweaty, red faces seemed challenged, but happy. The team found its coach.

This week promises to be more of the same, with the club eventually moving outside to Birds Hill Park sometime in early May.

"It makes sense to practice in the real-life environment as soon as we can," Dave explains.

Many of the military members hope to be able to attend the Prairie Regional Triathlon Training Camp in Cold Lake, Alberta in mid-June. In order to attend the camp, the member must be able to complete a Sprint-length Triathlon.

The 17 Wing Triathlon Club practices every Tuesday evening 1700 - 1900. For more information, please contact Lt. Donna Riguidel at ext 4529.

TIMESAVERS HOME SOLUTIONS

WE DO THE THINGS YOU DON'T HAVE TIME FOR

- Move Out Services
- Move In Services
- Open House Preparation
- House Sitting
- Maintenance
- Estate Clean Outs

janine346@mts.net
phone: 489-9578

Posted To Ottawa?

Going On A House Hunting Trip?



Joe Salazar, CD1
Sales Representative
"Not Your Average Joe"
Cell: 613-218-6714
Office: 613-830-3350
Toll Free: 1-888-830-8757
joeshomes@me.com

I can help!

I've experienced 4 of them during my military career.

I understand the sense of urgency required.

- Approved Military Relocation Realtor
- Bilingual Service
- Serving Ottawa & Surrounding Areas

ROYAL LEPAGE

Performance Realty

Brokerage. Independently Owned and Operated

Super Squadron

Air Force's Composite Aviation Unit blends five squadrons to deliver Griffon operations during Op PODIUM

Lt(N) David Lavallee
SUBMITTED

If there is a word to describe the Royal Canadian Mounted Police (RCMP)-led and Canadian Forces (CF) supported security operations for the Vancouver 2010 Olympic and Paralympic Winter Games, "integration" is it.

Among the many people and units from the Air Force that participated in Operation Podium (the name of the CF's mission to support the RCMP for Games security), one of the best examples of integration is the Composite Aviation Unit (CAU).

In one sense, the CAU can be thought of as a "super squadron." It is comprised of people and aircraft drawn from five 1 Wing tactical helicopter squadrons across Canada. CAU is charged with generating CH-146 Griffon operations for the Air Component Commander

(ACC) of Joint Task Force Games—and it hasn't been easy.

"Although we have the same standards and procedures, each squadron has slightly different ways of doing business, so we had to learn quickly how we could best work together to deliver the effects that the ACC and our RCMP partners need," says Lieutenant-Colonel (LCol) Dennis Levesque, Commanding Officer (CO) of 400 Tactical Helicopter Squadron (THS) and CO of the CAU during Operation Podium.

The squadrons that sent people and aircraft to the CAU included 400 THS (Borden, Ontario), 403 Helicopter Operational Training Squadron (Gagetown, New Brunswick), 408 THS (Edmonton, Alberta), 430 Escadron tactique d'hélicoptères (ETAH, Valcartier, Québec) and 438 ETAH (St-Hubert, Québec). The command structure was provided by

400 THS.

During the Olympics, the CAU was based at operating bases in Vancouver, Squamish and Whistler, British Columbia. The basic tasks that the CAU carried out included providing airlift for RCMP emergency response teams, casualty evacuation for RCMP and CF person-

nel, RCMP patrols, venue sweeps, area surveillance and logistical resupply. The CAU was also on standby to support the Canadian NORAD Region (CANR), in the event that an unauthorized aircraft entered the restricted airspace and needed to be visually identified.

Add to that all the air-

craft maintenance, logistical and administrative support required for an operation, and the result is a very busy few weeks for the men and women of the CAU.

Make no mistake however, an operation like this doesn't happen overnight. During the three major work-up exercises (Exercise SILVER, Exercise SPARTAN RINGS and Exercise GOLD), the CAU went through its paces. One of the challenges was working out the command and control aspects of coordinating missions between the ACC and RCMP to deliver the air effects desired. As well, the CAU had to get its people familiar with flying in a large geographic area that featured a wide variety of terrain and fast-changing weather and validating the rotary wing air intercept procedures through intercept exercises with CANR. As challenging as those issues were, the time and practice during the

exercises ensured the CAU was operationally ready for Operation Podium.

Although the CAU has scaled back somewhat for the Paralympics based on RCMP needs, there will still be Griffons in Whistler to support the RCMP, CANR and Land Component Commander.

Whether on standby to deliver an RCMP emergency response team, transporting troops or helping to sweep Olympic venues, the CAU's operations were well-integrated with and appreciated by our RCMP partners.

"Podium is a complicated operation and is taking place in a region of Canada where the flying conditions are very challenging," says LCol Levesque. "For our people to join together, train together and provide the level of service that they did was an incredible achievement, and I am extremely proud of their professionalism and dedication."



Candidates from the Forward Aeromedical Evacuation Specialist course load a simulated casualty into a CH-146 Griffon helicopter at the Whistler Heliport during the practical portion of the week-long course. Photo Credit: Master Corporal Tom Trainor, 8 Wing Trenton Imaging

« Super escadron »

L'Unité d'aviation mixte (UAM) de la Force aérienne incorpore cinq escadrons afin de mener des opérations à l'aide de Griffon durant l'Op Podium

Lt(N) David Lavallée
SUBMITTED

Si un seul mot peut décrire les opérations de sécurité dirigées par la Gendarmerie royale du Canada (GRC) et soutenues par les Forces canadiennes dans le cadre des Jeux olympiques et paralympiques d'hiver de 2010 à Vancouver, il s'agit d'intégration.

Parmi le grand nombre de militaires et d'unités de la Force aérienne participant à l'opération Podium (le nom de la mission des FC visant à appuyer la GRC pour la sécurité des Jeux), un des meilleurs exemples d'intégration est l'Unité d'aviation mixte.

L'UAM peut être considérée comme un « super escadron ». Elle compte des militaires et des aéronefs empruntés à cinq escadrons d'hélicoptères tactiques de la 1^{re} Escadre au Canada. L'UAM est chargée de mener des opérations à l'aide de CH146 Griffon pour le com-

mandant de la composante aérienne (CCA) de la Force opérationnelle interarmées des Jeux olympiques, et cela n'a pas été facile.

« Même si nous avons les mêmes normes et procédures, chaque escadron a des façons légèrement différentes de fonctionner. Nous avons donc dû apprendre rapidement la meilleure façon de travailler ensemble afin de répondre aux besoins du CCA et de nos partenaires de la GRC », a dit le lieutenant-colonel (lcol) Dennis Levesque, commandant (cmdt) du 400^e Escadron tactique d'hélicoptères (Esc Tac Héli) et cmdt de l'UAM durant l'opération Podium.

Les escadrons qui ont envoyé des militaires et des aéronefs à l'UAM comprenaient le 400 Esc Tac Héli (Borden, Ontario), le 403^e Escadron d'entraînement opérationnel d'hélicoptères (Gagetown, Nouveau-Brunswick), le 408 Esc Tac Héli (Edmonton, Alberta), le

430 Esc Tac Héli (Valcartier, Québec) et le 438 Esc Tac Héli (Saint-Hubert, Québec). La structure de commandement était assurée par le 400 Esc Tac Héli.

