



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

JUNE 27, 2007

VOLUME 55, ISSUE 12

FREE

17 Wing Celebrates Aboriginal Awareness Week



Ryan Durupt, Student of William Whyte Community School, dances during the Wednesday afternoon event in the atrium of 1 Cdn Air Div.

By Florence Bambenek

17Wing and 1 Canadian Air Division HQ hosted a number of events during Aboriginal Awareness Week, held 22-25 May 07. First introduced in 1992, Aboriginal Awareness Week (AAW) is a public service-wide initiative giving employees the opportunity to learn more about Aboriginal peoples in Canada by taking part in activities highlighting the diversity of the cultures and traditions of the First Nations, Inuit and Métis peoples.

The goal for the Public Service is to have a representative workforce and to achieve equitable participation by eliminating any disadvantage in employment experienced by the designated groups — women, Aboriginal peoples, persons with disabilities and persons in a visible minority group.

The week began with a presentation by Mr. Mike Calder, from the Behavioural Health Foundation (BHF) in St. Norbert, MB. Mr. Calder spoke about what the BHF does- provides long term residential programming for persons experiencing a variety of addiction problems- his role within the organization, and the role that Aboriginal culture plays in the healing and recovery process. Amongst other things, he discussed the significance of elders, sweat lodges, the medicine wheel, and the Seven Sacred Laws, encouraging questions from those present throughout the session.

On Wednesday, 23 May, four students from the William Whyte Community School visited 1 Cdn Air Div atrium to proudly perform traditional hoop and shawl dances. Located in the heart of Winnipeg's inner city, the school has a predominantly aboriginal student population of 300 students from Kindergarten-Grade 8. Of those 300 students, approximately 117 are involved in various dance and drum groups facilitated by the school. Mr. Henry Swampy, a youth worker at the school, provided commentary about the significance of the dances that were performed.

Perhaps the high point of the week was the impressive 24 May performance by the Asham Stompers. The Stomper's
Continued on page 2



LCol R.B. Mann 1 Cdn Air Div HQ CO presents Mr. Arnold Asham with a Certificate of Appreciation.

In This Issue:				
<i>Proposing A Toast: To Mr. Jim Hollandpg.2</i>	<i>LCol Ness Says Goodbyepg.3</i>	<i>Ten Manitobans Inducted Into The ROTPpg.5</i>	<i>402 "City Of Winnipeg" Squadronpg.8</i>	<i>Air Force Captain Conquers The Big One: Summits Mount Everestpg.9</i>

DOMENICA'S FLORAL DESIGN

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

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

Free Delivery to both North & South Base Locations

DAILY SPECIALS

Millennium Auto Service Ltd.

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

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

Proposing A Toast: To Mr. Jim Holland

By Avery Wolaniuk

It was a packed house in the Warrant Officer's and Sergeant's Mess on Friday, 8 June 07. People crowded into the room formerly called the Upper Lounge in honour of the man of the hour and the new namesake for the sports bar — Mr. Jim Holland.

"I'm taken whole-heartedly by it, by the turn out and the dedication of the room to yours truly," said the retired CWO a couple days after the event. "I thought that was the most wonderful thing that ever happened to me."

The dedication got started at a Mess meeting last September. The Upper Lounge had been open for a while, but not officially named, and PO2 Roe Rice wanted to do something about that. A colleague suggested Mr. Holland, an idea she fully supported and brought to the table at the meeting, where it was officially accepted. The Jim Holland Room just made sense, she said, "because of who he is. He's our only lifetime member, his career in the military is amazing, he's a continuous supporter and he's a proud military retired member." Mr. Holland is there regularly on Fridays, at events taking pictures of everything. "And a lot of people know him, because he is so supportive," she added.

"CWO (ret'd) Jim Holland is an extremely talented leader and a sought after member of our Warrant Officers and Sergeants' Mess, he is always available to share his wealth of experience on any matter," said WCWO Glenn Wallace. "The previous WCWOs and I have been blessed by his many talents and his subtle suggestions that focus on taking care of the membership and their quality of life. The dedication is most befitting of this fine gentleman, and we are very proud to recognize his compassion and efforts to our Mess."

The room is easy to find in the Mess, with the newly carved sign proudly proclaiming the name hanging above the entrance. Retired member Mr. Mel E. Flake, of the Wood Hobby Shop, made the sign. "He did it out of the kindness of his heart and on his own time," said PO2 Rice.

For Mr. Holland, the only thing to say is thanks. "I'd just like to thank the President and PO2 Roe Rice for the hard work that they put into it, and the recognition that they've placed upon me, and of course their committees, WCWO Glenn Wallace, and all the members that turned out," said Mr. Holland. "It brought tears to my eyes. That completes my life as far as the military goes."



Mr. Jim Holland and his wife, Hannelor, at the official opening of the Holland Room with MWO L.W. Williams (left) and WCWO Glenn Wallace.



CWO (ret'd) Jim Holland cuts the ribbon to officially open the newly named Holland Room in the Warrant Officer's and Sergeant's Mess.

Continued from page 1

mission is to help re-create and preserve the history of Métis people through the traditional dancing of jigs, reels, and square dancing, and to have fun and enjoy the richness of Métis traditions through the Red River jig combined with square dancing. Mission accomplished! The dancers swirled and stomped their way around the 1 Cdn Air Div atrium, accompanied by guitarist Kevin Cockle and fiddler Sierra Noble, Manitoba Junior Fiddling and Jigging Champion (2003-2004). Ms. Noble recently returned from the 90th Anniversary Vimy Ridge Ceremonies, where she played "The Warrior's Lament." She spoke about her experiences there, and performed that same song for everyone in attendance.

The Asham Stompers featured several award winning dancers, including: Mike Harris- Juvenile World Champion, Felicia Morrisseau- Adult Female World Champion, and Ryan Richard- Adult Male World Champion. Also featured was 1 Cdn Air Div's own Gerry Anderson, Adult Senior World Champion. Mr. Arnold Asham shared some of the history and significance of the dances performed.

Aboriginal Awareness Week wrapped up on Friday, 25 May, with a screening of the video "Forgotten Warriors," a



The Asham Stompers with musicians Sierra Noble & Kevin Cockle.

film featuring Aboriginal veterans sharing their war memories, the hardships they faced upon their return from war, and their healing process. Following the film, Mr. Bill Shead spoke of his own personal experiences in the Canadian Forces, as he served in the Canadian Navy for 36 years, retiring as a Lieutenant Commander.

Thanks to everyone who attended Aboriginal Awareness Week activities this year.

CWO (Retired) Jim Holland, MMM, CD

CWO (Retired) Holland was born in Amherst, Nova Scotia. During the offset of the Second World War, then 17 years of age, CWO Holland, first enrolled as an Infantryman, however, after training and deployment to England, he was transferred to the Canadian Provost Corps as a Military Policeman.

Throughout the War he served with a variety of Provost Companies including the 6th, 7th, and 9th and 1 Field Detention Barracks. CWO Holland rose throughout the Ranks during his service in England until promoted to the rank of WO I and appointed the Regimental Sergeant Major of the 6 Provost Company at an exceptional young age of 24. In 1947, CWO Holland returned to Canada as a Staff Sergeant and was posted to various locations, which included Halifax, Moncton, Ottawa and Wainwright and successfully completed Criminal Investigations Training in Fort Gordon, U.S.A.

In 1952, he was again promoted to WO I and returned to a theatre of operations, this time Korea. From Korea he traveled the globe, which included Japan, and Hanover, Germany. It was in Hanover where he met his wife, Hannelor, and returned to Canada. He was posted to Borden, Petawawa, Churchill and finally Winnipeg after serving 26 years at the rank of CWO. In 1978, CWO Holland retired after a distinguished career.

He was appointed as a Member of the Order of Military Merit and his appointments included four years as RSM of the C Pro C School, nine years as Base Borden CWO, Garrison Sergeant Major in Churchill, and as Training Command CWO in Winnipeg.

Since retirement, CWO Holland remains an active gentleman. He was awarded the Meritorious Service Medal and is currently serving his third term as President of the St James Legion (No 4); served as worshipful Master of the St James Lodge #121 and was once appointed the District Grand Master First Masonic District. He is also a Lifetime Member of the 17 Wing Warrant Officers' and Sergeants' Mess and the Royal Canadian Legion.

CWO Holland was also an active member of the Actra Guild of Winnipeg and had parts in 14 movies, including Tracks of Glory and the Avro Arrow.

Jim and Hannelor have two children, Michael an RCMP Officer in Thunder Bay and Christine, who lives in Winnipeg, a beautiful daughter-in-law Helen and three grandchildren, Sasha, Duncan and Samantha.

**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



Steven Fletcher, Member of Parliament
Working for You

VOXAIR

JUNE 27, 2007
VOLUME 55, ISSUE 12

Deadline for next
issue: 6 JULY 07

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

Rick Harris
Managing Editor
204 833-2500 ext 4299

Maureen Walls
Office Supervisor
Sales Manager

Andrew Hughesman
Production Coordinator/
Layout

Misra Yakut
Accounting

Avery Wolaniuk
Journalist/Photographer

Traci Wright
Proofreading

Jim Holland
Advertising Sales
204 832-0115

Printed By
The Daily Graphic
1.204.857.3427

Visit Us Online: www.voxair.ca

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

LCol Ness Says Goodbye

The Voxair recently had an opportunity to sit down with LCol Ness, WComd and talk to him about his tenure as Wing Commander as he prepares to leave his post.

By Avery Wolaniuk

How has the past six months as Wing Commander been for you?

It's gone way too fast. It's been a phenomenal learning experience — personally it's been very broadening for me. I ended up looking into many areas that I've never even thought about before, and I had the opportunity to work with some marvellous people, and it's just gone way too fast. I see July coming at me like an onrushing freight train and I'm not so sure I want to be there when it hits.

