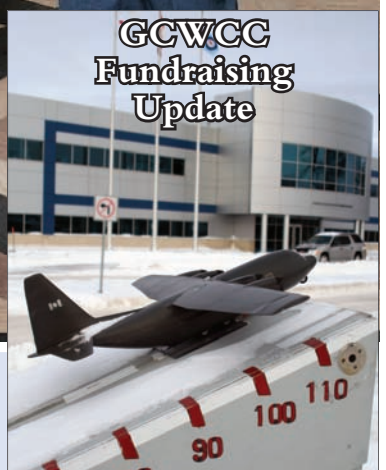




17 Wing participates in Legislature Opening Ceremony



Canadian Forces members from 17 Wing form up at the Manitoba Legislative Building on Tuesday, 16 November 2010. The Lieutenant-Governor of the Province of Manitoba, the Honourable Phillip S. Lee opened the Manitoba Legislature in a ceremony featuring many members of 17 Wing Winnipeg. Photo: Cpl Piotr Figiel



GCWCC Fundraising Update

As of 18 Nov 2010, the GCWCC has surpassed its goal this year, bringing in \$131,260.96.

IN THIS ISSUE: TAKE OUR KIDS TO WORK DAY AT 17 WING
PAGE 03

CF ATHLETES SHINE AT THE CF SPORTS AWARDS
PAGE 03

HMCS CHIPPAWA CELEBRATES REMEMBRANCE DAY
PAGE 07

PHOTOS FROM THE REMEMBRANCE DAY CEREMONY AT THE CONVENTION CENTRE
PAGE 08

DOMENICA'S UNISEX HAIRSTYLING
2255-G Ness Avenue
Ph: 885-3665 or 832-6978

Mon & Tues 9:00 am - 6:00 pm
Wed to Fri 9:00 am - 8:00 pm
Saturdays 8:30 am - 5:30 pm

- Military Men Cuts.....\$11
- Perm & Cut.....\$45 and up
- Flat Tops.....\$11
- Highlights & Cut.....\$45
- Colour & Cut.....\$40
- Senior Mens Cut.....\$10
- Childrens Cuts.....\$10-15
- Ladies Cut.....\$17
- Ladies Blow Dry.....\$17
- Fails.....\$4 to \$6



PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

Steven Fletcher,
Member of Parliament
Charleswood-St. James-Assiniboia

Phone: 204-984-6432
Fax: 204-984-6451
3111-A Portage Avenue
Winnipeg, Manitoba R3K-0W4

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

GCWCC chili cook-off



Left to right, Col Brodeur, CWO Scarcella, and LCol Zuurro test the chili at the GCWCC chili cook-off held 17 November 2010, the event raised \$490 for the GCWCC's annual campaign. Photo: Kristy Rydz

Mission Accomplished GCWCC surpasses 2010 goal

The campaign is finished and although funds are still trickling in. Our financial goal has been exceeded by a fair margin, thanks to the dedication and support of the Reps and Canvassers. Now is the time to reflect on the campaign and think of ways we can improve it for next year. Heather and I will be busy in the next 2 weeks drafting an after action report for the campaign. Your input is extremely important to help us capture the more salient points of what we did correctly and what needs to be improved.

Finally, the Wing Commander wants to thank all of you personally for making this campaign the success that it was.

Thanks again for all the great work!!!

Sincerely,
H. Harding
Civ

GCWCC Civilian Co-Chair

J. Boileau
Capt

GCWCC Military Co-Chair

Adopt-A-Veteran Program Looking for 17 Wing "Santa's Helpers"

CWO David Hiscock

The 2009 Adopt-A-Veteran Program was incredible, and over 200 gift bags to veterans in Deer Lodge Care Home, making the holidays bright for needy veterans.

This year, we are hoping once again to provide gifts to veteran's in Deer Lodge Care Home. We invite members of 17 Wing to "Adopt-A-Veteran" - meaning sections or individuals can select (or be assigned) one or more veterans on the list and then purchase the items on the individual's "wish list".

Some of these veterans have no family and during the holiday season it can be especially hard to be alone and feeling neglected.

With the number of personnel on 17 Wing, there is a real potential to give all of these veterans a very happy Holiday Sea-

son. They need to know that we haven't forgotten them. We must remind the veterans that we are thankful for their service and for our freedom. To help fund the purchasing of larger items, approximately 100 businesses have been approached for donations to this year's fundraiser raffle which will be held on "Sticky Floor" 17 Dec 10, 16 Hangar.

Be assured that all monies raised will be used to purchase gifts for the veterans, and any monies remaining will be donated to the 17 Wing Care and Share Program and Deer Lodge Care Home.

For more information, please contact George.Stetina@forces.gc.ca. Items will need to be dropped off NLT 16th Dec.

It would be appreciated if items purchased be delivered in gift bags. Help show a veteran that their service is still appreciated, and their needs not forgotten this holiday season.



A Remembrance Day ceremony was held at Grande Parade Square, Halifax, Nova Scotia. Veteran Allan Tanner, Merchant Navy, salutes during the playing of the Last Post. Photo: Master Corporal Robin Mugridge, Formation Imaging Services, Halifax, Nova Scotia. © 2010 DND-MDN Canada

100 Help Wanted 100

The Voxair is hiring a commissioned sales person.

- Make your own hours
- Write your own paycheck
- Perfect for Military spouses

For more info, call us at:
833-2500 ext. 4120

100 Earn extra money 100

VOXAIR

OFFICE HOURS

Monday to Thursday
0830 - 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@PersSvc@Winnipeg

VOXAIR STAFF

LCol JR Zuurro
Editor-In-Chief
(204) 833-2500 ext 5281

Rick Harris
Managing Editor
(204) 833-2500 ext 4299

Maureen Walls
VOXAIR Manager

Kristy Rydz
Reporter / Photographer

Michael Sherby
Production
Coordinator / Layout

Misra Yakut
Accounting

Traci Wright
Proofreading

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 Y. Boillard. 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

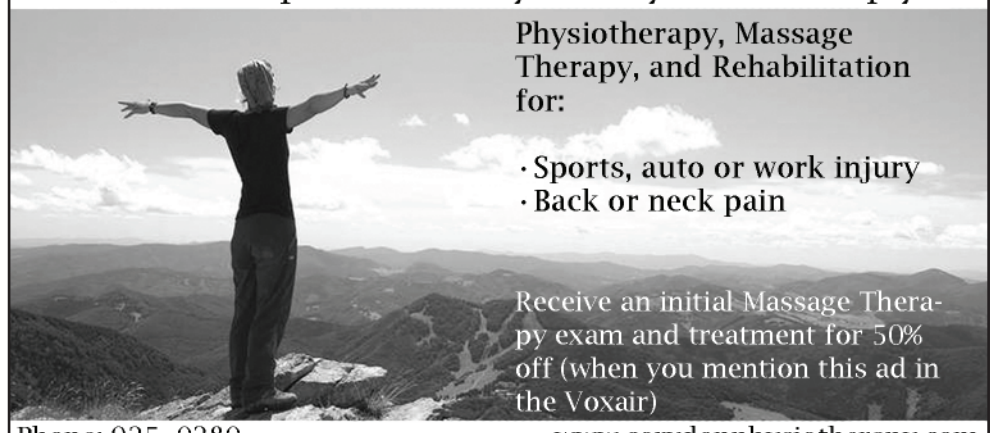
Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included. (Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer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

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



Corydon Physiotherapy Clinic

Don't let pain stand in your way! We can help you.



Physiotherapy, Massage
Therapy, and Rehabilitation
for:

- Sports, auto or work injury
- Back or neck pain

Receive an initial Massage Therapy exam and treatment for 50% off (when you mention this ad in the Voxair)

Phone: 925-0380

www.corydonphysiotherapy.com

3354 Roblin Blvd. at Elmhurst Rd. 1 min. east of the Moray Bridge

Hi ho, hi ho, it's off to work we go Take Our Kids to Work Day at 17 Wing

Sgt Bill McLeod

Wing Public Affairs Photojournalist

Wearing a heavy suit to land in the bush, a helmet, and two parachutes, Courtney Kehler had a few minutes of staggering around under some of the gear that Search and Rescue technicians have to put on every time they make a jump from a 435 Squadron CC130 Hercules.

Courtney was one of the Grade 9 students from schools all across Winnipeg who arrived at 17 Wing to get a better idea what their parents do for a living during the national 'Take Our Kids to Work Day' on 03 November.

Team Winnipeg hosted approximately 60 students, mainly dependents of reserve, regular force and civilian employees to a morning program that included a tour of the operational flying areas of 17 Wing. The tour also included the 17 Wing Fire Hall and a fun filled but educational scavenger hunt at the Military Family Resource Centre.

In the afternoon the students spent time with their parents at their place of work. Asked by his parent what the best part of the day was one student commented, "Not being at school." Another student, Fallon Leeco, wrote afterwards, "I enjoyed the whole day, and I have never seen anything so cool and amazing in my life."

The first 'Take Our Kids to Work' event took place in 1994 in the Greater Toronto Area but has now spread to every province and territory in Canada. The program gives students a chance to explore their future, helps students understand the importance of staying in school, and appreciate a parent's role in making a living and supporting a family.



Approximately 60 Grade 9 students visited 17 Wing and 1 and 2 Canadian Air Divisions during Take Our Kids to Work 2010. Photo: Cpl Jean Archambault

'Take Our Kids to Work' is a program implemented by The Learning Partnership, a national charitable organization dedicated to championing a strong public education system in Canada.