Durant les Olympiques, l'UAM était située dans les bases d'opération de Vancouver, Squamish et Whistler, en Colombie-Britannique. Les tâches élémentaires effectuées par l'UAM consistaient à offrir le transport aérien pour les groupes de la GRC, l'évacuation du personnel blessé de la GRC et des FC, les patrouilles de la GRC, le ratissage des lieux, la surveillance de la zone et le réapprovisionnement logistique. L'UAM était également placée en attente pour appuyer la Région canadienne du NORAD (RC NORAD) au cas où un aéronef sans autorisation pénétrerait dans l'espace aérien réglementé et devrait être identifié visuellement.

Ajoutez la maintenance

des aéronefs ainsi que les soutiens logistique et administratif exigés pour une opération, et cela donne quelques semaines très chargées pour les hommes et les femmes de l'UAM.

Toutefois, ne vous y trompez pas : une opération comme celle-ci ne se réalise pas du jour au lendemain. Durant les trois principaux exercices de préparation (les exercices Silver, Spartan Rings et Gold), l'UAM a montré ce dont elle était capable. Un des défis était de mettre en pratique les aspects de commandement et contrôle de la coordination des missions entre le CCA et la GRC de façon à répondre aux besoins. De plus, l'UAM devait familiariser son personnel avec le vol dans une vaste aire géographique comportant un grand nombre de terrains et de conditions météorologiques qui changeaient rapidement, et avec la validation des procédures d'interception d'aéronefs

à voilure tournante grâce à des exercices d'interception avec la RC NORAD. Malgré la complexité de ces enjeux, le temps passé à s'exercer a permis à l'UAM d'être prête pour l'opération Podium.


Même si l'UAM a quelque peu abaissé le niveau de préparation pour les Paralympiques en fonction des besoins de la GRC, il y aura encore des Griffon à Whistler afin d'appuyer la GRC, la RC NORAD et le commandant de la composante terrestre.

Que ce soit pour répondre au besoin d'un groupe d'intervention tactique de la

GRC, pour transporter des soldats ou pour aider à ratisser le site des Olympiques, les opérations de l'UAM se sont bien intégrées à celles de nos partenaires de la GRC et ont été appréciées de ceux-ci.

« L'Op Podium est compliquée et a lieu dans une région du Canada où les conditions de vol sont très difficiles », dit le lcol Levesque. « Notre personnel a accompli quelque chose de remarquable en se réunissant, en s'entraînant ensemble et en offrant un tel niveau de service. Je suis très fier de son professionnalisme et de son dévouement. »

STEVEN FLETCHER
MP for Charleswood - St. James - Assiniboia - Headingley



stevenfletcher.ca - 204.984.6432
3111A Portage Avenue

3CFFTS Hurries Hard At Curling Spiel

2Lt Louis-Sébastien Morose
SUBMITTED

We didn't know what we were doing, and it showed since the first thing we had to go through was a well-warranted owner's brief so we wouldn't ruin the ice and

the rocks. There is a rumour that last year a student found a way to crack one of these granite stones in half, so the owner's concern is well founded. For the first few hours, it was quite a sight: people falling on the ice, and rocks travelling at Mach

3 slamming into one another at the other end of the frozen surface. As the day went on, we all got better and almost looked like pros—except for those games where not one of the eight players was able to stop a rock in the house.

On February 26th, all

students, instructors and members of 3CFFTS (home of the primary flight training, multi engine and basic helicopter school) left the airport for a day of curling in Portage la Prairie. Teams of three or four players took turns sliding heavy stones

across the ice curling sheet. Over 20 teams competed to become the champions of the 2010 curling bonspiel.

For many of us, it was our first time curling and we had to learn it on the spot, something we are getting more and more used to in the pilot training system.

There was for sure more to curling than we first expected. The curler can induce a curved path by making the rock rotate on itself, and we also had to think about the effect (or lack thereof) of the two sweepers who slide alongside it down the sheet... Strategy, skill and teamwork became key components to success.

It was also on February 26th that Canada's finest women's curling team was fighting for the gold in the Vancouver Olympics against the mighty Swedish Team. Suspense was at its pinnacle when the two teams were still battling until the very last exchange. Canada ended up with Silver, but it was interesting to watch them

between our own matches, trying to acquire tricks and techniques from the real pros and figure out how the heck they manage to place stone after stone exactly where they want to.

At the end of the afternoon, we all met upstairs at The Tavern to wait patiently for the results. The Ringers took the first place; the team was composed of Capt Solomon, Capt Weissenborn, Capt Loose and Capt Kauth. "We won thanks to Jen Weissenborn's leading skills, Capt Kauth's sweeping prowess and Luck!" Capt Graham Solomon commented.

As for our performance, the "Indomitable Unforgivens", we did lose our second and third games, but after winning the remainder of our matches, we were awarded fourth place. We may not have finished first but our improvised curling attire certainly awarded us first place for good looks!



2Lt Paquette sends a rock down the ice while 2Lt Patoine-Bedard tries to distract the opposing team using his fine curling attire and good looks. Both were members of "The Unforgivens" composed of 2Lt Paquette, Lt Caron, 2Lt Patoine-Bedard and 2Lt Morose. Photo Credit: Capt J.P. Turcotte



The 3CFFTS 2010 curling champions "The Ringers" are proudly posing with their trophy. The team was composed of Captains Weissenborn, Kauth, Loose, and Solomon. Photo Credit: Capt J.T. Turcotte