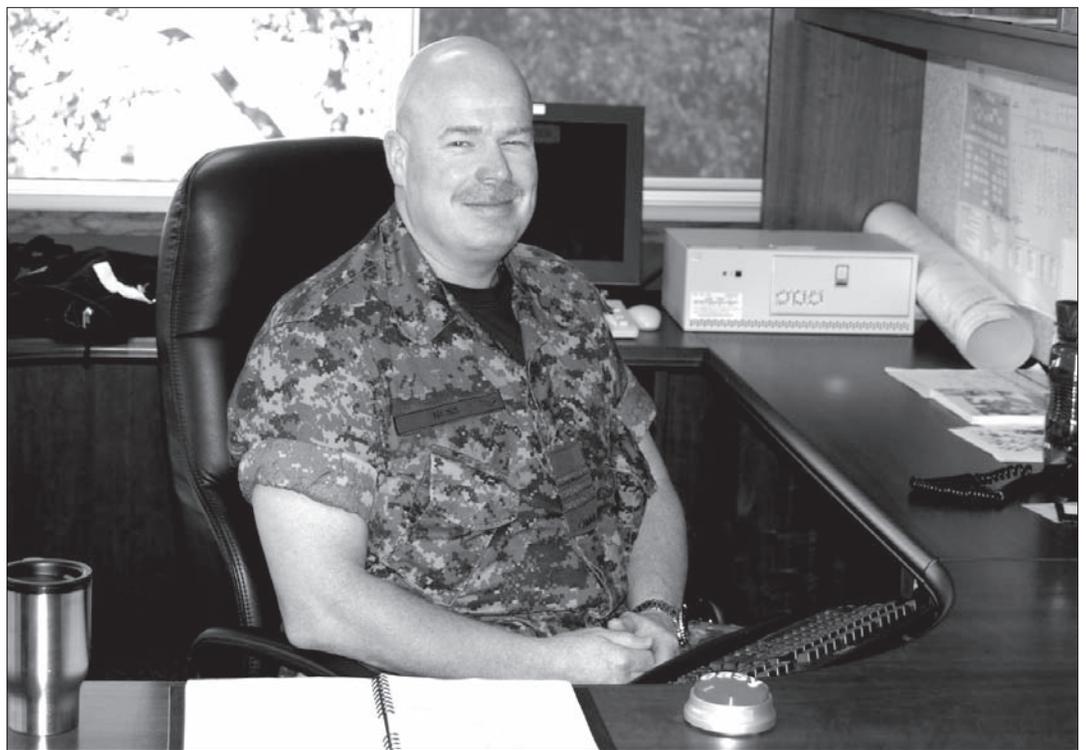
What have you enjoyed most about your time?

Getting out and working with the people, meeting all the people on the Wing, seeing the different aspects of the Wing that I haven't been exposed to before. Really, the average person on the flight lines experiences the Mess, the kitchens, and supply, but really getting down

and seeing what they do on a day-to-day basis and the magnitude and the scope of the operation that is running there was an education.

What has challenged you the most in the role?

To be quite honest, I think the most challenging thing has been making sure I got out and saw everything that I could see and still manage my own day and my own workload. We have a great bunch of supervisors and leaders here on the base — they're going to make the operation run one way or another. It's absolutely critical that the Wing Commander gets out there and sees operations and sees folks in their day-to-day environment. However, there's a huge pressure to get a certain amount of paper work done and it could force you into the office all day, every day, if you aren't careful. So, it's striking that balance and trying to get the work done, but also getting out there and seeing the folks doing their jobs and how proud they are of the job they're doing.



"It's been the best six months of my military career, bar none," says LCol Sam Ness of his duties as 17 Wing Commander.

When you first came into this role, your aim was to continue on the path laid by past Wing Commander, Col O'Brien.

Right — operations primacy, people and connecting with the community.

Were you able to achieve those goals?

I think we have achieved those goals. When you look at it, there can be no doubt that ops primacy is running along quite nicely. As we sit here today, we've got 435 Squadron out providing air-to-air support to Exercise Maple Flag; we've got 45 people on 24-hours notice to move for Op Pontoon, which is the potential flooding in BC; we've probably got in the neighbourhood of 50-60 people out the door in Afghanistan, we've got another 100 people preparing to go out the door to support that operation; and 440 Squadron is right in the middle of Op Hurricane, providing support to JTFN. If you go back a couple of weeks ago, between 3 CFFTS and the Nav school, we graduated 23 new winged aviators — we had navigators, pilots and AESOPs all in one day. The Met School is still pumping out people; and CFSAS has 100 people enrolled in the first block of the Air Force Officer Development program. When you look around at Ops primacy — there can be no doubt that we achieved that goal.

Connecting with the community — certainly. On a daily basis we see requests for our presence

and our support at various venues around the city and around the province, to the point where, unfortunately, just because of the ops primacy focus, we are having to turn off a number of these. The entire Air Force is stretched thin, the senior leadership is well aware of it, and we're trying to take mitigating measures where we can, but the impact on personnel remains my biggest concern.

Have there been any unexpected challenges or benefits along the way that surprised you?

The entire job has been an unexpected benefit — truly. It came out of nowhere, it was something I hadn't considered, to be quite frank, and it's just been a bag of fun, plain and simple. And challenges — numerous challenges every day, more because of my own lack of experience in certain areas. But going back to the comments about having superb supervisors and leaders within this organization — I know I can go to the expert in that area and I know I'm going to get sage guidance, and I know we're going to come up with the correct approach.

Where are you going from here?

I am posted down to Creech Air Force Base, in Las Vegas, and I will be employed as a liaison officer with the US Air Force.

What would you like to say to the readers as you depart?

It has been a phenomenal pleasure having worked with you this closely for the last six months. I thank you very much for your unwavering support, and I wish you all the best in the future. It's been the best six months of my military career, bar none.



Chief of the Air Staff (CAS), LGen Lucas is presenting MGen Charlie Bouchard, Commander 1 Canadian Air Division with the Canadian Forces Decoration, 2nd clasp, (CD2). Presentation took place at 1 Cdn Air Division at 17 Wing Winnipeg.

Photo by Cpl Tom Trainor

Be amongst the first to receive the latest listings!

- Receive the newest MLS listing by email!
- Deal directly with the owner of the Co.
- 24 hour internet exposure.
- Real Estate Board award winner since 1997.
- Family owned since 1980.



Darryl Chatyrbok

(204) 339-1661
www.keymoverealty.com



PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...

ST. JAMES LEGION

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

Bingo

Sat 6:30 pm

Line Dancing

Every Tues & Wed

8:00 - 10:00 pm

Dancing To Live Bands

Fri & Sat

9:00 pm - 1:00 am

Meat Draws

Every Fri 5 pm - 7 pm

Every Sat 2 - 4 pm



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

WPSO Corner

UTPNM: A Student's Perspective

By OCdt Helen MacDonald

Change can be scary, and career change especially so. Those of you either contemplating the University Training Plan Non-Commissioned Members (UTPNM), or have already applied and been accepted into the program, may be wondering what you can expect once you're fully immersed in "the system." Well, let me enlighten you, from my experience, of course.

Not so long ago, I was sitting at my desk in the Readiness Training Flight (RTF) at 19 Wing Comox with 18 years completed service under my belt, enjoying what my out-of-trade posting had to offer. Two calendar years, one UTPNMC competition, basic training (again) and a year at school full-time later and here I am, observing the daily happenings in the 17 Wing Personnel Selection office.

In July 2005, my Personnel Selection Officer called to inform me that the University Training Plan Non-Commissioned Member program was open for competition. After much soul searching and deep discussion with my husband about the ramifications to both my career and to our family of being accepted into the program, I decided to apply.

Honestly, I don't remember much about the application and interview process except that my application got "filed" in a drawer for a while and after my interview with the PSO, I could not, for the life of me, remember any of the questions! During the interview, I remember thinking "What has this got to do with anything?" Little did I know that it had everything to do with everything!

The PSO completed his report and sent my file to Borden in August '05. We wouldn't hear anything for several long, agonizing months until after the Board convened in Nov/Dec '05. Of

course, during the waiting, you come up with all kinds of scenarios, involving both acceptance or in the case of non-acceptance, what I called my "Plan B."

My message of acceptance arrived in February 2006. By the end of April I was an Officer Cadet on her way to St Jean for the fun-filled Basic Officer Training Program (BOTP). Being the "old lady" on course (my instructor's quote, not mine...but true, nonetheless), it wasn't always easy to keep up to RMC students less than half my age, but I did. I would never lie and say I enjoyed it, because I didn't and had some serious thoughts that maybe I had made a huge mistake. After all, wouldn't any "normal" person have been content to just keep the status quo?

Being at school fulltime this past year has been quite the experience. First was the soon-to-be-shattered illusion that full time studies would be a breeze compared to what I had been doing when working full time, being a parent and taking one or two courses via Distance Education. School truly is a full-time job, one that you can't just leave at the office at the end of the day. Evenings and weekends are spent writing papers, completing research, readings and studying for midterms and finals. Family time definitely gets sacrificed while you're squirreled away doing "homework."

Speaking of family, their support is vital to your studies. It's not easy to uproot teenagers and force them to adjust to life in a strange place where they, too, know nobody. Then there's spousal employment to consider. Your family's welfare is of primary importance. Without their understanding and support while in this program, success will be difficult, if not impossible.

Adjusting to life in academia has its challenges. Professors and students think much differently than we do within the military environment and one must learn when to speak up and when to just let things go. I missed being in uniform and especially missed the contact with all things military. It's not easy to transition from going to work everyday to being a student.

September marks the start of my fourth and final year at the University of Manitoba. It's funny, when I was at school, I couldn't wait to get back to work, and now that I'm at work, I can't wait to get back to school. Just driving on campus to meet with my thesis advisor makes me smile. That being said, I'm looking forward to graduation and my future challenges as a Personnel Selection Officer.

Top Fuel For Top Performance Honoured For Helping Military Improve Eating Habits

Dietitians of Canada and Kraft Canada recognize "Top Fuel for Top Performance" at the 10th Annual Speaking of Food and Healthy Living Awards

Ottawa, Ontario (June 7th, 2007) – A 10-year celebration of successful healthy living programs took place in Vancouver today at the Speaking of Food and Healthy Living Awards, sponsored by Kraft Canada and Dietitians of Canada. Held in connection with the Dietitians of Canada National Conference, the Awards recognized six regional programs for their work in helping Canadians make healthier eating and activity choices. One regional award recipient is selected as the national award recipient. Top Fuel for Top Performance was selected as a regional, Quebec, Northeast and Eastern Ontario, award recipient for its focus on improving the healthy eating habits of the Canadian Military.

Top Fuel for Top Performance is a Health Promotion skill-building nutrition education program designed specifically for the Canadian Forces. Five workshops cover a variety of topics and are delivered on military bases and wings across Canada by trained facilitators. The facilitators help military personnel assess their eat-



(L-R) Leanna Knox-Kinsman, Nutritional Wellness, Marilyn Booth, MSc, RD, Creator of the Top Fuel for Top Performance program, Darrel Menard, Injury Prevention & Active Living, and Debra Reid, DGHS National Manager.

ing practices, plan nutritional strategies for good health and physical activity, and build skills to encourage food choices to support physical training.

"We know that physical activity and fitness have always been emphasized in the military. Unfortunately, nutrition and healthy eating has not always been given the same priority," says Leanna Knox-Kinsman, spokesperson for the Canadian Forces Health Services. "To be honoured for this initiative helps reinforce the importance of healthy eating to enhance physical performance, as well as reduce risks for chronic disease."

For more information on Top Fuel for Top Performance, as well as details on the national award recipient and the four additional regional recipients, visit <http://www.pspwinnipeg.ca/healthpromotion> or www.dietitians.ca.

To register contact your local Health Promotion Office.

Local Contact: Health Promotion, Christa Zappitelli & Penny Wawrzyniak. Local: 4160 or 4150. Zappitelli.C@forces.gc.ca and wawrzyniak.P@forces.gc.ca.