For further information about joining the Air Force

please visit:

<http://www.forces.ca/en/jobexplorer/browsejobs-70>

For further information about 17 Wing please visit

<http://www.airforce.forces.gc.ca/17w-17e/index-eng>

asp

Athletic stars shine at CF Sports Awards

Kristy Rydz

Voxair Reporter

The best and brightest star athletes, teams and coaches were celebrated at the 2010 Canadian Forces (CF) Sports Awards Ceremony in Ottawa on 6 Nov.

The annual banquet is designed to promote and pay tribute to the wide gamut and various levels of CF sports including the induction of a number of members into the CF Sports Hall of Fame.

With this year's theme being, "Tribute To Our Deployed Athletes – OP HERMES", a homage to the importance of mental and physical health while deployed, 17 Wing's Captain (Capt) Natalie Jones was nominated to attend the banquet through the Conseil international du sport militaire (CISM)'s fencing team.

Capt Jones, who started fencing at the Royal Military College eight years ago, was deployed twice last year with 436 (T) Squadron to Camp Mirage. Getting ready to fly throughout Afghanistan while still competing, she has learned to appreciate preparation and love of sport that much more.

"I remember competing at a national event and having to leave for overseas just two days later," she noted. "It taught me that there are very few "perfect" competitions,

ones where you've had the right amount of sleep, nutrition and training, so you have to practice staying focused and making the most of each situation."

Attending the awards with approximately 300 others this year was a moving experience for Capt Jones, particularly hearing about the honourees accomplishments in their sporting fields.

"I was in complete awe this year of the CF Sports Hall of Fame inductees Petty Officer 1st Class Cashin, Lieutenant-Colonel Markewicz and Sergeant Cloutier. Their sporting accomplishments are inspiring," she said. "You realize that sport really is a way of life and if you love doing something, you can always find a way to make it a part of your life. Even with the demands for work and family, it really is possible."

For Master Warrant Officer (MWO) Gregory King with 1 Canadian Air Division's A6 section, the opportunity to represent the growing sport of CF swimming at the annual event while seeing athletes from all areas of recreation honoured is a remarkable moment.

"It's recognition for the CF sports population in front of their peers," he said. "Most sports don't cross over and it's great to have them all in same room."

While he only became the chief official



The Canadian Women's Sabre CISM Team (from left to right: Capt Natalie Jones, SLT Chantel Helwer, 2Lt Sarah Rogers) prior to a match against the Venezuelan Women's Sabre CISM Team. This photo was taken at the 42nd World Military Fencing Championships, in Venezuela this past April. Photo courtesy: Capt. N.K. Jones

for the CISM swimming a few years ago, MWO King has over 35+ years of coaching experience both within and outside of CF sports winning Coach of the Year for multiple times and Team of the Year in 2008 with 22 Wing North Bay's men's hockey team.

He believes the ceremony celebrates not only individuals but their connection to

local neighbourhoods as well.

"You can see how the military contributes to the community through how involved they are in sports," MWO King said. "The CF contributes to communities in a big way through athletics."

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

A Manitoba Public Insurance product



Are you one of the more than seven million North Americans who have problems sleeping? We can help with our proprietary herbal sleep aid. Free samples available.

WWW.THEBESTSLEEPEVER.COM

Air Command Band Rocks in Regina

Lt Donna Riguidel
Wing Public Affairs Officer

The Air Command Band is shattering its somewhat stuffier reputation of yester-year one event at a time and on Saturday, 23 October they tore the roof off in front of a capacity crowd of 700 in Regina.

"The Air Command Band had an excellent show at the Support the Troops Gala in Regina this past weekend. It's always a treat for the ACB to perform...especially when we get to perform for our own!" said Warrant Officer Mike Manny, band director.

Hosted by Senator Pamela Wallin and the Chief of Defence Staff General Walter Natynczyk, the SRO event saw Premier Brad Wall, veterans and current serving members of the CF, local business owners and corporate sponsors all come together to raise awareness and funds for a number of organizations that benefit military members and their families.

The musicians played a variety of music throughout the two day event, including jazz, Dixieland and popular current hits including "The Climb" with guest vocalists Alexandria Beck.

The event ended on a high note, with the Showband rocking the house with a series of danceable hits including disco, top 40 and country, to the delight of the wildly appreciative crowd.

For more information about the Air Command Band, please visit <http://www.airforce.forces.gc.ca/acb-mca/index-eng.asp>



Sgt David Grenon belts out a classic tune for hundreds of elementary students who were in attendance in the Agribition building on October 22, 2010. Photo: Master Corporal Holly Cowan

Sweet Music coming your way for the Holidays

Once again this year, Canada's world-renowned Air Command Band, based at 17 Wing Winnipeg, are tuning up instruments and vocal cords as they prepare for their annual Holiday season concert tour.

This year's holiday show featuring the Air Command 'Show Band' will thrill audiences with an exciting roster of vocal and instrumental soloists in a musical presentation highlighting many traditional and modern twists on holiday favourites.

Commencing in Fort Frances, ON, this Wednesday, the intrepid Air Force musicians and singers will perform a total of nine concerts throughout Northwest Ontario, Manitoba and Saskatchewan for thousands of members of the Canadian Forces members, their families, and the general public over the next several weeks.

"Performing the holiday concert series is one of my favourite things to do," said Cpl Janine Brémault Bamford, one of the band's vocalists. "It brings us all such joy to entertain our fellow military members, their families and the Canadian people with music that everyone knows and enjoys. People can expect to hear lots of familiar favourites, along with contemporary arrangements, and even new music! We look forward to seeing everyone at our concerts... your presence supports your communities' groups and their projects, so come out and have some fun and do some good!" she said.

Concert dates and locations for this year's holiday season concert tour are as follows:

Wednesday, 24 November - Fort Frances, ON
Fort Frances High School Theatre; 7:30 PM

Thursday, 25 November - Dryden, ON
"The Centre" (Dryden Regional Training & Cultural Centre); 100 Casmir Ave.; 7:00 PM

Friday, 26 November - Kenora, ON
St. Thomas Aquinas Catholic Secondary School, 1 Poirier Drive; 7:00 PM

Monday, 29 November - Stonewall, MB
Stonewall Legion; 7:30 PM

Tuesday, 30 November - Starbuck, MB
Starbuck Community Centre; 6:45 PM

Friday, 3 December - Brandon, MB

Bethel Christian Assembly, 440 Richmond Rd.; 7:00 PM

Sunday, 5 December - 17 Wing Winnipeg, MB
Wing Theatre, Building 90, 680 Wihuri Rd.; 7:00 PM

Tuesday, 7 December - Moose Jaw, SK
Mae Wilson Auditorium; 7:00 PM

Monday, 13 December - Winnipeg, MB
West End Cultural Centre; 8:00 PM

For further information concerning the upcoming tour of the Air Command Band, please visit the Air Command Band's website and see their Performance Schedule at www.aircommandband.ca.

You can also contact the Air Command Band's Public

**Proud to offer a
10% MILITARY DISCOUNT
on all retail parts & services**



Sales • Leasing • Service • Parts •
Collision & Glass Repairs for all makes & models

St. James  

670 Century Street Phone: (204) 788-1100

stjamesvw.com stjamesaudi.com

Winter Wonderland Tickets

Once again the 17 Wing Community Recreation Association is selling tickets to the Annual Winter Wonderland that will be held at Red River Exhibition Park from 3 December 2010 to 2 January 2011 (except Christmas Day). Tickets are available at the Reception Desk, Fitness and Recreation Centre (Bldg 90) at a cost of \$10.00 each/car or van (including GST). This price is a savings of over \$5.00 from the regular gate admission price. These tickets are available to the military community, including civilian employees.

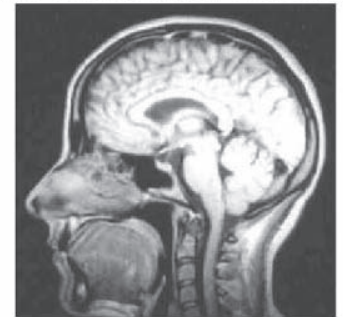
Questions may be directed to Community Recreation at local 5139, 5976, or 2059.
http://www.redriverexhibitionpark.com/winter_wonderland/index.htm

Winter Wonderland, au parc de l'exposition Red River Encore une fois cette année, l'Association de loisirs communautaire de la 17e Escadre vend des billets pour l'activité annuelle Winter Wonderland, qui aura lieu au parc de l'exposition Red River, du 3 décembre 2010 au 2 janvier 2011 (à l'exception du 25 décembre). Les billets sont en vente au bureau d'accueil du Centre de conditionnement physique et de loisirs (bâtiment 90) au coût de 10 \$ par voiture ou fourgonnette (TPS incluse). Il s'agit d'un rabais de plus de 5 \$ par rapport à l'entrée au prix régulier. Les billets sont à la disposition de la collectivité militaire, y compris le personnel civil. Si vous avez des questions, communiquez avec l'Association de loisirs communautaire, au poste 5139, 5976 ou 2059.

Relations Section at (204) 833-2500 ext. 5182 or email them at [contact aircommandband@forces.gc.ca](mailto:aircommandband@forces.gc.ca)

For more information about 17 Wing Winnipeg please visit http://www.airforce.forces.gc.ca/17wing/about_us/index_e.asp

MILITARY PERSONNEL Volunteers Needed for Research Study



University of Manitoba research group in collaboration with the Veterans Affairs of Canada Operational Stress Injury Clinic in Winnipeg, MB is seeking volunteers to participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

Your role: participate in an interview, complete questionnaires, and may or may not take part in a functional Magnetic Resonance Imaging (fMRI) picture viewing assessment.