Jim Rondeau
MLA Assiniboia

839A Cavalier Dr. • Winnipeg, MB R2Y 1C6

Phone: **888-7722** • Fax: 889-0300

email: assiniboia@shaw.ca

www.jimrondeau.mb.ca

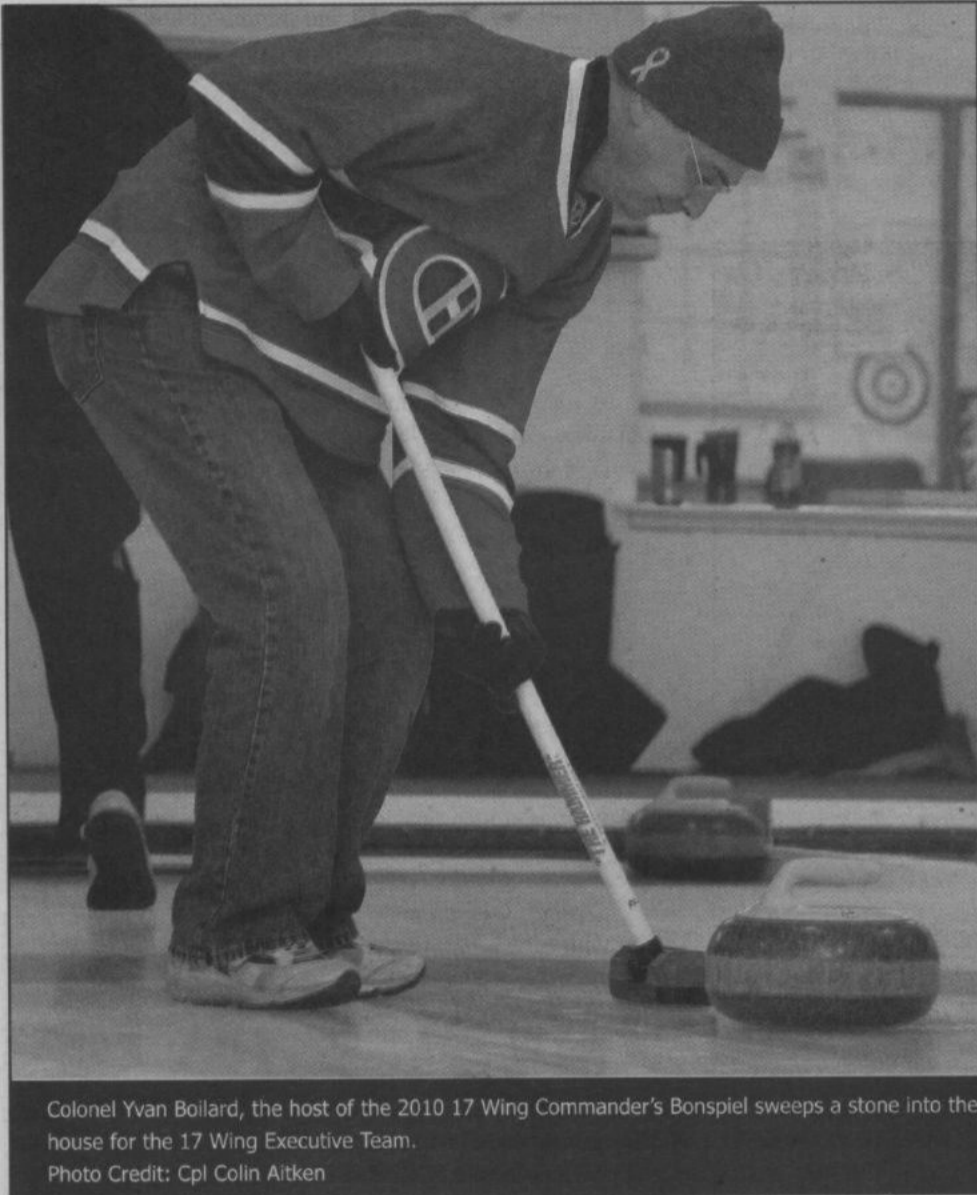
WE SPECIALIZE IN
FAMILY RE UNIFICATION,
SPOUSAL APPLICATIONS,
CANADIAN CITIZENSHIP
AND MUCH MORE.

CALL FOR A FREE BROCHURE
1-(204) 221-0672
WWW.MOVING2CANADA.CA

ROSANNA FINCETTO CLEMENTE
B.A.C.C.

Wing Commander Curling Bonspiel

On Thursday 18 March 2010 at the Assiniboine Memorial Curling Club, Military and Civilian employees from 17 Wing participated in the annual Wing Commander's Curling Bonspiel. 24 teams competed with good spirit and friendly competition in this team building event.



Colonel Yvan Boillard, the host of the 2010 17 Wing Commander's Bonspiel sweeps a stone into the house for the 17 Wing Executive Team.
Photo Credit: Cpl Colin Aitken

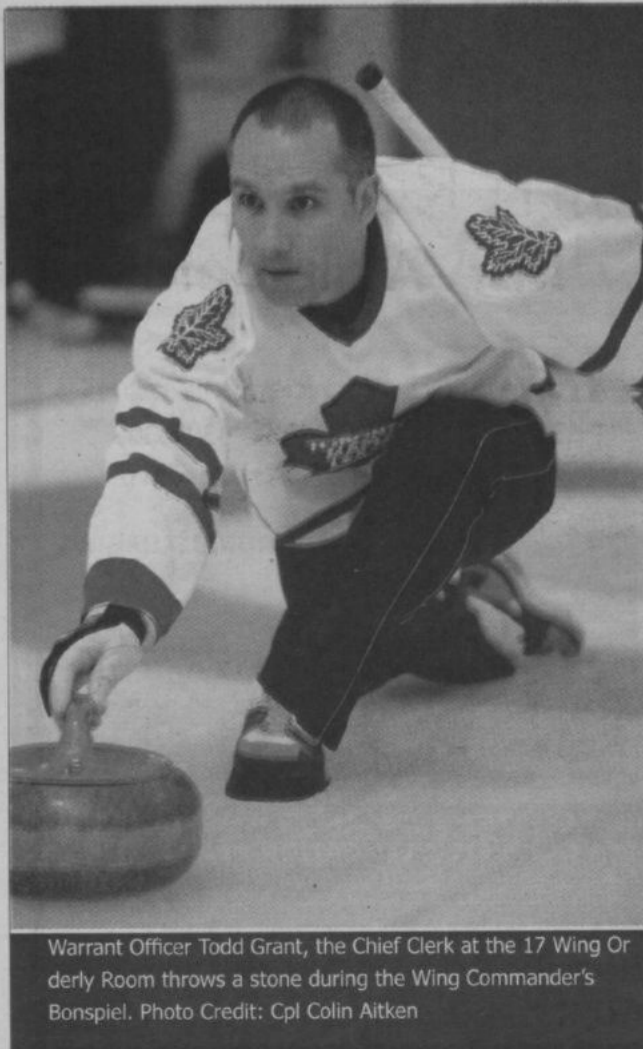
Crushing The Competition

Rock Crushers Take First Place In I/S Curling



I/S CURLING CHAMPIONS- CAOC ROCK CRUSHERS
L-R: Maj Mike Chaytor, Capt Dave Foyers, Capt Colin Marlow, LCol Chris Bodner. Missing: Mr. Paul McKeen

Congratulations to the Rock Crushers who defeated the Crusty Curlers in the Championship final to be crowned the 2009-10 I/S Curling Champions. The Rock Crushers knocked off the defending Champions in an exciting final at the Assiniboine Memorial Curling Club. Special thank you goes out to Paul Batchelor and Daryl Fathers for all their support at the Curling Club. Thanks to all the teams that came out to participate in the I/S Curling season and we look forward to seeing everyone out again next fall.



Warrant Officer Todd Grant, the Chief Clerk at the 17 Wing Orderly Room throws a stone during the Wing Commander's Bonspiel. Photo Credit: Cpl Colin Aitken

!!SERVICE!!

Carter Berezay

REALTOR

(204) 795-5522



MAXIMUM
Realty Ltd.
adj. "The Greatest Possible"

What Carter's clients have said...

"He made our selling and buying a lot easier, so we now have found our dream home thanks to Carter."
- Rhonda and David D.

"I don't think I would have remained 'somewhat sane' thru this process without you. Thank you foreverything."
- Christine S.

140-1600 Ness Avenue · Winnipeg, MB R3J 3W7
Office: (204) 777-9999 • Fax: (204) 777-9000
Email: carteris@shaw.ca
(not intended to solicit listed properties)

www.maximumrealty.com

Taking On Manitoba's Ice Roads

Cpl Bill Gomm
38 CBG PUBLIC AFFAIRS

"It's my first time on an ice road. Those cracks there look intimidating but I guess they don't go all the way through," said Corporal Pierce Hinton, a Mobile Support Equipment Operator with 17 (Winnipeg) Service Battalion.