National Contact: Leanna Knox-Kinsman, (613) 945-8062 x 3320 knox-kinsman.LI@forces.gc.ca.

Cinéma / Theatre

• Just Across the Bridge
• 2 Blocks North Wytewold & Ness

8:00pm Showtimes

More movie listings can be found on the DIN.

888-6290 (Recording)

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

8:00pm FRI-SAT JUNE 29-30 104mins



disturbia

Shia LaBeouf Carrie-Anne Moss

14A

Coming Soon:

Spiderman 3 The Ex Shrek The Third Waitress Hot Fuzz

CANADIAN FORCES PERSONNEL SUPPORT AGENCY
SUPPORT OUR TROOPS IN AFGHANISTAN

DISCOVER A WORLD OF POSSIBILITIES

Employment Opportunities

- Operations Manager
- Retail Manager
- Shipping and Receiving Coordinator/Clerk
- Equipment and Resources Coordinator
- Administration and Special Events Coordinator
- Fitness, Sports and Recreation Coordinator
- Retail Attendant
- Barber
- Invoice Clerk
- Accounting Coordinator
- Travel Coordinator
- Welfare Manager

For exciting job opportunities outside the box, check out our website:

www.cfpsa.com

APPLY ON-LINE No later than: 27 July 2007

We are committed to Employment Equity

JOHANNE WEST

Remedial Massage Therapist (Bilingual)

Located at Two Rivers Chiropractic Centre
730 St-Anne's Rd Unit S

Call 256-6181 for an appointment

NATASHA KOUK



Reliable

Resourceful

Referred

Thinking of buying or selling, call Natasha today.

Office Top Producer

453-7653

E-mail: natashakouk@mts.net

Century 21
Bachman & Associates



Your Military Expert

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 (Wytewold Rd.)

Drivers Licences &

autopac

889-2204

A Manitoba Public Insurance product

Ten Manitobans Inducted Into The ROTP

By Richard Smith

Ten young Manitobans started on a new path to serve their country on June 15. One by one they came forward and took their attestation from MGen Charlie Bouchard at a Regular Officer Training Program (ROTP) ceremony held in Mynarski Hall at 1 Canadian Air Division.

ROTP inductee Mr. Joel Gagné will graduate high school from College Jeanne Sauve this summer. He will then proceed to the Royal Military College in Kingston to study for his Arts Degree and further training as an Infantry officer. Tradition was a significant factor in Gagné's decision to join the CF through the ROTP. His grandfather was a member of the Canadian Forces and he wanted to continue the family tradition of demonstrating pride for his country through military service. Gagné, a long time cadet member, felt this experience has prepared him for his military future but he is looking forward to the day when he gets to simply do the job he will be trained to do.

MGen Bouchard encouraged the young people on many levels recalling his own enthusiasm at joining the military directly out of high school. He shared that he was simply tired of studying only to find the job required him to become a life long learner. Bouchard challenged the students to drive themselves to succeed academically, "I want you to focus on your training. Come out of there the best at what you are going to be."

He challenged the future officers to take seriously the duty their positions demand. "When you've done all your training, you receive your commission. Your first duty is to your country, then to your mission and then loyalty to the people that we help and that we lead and represent. We owe them that and if we don't provide them that then we don't deserve to be officers."

Bouchard clearly laid out his expectations for the young people's careers, "I want you to be the best at what you can be - that's what I expect of you. I don't hope for that, I



Regular Officer Training Plan Enrolment Ceremony group photo. (L-R) Bradley Ashcroft, Loagan Stroud, Sarah Davill, Kristin Brisebois, Warrant Officer Bob McRoberts, Major General Charles Bouchard, Major Chuck Halikas, Jean Gagné, Amanda Burton, Riel Ouimet, Matthew Radul and Young-Jun Kim. Missing is Robin Jacuzzi.

demand that from you. Then you can be a good leader, to show courage, to show integrity and to show strong leadership. To show courage in combat and courage back home to make those tough decisions. To show integrity by doing the right thing and doing what is right not for ourselves, but for our troops, our mission and our country."

The ROTP educates and develops civilian candidates for service as Regular Force career officers. These recent high school graduates are appointed the rank of "officer cadet" while completing their post-secondary education. They will be commissioned after successfully completing their academic program and requisite military training. Subsidized education is carried out at the Royal Military College (RMC) or at an approved Canadian University and/or affiliated College.

The ROTP program covers mandatory education expenses (tuition, books and lab fees). As an officer cadet, the candidates will receive a yearly salary and will attend military training every summer to prepare for their actual job in the Canadian Forces. Upon completion of their studies the officer cadets must complete a minimum 5-year commitment to the Canadian Forces.



2Lt Copeland received her promotion to 2Lt from Maj Chris Bodner, WCompt. 2Lt Copeland's promotion was effective 18 May 07.



On 14 February 2007, the staff of 1 Dental Unit Detachment Winnipeg met at a local restaurant for lunch, to honour our dental assistant Mrs Sylvia Hancharyk for her 25 Years of Service. She officially completed her 25 YOS this month. Introduced with a retrospective account from 1982, Capt M. Lee (retired), presented her with the formal service award and gift on behalf of the Government of Canada.

Mrs Hancharyk was commended for her integral role as part of the clinical team and outlined her outstanding dedication to the detachment and unit.

CONGRATULATIONS SYL FROM ALL OF US AT DENTAL!!!

"I traveled half-way across Canada for the Cartography program at NSCC."



Shannon Brassard
Cartography: Digital Mapping
Class of 2005,

Shannon left the University of Saskatchewan to study Cartography at the Centre of Geographic Sciences (COGS) at NSCC's Annapolis Valley Campus. She excelled, winning the National Geographic Student Award and the International British Cartographic Award.

Immediately after graduation, Shannon landed a permanent GIS position and now works daily on "everything to do with maps" and is very happy.

Seats are available this September in a wide range of NSCC programs that let you follow your heart - then land a great job, including:

- ▶ Geographic Information Systems
- ▶ Geomatics Programming
- ▶ GIS for Business
- ▶ Marine Geomatics
- ▶ Planning - Land Information Technology
- ▶ Remote Sensing

To learn more, please call 1-866-679-6722 or visit www.nscc.ca.

nscc
Annapolis Valley Campus

GCWCC Book Fair



Star Books
Thursday 27 June 2007
1000 - 1400 hrs

WHERE: 1 Cdn Air Div, Atrium (Bldg 25)
Up to 70% off!

PMQ Occupants:

There have been a lot of questions brought forward to the Wing Fire Prevention Office regarding the use of Fire Pits within the confines of the PMQ's and DND property.

The Canadian Forces Fire Marshall (CFFM) has directed that the use of fire pits and clay or metal portable fire places is strictly prohibited. A written directive is forthcoming and is to be included in the Realty Asset Management Manual (RAMM). Our apologies for any inconvenience this may cause. Any questions can be directed to the Wing Fire Prevention Office Loc 5501.

A Navigator's Nightmare

Reprinted from Aircrew Memories

Bob Goatcher — Bob was born, raised, and educated in Winnipeg. In June 1942 he joined the RCAF, graduated as a navigator in August 1943, completed his operational training, and joined 420 Squadron RCAF in Britain at the beginning of 1944. Bob was awarded the DFC during his operational tour, and stayed with his squadron post-operations as the Navigation Training Officer. He came home in August 1945, achieved a degree in Commerce, and ultimately served on the faculty at Red River Community College, Winnipeg. Bob retired in 1988 and lives in Nanaimo, BC.

Our crew was stationed at Tholthorpe, Yorkshire, with 420 Squadron, one of the 14 such units in 6 Group (RCAF) Bomber Command. We had been together for four months and had done 21 bombing trips to targets in Germany, France, Belgium, and Holland. Many were daylight; some were night raids. We had seen plenty of enemy fighters, flak, and searchlights, and had also had our share of diversions on the return journey because of weather, shortage of fuel due to pierced petrol tanks, or other semi-emergencies.

Our crew had also survived a serious crash in which we lost our flight engineer and which put the rest of us out of action for a month. Our engineer's name ironically was Monument and we had nicknamed him "Tombstone." The aircraft was a complete write-off, having blown up within a few seconds of our having got out and over to a ditch about 100 feet away. Because we had landed on top of seven cows, out Pilot's nickname was changed from Allan "Tubal" Cain to "Killer" Cain.

The rest of the crew consisted of F/Sgt John "Johnny" King, bomb-aimer; Sgt Jim Danberger (Danny), wireless operator; Sgt Ted Frayne, mid-upper gunner; and Sgt Earl Cruikshank, rear gunner. Earl was the only member who had been with me on a previous crew. We were ready to go on op 22 and had just that day acquired a new flight engineer, our third, P/O Erick Herrod.

The briefing was over and we were headed for dispersal to board our Halifax III, A-Able. It was the night of 15/16 September 1944 and we had been assigned to attack the German naval base at Kiel. We took off at 2205 hours just as darkness was about to set in (double daylight-saving time) and climbed eastward after setting course over base. It was a short run to the coast of England and Johnny got me a pinpoint. We were nearly 10 miles off track! I gave Killer a new course to steer and wondered how we could be that far out in such a short time. Surely the Met wind forecasts could not be that far out. Earl got me a gunsight bearing on Whitby that put us even more off track. Something was wrong.

I checked the CR compass; it was not operating properly. I checked the repeaters: they were going around in lazy circles and not all reading alike. I tried resetting the master compass twice — but to no avail. Danny tried to reset it but with the same negative result. By this time we were well

over the North Sea, position not known exactly.

I quickly estimated where we were, gave Killer a new course to steer on the P4 compass, and asked him to reset his gyro. At this time, Gee was being jammed so badly we couldn't use it and even if it had been okay we were nearly out of range anyway.

It was a partly cloudy night, but some stars were visible. I hauled out the astro compass and set it up as quickly as I could. We were at about 55° north, so I set the correct angle and began looking for Polaris, the North Star. Fortunately there was a good break in the clouds and only one star anywhere near my line of sight. After some adjustments I confirmed the true course we were on. I reckoned we were now headed for the right place on the Danish coast. We would have to recheck our course against the North Star and reset the gyro every 10 minutes or so for the rest of the trip.

We were just beginning to settle down and I was contemplating my next move when Killer reported that his Air Speed Indicator was now reading zero. There must have been moisture in the pitot tube and it had frozen as we climbed. I wondered what would happen next. The API (Air Position Indicator) had not been working because of the duff compass. Killer had said that he could estimate the air speed within about 10 knots by the throttle settings. There was little else we could do now unless we returned to base but we quickly discarded that idea. I told the crew that if we could just get a pinpoint on the Danish coast, we would be okay.

We droned on for what seemed like hours. Some of the crew members had become very apprehensive because of our lack of navigation aids and my resulting inability to determine our exact location. You could hear the tension in all their voices over the intercom. I had lots of time to think and the words of my navigation instructor, F/O McBroom, at Portage AOS (Manitoba) came to mind: "A navigator is never lost, he is merely sometimes a little less sure of his exact position."