Benefits: You will help us understand emotional processing in the brain as well as receive a research stipend and travel expenses for out-of-towners.

**If interested please call the study coordinator at
204-975-7728**



Health Sciences Centre
Winnipeg



UNIVERSITY
OF MANITOBA

Tickets on sale now for Yellow Ribbon Gala

Andrea Estensen

MFRC Information and Referral Coordinator

In 2011, the Winnipeg MFRC will celebrate 20 years of serving military families, and the Yellow Ribbon Gala will start the festivities.

We are honoured to have Senator Mike Duffy as our guest speaker. Senator Mike Duffy is well-known for his frank opinions and insightful commentaries on politics in Canada. His long television career made him a household name across the country.

Winnipeg musician Sierra Noble will be taking to the stage for a special performance. Noble dedicates much of her time to various causes, from her involvement with the global fight to ban landmines, her work with welcoming war-affected refugee families to Canada. She has a long history of associating herself with military causes. She has previously performed at the 90th anniversary of the Battle of Vimy Ridge in France. She also performed at the Hand in Hand concert during Veterans' Week 2010. We are excited to have her perform at the 2011 Yellow Ribbon gala.

We are also pleased to have the RCSCC Crusader band back to perform. Their inaugural performance at the 2010 Gala was an impressive show, and we are anticipating another high-energy performance.

The Air Command Band is also scheduled to take the

stage, as they have each year for the Yellow Ribbon Gala. The band has undergone a transformation in recent years, and their shows never fail to amaze and impress the audience. With their new repertoire that includes contemporary music and amazing vocals. We are very pleased that they will be with us to help kick off our anniversary celebrations.

The Yellow Ribbon Gala is scheduled for 6 p.m. on February 19, 2011 at the Delta Winnipeg, 250 St. Mary Road.

Tickets are \$100 each or a table of 10 for \$900. Tickets may be purchased online or at the Winnipeg MFRC, 102 Comet Street.

The Yellow Ribbon Gala is the Winnipeg MFRC's largest fundraiser of the year. The Winnipeg MFRC is a provincially incorporated, not for profit organization that provides programs and services for military families in Winnipeg, Southport (Portage la Prairie) and Thunder Bay.

For more information about the Yellow Ribbon Gala, please visit www.yellowribbon gala.ca.

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



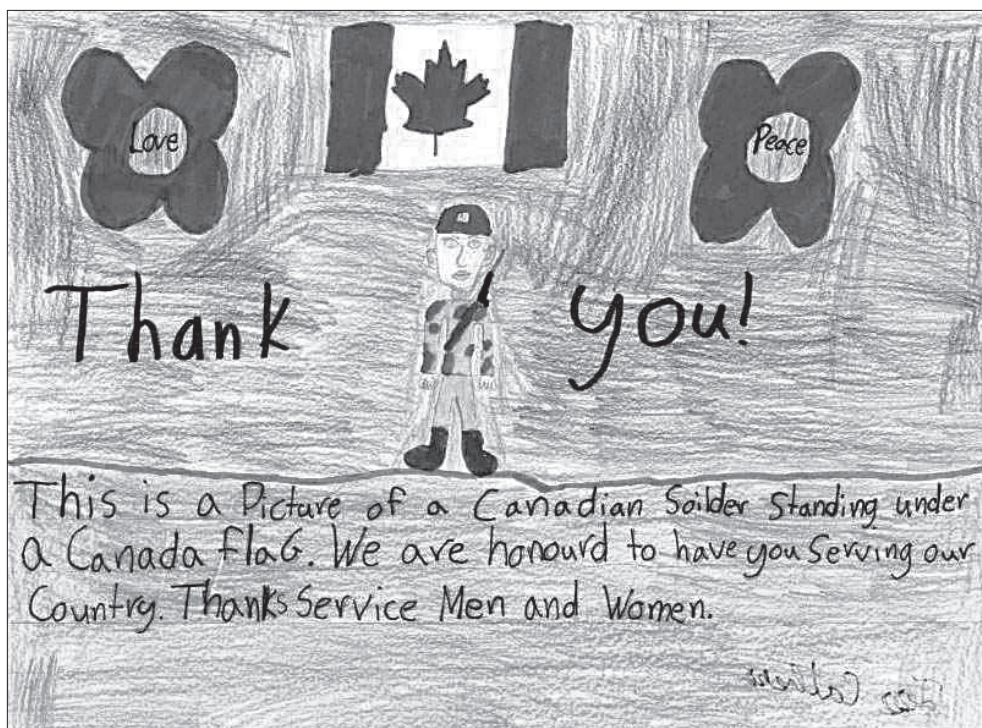
The Cadet band is just one of many acts scheduled to perform at the Yellow Ribbon Gala. Photo: Submitted

Thank you Speakers!

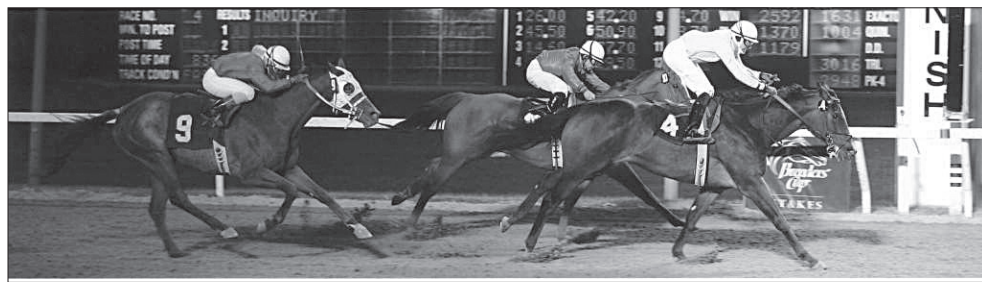
Military members genuinely understand the importance and weight of Remembrance Day. Recent years have seen Canadians once again falling in battle, and most members have been touched by the loss or injury of a friend or loved one in uniform.

As the 11 November date rolls around each year, Team Winnipeg is inundated with requests for military speakers to share their experience in service to their nation. This year we received over one-hundred requests and despite a high operational tempo Team Winnipeg (17 Wing, 1 and 2 Canadian Air Divisions 38 Canadian Brigade Group, HMCS Chippawa and Det Dundurn) rose to the occasion and answered the call spectacularly.

This voluntary duty which requires significant preparation and effort on the part of our members truly deserves not only the enthusiastic kudos many of the schools and community groups have sent to 'their' specific speaker but also for your hard work, your professionalism and your pride in serving your nation, a most heartfelt Thank-You from 17 Wing Public Affairs.



A day at the races for 17 Wing



The horses cross the finish line in the first ever 17 Wing purse race held at Assiniboia Downs Racetrack. Photo: Submitted.



The winning horse and jockey of the 17 Wing purse poses with members of 17 Wing in the Winner's Circle. Photo: submitted

"They're at the post, and they're off!" on 17 September, 2010, the familiar call at Assiniboia Downs Racetrack went out after a slightly unusual announcement.

The announcer surprised the crowd by deviating from the normal remarks on training and jockey performance to thank the efforts of 17 Wing personnel and their professionalism. Noting that "17 Wing is read 24 hours a day, seven days a week" to respond to the Nation's call, the horses were called to the starting line for the first ever 17 Wing purse.

As the money was not provided by anyone at the Wing, it was a way for Assiniboia Downs to both thank and call attention to the Air Force wing in their neighbourhood. After the close race, members of the Wing were invited to join the winning horse and jockey in the Winner's circle for the prize photo.

-17 Wing Public Affairs

Check us out online at:
voxair.wordpress.com

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 · EVERYDAY · EVERYWHERE

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

Flying high for 50 years with the CC-130 Herc

Ernst Kuglin
QMI Agency

Pilots and aircrew don't call it the 'Mighty Herc' for nothing.

Like its mythical Greek namesake, the Hercules aircraft has flown above and beyond the call of duty for Canada's air force for the past 50 years.

The CC-130 Hercules, dubbed the workhorse of the Canadian Forces, was celebrated at CFB Trenton Monday by about 400 current and former CC-130 Hercules pilots, flight engineers, load masters, navigators and ground crews.

Chief of Air Staff, Lt. Gen. André Deschamps, logged more than 3,600 on Hercs.

"It's a tough plane," said Deschamps, sitting in the seat of one of the new 'J' models.

"It's so versatile it could be fixed in remote places with little equipment."

Deschamps was Wing Commander at CFB Trenton from 2004 to 2006. He also commanded 436 Squadron.

To prove his point on toughness, Deschamps told the story of a vulture hitting a Herc between engines while on a mission in Africa. The 80-pound bird created a three-foot gash in the wing of the aircraft while it was flying at about 300 miles per hour.

"Just think of the damage that can be done, but it still kept flying," said Deschamps. "The 'J' models promise to be even better."

Hundreds of similar stories floated around the tarmac, as dozens of former pi-

lots swapped tales of flying on three engines and sometimes even two.

"Sure, it had no problem flying on three engines. You could even take off on three engines," said Lt.-Col. (Ret.) Tony Halliday, who flew the 'E' and 'H' models with 436 Squadron. "And when the plane wasn't loaded, flying on two engines was pretty reliable as well."

Halliday joined the Royal Canadian Navy in 1960. After he went through RMC, the young pilot flew Trackers off the deck of HMCS Bonaventure, Canada's last aircraft carrier. He did similar missions on a two-year exchange with the U.S. Navy aboard the carriers USS Wasp and USS Saratoga.