38 Canadian Brigade Group's, Combat Service Support Tactical Group (CSS TG) took part in Exercise ROLLING DART around Lake Winnipeg's provincially maintained ice roads from 26-28 February.

"The CSS TG is taking advantage of Manitoba's winter roads," said Lieutenant-Colonel Barb McManus, Commanding Officer of the CSS TG. "We're going just short of 16 kilometres across to Bloodvein First Nation."

The convoy, consisting of 16 vehicles divided into two packets of eight vehicles, traveled from Winnipeg to Pine Dock, Manitoba, where the ice road began. After a final safety briefing, the vehicles slowly began to drive across Lake Winnipeg.

"It feels very stable; feels like you're driving on a regular road," said Cpl Hinton.

"This is a tiny bridge," he said, as he approached a small bridge over a pressure crack. "The truck barely fits on it."

For safety reasons, the vehicles traveled at 20 kilometres per hour with at least 300 metres between each vehicle.

"We've got snowmobiles on the sides who will be checking up on the con-

voy. We don't wear seatbelts and we keep one window open just in case we were to break through the ice, said Cpl Hinton. You have a better chance of escaping."

In addition to the training, the Unit wanted to connect with the people living in nearby communities and planned a community visit at the Bloodvein school. Soldiers talked with the local residents, students and children and invited them to climb in and on the military vehicles on display.

After a presentation to the Chief Frank Young of Bloodvein First Nation, the soldiers mounted their vehicles for the return trip.

"It went absolutely phenomenal," said Lieutenant Paul Lanthier, Training and Recruiting Officer for the CSS TG. "It's the first time I've ever done this. I must say at first, you're not sure how the lake is going to react to the vehicle....It's slow moving but it was a great experience."

Lt Lanthier said the training is important and is related to support to potential arctic tasks. "We're doing this in hopes that if the CSS world is ever called up for domestic operations up north, we will be more prepared because we have done some ice driving."

38 CBG's CSS TG is planning on more future ice road driver skills training and Manitoba's lake region offers a perfect training environment given its 2200 kilometres of winter roads.

These winter roads not only facilitate the hauling of freight to northern and remote communities, but also provide the residents with temporary inter-community travel as well as road access to the rest of the province.



Corporal Don Schellenberg hands out promotional items to local residents of Bloodvein First Nation. Cpl Schellenberg is a cook with 17 (Winnipeg) Service Battalion. Photo Credit: Cpl Bill Gomm



While a member of the safety staff observes the packet, soldiers from the Combat Service Support Tactical Group begin crossing the second part of the ice road that will take them to Bloodvein First Nation. Photo Credit: Cpl Bill Gomm.

Westwood Income Tax Service

Tax Returns
Prepared in the
Comfort of Your
Own Home.

Satisfaction
Guaranteed.

837-8618

terry63turnbull@
yahoo.ca

DEADLINE FOR SUBMISSIONS
FOR THE NEXT ISSUE OF
VOXAIR IS:

April 02

Canada's Leading Security Company
is Looking for People Like

YOU

GREAT PEOPLE
REWARDING JOB
EXCELLENT BENEFITS

Call 942-5993 or go to
commissionaires.mb.ca for more info

COMMISSIONAIRES
TRUSTED. ENLIGHTENED. EXPERIENCED.

Full-time, Part-time and Bi-lingual positions available

HABING LAW

BARRISTERS, SOLICITORS & NOTARIES



RONALD HABING
BA. LL.B.
and
SIDNEY LAVIOLETTE
BA. LL.B.

REAL ESTATE & MORTGAGES • WILLS & ESTATES
• FAMILY & CIVIL LITIGATION • FAMILY LAW •
BUSINESS LAW

2643 Portage Avenue

Phone: (204) 832.8322

Fax: 832.3906



HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

Are You Ready To Take The Challenge?

Health Promotion in the Canadian Forces
**STRENGTHENING
THE FORCES**
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes



We've all heard that a little goes a long way, here's your opportunity to give it a try!

Celebrate the Canadian Forces Health and Physical Fitness Strategy by encouraging your Unit to take the

Active Living Challenge! For April and May, see how healthy and well your unit can live and notice what a difference a short period of time can make in the lives of your colleagues, staff and family!

Being active can help protect you against heart disease, Type 2 diabetes, osteoporosis, arthritis, depression and some types of cancer. Along with healthy eating, physical activity helps you maintain a healthy weight.

Workplaces that encourage regular physical activity and active living may experience increased productivity and morale, reduced injury rates, better employee relations, improved job satisfac-

tion and improved employee health and fitness.

Being physically active can have a dramatic impact on your health. People who are physically active enjoy better health, improved fitness, better posture and balance, increased confidence, weight control, stronger bones and muscles, more

energy and reduced stress. What are you waiting for?

The Active Living Challenge encourages you to live your best life! Earn points by making small changes, or continuing behaviours you've already started, such as: attending a noon hour fitness class at Building 90 or 21, drinking 8 glasses of wa-

ter a day, or by doing something nice for your neighbour or volunteering.

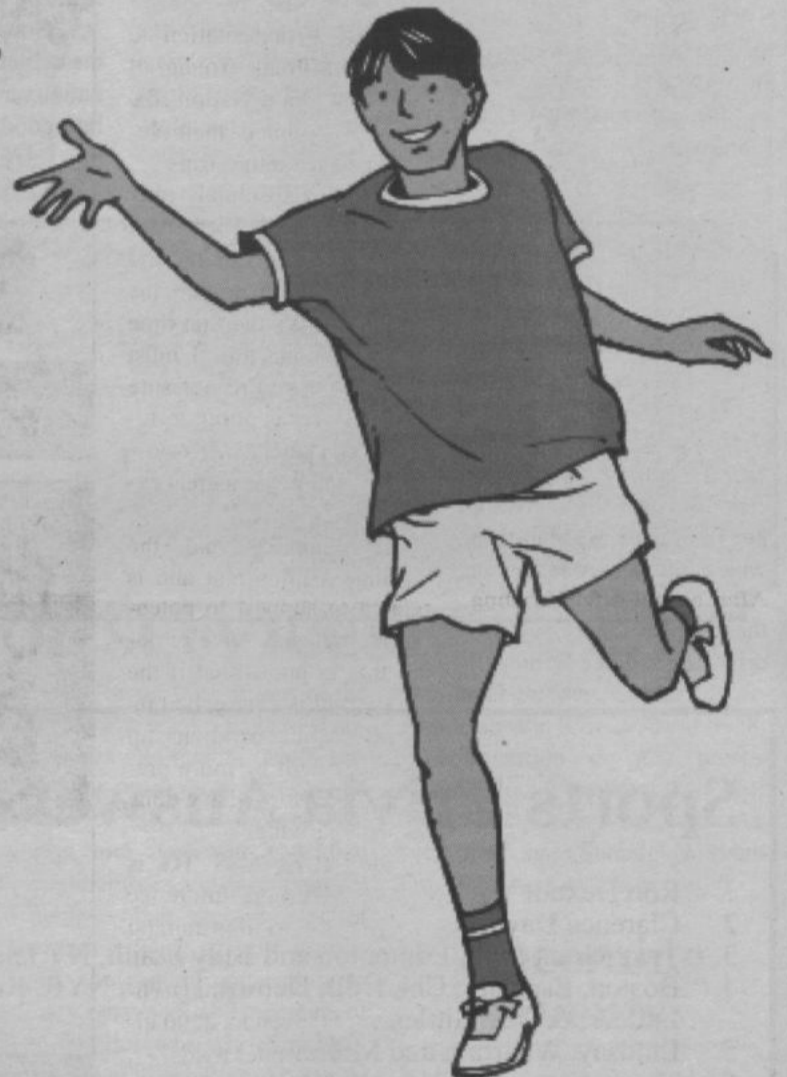
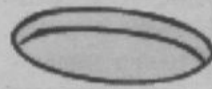
Rally the troops and get a Unit Team together. Taking small steps together can go a long way in the big picture!