These thoughts fitted me to a tee at that particular moment. With nothing much else to do except re-check the course whenever Polaris decided to show itself, I reluctantly opened the case containing the sextant. I couldn't remember when I had last taken a star shot. I lined up Polaris first and took a shot noting the time. I picked out two other stars at different angles and repeated the procedure. I carefully plotted the three position lines making sure to advance the first and second lines to the time of the third.

The result was a large cocked hat (triangle). I carefully bisected the three angles and plotted a position about 10 miles from where I thought we were. So much for astro navigation.

Tension mounted as we approached the coast of Denmark. Visibility was not the best and I had alerted Johnny to keep his eyes skinned about 10 minutes before we were due to cross as I needed a pinpoint badly. "I see the coast," Johnny yelled excitedly over the inter-com. "We are crossing it now." He couldn't get me a pinpoint but at least I had

a roughly north-south position line and was able to calculate a fairly accurate ground speed.

It was now time to watch for the east coast of Denmark. Again no pinpoint but at least a time of crossing. I took the elapsed time and put that distance in nautical miles on my dividers. I then took the dividers and ran them up and down Denmark on my chart. I did it twice to make sure; there was only one place that fit, so I decided that this had to be where we crossed.

I dead-reckoned ahead to the last turning point before the target, and gave Killer a new course to steer. I felt confident now. I had also found that we were three minutes early so as soon as we reached the turning point and headed south to Kiel, I asked Killer for a three-minute dogleg, in order to waste time. We did the standard 60° port, 120° starboard, then back on course. I was now sure we were headed directly for the target.

The weather had cleared considerably and we could see lots of stars. Off to starboard perhaps 30 or 40 miles away, we could see fires and searchlights. Someone asked if that could be the target, but I reckoned it must be Flensburg. I remembered that at the briefing we had been told of a spoof or small diversionary raid there.

"No. We still have five minutes to go; the target should be dead ahead."

Our assigned bombing altitude was 21 000 feet, but we were still at 20 000 and unable to climb higher. I had begun to count down... three minutes... two minutes... and... one minute... It we don't see markers in the next 15 seconds we'll have to orbit.

Just then white flares went down in front of us followed almost immediately by a string of red TIs (Target Indicators). Immediately over the radio came the voice of the Master Bomber.

"Bomb on the red TIs."

"Steady. Steady. Steady. Bombs gone."

We'd done it. I was emotionally exhausted and elated at the same time. As soon as our load had gone, the aircraft jumped up to 21,000 feet. We had made our altitude at last.

The mood of the crew had noticeably changed for the better. The flak and searchlights came on but somehow it did not seem to bother us now. The most important thing on our minds was that we had got to the target and dropped our bombs and now we were getting out. We followed our flight plan courses through the target area and on to the next leg and finally headed for home.

It had been a navigator's nightmare. We returned to base without further incident, landed and went to debriefing, or interrogation as we sometimes called it. We told our story.

The CO heard it and said, "I would have turned back."



GLEN W. CHISWELL
Century 21 Bachman & Associates
453-SOLD (7653)
Email: GlenChiswell@Century21Bachman.com
Web: www.GlenChiswell.com

Offer Expires July 31/2007

Pay to the Order of: Mr. & Mrs Home Owner/Purchaser **1,500**

Fifteen Hundred Air Miles Reward Miles: upon a completed sale or purchase of a home



Century 21

Call Me Today for details!
I have qualified buyers for your area

Glen W Chiswell

453-SOLD (7653)

This is not intended to solicit these properties already listed for sale. Each office is independently owned and operated. ©™ Trademarks of AIR MILES International Trading B.V. Used under license by Loyalty Management Group Canada Inc. Century 21 Real Estate Canada Ltd.

ROBERT BURNS FESTIVITIES IN WINNIPEG

As part of their 100th Anniversary activities, The Winnipeg Robert Burns is hosting The Robert Burns World Federation and the Robert Burns Association of North America (RBANA) August 2-6.

RBANA will be holding its Annual General Meeting in conjunction with the Annual Conference of the Burns World Federation. Events to which the public are invited and encouraged to attend include a Friday evening Dinner and Céilidh, a Saturday evening Inaugural Dinner & Dance, which will include other entertainment, and a Sunday morning church service at Knox United.

Lieutenant Governor John Harvard and Her Honour, along with other dignitaries will be in attendance. There will be a draw on each night for a return air fare for two to the United Kingdom, courtesy Zoom Airlines.

For information on this and other activities contact:

Colin Harris
92 Avalon Rd
Winnipeg MB
R2M 2L5
Tel 204-269-0300
winpeg@winnipegrobertburns.org

Jim Carrigan
22 Bridgewater Cr
Winnipeg MB
R2G 0V6
Tel 204-661-5089
jimcarrigan@shaw.ca



GCWCC Returns To 17 Wing

By Michelle Arnaud

Once again, the Government of Canada Workplace Charitable Campaign returns to 17 Wing after coming off an amazing record setting high from 2006. Last year, through the wonderful efforts and support of 17 Wing and its employees, the 2006 GCWCC raised \$109 000 surpassing the \$90 000 set goal. With the Op Order signed by Wing Commander LCol Ness, the 2007 GCWCC Campaign officially kicks off Friday 14 September and runs until 9 November and for the second year 17 Wing will kick off the campaign with another Herc Pull and Wing Fund BBQ set for 1200hrs. More details on the Herc Pull will be advertised in an upcoming issue of Voxair, when they become available.

Returning to the campaign this year is Ms Sherry Liley, 38 CBG HQ Clerk, as Campaign Co-Chair and joining her will be Capt John Schwindt of 1 Canadian Air Division, who has signed on for a two-year tenure as our Military Co-Chair. Also new to this years campaign is Lt(N) Amy Campbell of Ground Training as our Volunteer Coordinator, Pte Sylvie Garrett, WCompt, as Co-Treasurer, and Ms Cindy Shelly from Wing Cleaning as our Incentive Coordinator. Returning for another year along side Sherry Liley will be Michelle Arnaud (Ground Training) who will continue to run our GCWCC Website, GCWCC Representative Maj Paddy Douglas (DRC), Treasurer MWO Sandra Spragg (WCompt), and Special Event Coordinators Capt Rhonda Stevens and Capt

Stephane Morency, both from CFANS.

Sherry Liley is one of the many GCWCC committee members who is looking forward to this year's campaign, saying, "17 Wing easily surpassed our goal of \$90,000 and therefore I know will be up to the challenge of meeting and exceeding this year's goal of \$115,000. With the addition of new people we are sure to have some new ideas and suggestions as to how to raise awareness and have fun bringing in donations." Ms Liley goes on to say, "This past year I have personally been touched by several of these charities due to a family or friend experience and if it were not for the work we do in raising funds and being apart of this community we call Winnipeg, many would not receive the information or assistance they so desperately need. It is for this reason and many more I feel so passionate about my involvement with this campaign and want each of you to consider what a difference a toonie can make one month, one week, or one day to a person's life."

Last year, the GCWCC had many exciting fundraising events such as Jail & Bail, Splash for Cash, WTIS Computer Clean-Up, and many more just to name a few; hopefully these events will return yet again along side any additional



Sherry Liley and Capt John Schwindt, cochairs of this year's GCWCC, are gearing up for another successful year of fundraising.

fundraising events that may come along.

With hopes of meeting and exceeding our \$115 000 fundraising goal, we look ahead to this years campaign with great fervor and encouragement that this year will be bigger and better than the last.

This is our heart and our strength! Because we live here.

**2007 VIP
Promotion
Winnipeg
Canadian
Forces
40% Discount**

Please enjoy a 40% discount on Food & Beverage for you and your family at

For the Months of July 2007 and August 2007

Reservations are recommended for the Dining Room*
Proof of Affiliation necessary to redeem discount.

***Discount Applies for Military Personnel, Veterans and Civilian Support staff.**

Grapes Kenaston Village – 530 Kenaston – 489 1029
Grapes Leon Centre – 1747 Ellice Ave – 783 3485
Grapes Pembina Trail – OPENING THIS SUMMER!

* Due to MLCC minimum drink pricing laws your bill must contain a minimum of 40% food on it
* One bill per group would be appreciated.



Members of 402 Sqn perform start checks.



Technician conducting post-flight inspection of a CT142.

402 "City Of Winnipeg" Squadron

By Sgt Pat McNorgan, 402 Squadron History and Heritage Officer

402 Squadron continues to operate as a "Total Force Unit" with a personnel strength hovering in the 185 to 210 range comprising Regular Force, Reserve Force and civilians working together in every aspect of the operation. With four "CT" model Dash 8 aircraft, and, with a mandated yearly flying rate (YFR) of 2875 hours, the squadron flies in support of Canadian Forces Air Navigation School (CFANS), training student Navigators and Airborne Electronic Sensor Operators (AES Op). CT142 pilot conversion, proficiency and upgrade training also takes place concurrently.

The Squadron has now assumed an important role in defence of Canada operations. 1 Canadian Air Division/Canadian NORAD Region Headquarters identified Winnipeg as a Forward Operating Base for CF18 aircraft. A Memorandum Of Understanding and follow-on Service Level Agreement between 4 Wing Cold Lake and 17 Wing specifies that 402 Squadron maintenance personnel provide servicing support to these aircraft. Maintenance personnel are now trained, exercised and occasionally evaluated in this very important mission.

As the aircraft is flown on routine missions, the maintenance support to keep them flying has been a remarkable undertaking. The Squadron Aircraft Maintenance Engineering Organization (SAMEO) is therefore crucial to mission success. The SAMEO Organization is continually evolving to achieve optimum efficiency in meeting the requirements of the Squadron in supporting the Air Force mission. Various internal sections have been formed, realigned, amalgamated and even eliminated. Whether it be aircraft repair, inspection, modification or painting; whether it be logistical support or airworthiness issues; whether it be maintenance or personnel support to other Wing units including 435 Squadron, 440 Squadron Yellowknife, 3 Canadian Forces Flying Training School, Canadian Forces School of Survival and Aeromedical Training, Central Flying School, Wing Operations or 1 Canadian Air Division/Canadian NORAD Region Headquarters; whether it be infrastructure improvements; the SAMEO organization responds to all challenges in exemplar



ry fashion. The training of personnel logically falls within these mandates, and takes place in a variety of areas including Fall Protection, transportation of dangerous goods, Air Maintenance Policy (AMP) training, CT142 Maintenance Manager's course, CT142 Line Servicing course, CT142 Aviation Systems (AVN) On-Type Maintenance course, CT142 Avionic System (AVS) On-Type Maintenance course, Confined Spaces Entry course, De-icing/Bucket training, Compliance Awareness training, Conflict Resolution, Workplace Hazardous Material Information System (WHMIS) training, WASF training, Mobile Support Equipment (MSE) Safety course, Driver Instructor Examiner course, Flight Safety course and Human Performance in Military Aviation (HPMA) training and Squadron Indoctrination Course to name but a few.