By 1991, Halliday, Commanding Officer of 436 Squadron, was flying missions in and out of the war zone during the First Gulf War. From Cyprus it was a 6.5-hour trip into Qatar.

"We put in many, many long hours. There was never a problem with the Herc," he said.

Lt.-Col. (Ret.) Al Germain's log book totals more than 6,000 hours worth of operations and mission. All of them were aboard Hercs. As a pilot, he flew the 'E' and 'H' models across Canada and around the globe.

As the CO of the Air Transport Group at CFB Trenton, Germain organized the rescue of hundreds of residents from Red Lake in 1980. The small Ontario town was surrounded by a raging forest fire.

"We totally evacuated the entire town," said Germain. "We put six Hercs into the

middle of a fire zone ... they all came out with flying colours. Hundreds of people were rescued."

Germain recalls how he flew from Trenton to CFS Alert in one day, and flew back a day later.

"The following day we flew to New Zealand. That's what kind of plane it is ... it's tough," said Germain. "It's also the reason why there isn't an air force in the western world that doesn't fly Hercs. From the out-

set they were and are great planes."

Sitting in the cockpit of the new 'J' model, Halliday was amazed at the technology. "It's barely recognizable," he said. Germain agreed. "But I sure love the look of it," he said.

The first 'B' model was delivered in 1960. Both 'E' and 'H' models followed. With five of the new CC-130J models delivered, the Hercules is now the longest-serving transport aircraft flown by the Canadian Forces.

Sports Trivia by PO1 Bill Sheridan

1. What were the first names of the three Hanson Brothers?
2. What kind of rubber are hockey pucks made from?
3. In the new NHL, when a game finishes 1-0 after a shootout, who gets the shutout?
4. Why is hot water used by the Zamboni?
5. What broadcaster played one NHL game, before turning to coaching and then finally broadcasting?
6. What former player, coach and scout died at the World Trade Center on 9/11?
7. What was the Victoria Skating Rink in Montreal famous for?
8. How many teams were in the KHL when it started?
9. What is The Big Chill at The Big House?
10. Who was chosen as Goaltender of the Habs 'Dream Team' in 1985?
11. Who was on the Uke line with the Bruins?
12. What goalie registered fifteen shutouts with the Blackhawks in one season?
13. What was Tom Scallen's contribution to hockey?
14. How many players have won the Art Ross trophy more than four times?
15. What flu caused cancellation of the 1919 Stanley Cup Final?
16. After Canadian and American born players, which nationality is third?
17. What is the Hank and Pav Show?
18. Aurel Joliat spoke of what teammate when he said 'he died of a broken heart when told that he could never play hockey again'?
19. The Bruins retired number 2 in honor of what player?
20. What were the Bruins original colors and where did they originate from?

See answers on page 10



Image: Department of National Defence

SERVING THOSE WHO SERVE
The Royal Canadian Legion Service Bureau Network

➤ **Representation Services**

➤ **Advocacy**

➤ **Benevolent Assistance**

The Legion Service Bureau Command Service Officers are here to serve members of the Canadian Forces, Veterans, RCMP members, and their families while representing their interests in dealings with Veterans Affairs Canada (VAC) and the Veterans Review and Appeal Board (VRAB) in claiming disability benefits under the Pension Act or the New Veterans Charter.

The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit www.legion.ca/ServiceBureau.



WE CARE!

Call Toll Free at 1-877-534-4666



award winning
**Assiniboia
Animal
Hospital**

Gentle with
Pets & Prices

889-5570
3050 Portage Avenue

A toast to Toastmasters

Kristy Rydz
Voxair Photojournalist

Every Thursday the Westwinners Toastmasters Club gathers in The Westwin Community Centre (Bldg 33) to chat, laugh and develop skills – all in a lunch hour's time. With a mix of military, civilian and community members, the Westwinners Toastmasters utilizes the Toastmasters International (TI) format in order to improve listening, thinking and speaking skills through a variety of interactive and fun exercises, roles and themes.

New members begin with two extensive workbooks - one for leadership and one for public speaking. After completing those, which may take anywhere from 3 months to three years, advanced programs are available to keep expanding your horizons.

Toastmasters of all levels work at their own pace presenting speeches on different topics and with different goals each week depending on which course level they have achieved.

Also during meetings, members participate in word of the day activities along with short, timed, some times impromptu invocation, humour and topic-based speaking exercises in front of the group.

For Master Corporal Julie Johnston, even after only a month and a half, she has already noted an impact on her daily life and career.

"I definitely feel that Toastmasters is honing my skills and making me more aware," she said. "When I go to meetings or when people are doing presentations, I notice how they're speaking, their style. It's been a very positive experience."

While reaping the professional benefits, Nadia Alix, the club's treasurer, simultaneously appreciates the opportunity to develop social speaking skills as well.

"People have the misconception that it's just for public speaking but it's so much more than that," the five-year member explained. "This isn't just good for professional experiences but for social situations as well. The skills have come back to benefit."

Giving a eulogy is just one way in which Alix has drawn on her Toastmasters ability to channel her emotional energy, a practice in control and focus she credits Toastmasters with teaching her.

"It's confidence," Alix said. "For me it's about building confidence."

According to Thea Haut, acting president and 17-year member of Toastmasters, while the public speaking aspect of the club often has the spotlight shone on it, the leadership portion is equally attractive for all potential members in the Canadian Forces or in the community.

"Through all of the different roles and taking turns organizing the meeting you're developing leadership

skills," Haut noted. "You can't get a leadership course for \$7 a month anywhere else."

After paying an initial \$25 new member fee to Toastmasters International, the club collects dues bi-annually in the spring and fall. Included in membership fees are the workbooks as well as a subscription to the monthly Toastmasters magazine which features articles on a variety of leadership and public speaking themes.

With eight current members, the Westwinners club is currently in a rebuilding stage after losing many members to deployments this past year.

However, Haut believes that one of the major benefits of Toastmasters for those in the CF is the worldly aspect where clubs all around the world welcome visitors regardless of where you are.

"The benefit of Toastmasters International for military is that when you are posted elsewhere you can take your membership with you," she said. "There are clubs everywhere in the world."

For more information on Westwinners Toastmasters contact Nadia Alix at 833-2500 ext. 6947 or check out their website at www.toastmasters.org or the district's local website at www.district64.ca.



Christine addresses the group at the Toastmasters International meeting held 25 November 2010. Photo: Kristy Rydz

Letter to the Editor

For the 15th year, the University of Manitoba and the Finkle family are offering the Flying Officer George Finkle Scholarship and Bursary.

These awards are open to Regular Forces personnel (and their immediate families) and Reserve Forces members. Applicants should be based in Manitoba and North Western Ontario and enrolled in a degree granting program at the University of Manitoba.

The current deadline is December 15 and there are letters of reference, etc... to be completed.

Flying Officer George Finkle, an North end Winnipeg, was a Master Navigator on Mitchell Bombers, 180 Squadron, 2nd Tactical Air Force, RAF. He flew 60 missions against Nazi targets.

During the 1950s, Flying Officer Finkle was a member of 2402 Squadron RACF (Reserves), being a flight controller.

George Finkle passed away in 1993. These awards are dedicated to him and the Finkle family's commitment to Canada and the Canadian Forces.

Flying Officer Finkle was the first of three generations serving in the Canadian Forces. Something he would have been very proud of; his grandchildren carrying on the tradition.

Sincerely,
Gerry Finkle

For information on how to apply for the Flying Officer George Finkle Scholarship and Bursary, visit the University of Manitoba's Scholarships and Bursaries page at: http://umanitoba.ca/student/fin_awards/bursaries/1515.htm

Philatelist's Corner with Alf Brooks

Crime Fiction from Sweden

In August Sweden Post issued a booklet of ten stamps picturing writers of crime fiction.

The authors' names may not be familiar, but you may have heard of The Girl with the Dragon Tattoo, written by the late Stieg Larsson. In Swedish it is *Män som hatar kvinnor*, (Men who hate women), and this year has been made into a film.

Look for his other two novels, *The Girl Who Played with Fire* (*Flickan som lekte med elden*) and *The Girl Who Kicked the Hornet's Nest*.



Cell: (204) 461-1279
(204) 461-3791

Phone: (204) 886-2343

Julie & David MacDonald
P.O. Box 981 Teulon, Manitoba R0C 3B0

mmm...
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine
Dine In • Take Out • Catering

Serving since '62 Winnipeg

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

HOOK & SMITH
Barristers, Solicitors & Notaries Public

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

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

RHU Christmas Decoration Contest



Some examples of previous entries into the RHU Christmas Decorating Contest! Judging starts December 8th, so get your home ready now!

The 17 Wing Community Council is proud to announce: The 2010 RHU (Residential Housing Unit) Christmas Decorating Contest. Show your Holiday Spirit – no fees required. The winner will receive a \$50 gift card, and will be featured in the award winning VOXAIR paper! Judging will take place 8-10 December. The final judging will be based on originality, arrangement, theme and overall presentation. Register by sending your name and address to – 17WgCommunityCouncil@forces.gc.ca (from home) or +17 Wg Community Council@WLE HQ@Winnipeg (from work).