Contact Health Promotion at 4150 for more information.

Sports Trivia Time

1. What goalie had over five hundred minutes in penalties?
2. Who was the first captain of the Leafs?
3. How many jersey number 31's are retired in the NHL?
4. Who were the first 100 point season scorers for the original six teams?
5. Who was on the original Scooter line?
6. How many first over all picks have the Penguins had, and who were they?
7. Who was the first goalie in the NHL to be credited with an assist?
8. Who is Normand Leveille?
9. What goalie holds the Chicago Blackhawks record for most shutouts in a season?
10. What team's rink was once called the Palladium?
11. Who were 'Les trois Denis'?
12. Andre Lacroix holds the record for most points in which league?
13. What goalie has the most shut outs in the NHL?
14. Who assisted on all three Bill Mosienko's goals?
15. Which OHL team sent the most players to the NHL?
16. Pavel Bure won the Maurice Richard Trophy while playing for which team?
17. What team was the first NHL American team?
18. Who was nicknamed Slats?
19. Who won the Art Ross, Norris, Hart & Conn Smythe Trophies all in one year?
20. What goalie has the most assists?

Check Page 12 for the answers!



NEW ARRIVALS

Puzzled about Manitoba Driver Licences and Plates?



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

autopac
A Manitoba Public Insurance product

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

Call us or drop in to:

BALDWINSON INSURANCE

BLDG 90 (REC CENTRE) • WHYTEWOLD RD

MONDAY TO FRIDAY: 8:30 AM TO 5:00 PM

Phone: 889-2204

Fax: 885-1964

Start fresh this Spring!

TO REGISTER CONTACT: penny.wawrzyniak@forces.gc.ca ext. 4150 or visit www.pspwinnipeg.ca

BUTT OUT

12 April - 3 May • MONDAYS • 1130 - 1330 hrs

ALCOHOL, OTHER DRUGS & GAMBLING

SUPERVISOR TRAINING • 16 April 2010 • 0800 - 1600 hrs

TOP FUEL FOR TOP PERFORMANCE

13 & 20 April • TUESDAYS • 1200 - 1600 hrs

WEIGHT WELLNESS

14 April - 2 June • WEDNESDAYS • 1200 - 1500 hrs

STRESS: TAKE CHARGE!

22 April - 6 May • THURSDAYS • 1200 - 1500 hrs

Health Promotion in the Canadian Forces
**STRENGTHENING
THE FORCES**
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes



"Vampire" Squadron Helps Games Run Smoothly

440 Squadron Played Many Roles At The Vancouver Olympics

Lieut Donna Riguidel
17 WING PUBLIC AFFAIRS

Supporting an event like the 2010 Vancouver Olympics can be a thrilling, exciting but hopefully monotonous job. If things go as planned, events are seamless and assisting units go unnoticed. That's what we strive for.

440 "Vampire" Squadron, based in Yellowknife, NWT, deployed to Comox, worked behind the scenes at the VANOC Games.

"We provided two CC-138 Twin Otters and three

crews. A crew consists of two pilots and a flight engineer. Also, seven support personnel went, for logistical and maintenance issues," said Captain Kurt Stushnoff, Ground Training Officer for 440 Squadron.

While working in Comox, the "Vampire" Sqn filled many roles. They conducted utility flights, were used as both radar targets and Targets of Interest to test equipment and personnel. They also transported VIPs and performed mountain flying and Instrument Flight Rules training in the high-density airspace.

In all they flew 27 missions and flew over 100 hours of combined mission and some training hours.

"440 provided stellar support that was absolutely integral to our success," says Colonel William Veenhof, Detachment Commander, 1 Canadian Air Division Detachment Race Pacific.

Capt Stushnoff says the members of 440 Sqn also received excellent support from 19 Wing.

"Good meals at the mess, very good accommodations and our maintainers had good support from 442 Sqn," says Capt Stushnoff.

All told, 440 "Vampire" Sqn definitely stood out with their expertise.

"The flights I had with 440 were outstanding and I was struck by the Unit's

evident professionalism and pride," said Col Veenhof. In all, a job well done.



440 Squadron L to R: MCpl Chris Barbier, Cpl Craig Scott, MCpl Robert Mathews, Capt Kurt Stushnoff, Capt Nathan Trescher, Sgt Craig Laraway, Cpl Mav Mandeville, Cpl Greg Myers, Cpl Chris Green.

Not pictured: Lcol Dwayne Lovegrove - CO 440 Sqn, Maj Darran Leaker - Flight Comd 440 Sqn, Capt Joel Stubbert - Ops O 440 Sqn, Capt Bryan Sullivan - Flight Safety O 440 Sqn Cpl Scott McAllister - Flight Engineer Cpl Pierre Gagne - Flight Engineer, WO Claudette Saunders - IC Maintenance, acting SWO (while in Op Podium)

QUESTIONS? COMMENTS? CONCERNS?

DROP US A LINE AT:

VOXAIR@MTS.NET

Sports Trivia Answers

1. Ron Hextall
2. Clarence Day
3. Two: Grant Fuhr, Edmonton and Billy Smith, NY Islanders.
4. Boston, Esposito; Chi, Hull; Detroit, Howe; NYR, Ratelle; Mtl, Lafleur; & Tor, Sittler.
5. Lindsay, Wharram and Mikita
6. Three, Lemieux, Fleury & Crosby.
7. Tiny Thompson.
8. He was the first draft pick for the Bruins in 1981, Suffered career-ending brain aneurysm during game vs. Vancouver, October 23, 1982.
9. Tony Esposito, 15.
10. Ottawa Senators
11. Denis Savard, Denis Cyr and Denis Tremblay, all born Feb 4 1961, played on one line in junior.
12. WHA
13. Martin Brodeur broke Terry Sawchuks forty year old record of 103 last month.
14. Gus Bodnar
15. Peterborough Petes
16. Florida Panthers
17. Boston Bruins
18. Glen Sather
19. Bobby Orr
20. Tom Barrasso

Her Majesty's Canadian Ship CHIPPAWA presents



The Naval Centennial Ball

Friday, April 30th, 2010

Canad Inns, Polo Park, 1405 St. Matthews Avenue

Cocktails: 6:30 p.m.