The aircraft are aging gracefully, but at the same time are demanding increased support from the Maintainers. Notwithstanding the daily inspections, Squadron maintenance personnel are being kept busy with airframe and engine periodic and supplementary inspections, major component changes including engines and landing gear assemblies, as well as constantly dealing with a host of minor snags that occur virtually on every flight.

The current approved Estimated Life Expectancy (ELE) for the CT142 has been increased 10 years from the original life of 2011 to 2021. In 2008 the CT142 will undergo a half-life inspection of the aircraft, based on the Transport Canada (TC) Dash 8 half-life depot level inspection. This check is equivalent to the civilian "D" check that is mandated at the 40000-flight hour mark. Although the CT142 is far from the 40000 flight hours as experienced by civilian operators, 402 Squadron operates the aircraft much more rigorously than civilian operators (on average we have 11500 flight hour per airframe). With the introduction of the CFANS Basic Air Navigation Course (BANC) training syllabus that incorporates mission profiles requiring flight at 1000 feet above ground level (AGL), it was felt prudent to investigate whether there was any negative effect on the structural fatigue life of the aircraft. CT142805 was instrumented with an accelerometer, and data collection was performed over one year to obtain data on the effect of increased turbulence/maintenance

encountered at lower altitudes. An initial report from Bombardier indicated that the fatigue damage per flight sustained under DND operation is approximately twice as high as the damage per flight during typical airline commuter operation; accordingly the requirement for a 20 year mid-life inspection. This program will involve major downtime on each aircraft as they cycle through the inspection line, with consequential significant scheduling challenges for the flying operation.

Garry Parkes & Associates



Serving the real estate needs of Winnipeg's Military community since 1977.

Specializing in all areas of Residential and Condominium Real Estate.

We treat all our clients like family.
Service à la clientèle en français.

204-989-5000

Toll Free: 877-800-5066
garry@parkesrealestate.mb.ca
www.parkesrealestate.mb.ca

A NAME YOU CAN TRUST



GARRY PARKES



BECKY PARKES



SEAN KIRADY

Air Force Captain Conquers The Big One: Summits Mount Everest



Taken on the Geneva Spur, Capt McGrath captures the long line of climbers making their way up Mount Everest.



Capt Meagan McGrath crosses a crevice in the Khumbu Icefall, balancing her crampon-laden boots and back pack full of gear.

By Kristina Davis, The Maple Leaf

She'd only used a ladder once before — and that was on the floor at Science North in Sudbury, Ont. The second time, with crampons attached, she was traversing a crevasse on Mount Everest.

Captain Meagan McGrath, an aerospace engineer with the Air Force Experimentation Centre in Ottawa, summited Mount Everest 21 May 07, becoming the first CF member and the youngest Canadian female to ever conquer the mountain. In completing the more than 50-day trek, she also realized her goal of climbing the world's Seven Summits.

Back in Ottawa 30 May, she was still on top of the world as she excitedly described not only her ascent, but also how she saved a fellow climber's life on the way down.

She readily admits using the ladders was scary. But with a little help — and sometimes no help at all — she mastered them. It was just part of the climb.

And what does it take to climb Mount Everest? Perseverance, says Capt McGrath. And where does that kind of perseverance come from? The Royal Military College of Canada, she says. In fact, she explains, after graduating from RMC, Capt McGrath literally felt she could do anything. "It was the hardest experience of my life," she says. Harder than Everest? Yup, she answers matter-of-factly.

Mentally and emotionally challenging, she says her four years at RMC were empowering. And it was there that she learned to set goals. "It's going to be bloody hard. And it's going to end one way or the other," she says of her climb. "It might as well end positively."

In late 2003 and early 2004, Capt McGrath began planning for Everest. She'd already been seduced by climbing and had summited Mounts Elbrus, McKinley, Aconcagua and Kilimanjaro. In December 2004, she added Mount Vinson Massif to the list and soon after Mount Kosciuszko in April 2006. Only the big one remained.

"I wanted to make things real by taking action," she says. That action included training — albeit a regime that some might find surprising. I have a full-time job, she offers. That means part of her training included biking to work and a commitment to always train on the weekends. Training during the week was not always feasible.

She describes climbing as a thoughtful sport, although certainly not one for the faint of heart. She likes both the planning of the climb and what she terms "the intelligence of it." She also loves the workout.

Capt McGrath says it's breathtaking to watch the landscape change as she climbs to the highest peak and very refreshing to simply brush her teeth under the stars. "I lived outside for two months," she says of her Everest sum-

mit. "I love it, love it, love it."

Summitting Mount Everest is a lengthy process and while it sounds romantic, it's actually fraught with danger. Capt McGrath saw Everest for the first time 3 April. She would only have the opposite view 21 May.

She says climbers spend all those days in between gradually moving first to Base Camp and then further and further up the mountain. Acclimatizing is vital for success. Not only is the air thinner, she says it takes a while to get into the "climber's groove." And while that is literally putting one foot in front of the other, it's often over wobbly, uneven ground.

She remembers her first day vividly. Without a personal Sherpa, she had to use the ladders alone. It's a very awkward feeling, she explains, because the ropes are not necessarily tight. Plus, there's sometimes no one to hold the ropes. She gave herself a pep talk. "No one is going to hold your hand."

As she neared the summit, days later, she says she got her first taste of climbing using oxygen. There, she met fellow climbers who had just summited. She vividly remembers one climber, a total stranger, who simply told her she could do it.

And she did. You turn a corner, she explains, and there's the path to the balcony. "That's Mount friggin' Everest," she said to herself.

Once on top, she says it was likely the fastest 35 or 45 — she can't really remember — minutes of her life. The summit was fairly crowded and she tried to soak it all in. From a 2,438-metre drop on the one side, to a 3,048-metre drop on the other, she says the sky is simply gorgeous.

Someone was taking her picture and she remembers about 25 other people at the summit — which she says it surprisingly small — and then it was over. She says a Sherpa, who was helping her at the time, was likely concerned for her safety as he hustled her off the mountaintop.

Despite her lack of oxygen, Capt McGrath

was feeling good as she began her descent. But her adventure was far from over. As she began her way down, she came across a fellow climber who was clearly in distress. "She wasn't in any condition to go up or down," says Capt McGrath. At that point, she made a decision.

"I'm not tired. I'm not cold," explains Capt McGrath. "And it's good climbing ethics to help each other out." Suffering from cerebral edema, or swelling of the brain, which can be fatal if left untreated at a high altitude, Usha Bista's condition was deteriorating. Capt McGrath says she decided to help and started a chain of events, eventually assisted by other climbers, which saw Ms. Bista bundled in a sleeping bag and taken down the mountain.

While Capt McGrath never got the opportunity to talk to Ms. Bista, the president of the Nepal Mountaineering Association, Ang Tshering, called her a hero for saving Ms. Bista's life.

In an interview with the Associated Press, Ms. Bista, who has recovered but was being treated for frostbite, said her rescuers were like gods who saved her from Mount Everest's "death zone."

"I am indebted to these people for life. I can't believe the love and concern they showed to rescue me in spite of such a difficult situation," Ms. Bista said.

As for Capt McGrath, she has her sights set on some new adventures. She's thinking of the Marathon des Sable across the Sahara Desert in 2008 and adds there are still mountains to climb. She's thankful for the support of her sponsors and supporters, including her supervisors at work. And while she got no special leave for the climb, she did get to combine her leave. Ultimately, she believes any goal is possible, with a lot of hard work.

"No one is going to just hand you your dreams," she says.

For more on Capt McGrath's adventure, visit the Science North Web site www.sciencenorth.on.ca/.

THE DAN VERMETTE

Home Selling **TEAM**

www.danvermette.com

Service en Francais

255-4204

RE/MAX performance



Aeromedical technician Warrant Officer Ed Lawrence and Barenaked Ladies front-man Ed Robertson in the hypobaric chamber at the Canadian Forces School of Survival and Aeromedical Training.

MND On The Death Of Trooper Darryl Caswell

National Defence

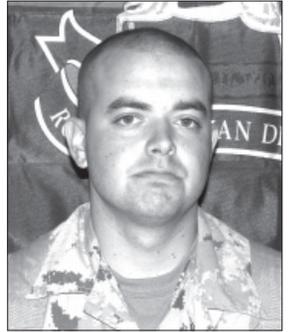
OTTAWA - The Honourable Gordon O'Connor, Minister of National Defence, issued the following statement on 12 June 07 on the death of Trooper Darryl Caswell:

"I extend my heartfelt sympathy to the family and friends of Trooper Darryl Caswell who was killed in Afghanistan yesterday. Our thoughts and prayers go out to them at this time of loss.

This brave soldier and his comrades were conducting a re-supply mission when the incident occurred. Their convoy was operating in support of ongoing security efforts being conducted jointly between our forces, Afghan security forces and our international allies. These efforts in the northern region of Kandahar province are aimed at helping to create the conditions necessary to allow reconstruction and development efforts to proceed at a faster pace.

The Taliban have consistently demonstrated their disregard for peace and improvements to the quality of life for those Afghan citizens that desire peace.

We are making a difference and the Government of Canada stands proudly with our soldiers, sailors, airmen and airwomen as they strive to protect Canadians, our interests and our values.



Barenaked Lady Experiences Air Force Careers

By Richard Smith

For three days this month, Ed Robertson of the Barenaked Ladies put aside his sedentary rock star lifestyle to see if he had enough of the right stuff to be a member of the Air Force. Robertson spent this time challenging himself physically and mentally for an episode of "Ed's Up" for the Outdoor Life Network (www.edsup.tv).

As a civilian pilot, Robertson wanted to see what it was like to be a CF-18 pilot. The filming revolved around Ed's "right stuff" journey. The process to become a CF pilot is not an easy path. It isn't as simple as getting into a cockpit and following some GPS coordinates (which is how he gets around during his TV show).

Robertson has experienced a number of AF careers during his Air Force tour. Day one, CF Technicians challenged him in the centrifuge at Defence Research and Development Canada (DRDC) in Toronto. He withstood the civilian program and went beyond.

Winnipeg was next for two days where he went into the hypoxia chamber at CFSSAT and discovered it wasn't easy to play his guitar at 30 000 feet. He also completed a Phase 1 Low Level flying trip to familiarize himself with the career and trials of an Air Force navigator (an eye opener given his dependence on his hand held GPS.)

Robertson glimpsed into the SAR Tech's world. Dressed in an orange SAR Tech jump suit, a swift kick to the groin from Sgt Harrison demonstrated how the equipment could protect him when descending through trees. Robertson's film crew also took the opportunity to test the suit on the rock star.