Manitoba prairie sailors remember Canadian veterans



Commander Claude Michon (l), Chair of the Naval Museum of Manitoba Board unveils the plaque on the 5000 kg Centennial Anchor display with LCdr Margaret Morlock (r), Commanding Officer of CHIPPAWA. Photo: Cpl Jean Archambault



Naval Reserve buglers Leading Seaman Marie-Pier Laflamme (left) and Able Seaman Everett Fristensky play the final notes of the Last Post as Lieutenant-Commander Margaret Morlock, HMCS CHIPPAWA Commanding Officer and seven hundred people prepare to share two minutes of silence in HMCS CHIPPAWA, 1 Navy Way, Winnipeg. Photo: Cpl Jean Archambault

Lt(N) Simone Smith
HMCS Chippawa Public Affairs Officer

Over 700 members of Manitoba's Naval community of HMCS CHIPPAWA, Navy and Merchant Navy veterans and members of Manitoba's Sea Cadet Corps, gathered for a memorial service on November 11th at 1 Navy Way, Winnipeg. Together they took time to remember those who served in the Canadian Forces, Canada's Navy and Merchant Navy who made the supreme sacrifice for Canada from 1914 – 2010. United States Consul Dr. Michelle Jones, Ms Jennifer Howard, Manitoba Minister of Labour and Immigration, Ms Pam Shaw, Department of Veterans Affairs and other dignitaries were in attendance.

In her welcoming address, LCdr Margaret Morlock, Commanding Officer of CHIPPAWA referred to the poem "In Flanders Fields" written by Major John McCrae. "[LCdr Morlock encouraged the crowd of over seven hundred people],

"to dedicate [them]selves to keeping our communities strong . . . with a commitment to do good in our world – to help those that need help – to not sit silent – but to fly and sing [like Flanders' larks], even when [they] think [they] aren't being heard. Together all . . . Winnipeggers, Canadians and global citizens can make a difference and help [their] planet, [their] people and [their] communities."

This year the Naval Remembrance was provided by Lt(N) Colin Stewart, CHIPPAWA Logistics Officer. Lt(N)

Stewart reminded the assembled naval community that, "[As] we honour the sacrifices that were made – and are still being made – [we must remember that these] sacrifices [were] made not by giants, or superhuman individuals; but by ordinary people doing extraordinary things . . ."

As the last notes of the Last Post were heard, the prairie sailors, their friend and families marked the memory of those lost in peacetime, conflict and war.

Immediately following the indoor ceremony LCdr Margaret Morlock and her guests proceeded outside to Assiniboine Avenue and Navy Way. Once outside, Commander Claude Michon, Chair of the Naval Museum of Manitoba Board presented a 5000 kg Centennial Anchor display to the Canadian Navy. Cdr Michon noted that, "This Centennial Anchor display is dedicated to the men and women who served in the Canadian Navy from 1910 to 2010 [and symbolizes] our Navy . . . firmly anchored in Winnipeg."

For many who attended these ceremonies, the sacrifices made by veterans brought into focus the importance of the work performed by the Canadian Forces during operations taking place around the world today and honoured the 152 Canadian soldiers and one diplomat killed in Afghanistan.

Immediately following the Centennial Anchor dedication, the ship's company of HMCS CHIPPAWA invited their guests for a light repast and fellowship in the messes.

Healthy Pets for Happy Families



**Charleswood
Veterinary
Hospital**
889-3110

3717 Roblin Blvd.
(Just East of the Charleswood Bridge)

**Crestview
Veterinary
Hospital**
888-7463

3025 Ness Ave.
(Corner of Ness and Sturgeon Rd.)



Associated Veterinary Hospitals

- ◆ **Medicine** ◆ **Surgery**
- ◆ **Ultrasound**
- ◆ **Dentistry** ◆ **Vaccinations**

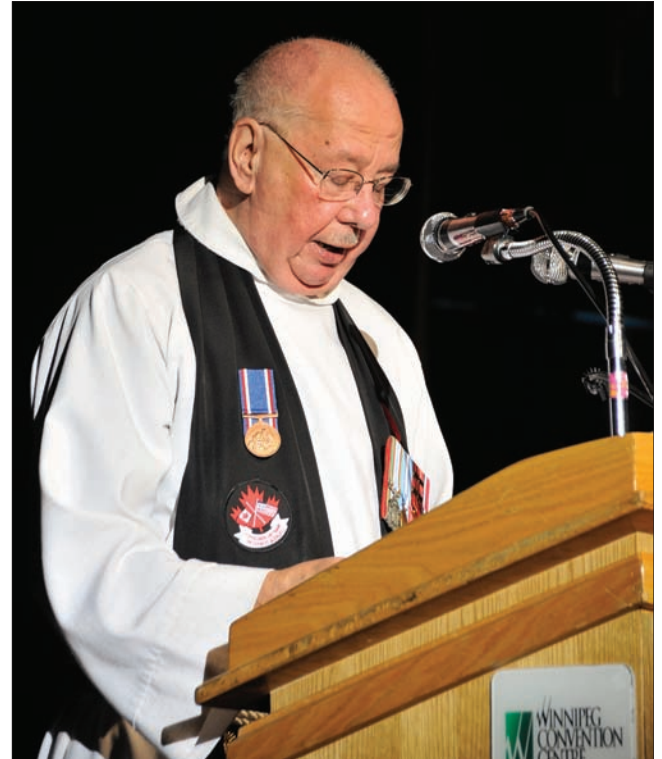
Remembrance Day photos from the Convention Centre



Major General Yvan Blondin, Commander 1 Canadian Air Division (1 Cdn Air Div) lays the wreath at the Cenotaph during the Remembrance Day Ceremony. Photo : Cpl Piotr Figiel



Master Corporal Matthew Keddy of 17 Wing Winnipeg participates with his children at the Remembrance Day Ceremony at Winnipeg Convention Centre. Photo: Cpl Piotr Figiel



Prayer of Remembrance by Major (ret'd) The Reverend Gordon Shields. Photo: Cpl Piotr Figiel

Legislature opening ceremony photos



Honourable Phillip S. Lee inspects the Guard. Photo: Cpl Piotr Figiel



General Salute by the Guard on the departure of Honourable Phillip S. Lee. Photo: Cpl Piotr Figiel

Financial Services
SISIP RARM
 Services financiers

Season's Greetings

Joyeuses Fêtes

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



Gunners from the Royal Canadian Artillery fire off a 15-gun salute from a C3, 105 Howitzer. Photo: Cpl Piotr Figiel

AROUND THE WING

Spin-a-thon at Building 90



There were '80s spandex neon outfits, lit-up palm trees and even a couple planes at Health & Fitness Strategy's 3rd annual Spin-A-Thon event on 19 Nov.

In an attempt to keep Canadian Forces members active in the workplace while having fun, the Spin-A-Thon saw 13 teams with approximately 125 participants overall ride stationary bikes marathon-style between 8:00 a.m. and 4:00 p.m.

Two members, called team Sublimi-

nal Persuasion, won the prize for staying on their bikes the longest with four hours each.

Other winners included:

Winner of the fitness/trivia challenges: Women's Hockey/Volleyball Team (Puck Spankers), winner of the best themed bike: Wsupply (The Dream Team), and winner of the most participants: 402 Sqn (2 teams - The Spinners & Da Bears).

- Photo and article: Kristy Rydz

3 DECEMBER 2010
INTERNATIONAL DAY FOR PERSONS WITH DISABILITIES
STRENGTH through DIVERSITY

La DIVERSITÉ fait la FORCE
JOURNÉE INTERNATIONALE DES PERSONNES HANDICAPÉES
3 DÉCEMBRE 2010

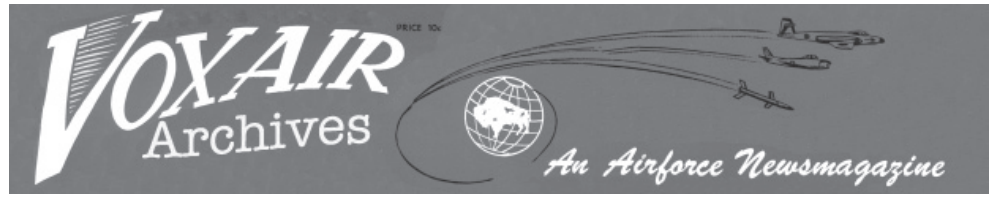
*Please join us...
Venez...*

for a training session focusing on Persons With Disabilities
à la séance de formation portant sur les Personnes handicapées

FRI 3 DECEMBER / 3 DÉCEMBRE VEN

9:30 - 11:30 / 9 h 30 à 11 h 30
BLDG 100 WCE CANTEEN / CANTINE DU GC ERE - BÂT. 100

13:30 - 15:30 / 13 h 30 à 15 h 30
BLDG 25 - MYNARSKI HALL / BÂT. 25 - SALLE MYNARSKI



VOXAIR GOES TO THE BOMBER GAME

WERE YOU THERE?

Talk about "There's No Life Like It" — being a part of the crowd at a Winnipeg Blue Bomber home game is an event! Whether the Big Blue is riding the crest of a streak with Deitor Brock as the Second Saviour or struggling through broken plays and elusive opposition running backs, the Bomber Fan is there. Personnel of CFB Winnipeg have had a long standing association with the Bombers, both formal and informal and like any other Winnipeg citizens we consider the Bombers "ours".



Row 7 on the 40 yard line is vantage point for Jane Lawrence of Command Surg. (Jane's loyalty is divided between the Bombers in the West and the Roughriders in the Far East.)



Beauty and The Beast? Blue Brigade members Lucy Macijuk (left) and Karen Lundquist frame an obviously delighted Captain Blue. (Where have we seen that Captain before?)



Despite the solemn expressions, the Bombers were staying ahead of the Argo's. CAPT Heinz Persion of Base Transport seems to be enjoying the action. (PHOTOS by Grant Russell)



Twenty-eight years ago the Voxair traveled to see the Blue Bombers take on the Toronto Argonauts. Members of the Wing attended the game and it was all recorded on film. The Bombers beat the Argo 39-35 in the match.