Dinner: 7:30 p.m.

Tickets: \$55.00 per person

Dress: Mess Dress or Formal Attire

Entertainment by HMCS CHIPPAWA's Band



For ticket information contact: (204) 943-7745 extension 3285 or hmcschippawa.events@gmail.com



www.mfrc.mb.ca

204.833.2500 ext. 4500



Winnipeg and Shilo families participate in R&R Retreat

On March 13 and 14 at Camp Assiniboia, 38 military families from Winnipeg and Shilo had the chance to relax, network and learn about reunion and reintegration.

What initially started out as a partnership with Sandra Doody, Family Separation and Reunion Coordinator at the MFRC and Melissa Bryden, Occupational Stress Injury Social Support (OSISS) Family Peer Support Coordinator quickly grew to an entire team of helping professionals who delivered programs for the weekend sessions.

Diane Brine, the MFRC's Youth and Personal Development Coordinator delivered the Joint Speakers Bureau's family briefing on Saturday morning. The briefing included information about stress, self-care and resilience, communication and transition.

Kathy Godfrey, Health

Promotion Director, spoke about healthy living, and Padre Mark Mawson from 23 Health Services gave a presentation about Your Spiritual Self.

Linda Beauchemin, the Shilo MFRC's FS&R Coordinator, and Courtney Brister, the Deployment and Special Events Coordinator accompanied families and offered to help out in any way they could. The partnership with Shilo was very important to the success of the retreat.

James Knox, the Military Family Liaison Officer with the Integrated Personnel Support Centre (IPSC) in Shilo delivered a breakout session called Healthy Relationships. Participants were also offered a craft session, and watched a DVD called Humor Your Stress.

While the break-out sessions for the adults were running, a full compliment of children's programming

was also offered. Christina Brine, Matt McNeil and Matthew MacRae guided the children through crafts and sport events.

In addition to the presentations, other stakeholders were given the chance to address the attendees and provided resource information.

John Chabih, the Outreach Coordinator from the IPSC at 17 Wing gave a short briefing into the newly formed JPSU/IPSC and stayed around for the rest of the weekend in order for families to pick up resources and ask questions. We also had wonderful resources supplied from SISIP at 17 Wing.

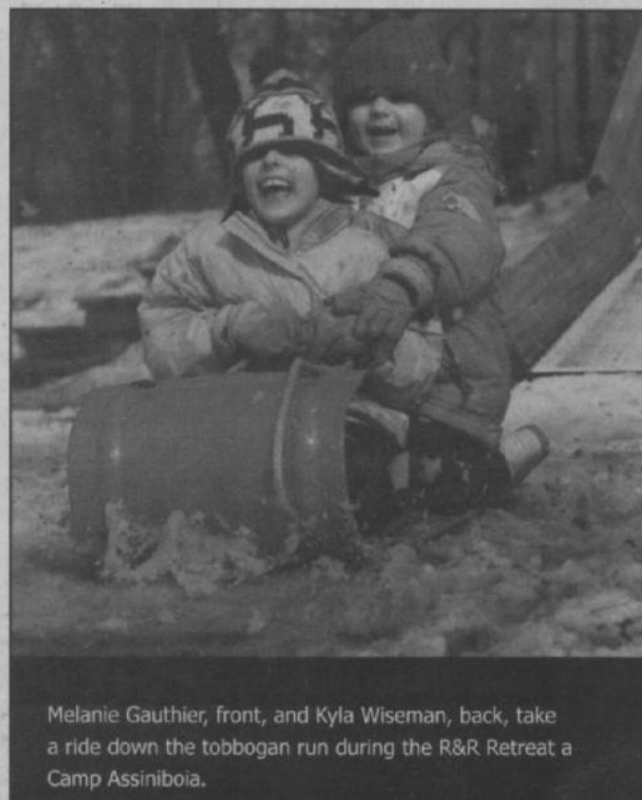
Karine Regimbald, a social worker student who is currently on a practicum, the Winnipeg MFRC set up a table full of great resources, and also sat in on some of the break-out sessions to give us feedback.

In addition to the Help-

ing Professionals, volunteers played a huge part in the success of the weekend. Thanks to Marianne Sobczak who took care of the Registration Table; MWO Dan Skinner our roving photographer for the children's programs and Cpl Colin Aitken wore two hats as the official military photographer and as a volunteer. Shane Parrington from the Wellington College of Remedial Massage Therapies volunteered to give free massages on Saturday evening.

The feedback from everyone involved in the retreat has been very positive.

"Here is another alternative to the usual reunion briefings that each of the MFRC FS&R Coordinators deliver to our military families across Canada, the US and Europe," said Doody. "The weekend retreat offered the families time to de-stress their lives a little and take in some family fun



Melanie Gauthier, front, and Kyla Wiseman, back, take a ride down the toboggan run during the R&R Retreat at Camp Assiniboia.

activities."

Funding for the retreat came from wounded-warriors.ca, a not-for-profit charity that supports Ca-

nadian soldiers who were wounded overseas.

For more information about the MFRC, please visit www.mfrc.mb.ca.

Social workers provide a variety of services

As National Social Work Month wraps up, we thought we would take the opportunity to highlight the profession of social work and the social workers who work with military members and their families at 17 Wing.

What is social work?

Social work is a profession concerned with helping individuals, families, groups and communities to enhance their individual and collective well-being. It aims to help people develop their skills and their ability to use their own resources and those of the community to resolve problems. Social work is concerned with individual and personal problems but also with broader social issues such as poverty, unemployment and domestic violence.

Human rights and social injustice are the philosophical underpinnings of social work practice. The uniqueness of social work practice is in the blend of some particular values, knowledge and skills, including the use of relationship as the basis of all interventions and respect for the client's choices and involvement.

What do social workers do?

Social workers provide services as members of a multi-disciplinary

team or on a one-to-one basis with the client. The duties performed by social workers vary depending on the settings in which they work.

Social workers employed by child welfare agencies (public and private) investigate cases of family violence, child abuse and neglect and take protective action as requires. They may recruit foster parents or supervise the placement of children in protective care. Others work on adoption cases.

Many school boards hire social workers to help students adjust to the school environment. They help students, parents and teachers to deal with problems such as aggressive behaviour, truancy, and family problems, which affect the students performance.

In general and psychiatric hospitals, social workers are members of the treatment team. They provide a link between the teams and the family as well as with community resources. In these setting they contribute to the care, treatment and rehabilitation of the ages and of physically or mentally ill individuals, as well as the care of disabled persons.

In health and community services centres, social workers are involved in the provision of counsel-

ling to individuals or families and in providing services to seniors. Some work as community developers helping citizens to identify their needs and proposing ways of meeting these needs. Others may assist with parent child relationships and marriage counselling. The services may be offered on an individual basis or in groups.

Social Workers involved in policy analysis, policy development and planning are usually working in federal and provincial departments or social planning councils. Researchers are found in universities and governments. Others are teaching in universities and community colleges.