Sgt Shawn Harrison and Sgt Randy McOrmond then suspended him from a parachute training harness. From high above the ground, he had to release himself from his harness to descend and provide assistance to his fallen F-18 pilot mentor, Maj Steve "Picaso" Fuhr. As Robertson released, the recoil action caused him to hit himself in the face. All crew on hand found the experience comical, even if the star of the show was left a little stunned.

His final afternoon at 17 Wing was not his easiest. As a 37-year-old rock star, being fit to CF standards is more of a wishful desire. Running the Express test after lunch caused Robertson to have 2nd thoughts about taking the challenge. With help and encouragement of Chris Merrithew, 17 Wing Fitness Coordinator, and his staff, Robertson met the standard for his age.

At the end of June, Robertson intends to complete filming and further his exposure to Air Force careers in Bagotville. If he is found worthy, he'll be climbing into a CF-18.

The half hour episode is scheduled to appear on OLN this fall.



Posted to Bagotville? (Saguenay)

To buy your new house with confidence, I'm offering two free guaranties
Use the key of success...CONTACT

MONIQUE GAGNON Affiliated real estate agent
La Capitale Saguenay-Lac-St-Jean
moniquegagnon01@videotron.ca

(418) 817-2434

Member of cross Canada Relocation for military employees.
In the forces environment over 20 years
BILINGUAL SERVICES



Maximize your potential

Thompson Rivers University is proud to provide the Canadian Forces with a comprehensive range of programs offered through online and distance education.

- > Choose flexible start and completion times.
- > Graduate from a program or complete one course.
- > Ladder previous education into TRU credits.
- > Earn credit for work experience and military training with prior learning assessment.
- > Achieve a university education sooner than you think.

TRU is a member of the Association of Universities and Colleges of Canada.

www.tru.ca/distance

1.888.828.1121

THOMPSON RIVERS UNIVERSITY
OPEN LEARNING

Recovery And Dog Evasion

By Corporal Bill Gomm

EASTERN, Man. — “If you’re shot down behind enemy lines,” said Warrant Officer Eric Larouche. “You don’t know who or when someone’s coming to get you.”

WO Larouche was the Course Warrant for the Advanced Survival Evasion Resistance Escape (ASERE) course that ran in eastern Manitoba from 14-18 May.

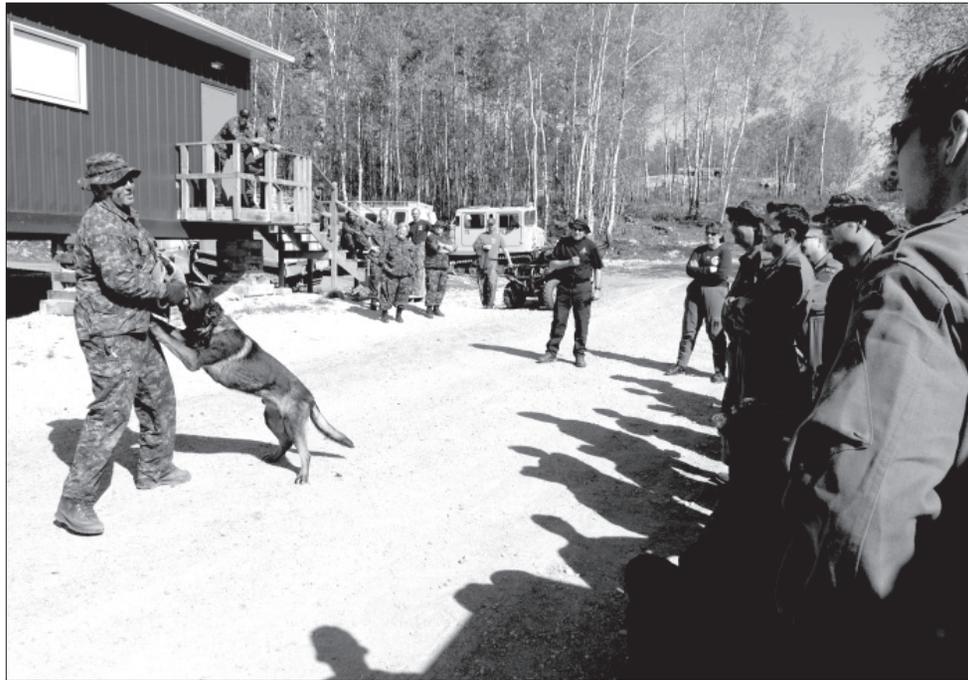
During the course the students learned a variety of skills and procedures they could use to survive and be rescued if forced down in hostile territory.

“During the remainder of this exercise at one time or another you will need to employ all of the skills you have learned to evade and escape enemy capture,” said WO Larouche. “You will need to be patient; you will not call friendly forces because you’re bored. If you have received communication instructions, heed to them and wait”.

The students got to practice the last part of the lesson, vectoring a helicopter for recovery, learning to direct an aircraft to their location.

“It’s a little harder than it looks,” said Captain David McLeod of 3 Wing Bagotville’s 425 “Alouette” Tactical Fighter Squadron. “It’s not easy when you have trees around, you can’t see as far.”

After the vectoring lesson was finished, the students returned to the main camp for the



Mac bites into an arm guard on Petty Officer Second Class Brad Gillespie during the Advanced Survival Evasion Resistance Escape (ASERE) course.

final lesson prior to the 36-hour evasion exercise: tracking and dog evasion. Teaching the tracking and dog evasion lesson were some of the dog teams used to track the students during the 36-hour evasion exercise: RCMP Cpl MacDougall of the Selkirk Detachment with his dog Mac and Petty Officer Second Class Brad Gillespie with his dog Utah.

The students were briefed on the proper reaction procedures if and when the dog found them during the exercise.

“If you hear the dog coming,” said Cpl MacDougall. “Stand up, raise your hands and give yourself up because if my dog comes across you and you’re hiding you’re going to get bit.”

Correction

In the 13 June edition, the “A Tour of WTISS” article on Pg 15 was written by Maj Patrice Sabourin, WTISSO.



Wave Energy — Faroe Islands

By Corporal Bill Gomm

The Faroe Islands recently issued a stamp featuring a wave energy power station. “The system uses a tunnel which is excavated from the shore, under the cliffs, out towards the sea. A two-way butterfly turbine is installed in the hole. Finally, the hole is blasted open at a depth of 3.5 m below sea level. Wave action forces air up into the turbine and draws the air out again, the turbine producing electricity in both air flow directions.”

Current Initiatives At Wing Ground Training

Submitted by Lt (N) Amy Campbell

Wing Ground Training supports Continuous Learning and Professional Development for both civilian and military members. Our current staff includes LT(N) Amy Campbell, WGrdTrgO, Glenn Arthurson, Civilian Training Coordinator, and Michelle Arnaud, our website designer/maintainer. We are expecting a new Clerk to be posted into our section during APS 07 to bring us up to full strength.

DND in Transition: A Portfolio Workshop

Over the past 18 months, a new programme has been piloted through WGrdTrg to great success. It is called DND in Transition: A Portfolio Workshop. Developing a portfolio is a great way to identify the skills and knowledge that we have acquired informally through our work and life experience. It is easy to produce a course report to demonstrate learning acquired formally but often we do not recognize what else we have mastered along the way. A portfolio allows us to recognize and find ways to prove that the informal learning has taken place. It also identifies the gaps that we need to close in order to reach our goals. Developing a portfolio is important for career progression, both for civilian employees wanting to change classifications or levels and for military members preparing for a second career.

The next DND in Transition: A Portfolio Workshop will start on Wed 12 Sep 07 at the Training and Education Centre (TEC) Bldg 135. The workshop is comprised of 5 full days (12, 19 & 26 Sep and 10 & 24 Oct), spaced at two week intervals to allow time for the participants to collect and develop the relevant material between classes.

Essential Skills in the Workplace

An outgrowth of the Portfolio process has been the realization that we need to pay attention to Essential Skills in the Workplace. Human Resources and Skills Development Canada (HRSDC) has identified nine skills as essential for all Canadians in the workforce. These skills are: Reading Text, Document Use, Writing, Oral Communication, Numeracy, Working With Others, Thinking Skills, Computer Use, and Continuous Learning.

There are sub-categories under several of these skills. For example, Thinking Skills are divided into sub-categories of problem-solving, decision-making, critical thinking, job task planning and organization, significant use of memory, and finding information. Numeracy has sub-categories of money math, scheduling or budgeting and accounting math, measurement and calculation math, data analysis math (all of which are forms of numerical calculation) and numerical estimation.

A growing number of job descriptions are using the language of Essential Skills and approximately 200 examples of Essential Skills profiles can be found on the HRSDC website as part of the National Occupation Classification project: http://srv108.services.gc.ca/english/general/ES_Profiles_e.shtml

Take charge of your career and find out what your strengths and areas for improvement are in terms of these essential skills.

Mature Student Diploma

Companies and organizations have been partnering with the Adult Learning Centres in Manitoba to offer Mature Student Diploma programmes in the workplace. Boeing Aerospace is one company that has successfully done so. WGrdTrg is looking at the possibilities of setting up a similar programme for 17 Wing as a number of military and civilian employees have expressed concern that the lack of a secondary school diploma is holding them back from reaching their career goals. As well, there are those who have completed Grade 12 in the distant past who would like to brush up on their math or English skills. If you are interested in more information about this possibility, please contact LT(N) Amy Campbell, WGrdTrgO at ext 6297 or Campbell.AEH@forces.gc.ca

Posted To Cold Lake?

ROYAL LEPAGE
Northern Lights Realty

780-594-7400
FAX 780-594-7484
www.lefebvreteam.com

Gail Marketing Unlimited
Bernard Lefebvre Real Estate Specialist
Bonnie Hankey Licensed Assistant

Let Our Team Work For You

Grant Nordman
City Councillor
St. Charles Ward

Main Floor, Council Building
510 Main Street
Winnipeg, Manitoba R3B 1B9
Tel: 204-986-5920
Fax: 204-986-7359
Email: gnordman@winnipeg.ca

“In memory of those who fought at Vimy Ridge 90 years ago”

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

Wing ON THE THIS WEEK

WAdminO LCol Lionel Brodeur addresses the crowd during the opening ceremonies of the Manitoba Society of Seniors 55+ Games.



Photo by Avery Wolanuk



LCol Lionel Brodeur (right), WAdminO, and Maj Sabourin (left) present GCWCC co-chair Sherry Liley with the first donation to the 2007 campaign. \$3495 was collected in donations when individuals picked up tickets to the Women's World Hockey semi-final on 9 April 07. This donation goes towards the total 17 Wing GCWCC 07 goal of \$115,000. (Missing from photo: co-organizer Maj Douglass)



Droves of active and athletic seniors arrived in Winnipeg for the Manitoba Society of Seniors 55+ Games, held 12-14 June 07 at 17 Wing Winnipeg and nearby facilities. The 1450 participants, from as far away as Snow Lake, Manitoba, competed in 21 sporting events over the three days, including slo-pitch, a three km walk, and floor curling.