Sports Trivia: Answers

1. Jeff, Steve, Jack
2. Vulcanized rubber (rubber made more durable)
3. Both Goalies
4. To melt and smooth the rough cuts of the top layer of ice.
5. Don Cherry
6. Garnett 'Ace' Bailey
7. First organized indoor hockey game, circa 1875
8. Twenty-four, its now at 23.
9. Michigan State vs Michigan outdoor college hockey game at Michigan Stadium
10. Jacques Plante
11. John Bucyk, Bronco Horvath and Vic Stasiuk
12. Tony Esposito
13. Minnesota businessman and first owner of the Canucks, later went to jail for improprieties during ownership.
14. Five, Gretzky-10, Howe & Lemieux-6, and Esposito & Jagr-5.
15. Spanish
16. Czech Republic
17. Nickname given for the play of Zetterberg and Datsyuk by Detroit media.
18. Howie Morenz
19. Eddie Shore
20. Brown and Yellow, from the owners Grocery Store Chain colors

Looking Back at Learning

Primrose Knazan
Learning Assistant

The arrival of the snow, lights on trees and the crowds in the malls are signs that Christmas is just around the corner, but they are also reminders that a new year is approaching. Around December, many people like to look back at the previous calendar year to take stock of their achievements, their challenges and things on their list that they never got around to completing. Now's the time to take stock!

Learning is a lifelong process, and the end of the year is a good time to take a look back at what you have learned. Now is a good time to ask yourself some questions: This year, did I learn anything new? Did I try something I've never tried before? This year, did I accomplish any of my goals? Am I any closer to accomplishing my goals?

Many people make New Year's resolutions that are broken within weeks or even days. Rather than empty promises, we can set realistic goals and outline the steps to achieve these goals, in order to achieve what we want.

The Personal Learning Plan (PLP) is one of the ways ci-

vilians can realistically outline their learning and our career goals. Although the calendar year is coming to a close, we still have a few months to complete the training outlined on our PLP's. It's not too late!

The Winnipeg Learning and Career Centre still has many courses available including Career Pathways, Computer Basics, the Leadership for Supervisors series of courses and several well-being courses. Please see our website for details on our courses: <http://hr.ottawa-hull.mil.ca/lcc-cac/>

Many training organizations on at 17 Wing offer free in-class courses such as Wing Ground Training, Health Promotions, the Dispute Resolution Centre, and of course, the Learning and Career Centre. Many cost-effective non-traditional learning options are also available such as e-Learning, OJT, coaching, mentoring, and self study.

DND employees and military members have access to on-line courses through DNDLearn at www.dndlearn.forces.gc.ca Before taking an online course, you must have authorization from your supervisor to take the course during work hours.

For employees who do not have regular access or those

who have work environments that are not conducive to eLearning (busy or noisy workstations) computers are available at the Learning and Career Centre during working hours. For more details, contact the Learning and Career Centre at 4208 or 4636.

Because the LCC never closes (except for weekends and stat holidays of course) feel free to take advantage of the work slow-down in late December and early January to take an online course on one our computers, visit our resources library, or meet with a Learning Advisor to discuss your learning needs.

This time of year is also a good time to get a head start on the next Personal Learning Plan. Some units have set their deadlines as early as February in order to properly budget for the next fiscal year. The Learning and Career Centre has several upcoming sessions for employees and supervisors about Personal Learning Plans and the Civilian Performance Planning and Review (CPPR).

For more information on Personal Learning Plans, LCC courses, or other learning options, contact LCCshare@forces.gc.ca or visit our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

Le délire dépensier automnal

Tricia French
Conseillère, RARM Edmonton

Il faut être calé en gestion des finances pour survivre à l'assaut des dépenses d'automne. Ce qui est bien de la flambée des dépenses de septembre à décembre, c'est qu'elle est prévisible : la rentrée scolaire a toujours lieu en septembre, l'Action de grâces est toujours en octobre, et Noël est toujours le 25 déce (French version follows English mbre. Heureusement, c'est beaucoup plus facile de planifier des activités lorsqu'elles sont certaines.

Mais comment peut-on faire pour, non seulement survivre, mais également réussir? Mettez en application la formule suivante : examinez, réfléchissez, retravaillez.

Tout d'abord, EXAMINEZ vos dépenses de l'année dernière à la même période en consultant vos reçus, bordereaux de retrait, relevés bancaires et factures de carte de crédit. Puisque nous avons tendance à sous-estimer nos dépenses, en vérifiant vos dépenses de l'année précédente,

vous pourrez déterminer avec plus d'exactitude un montant réaliste.

Ensuite, RÉFLÉCHISSEZ au montant que vous comptez dépenser cette année par rapport à l'année précédente. Si le montant de vos dépenses de l'an dernier vous paraît raisonnable, tant mieux! Si vos dépenses étaient excessives, ont grevé votre budget ou ont haussé votre niveau d'endettement, voici l'occasion de fixer une nouvelle limite de dépenses. Ainsi, vous ne payerez pas ces frais jusqu'à l'année prochaine, sans compter les centaines de dollars d'intérêts.

Enfin, lorsque vous aurez déterminé le montant de vos dépenses pour cette année, RETRAVAILLEZ votre budget afin de mettre de l'argent de côté pour ces dépenses. C'est beaucoup plus facile d'économiser un petit montant à la fois au cours de l'année et il n'est jamais trop tard pour en prendre l'habitude.

Essayez ces stratégies fiables pour économiser en vue de dépenses prévues. Choisissez un compte d'épargne bancaire dans lequel vous déposerez des fonds en prévision des

dépenses annuelles comme les frais de la rentrée scolaire, les inscriptions à des activités sportives ou les dépenses liées aux Fêtes. Mettez en place un plan de dépôts automatiques d'une somme fixe qui sera versée dans un compte d'épargne à chaque paie, soit au moyen des services bancaires en ligne ou de la délégation de solde.

Vous ne vous croyez pas économe? Essayez ces astuces qui sont difficiles à rater. Achetez un cadeau par mois pour les anniversaires de naissance ou Noël. Achetez des chèques-cadeaux ou des cartes-cadeaux des détaillants au fil de l'année afin de diminuer les dépenses durant les Fêtes. Vous pouvez même établir un plan de retraits systématiques au travail pour les obligations d'épargne du Canada et les encaisser chaque année en vue de couvrir vos dépenses pour les Fêtes.

Il faut un peu de temps et d'expérience pour établir un plan. Le sentiment de sécurité part de la certitude que vous pouvez vous permettre ce à quoi vous et votre famille tenez, sans vous endetter.

Fall Spending Frenzy

Tricia French
Financial Counsellor, SISIP Edmonton

It takes savvy money management to survive the onslaught of fall expenses. The good thing about the soaring expenses between September and December is that they're predictable: Kids always go back to school in September, Thanksgiving is always in October, and Christmas is always on the 25th of December. Fortunately, it's much easier to plan for events you know will happen.

How can you plan to not just survive but thrive? Use these three steps to put together your plan: Review, Reflect, & Rework.

First, REVIEW your spending over the same time period last year by looking at receipts, cash withdrawal slips, and bank and credit card statements. We usually underestimate what we spend, so checking your previous year's spending helps you be accurate and realistic.

Second, REFLECT on whether you'll spend the same amount this year. If you were comfortable with the amount you spent, great! If spending got out of hand, strained your


budget, or added to your debt load, then now's the chance to commit to a new spending limit. A spending limit ensures you don't carry costs of those events well into the New Year, often costing hundreds of dollars in interest.

Once you've decided what you're going to spend, the final step is to REWORK your budget to set aside money for those expenses. It's much easier to save a little at a time over the year and it's never too late to get into the habit.


Try these reliable strategies for saving for planned expenses. Earmark a bank account specifically for savings for annual expenses like back-to-school costs, sports registrations, or holiday spending. Start an automatic deposit of a set amount into a savings account each pay using online banking or a pay allotment.

Don't feel you're a good saver? Try these tricks that are hard to sabotage. Buy a gift a month to prepare for birthdays or Christmas. Buy gift certificates or gift cards from retailers throughout the year to help with the increased spending demands during the holidays. You can even set up an automatic withdrawal with your employer for Canada Savings Bonds and cash them annually to pay for your holiday expenses.

Setting up a system takes a bit of time and practice. Security comes from knowing you can afford what you and your family value without getting into debt.

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



THE VOXAIR

Advertise With Us And Be Seen!

For More

Information Call: 833-2500 ext. 4120



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

Test your party I.Q. and be safe for the Holidays

1. An intoxicated member gets into a car crash on their way home from a CF-sponsored Christmas party. Could CF be liable? Which answer is true?

- CF is not liable because it was the member's choice to drink.
- CF is not liable if it got everyone to sign a waiver that they will not hold CF responsible for any damages.
- CF is liable and could be sued.
- Only the caterer is liable, since they are the ones who served the alcohol.

2. Which drug is the most widely used at parties?

- Marijuana
- Ecstasy
- GHB
- Alcohol

3. Ways to approach an extremely impaired party-goer:

- Call 911.
- Lecture him or her about the danger to themselves and others.
- Approach him or her calmly with the intention of helping.
- Act aggressively so he or she won't take advantage of you.

4. Tips to plan a smart celebration:

- Make sure there is a jacuzzi available on site.
- Make it a BYOB.
- Provide non-alcoholic drinks and food.
- Make everyone sign waivers.