What training do social workers have?

Social work education consists of theoretical courses and practical training at the undergraduate or graduate level.

In most provinces, the Bachelor of Social Work is the minimum education requirement for entry into the profession. Postgraduate education leading to a masters or doctoral degree is also available.

Where can I find a social worker at 17 Wing?

23 Health Services Mental Health Department has several so-

cial workers on staff as part of the mental health team. They are available to provide mental health services that promote wellness; and provide timely interventions that support and empower Canadian Forces members and their families to achieve their highest level of functioning. They provide professional, confidential counselling to military personnel and members of their families who are experiencing personal difficulties at home or work.

Mental Health Department, Building 62, 833-2500 ext 5086

The Winnipeg Military Family Resource Centre has two full time social workers who are available to assist military family members and members. Services offered by the MFRC social workers include short term counselling, assessment and referral, crisis intervention, support groups, and educational sessions. They are available to assist with a variety of issues including but not limited to, military lifestyle, mental health, children's issues, parenting, divorce and separation, grief and loss issues.

Military Family Resource Centre Social worker Haley Schroeder 833-2500 ext 4512 and Military Family Resource Centre/Integrated

Personnel Support Centre Laurie-Anne Johnson 833-2500 ext 4478

Information on the profession of social workers has been obtained from the Canadian Association of Social Workers. <http://www.casw-acts.ca>

Upcoming Events

April 1, 8 p.m. MFRC comedy night. Tickets \$20, available at the door

April 15, 1:15- 3:15 p.m. True Colours. Free.

April 17, 6-9 p.m. dinner and a movie for teens-

Southside Youth Centre. Register by April 9.

April 29, 7 p.m. Dinner and a Movie (Julie and Julia).

Base Theatre. Free.

For information about any of the above programs, check out our website, www.mfrc.mb.ca, or call 833-2500 ext 4500.

Fax: 204.489.8587 • Email: wpgmfrc@autobahn.mb.ca

102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5

Chaplain's Corner

Resurrection: it happens in the still and quiet of the early morning when darkness shadows the land. There is only the sound of the stone being rolled back from the tomb as the risen Son greets the dawn of a new day. Christ was freed from the shrouds of death that previously bound his lifeless body. The linen cloth that once blinded the vision and stopped the hearing was set aside and Christ filled his lungs, not with the spices that anointed the dead, but with the fresh crisp air that spoke of life.

On the first Easter morning Mary goes to the tomb to anoint Christ's body with spices. She had suffered terrible loss with the death of her beloved friend. She had seen his lifeless remains taken down from the cross and laid in the tomb with no time to prepare his body for burial. She arrives on the third day only to find the stone had been rolled away and Jesus missing, and so she stood at the entrance of the empty tomb and wept. Life no longer made sense to her. She had reached rock bottom.

If our experience of Easter is bunny rabbits and chocolate eggs we will not appreciate Mary's reaction. If we have suffered loss, we will know only too well her response. Easter is about disappointment. Easter is about guilt and grief and pain and doubt. It is about a loss so profound that all we can think about are the obstacles in our path. Suffering has a way of blocking everything else out. It can block out those who love us; it can block out signs of hope and promise. For anyone who has ever journeyed through that long dark tunnel of despair, depression or grief and emerged through the other end restored to life will have an even greater appreciation for the burial cloth, symbols of death, being left at the entrance of the tomb.

We will all at some point be faced with seemingly immovable stones that will inhibit us from fully embracing the joys of life – that will make it difficult to achieve personal holiness. We can respond to these challenges in many ways: we can hope that our problems will disappear; we can pretend there are no issues; we can become discouraged; or, we can head to the tomb and trust that God will roll away the stone.

The resurrection is the corner stone of the Christian faith, and yet many still don't fully understand its power. Resurrection is not about where you go when you die – resurrection is about how you choose to live your life today in light of Christ's resurrection. It is not the resurrection of the dead we believe in but the resurrection of the living. Resurrection tells us that despite the chaos and heartache and pain of one's life, meaning and order will emerge once more, and the world will be created in a new way. It tells us of the light at the end of the tunnel.

Christ illustrated for us that death is no longer the period at the end of a sentence that characterizes who we are. We can, if we dare, and if we choose, live for life, not death. It is about embracing the fullness of life so that we might be liberated from our despair. It is about being defined by life, not by death.

The message of Easter is that "Christ is risen!" He won't be found in the tomb, but in the real lives of people around us and in ourselves. It is our own personal encounter with Christ, of how God has intersects our daily life that is what is truly important. -Chaplain Bonnie Mason

Lenten and Easter Services Protestant

Throughout this holy time of year services and special events will be take place (in English only) in the Chapel of the Good Shepherd, 2235 Silver Avenue (Bldg 94, off Whytefold), as follows:

Maundy Thursday	1 April	1700 hrs	Joint RC/Protestant Passover Liturgy with dinner
Good Friday	2 April	1200 hrs	
Easter	4 April	0900 hrs	Holy Communion (breakfast to follow)

Please join us.

Roman Catholic Masses

Throughout this holy time of year services and special events will be take place (in English only) in Saint Marguerite Bourgeoys Chapel, 2235 Silver Avenue (Bldg 94, off Whytefold), as follows:

THURSDAY	Maundy Thursday	1 April	1700 hrs	Passover Supper and Liturgy (Joint RC & Protestant)
			1900 hrs	Feast of the Lord's Supper/ Reposition & Adoration
FRIDAYS	Good Friday	2 April	1500 hrs	Poor man's supper to follow
SATURDAY	Holy Saturday	3 April	1900 hrs	Easter Vigil
SUNDAYS	Easter	4 April	1100 hrs	To be followed by brunch

Please join us.

Together in Church

CATHOLIC

CHAPLAINS

Padre Lance Magdziak
Roman Catholic Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

Masses (English only)
Sunday 1100 hrs

Religious Education 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.

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.

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 Will Hubbard
(Anglican) Office 833-2500 ext 5349

Padre Ken MacRae
(Presbyterian) Office 833-2500 ext 4277

Padre Gord Mintz
(Anglican) Office 833-2500 ext 5785

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

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

Sunday Services (English Only) 0900 hrs

Sunday School 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 Contact the chaplain at least six months in advance. A marriage preparation course is a requirement.

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.



CLASSIFIEDS

TAROSCOPES

BY NANCY

GOT STUFF?

WE'RE LOOKING FOR YOUR GENTLY USED ITEMS!

DONATIONS CAN BE DROPPED OFF AT:

1076 A - MAIN ST. (REDWOOD PLAZA) • PH 942-4457

MON-WED & SAT 10AM-5PM, THURS & FRI 10AM-6PM

- FURNITURE • TOYS • ELECTRONICS • HOUSEWARES •
- PET SUPPLIES • AND MUCH MORE!

(NO MATTRESSES PLEASE)

D'ARCY'S A.R.C. THRIFT STORE

IN SUPPORT OF D'ARCY'S A.R.C. (ANIMAL RESCUE CENTRE)



Work from Home

Operate a Mini-Office Outlet
from your Home computer
Free Evaluation.

www.see-it-do-it.com

FOR RENT:

Furnished room in my
basement. Quiet area and close
to 17 Wing. Must like dogs.
For more info contact 831-7072
after 2 p.m.