Photo by Avery Wolanuk



The 2007 WCWO Slo-Pitch tournament had a total of 28 teams participating. Most spirited team awards went to 1 CDN AIR DIV #2, captained by MWO T Doody; WOps captained by Cpl Sam Whelan; and 23 Health Services #1 and #2 captained by Suzanne Cory. Teams participated in 4 divisions from 0800 to 1200 hrs, located at Bldg 90, Silver Heights diamonds on Ness ave, and the Boeing Diamonds on Saskatchewan Ave. Over 700 people were on hand for the BBQ held from 1130 to 1400 hrs.

Photo by Avery Wolanuk



The Honourable John Harvard, Lieutenant-Governor of Manitoba, Kerri Irvin-Ross, Minister of Healthy Living, Mayor Sam Katz, and LCol Lionel Brodeur, WAdminO, attended opening ceremonies at the baseball diamonds behind Building 90, and accompanied five of the athletes — the eldest participant a spry 93 — in cutting the ribbon, officially opening the games.



Kuwait's ambassador to Canada, Musaed Rashed A. Al-Haroun signs the guest book at the Officers Mess at 17 Wing Winnipeg. On his left is the HCol Barry Rempel 17 Wing HCol and on his right is LCol Sam Ness, 17 Wing Commander.

Photo by Cpl Bern LeBlanc



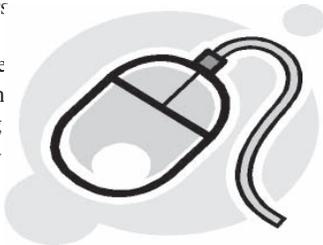
Military Family Resource Centre

Check Out The Sites...

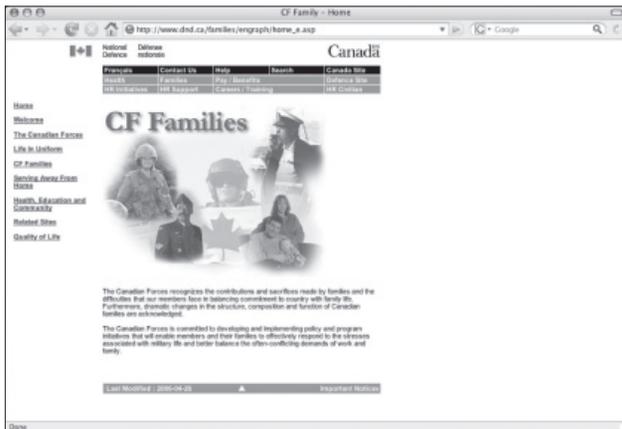


www.mfrc.mb.ca - Open 24 hr

Our website offers service descriptions, our latest program guide, education and training information, links and resources and a complete listing of all the schools in the Winnipeg area! You can find our Virtual Welcome Package, which contains comprehensive resources and links to get you feeling at home in Winnipeg in no time.



CF Families - <http://www.dnd.ca/families>



http://www.sarahsmiley.com/books_for_military_families.htm



Books for Military Families - From books for children, to books on military etiquette, below is a selection of the best support books for service member families.

Home Depot - buying/selling your home, planning a move, settling in and projects. <http://www.homedepotmoving.com>

Resources for helping families deal with military Lifestyle...postings, deployments, moving, parenting... Calendars, stories, and crafts for kids, great tips for adults. <http://www.mfrc-dodqol.org/healthyparenting/>

Connecting Canadian Forces Youth -

<http://www.connectingcfyouth.ca>

Military Brat sites:

<http://www.milbrats.net/> <http://www.canadianbrats.ca/cb/>



IDEA! Great Remembrance Day resources for your kids and their classrooms. Veterans Affairs Canada - <http://www.vac-acc.gc.ca/general/>

Member Assistance Program -

http://www.hc-sc.gc.ca/hecs-sesc/eas/cfmap/cfmap_index.htm

Centrepointe, the official web site for Canadian Forces (CF) families moving to, living in, or returning home from Europe. - www.centrepointe.info

Operational Stress Injury Social Support (OSISS) www.osiss.ca

www.vac-acc.gc.ca/clients/sub.cfm?source=mhealth/strategy



VAC's Mental Health Strategy

The Centre -

http://www.dnd.ca/hr/thecentre/engraph/home_e.asp

One stop surfing for Winnipeg info...maps, yellow pages, guides, info... Mywinnipeg.com

MFRC Annual Newcomers Event

Join us for an early start to Family Fun Day Saturday September 8th. At the Newcomer Breakfast. We will enjoy a hearty breakfast, meet other new families, have some fun with great giveaways, and provide an opportunity for you to pre-register for FFD events. Breakfast will take place from 10 - 12, Sat. Sept 15. Location to be announced...watch the VOXAIR for details. Call to register your family today. Deadline for registration is Sept. 1/07.

An Unprecedented Opportunity For CF Youth To Travel To Israel In Summer 08

Funds raised from the Negev Gala June 12, 2007 are being used to underwrite expenses to send several hundred youth from Canadian Military families to Israel in the summer of 2008. Once there, CF youth will experience environmental and ecological projects developed by the JNF. They will plant the first trees at a proposed Canadian Military Park, see science and technology at work in Israel's universities and colleges, meet with Israeli families, and experience Israeli life and culture. This exchange of ideas with new friends will strengthen the bonds between Canada and Israel and the positive long-term impact of the tour will be immeasurable. The JNF is working in conjunction with the Winnipeg Military Family Resource Centre - and their national network - in this endeavour. JNF is covering all costs for successful applicants to the program. If you know a CF youth (aged 16-22) interested in taking part of this project, please call for more information about the application and selection process.

For more information please contact Catherine Chatterley at 833-2500 ext 4506.

For more information on the Jewish National Fund please visit www.jnf-canada.org/



The Yellow Ribbon Store

Don't miss the humongous Summer Blowout SALE! On until August 30, 2007 Open Mon-Fri 8:30am-4:30pm 102 Comet Street

50% off Children's T-shirts featuring our charming original illustrations with choice of "MY DADDY OR MOMMY IS IN THE CF"

50% off our Quality all cotton white T-shirts emblazed with the Yellow Ribbon

WWW.MFRC.MB.CA



102 COMET ST.
P.O. BOX 17000, Stn. Forces
Winnipeg, MB
R3J 3Y5

Phone: (204) 833-2500 Ext. 4500
Fax: (204) 489-8587

Website: www.mfrc.mb.ca
Email: wpgmfrc@autobahn.mb.ca

Our Programs

- ✓ Volunteer Services
- ✓ Personal Development & Community Integration
 - Information and Referral Services
 - The Newcomer Program
 - Employment & Education Assistance
 - Services Francophones/Second Language Services
- ✓ Prevention & Intervention Services
- ✓ Family Separation & Reunion
- ✓ Child & Youth Development
- ✓ Parenting Support

MFRC Monthly Community Coffee Break

The 1st Thursday of EVERY month
10-11 a.m.
102 Comet St.

Resources

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

Other Numbers

MFRC: 833-2500 ext.4500
Emergency Childcare: 935-7733
MFRC Childcare Centre: 837-3653
Youth Centre South: 488-8563
Youth Centre North: 833-2500 Ext 4502



CF Family Consumer
Info Line: 989-9019

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

Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information on registration.

Confessions

The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

Baptisms

We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Weddings -Marriages

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

Catholic Women's League

Meets in the Chapel Annex the third Monday of each month at 1830hrs.

Protestant

Chaplains

Padre Bruce MacKenzie
(United Church)
Office 833-2500 ext 5417

Padre Bob Brinn
(United Church)
Office 833-2500 ext 5349

Padre Paul Southen
(United Church)
Office 833-2500 ext 4277

Padre David Stewart
(Presbyterian)
Office 833-2500 ext 5785

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Sunday Services
(English Only) 0900 hrs

Sunday School

Sunday School is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

Marriages

Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A Marriage preparation course is also required.

Baptisms

The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

Protestant Chapel Guild

The Guild meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

Food Bank

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

Emergency Chaplain

After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

Other Phone Numbers:

For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services.

Interfaith Prayer Room

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.

Padre's Corner A Question Of Time

Originally from North Sydney, Cape Breton (NS), Capt David Stewart is the newest Padre in town. Having arrived in Winnipeg in March with his wife of 15 years, Mora, and their 12-year-old son Taylor, Padre Stewart has been working as the Hangar 16 Chaplain, attached to 435 Sqn and 402 Sqn. He has 11 years experience in ministry and has had three pastoral charges, two in Nova Scotia and one in Quebec. "I look forward to getting to know the people who I am now serving with over the next few years," he said.



By Padre David Stewart

What time is it? Do you have the time? These are common questions heard each day. North Americans never seem to have adequate time in a day, or at least this is often the message we hear. Whether this is reality is another story. Often we feel rushed or short changed when it comes to time for our personal lives.

However, time is truly relative and very elastic. We all have had the experience of time speeding up when we are enjoying something or it seeming to slow down when we are not or the that wonderful sensation of time seeming to stand still.

Almost all of us have a watch, a bedside clock, and if these were not enough to remind us of the times for appointments or when to get out of bed, even our cell phones tell us the time. Of course, none of these devices really help us appreciate the time that we have.

We are strange creatures. How often do we find ourselves living in the past talking about how it used to be or perhaps we prefer trying to peer past the curtain of time into the future wondering what is waiting for us. But we cannot continue to live in the past, we cannot move ourselves into the future, because we live in the present, that is where we exist and this is where we must focus our energies.

Unfortunately our lives do not always allow us the time to "stop and smell the roses." It seems there is always something else encroaching on our time. This problem exists in all areas of our lives, both professionally and personally. It even has a title, "The Tyranny of the Urgent." This is when everything seems urgent and requires our constant and immediate attention. Tools that were supposed to ease this problem have actually added to it. Our cell phones make us always available, through our computers we don't have to bring work home any longer it is already there waiting for

us. But we do need that break. We do need an opportunity to not focus on work or busyness.

The fourth commandment "Remember the Sabbath day, and keep it holy. Six days you shall labour and do all your work. But the seventh day is a Sabbath to the Lord your God; you shall not do any work...For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the Sabbath day and consecrated it (Exodus 20:8-11)."

This commandment has at times been rigorously enforced, among Jewish and Christian faith groups. Even Jesus had to deal with the deeper meaning of what this commandment was trying to teach. In the Gospels (Mark 2:27, Luke 13:14, 14:3-5 and John 5:10), Jesus is often challenged on the sanctity of the Sabbath. He is charged with not respecting the Sabbath Law. In his responses he goes to heart of the purpose of the Sabbath, we were not created to serve the Sabbath but that the Sabbath was established for our benefit, "The Sabbath was created for humankind, and not humankind for the Sabbath."

This is one of the most notable commandments, "remember the Sabbath and keep it Holy." Why? Because this was the day set aside from the busyness of life where we could rest from our work, it was also a day where we could connect with others who have gathered for worship. Primarily it was a day for worship, a day to honour and thank God for all He has provided through creation and all the ways that the people were blessed. However, even among people of faith the tyranny of the urgent is present. It crowds in on us even as we seek to find that quiet moment of peace.