5. Which of the following tips show you're using your head?

- If you plan to drink, make arrangements for alternative transportation ahead of time.
- If you have been drinking, rely on your instincts when it comes to assessing whether or not you're safe to drive.
- Be independent: arrive and leave the party alone.

d) Be spontaneous: figure out your transportation when you get there.

6. If you host a party and your friends or colleagues are drinking alcohol:

- All you have to worry about is cleaning up once they leave.
- You are responsible for the safety and actions of your guests until they are sober.
- You are responsible for the safety and actions of your guests until they arrive home.
- It's important that your guests feel comfortable; so go ahead and join in the fun.

Answers:

1. c) Although it was the member's choice to drink, CF is still partially liable, even if you have a licensed caterer and signed waivers. The same would hold true if the intoxicated person who left the CF-sponsored event and got into a car crash was a non-CF member or civilian employee. The CF would not be absolved of responsibility whether the person involved is a CF member or non-CF member.

2. d) Although marijuana, ecstasy and GHB are popular party drugs, alcohol is still the drug of choice at most parties.

3. c) Although it may be necessary to call 911 at some point, it is always good to check in with the person to see if you can help and to assess whether it is necessary to call for emergency services. Since impairment can lead to agitated and aggressive behaviour, it is important not to act aggressively towards him or her.

4. c) Although making it a "BYOB" and making everyone sign waivers may reduce your liability, it does not eliminate it. You are still responsible for what goes on under your supervision and waivers do not eliminate common sense. On the other hand, providing non-alcoholic drinks and food will help to discourage people from drinking too much and reduce the risk of injuries associated with intoxication.

5. a) Since alcohol impairs one's decision-making ability, it is always wise to make arrangements for alternative transportation ahead of time.

6. b) Many people think that they are only responsible for their guests to get home safely, but as we will see, the legislation holds hosts responsible until their guests are sober.

Host a fun and safe party this holiday season!

Do not combine alcohol and potentially dangerous activities – boating, snowmobiling, skiing or hunting.

Do not permit drinking to be the focus of the event.

Make food and non-alcoholic beverages available. People who have eaten absorb alcohol more slowly than those who have not, thereby lowering their peak level of intoxication.

Serve drinks rather than having a "self-serve" bar. A self-serve bar encourages some people to drink excessively. Moreover, if you are serving the drinks, it will be easier to monitor your guests' consumption and behaviour.

As a host, refrain from drinking, or at most, drink moderately. The more you drink, the more difficult it will be for you to anticipate problems, supervise the event and intervene to avoid potential risks.

Have a plan in advance to ensure that guests who become intoxicated can be taken home safely.

Try this mocktail at your next gathering as an alternative to alcohol:

Holiday Punch

1 large jar cranberry-grape juice

1 litre bottle ginger ale

1 container orange sherbet

Whole cranberries

Combine juice and ginger ale. Add sherbet by small scoops. Top with cranberries.

For more information please contact Health Promotion at 4150/4995/4160.

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



PSP Upcoming Events and Bulletins

Community Recreation Winter Program Guide Available NOW!

Visit www.cfcommunitygateway.ca to download a copy of the latest PSP Community Recreation Winter Program Guide.

Find out about programs, classes, special events, and so much more!

Includes programs for individuals, and families, for fitness or just recreation. There's something for every interest.

www.cfcommunitygateway.ca

SUPERVISOR TRAINING/ FORMATION DES SUPERVISEURS

- Recognizing & Responding to Early Warning Signs/Reconnaître les premiers symptômes et savoir y réagir.

- Developing Effective Interview Skills/Apprendre à faire des entrevues efficaces

- This new training is course coded and is required for all military or civilians in a supervisor role.

CANFORGEN 043/09

Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code

0800 – 1600 HRS

Building / bâtiment #135

1, 15 December/décembre 2010

18 January/janvier 2011

1, 22 February/ février 2011

17 March/mars 2011

To Register or for more information contact

Health Promotion

Inscriptions et renseignements Promotion de la santé local/poste 4150/4160

National Défense / Défense nationale

STRENGTHENING THE FORCES
ENERGISER LES FORCES

Applied Suicide Intervention Skills Training
ASIST

A two-day workshop
 Help make a difference in someone's life!

DATE: 8 & 9 December 2010

TIME: 0800 – 1600 hrs.

LOCATION: Bldg. #135, Room #113

REGISTRATION DEADLINE: 2 December 2010

For additional info and register contact
 Health Promotion – local 4150/4160



www.mfrc.mb.ca

204.833.2500 ext. 4500



Second Language Training

It is now time to register for our Second Language Training Programs in either French or English. The course duration is 10 weeks and will consist of two three-hour classes per week.

The winter session offers French Level 2 as well as one English class. Courses will start the week of January 24; deadline for registration is January 21. Classes are held at the MFRC.

French 2: Monday & Wednesday, 6 to 9 p.m.

English: Tuesday & Thursday, 6 to 9 p.m.

Come create a Gingerbread House!

For just \$1 and with an empty milk carton and some imagination you and your preschool children can create a gingerbread house! We'll supply the candy, and together we'll have fun creating a gingerbread house for the holidays. The fun takes place on Dec 16 9:30-10:30 at Westwin Children's Centre. Call 2491 to register.

Offre d'emploi

Le Centre des ressources pour les familles de militaires de Winnipeg est à la recherche d'un(e)

Professeur(e) de français langue seconde
(Contrat de 10 semaines, 60 heures)

La mission du CRFM de Winnipeg est d'améliorer la qualité de vie de ceux et celles qui sont exposés au style particulier de la vie militaire, en fournissant des programmes et des services spécialisés qui font la promotion de la santé, de l'éducation et du bien-être.

Descriptions de tâches :

Enseigner le français, langue seconde, à l'aide de méthodes d'enseignement appropriées en vue de susciter l'intérêt des élèves et de leur permettre de développer les habiletés et les compétences liées à cette discipline.

Préparer la matière à enseigner.

Entretenir un lien étroit avec la coordonnatrice du service de langues secondes relativement aux différents besoins des élèves.

Qualifications requises :

Reconnaissance professionnelle d'une Université quant à l'enseignement du français langue seconde.

Une expérience reconnue en enseignement des langues secondes aux adultes et du français peut être prise en considération.

Lieu d'enseignement : CRFM de Winnipeg (102, rue Comet)

Horaire de travail : Les lundis et mercredis de 18 h à 21 h, du 24 janvier au 30 mars 2011

Les personnes intéressées sont priées de soumettre leur curriculum vitae et une lettre d'accompagnement au plus tard le 10 décembre 2010, à :

Mélanie Lyrette

Coordonnatrice du service de langues secondes

Centre des ressources pour les familles de militaires de Winnipeg

102, rue Comet - C.P. 17000 Succursale Forces

Winnipeg, MB R3J 3Y5

Téléphone : 833-2500 poste 4515

Télécopieur : 489-8587

Courriel : melanie.lyrette@forces.gc.ca

Seulement les personnes choisies pour une entrevue seront contactées.

All classes require a minimum of five students, while a maximum of ten students will be accepted. A placement test may be administered to determine the level of proficiency.

Cost for military spouses and family members is \$50 (refundable if 85% of the course is completed). For military personnel: \$50 non-refundable, and for NPF and public employees \$100 non-refundable

To register or for more information, dial extension 4515.

Christmas ornaments available

The 2010 MFRC Christmas ornaments are now in stock. New designs for this year include the drummer boy and snowman. Get yours now before they run out. Ornaments are \$15 each or 2 for \$25.



November Bison Award



The Bison Award was presented to 17 Wing Construction Engineering for the unit's support of the MFRC. The award was presented by MFRC Coordinator of Volunteers Barbara Thuen and was accepted by Maj Stephen Cumpsty on behalf of the unit.

MFRC upcoming events

For more information about these and other events, please see our monthly newsletter, online at www.mfrc.mb.ca or call 833-2500 extension 4500 to be added to our email distribution list. Events are also posted on our Facebook page- search Winnipeg Military Family Resource Centre.

- CREATIVE TOTS

WESTWIN CHILDREN'S CENTRE

642 WIHURI ROAD

Thursdays 9:30 to 11 a.m.

December 2 and 9

- DEPLOYMENT- KRAFTY KIDS

102 COMET STREET

Saturday, December 11

\$2 per child

Register by December 7

- GINGERBREAD HOUSE PARTY

WESTWIN CHILDREN'S CENTRE

642 WIHURI ROAD

Thursday, December 16

9:30 to 10:30 a.m.

\$1 per family

Register by December 13

- PIZZA AND A MOVIE

NORTHSIDE YOUTH CENTRE

Friday, December 17, 6 p.m.

Southside youth centre 4:15 p.m.

Register by December 15

\$3 per person

- FRANCOPHONE LADIES' GROUP

December 5, 10 a.m.

Cooking Kitchen- Pot Pies and Perogies.

December 10 6 p.m.

Potluck fondue.

- HOME CHILDCARE

INFORMATION SESSION

Thursday, December 16

7 to 8 p.m.

Register by December 8

Chaplain's Corner

A Great Investment – Guaranteed



Don't worry, the padres have not taken to giving out financial investment information. You will not find the latest in stock tips or RRSP guidance here. Having said that, a significant part of my retirement plan is to spend it with my wife. Therefore it only makes

sense for me to invest in that relationship. I admit that sometimes in the busyness of life, I have to be reminded to do so. If you and your partner can relate to the situation I just described, than this article might be of interest to you.