Aries (March 21 - April 19):

Money concerns disappear if you're willing to make a few changes. What once worked, may not now. Yet what wasn't doable in the past may now be an option. Still, your focus should not be on money but on simple pleasures and good health. Having lots is not always better.

Taurus (April 20 - May 20):

Don't take what you have for granted. Posturing and overconfidence creates image problems. There are many unforeseen challenges coming. For now show restraint, tact, care and a sense of teamwork. Be part of the solution and you'll weather this time of restructuring.

Gemini (May 21 - June 2):

There is more than one way to reach a goal. Use a logical approach. Consider your timing. Dig for all the facts. Push but don't force yourself to make progress. Passionate commitment is commendable; with it you can achieve what seems impossible. Keep going and you'll succeed.

Cancer (June 22 - July 22):

Information surfaces, giving you new insights. It may not be easy to deal with difficult tasks but avoiding them won't help. You are up to it and what you accomplish could surprise you. With clear deadlines it's easier to set your course and accomplish more, quickly.

Leo (July 23 - August 22):

You're entering a time when you no longer worry so much about the impression you make. Instead you're focusing on living up to your own expectations. Let people know what you stand for, what you believe in, and what you have to offer. Show your responsible side.

Virgo (August 23 - September 22):

You gain peace of mind when you deal with your major concerns. The more you stop worrying and get to the heart of the matter the more you can enjoy your life and those in it. Don't complicate things. The answers are right in front of you.

Libra (September 23 - October 23):

React quickly to avoid danger. Be flexible to manoeuvre around obstacles or through crisis. The end is in sight so hang in there. The road blocks that keep popping up are to teach you to work within limitations and where you have some leeway. Show grace under fire.

Scorpio (October 24 - November 21):

Try to stretch past your need for logic to prevail. Sometimes it just won't. Reach for more of what you want whether it seems realistic or not, for now anyway. Sensible will kick in later. Focus on what gives you hope. Exude positive energy and trust that you will get a break.

Sagittarius (November 22 - December 21):

Your dynamic personality is an asset. You've made great strides and are an example to others. However your sharp mind may not always get you what you think you want. This is especially true if you are dealing with someone who is as strong-willed as you are.

Capricorn (December 22 - January 19):

Your sense of duty is urging you to complete tasks. However you're also starting to see how much work is involved. Break things down into smaller steps and you'll succeed. Keep your vision in mind as you set your plans in motion. Your goals are worth the hard work.

Aquarius (January 20 - February 18):

Take the necessary steps to get back on track. You have courage, intelligence and determination. The strength of your convictions will take you far. You're able to see the writing on the wall and place yourself in a good position to get ahead. Things unfold as expected.

Pisces (February 19 - March 20):

Balance work and pleasure. You'll accomplish more if you do. Though going overboard is tempting at this time, practice moderation. Don't try to enforce limitations, they only restrict. And don't settle for less. Reach for more. Work to get what you want. Believe that you deserve it.

FOR APPOINTMENTS CALL 775-8368



Barala Kennels

YOUR PET'S HOME AWAY FROM HOME



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

OWNERS: GARTH AND SARA GRANT

barala@mts.net www.baralakennels.com 633-2629

ASSINIBOIA UNIT NO. 283

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



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

WELCOME ALL MILITARY PERSONNEL

PROUD OF OUR PAST



Welcome...
ST. JAMES LEGION

Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

Texas Hold'em

Tues 7 p.m.

Line Dancing

Every Tues & Wed
8 to 10 p.m.

Dancing To Live Bands

Fri & Sat
9 p.m. - 1 a.m.

Meat Draws

Every Fri 5 - 7 p.m.
Every Sat 2 - 4 pm



Bonnie Korzeniowski

MLA for St. James

Manitoba Special Envoy for
Military Affairs

Room 234, Legislative Building
450 Broadway

Winnipeg, Mb R3C 0V8

(204) 945-7510 • Cell: (204) 795-0043
bonnie.korzeniowski@leg.gov.mb.ca

Dr. Philip S. Pass B.S.C., D.M.D.

Complete Family Dentistry

Preventative/Cosmetics/Orthodontics

Crowns/Dentures/Root Canals
Extractions/Emergency Care

Evening and Saturday Appointments Available

420-3025 Portage Ave. ph: 987-8490

ALL DENTAL PLANS ACCEPTED

GRANT CLEMENTS

CD, FRI, SRES

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

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

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

PROUDLY SERVING OUR MILITARY FAMILIES WITH:

- 26 years of military service
- Complimentary Relocation Package couriered to you within 24 hours
- Personal prospecting web site – get up to the minute listings emailed to you daily
- Thorough knowledge of the Winnipeg and surrounding areas market
- Assisted more than 3,800 buyers and sellers



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

KELLY CLEMENTS

SRES, CERC



Father and daughter team

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

Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 888-7973 FAX: 832-3461

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

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

Kelly P. Land
 Michael J. Law
 Almer N. Jacksteit

Lorraine M. Scollin
 Calla T. Coughlan
 Serge B. Couture

Our fees conform to the ERS guideline

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



Carrie.com

Minnie Ann Piercey B.N., M.E.D.
 Diamond Award winner, WRA Award winner

Cell: 204-770-4619

Bus: 204-987-2121 Toll free: 1-888-880-2121

www.winnipeg.com

minnieann@escape.ca

Each office is independently owned and operated. Trademarks of REALTOR'S International Trading Inc. Registered trademark of Century 21 Real Estate Corporation used under license.



MOVING THIS YEAR ?



www.homesinwinnipeg.com



TERIE LANGEN

relocation specialist

Re/Max Executives Realty
 3505 robin blvd wpg mb r3r 0c6



779-7000

terie@homesinwinnipeg.com

You need a realtor who is... Honest
 Professional
 Trustworthy
 Caring
 Experienced



Linda

Linda van den Broek Sales Associate
 Email: linda@lindavandenbroek.com
 Website: www.lindavandenbroek.com

Ph: 204-987-9800



Trudy M. Johnson, B.A.
 Relocation Specialist

30 Years of Professional Success in the
 Winnipeg Real Estate Market

Toll Free 1-877-778-3388

Cell 1-204-981-1529

trudyj@mts.net

Re/Max Hall of Fame

"spirited energy"



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



Fred Levesque CD
 (204) 777-5555

maximumrealty@shaw.ca



Lee Wren
 (204) 781-4487

leewren@mts.net



Eva Bessas
 (204) 470-3332

ebessas@mts.net



Brendan McGurry
 (204) 799-3022

mcgurru@mts.net

THE DAN VERMETTE

Home Selling TEAM

Service en français



255-4204

www.danvermette.com



Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service



Proud to Assist Military Families

Relocation Specialist

25 Years Experience
 in the Winnipeg
 Real Estate Market

www.joannegebauer.com

joanne@joannegebauer.com

Toll Free: 1-877-778-3388