The chapel communities of 17 Wing want to see your family relationships thrive – not just survive. Marriage is not easy under any circumstances, let alone when facing the additional pressures that come with living in our military community. As our gift to you and your relationship, we are sponsoring The Marriage Course and offering it free of charge to military members and their partners. The format of the evening will be a candlelit dinner for two followed by the DVD presentation. The evening concludes with desert and a guided discussion with private workbooks that will be provided to the couples.

What is in it for you?

You will have a date-night that is a time away from other pressures, to enjoy each other's company and to enrich your relationship.

What is it?

The Marriage Course is an eight-session course set in a warm, welcoming atmosphere. You will be served with a candlelit meal and coffee, tea and dessert at a romantic table for two, while listening to practical talks that are informative and fun, presented on DVD. There is never any group work and you will never be asked to share anything about your relationship with anyone other than your partner.

Why do the course?

Regular check-ups help a car run smoothly and reduce the risk of breakdown. The best sports professionals spend hours being coached and perfecting their technique. The greatest achievements in life take practice, training and dedication.

It is the same with marriage. A strong, loving and life-long relationship doesn't happen by chance. It takes effort and dedication to keep the fun and romance alive. We can all learn how to make even the happiest marriage better.

What are the topics?

1. Building Strong Foundations - This session helps couples to look at their lifestyle and its effect upon their marriage, and to discover more about each other's needs and desires - particularly on an emotional level.

2. The Art of Communication - Listening is a vital skill for a strong marriage. In this session couples practise communicating their feelings and listening effectively to one another.

3. Resolving Conflict - In this session we look at how couples can increase their intimacy by expressing appreciation to each other, recognizing their differences, learning to negotiate disagreements, and praying for each other (if they feel comfortable doing so).

4. The Power of Forgiveness - This session addresses the ways we inevitably have hurt each other and how to resolve these so we don't create a backlog of anger and resentment. We look at the process of healing through identifying the hurt, saying sorry and forgiving.

5. The Impact of Family - Past and Present - This session focuses on helping couples to recognize how their family background affects the way they relate to each other. They also consider how to build a good and healthy relationship with their parents, in-laws and wider family, and how hurt from childhood can be healed.

6. Good Sex - Sexual intimacy needs to be worked at and developed. It isn't just the icing on the cake; it's a vital ingredient of the cake itself. In this session couples are encouraged to talk about their sexual relationship and to recognize where they need to make changes.

7. Love in Action - This session looks at five ways of expressing love - through words, time, touch, presents and actions. Couples discover which expression of love is most important for their partner and how to put this into practice.

8. Coping with Times of Separation - Military marriages face unique stresses and challenges. This session focuses on "Coping with times of separation". While it is designed for couples in the military, it is relevant for any couple who spends long periods apart. This session addresses some strategies for growing together as well as coping with the times apart.

What it is not.

This course is not a substitute for marital therapy or counselling. Those resources are available, and any padre or social worker can help you arrange that if you are facing serious issues. However, almost every relationship faces difficulties and challenges. If you are facing some typical difficulties, you may find this course helpful. If you think a conversation around some of the above listed topics would be enriching and meet some of the current needs of your relationship, by all means consider joining us if you are able.

Further details and how do we sign up?

The Marriage Course will run for 8 weeks beginning Tuesday, 18 January 2011 and conclude Tue., 8 March. As previously stated, there is no group discussion involved as this is a time to focus on you and your spouse. Your privacy is assured. The course will be held in the chapel fellowship hall attached to the Base Chapel at the corner of Whytewold and Silver. The course will be scheduled from 6.30pm to 9 pm. It is open to all CF members and their spouses in married or common law relationships. Childcare will be available on demand from 6.15 to 9.15 at the MFRC. While the course has been offered all over the world many times, it is a first for us here at 17 Wing so space will be limited to twelve couples. The Marriage Course is newly revised to include the session especially for military members. The chapel communities and the 17 Wing Chaplain team are happy to make it available at no charge – I told you this would be a great investment.

Further information is available at The Marriage Course website at: <http://relationshipcentral.ca>. To register or for any further enquires please contact Padre Gordon Mintz at Gordon.Mintz@forces.gc.ca or 5785, or, Padre Mark Mawson at Mark.Mawson@forces.gc.ca or local 5956.

May God bless you and your relationships!

**-Padre Gordon Mintz,
Hangar Line Chaplain**



Together in Church

CATHOLIC

CHAPLAINS

Padre R. Laudenorio
Roman Catholic Office 833-2500 ext. 5272

Padre Mark Mawson
Roman Catholic Office 833-2500 ext 5956

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

Padre Bonnie Mason
(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm
(Mennonite Brethren) Office 833-2500 ext 4277

Padre Will Hubbard
(Anglican) Office 833-2500 ext 5349

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

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

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

The Royal Canadian Regiment Birthday Dinner
 21 December 2010 at 1930 hours with partners
 Location: Rae And Jerry's Steak House - 1405 Portage Avenue
 Dress: Smart Casual
 If you wish to attend phone Jeff Smith at 487-3124

For sale: 2009, Yamaha 450 Kodiak, ATV. Black (original owner). Brand new, driven less than 40 hours, includes accessories, cover, cargo seat, windshield, and foot pegs. Paid over \$9,000, asking \$7,500 O.B.O.

For sale: 1995, 18 Ft. four winns boat with binnie top, 115 HP Johnson motor and trailer (second owner). Includes: life jackets, fish finder, cover and tube with tow rope. Winter stored and maintained regularly. Excellent condition, asking \$9,500. O.B.O.

Call Monique local 5789 or after 5:00 p.m. (204)785-8174. Pictures available.

Looking for a babysitter for two sets of twins that are ages 10 and 11 for 10 hours a week, Saturday evenings, and some Friday evenings. May also consist of one night during the week. Please contact Lorelee Finnie @ canorask@hotmail.com or call me at 416-5339

Men's Ring for sale: Band style with design. Asking \$100.00 OBO. Please call or e-mail Lorelee Finnie at canorask@hotmail.com or call 416-5339

For Sale: solid wood bunk beds with one mattress and underneath storage drawers, \$250. If interested call Capt McIntosh @ 5615 or 668-6526.

Place your FREE classified ad.
 Send us an email: voxair@mts.net

Taroscopes

BY NANCY

Aries (March 21 - April 19):
 Once you deal with the really tough stuff the rest will seem easy. So don't procrastinate. Do the chores, pay the bills, walk a block. The sense of renewed energy will be worth the initial effort. Your natural good humour will return. Share aspects of yourself you've kept hidden.

Taurus (April 20 - May 20):
 Get organized first when faced with a huge task. You only have so much time and energy. Account for the essentials first then fill in the blanks spots on your schedule. Delegate if possible. You'll gain an appreciation for all the things others have done for you in the past.

Gemini (May 21 - June 21):
 You can rely on friends to help you with tasks. Make minor adjustments if your current situation doesn't suit you. Consider the timing when planning to implement major changes though. Finalize projects and deal with current commitments before embarking on new ventures.

Cancer (June 22 - July 22):
 You've worked hard to learn the art of compromise but not everyone will appreciate this. Those who feel you should be helping meet their needs may not be pleased about having to deal with their own issues while you concentrate on your own interests and personal projects.

Leo (July 23 - August 22):
 Your current situation requires that you look at your past actions and decisions honestly. Consider your part in things. If you need to make amends think of how you can do so. Talk is cheap, so set out on a course of action that will show people you are intelligent and reliable.

Virgo (August 23 - September 22):
 Take a break from over-thinking. Instead set realistic goals. Include some fun in your planning. Make lists of what you have, what you want and what you need. Brainstorm on how you can meet your needs. This is more proactive than worrying or avoiding the topic entirely.

Libra (September 23 - October 23):
 You'll enjoy starting something new. It's the end of an era. Clear out the old to make way for the new. This can be a bit uncomfortable but that's to be expected when you're stretching yourself. You'll find there are ways you can use your strengths and talents to help others.

Scorpio (October 24 - November 21):
 You can work to make your wishes come true. When you're doing what you love it doesn't feel like work. Share in meaningful ways with others. Volunteering or donating your time is rewarding. And you'll find offers of assistance come your way when you need them too.

Sagittarius (November 22 - December 21):
 If you feel at odds with the rest of the world it's because your allies are challenging you. Get in touch with your feelings to understand your reaction to this. Don't let your own mood swings get out of control. You're in charge of how you feel. Be proactive not reactive.

Capricorn (December 22 - January 19):
 If you are hesitant to initiate something new it's because past impulsive actions haven't always served you well. Deeper feelings are surfacing. In retrospect, you wonder how your choices affected others. Instead of relying on your own imagination, call and find out.

Aquarius (January 20 - February 18):
 You're feeling truly blessed and want to share this with friends and family. Love is in the air. The best way to express your appreciation is through acts of kindness, spending time with loved ones and sharing with others. Create precious moments and memories to cherish.

Pisces (February 19 - March 20):
 The things that have hurt you have made you stronger. Others can see this and want to hear what you have to say. People are drawn to you. Your skills will be in high demand because they are applicable to real life. Share your feelings with others. Share your gifts with others.

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

FOR APPOINTMENTS CALL 775-8368

 **THE VOXAIR**
 Your 17 Wing Community Newspaper

 **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



PROTECTING OUR FUTURE

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

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

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.buywinnipegohomes.com
 email: clements@buywinnipegohomes.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.**

"Rock Solid Service"

Al Bernier

Realtor®

204.255.4204

albernier@remax.net



www.rocksolidservice.ca

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

Ph: 204-987-9800

Email: linda@lindavandenbroek.com
 Website: www.lindavandenbroek.com



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"



MAXIMUM Realty Ltd. 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
mcgurry@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