In the Christian Church we use a special calendar that doesn't just mark the time and days that pass, rather it acts as a means for appreciating the time that we have and for understanding how we can make use of it. This calendar of seasons helps give focus and purpose to our time. The season that the Church is currently in is known as "ordinary time." This season is a time for many things. It is a season that can allow us to reflect on our lives of faith and seek the deeper meaning of what we have experienced. It is also a time of preparation and planning. During this time we can consider what direction we want the coming year to take. This planning helps to make us feel less anxious when we do become busy, because we have already prepared for the busy seasons.

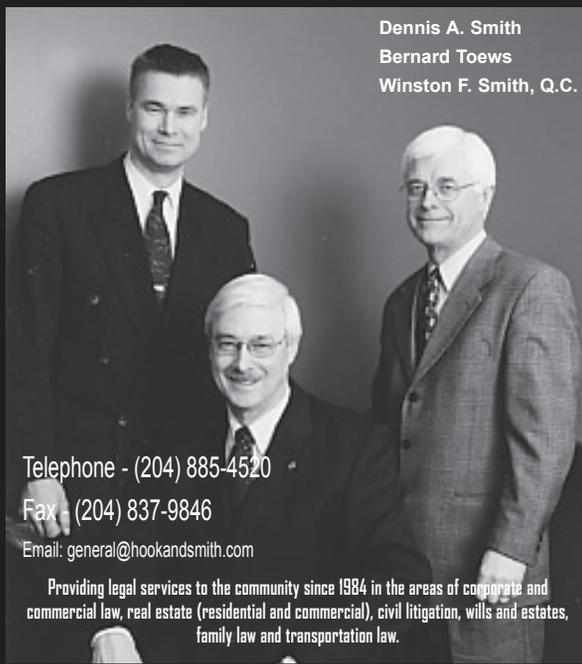
The summer months are also the time for vacations and family trips. These times spent with our families are also much like the Sabbath. It is a time that we take away from our work and reconnect with our families or ourselves. It is a time that we can reflect on what has gone well in our lives and think about where we want our lives to go in the near future. God established the Sabbath for our good, so that we would have an opportunity to be renewed in body and soul. As we take advantage of the "ordinary time" of summer for leave time I hope that it will a time of reflection and renewal.

HOOK & SMITH

Barristers, Solicitors & Notaries Public

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

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



Telephone - (204) 885-4520

Fax - (204) 837-9846

Email: general@hookandsmith.com

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



RONALD HABING

Barrister & Solicitor

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

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

R. HABING & ASSOCIATES

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

NEW ARRIVALS

Puzzled about Manitoba Driver Licences
and Plates?



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

autopac
A Manitoba Public Insurance product

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

Call us or drop in to:

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

Classifieds

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

STURGEON CREEK DENTAL

DR. AARON KIM
DR. MARK SCOVILLE & DR. SHARAN ATWAL

COMPLETE FAMILY DENTISTRY, ORTHODONTICS & TMJ THERAPY

New Patients & Emergencies Welcome
INCLUDING

- White Fillings/Whitening
 - Crown & Bridge • Root Canals • Dentures
- Evening & Saturday Appointments Available

240-3025 Portage Ave. **958-9500**

the Commissionaires

Canada's largest security firm maintains a cadre of personnel for part-time and full-time work.

- Part Time weekend employment for serving members.
- Criminal record check required; military or police service an asset.
- Above average wages, uniform and training provided.

Apply with resume and references to:

50 Stafford Street

Tel: 942-5993 ext. 210 Fax: 942-6702

email: info@commissionaires.mb.ca

Service – Reliability – Professionalism
Join The Team

Previous applicants need not re-apply.

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

For Sale

Sublet Main Floor Townhouse

2bdm, 2 bath, 5 Appliances, Seasonal Pool, Patio w/yard maintenance free, Security, Parking outside our door, All the perks of a house w/ all the apartment freedom, \$776 mth + Hydro, Avail. July 1 or sooner, Evening call 952-7420, Day 895-0238, www.rent-canada.com/ash/win6.html

POSTED OUT SALE

Kenmore Washer \$500, Kenmore Electric Dryer \$500, Kenmore Ceramic Top Stove \$500, South Shore Bunk Bed W/2 Mattresses \$600, Outdoor Cast Fireplace \$50, Futon Queen Mattress W Metal Frame \$250, Sears Craftsman 9.5HP Snowblower \$1400, Contact Jeff or Diana @ 499-8906.

Motorcycle

Triumph Bonneville T-100 (790cc), 2003 Retro, Extras include, Center stand and windshield, 11000 km, Beautiful condition, Like New, \$8000, Please call John @ 885-2905.

Home Gym -

IMPEX Power House 1300, 3 yrs old, Ex cond. Incl weights, stand, & misc accessories, \$325 OBO (was \$675 + tax new). Details avail on req. Call Paul @ loc 4684 or 489-6777 or 799-3905 (cell).

Posted Out...

Little Tykes Cozy Cottage Twin bed \$200, White metal twin bed frame \$25, Kenmore Stove \$250, Maytag dishwasher \$75, Maytag Refrigerator \$150, Wood futon & mattress \$100, Palliser Entertainment Unit \$200, Large outdoors Little Tykes play structure \$200, Outdoors play house \$60, Swingset \$50. Contact Heather or Charles for details at 888-1328.

1 Men's Air Force Mess Kit

Lt bars included, Worn twice, Jacket 44 chest, Pants 32 waist X 34 leg, \$200 obo. Must sell before 30 Jun. Moving. Call 888-4556 or Ext 2359 ask for Dave.

Sofabed And Chair

Forest green in colour, Double size pull out bed and comfy chair. Excellent shape, Like New, \$450 for the set, Call 269-7697 evenings or 803-3515 during the day. Buyer picks up.

1998 Black Honda Accord EX V6

PS, PB, AC, moonroof, aluminum wheels, leather interior, adjustable power driver's seat, heated front seats, homelink remote control system, power windows, cruise control, power door locks, CD player, lockable fold down rear seat back, child proof rear door locks, Excellent condition, one owner, maint. records available, 123,300 kms, saftied, Bra incl. \$10,000 firm. 488-2201.

Navy Mess Kit

Size 36/38, pants, cumber bun, short jacket, and dinner jacket, Asking \$250 O.B.O. Call Bob @ 837-2928.



WILL SHIP ANYWHERE
www.hamelsworldfamousjerky.com

Hamel's World Famous Jerky

Now Available by DHL Express

Go to

www.thecouriernewspaper.ca
and click on E-Coupons

for Jerky Varieties and Shipping Info

GUITAR LESSONS

Encore Musical Instruments

1349 Portage Avenue

3 blocks east of Polo Park

788-0967

TAROSCOPIES

BY
NANCY

Aries (March 21 - April 19): Though you like to call the shots and want things done your way, right now you need to accommodate others. Pay attention to what they say and the signals sent. Respond promptly and appropriately. You can fix anything that's gone awry, once you get to the root of the problem.

Taurus (April 20 - May 20): Be very open-minded. Consider long term outcomes while at the same time honoring your day-to-day needs. Balance is everything. If you're considering any major changes key people need a chance to air their views first, especially if you're thinking of expanding your family.

Gemini (May 21 - June 21): You are in a position where you can see various points of view but you believe those involved are too stubborn to compromise. Distance yourself. Trying to help sort out what's right and who is right is not your job. Give others the chance to try and reach an agreement.

Cancer (June 22 - July 22): You now understand a situation that once seemed complex because you've started to notice important behavior patterns. As a result you'll want to connect and/or reconnect with those you care about. Sometimes this just means keeping in touch. Emotional discussions result.

Leo (July 23 - August 22): You may experience love at first sight or have a flash of insight. Maintain your emotional equilibrium. There is more to this than meets the eye. Don't assume you know everything you can't see the whole picture, yet. Compromise is required. A new idea grows rapidly to fruition.

Virgo (August 23 - September 22): What should be a straight-forward discussion isn't, for emotions are involved. Instead of focusing on outcomes, take a look at the spiritual connection you have with significant people. Tap into, and allow your inner wisdom to prevail, then you'll know what to do.

Libra (September 23 - October 23): Trust a hunch. If you feel a situation isn't what it appears to be, ask questions. Then be honest about what you learn. Does it work for you? Can adjustments be made? Once you know what to do you'll move quickly and decisively. Change is in the air. Plan accordingly.

Scorpio (October 24 - November 21): If you've procrastinated you'll feel a bit overwhelmed by all there is to do, now. Delve into the reason for all this chaos. Is it someone else's "ego needs?" If so, it's time to set boundaries, also clear away excess and get down to brass tacks. You send and receive invitations.

Sagittarius (November 22 - December 21): You don't like when matters are taken out of your hands but that's what seems to have happened. Time alone to reflect may feel uncomfortable but it's necessary, then this won't happen again. You feel regret but will move past this by making choices about the future.

Capricorn (December 22 - January 19): Your beliefs influence whether you see opportunities that arise. When you expand your mind and learn about other possibilities, you expand your horizons. Don't limit yourself to what you already know. Organize your thoughts, organize your life, and you'll go further.

Aquarius (January 20 - February 18): Narrow down your focus to what you truly desire. Your life is growing in the right direction even if you can't see this. Though it's okay to be zany sometimes, be conscious of the image you present. People are watching; so let your positive qualities shine the brightest.

Pisces (February 19 - March 20): You may feel daunted by a lack of progress but use this time to organize your life and environment to facilitate your dreams. Consider ways to realize your full potential. Create a workplan. Once you get moving and accomplish one goal you will find the momentum keeps you going.

FOR APPOINTMENTS CALL 775-8368

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



mmm.
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering

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



GRAND & TOY

FOR YOUR OFFICE / COMPUTER / FURNITURE NEEDS

Call Charell Oliver

Kama Assistant

Tel: (204) 487-5561

Fax (204) 452-8791

Email: oliverc@grandtoy.com



**MOVE TO FRIENDLY MANITOBA
WITH EXPERIENCE YOU CAN COUNT ON**

**FOR ALL YOUR REAL ESTATE NEEDS CALL
GRANT and KELLY CLEMENTS**

- 26 Years of Military Service
- Experienced Military Relocation Specialists
- Thorough knowledge of the Winnipeg market and surrounding areas
- Network of experienced agents across Canada at every Canadian Forces Base
- Since we have moved 17 times we fully understand the moving process
- We have assisted over 3000 buyers and sellers
- **COMPLIMENTARY PACKAGE** sent to you within 24 hours
- Full Time Administrative Assistant

FATHER &
DAUGHTER TEAM
CD, FRI, R.R.S, SRES
RCAF/CAF RETIRED



WE LISTEN, WE RESPOND, WE CARE. For a **STRESS FREE MOVE** Call Grant and Kelly - you can be sure our emphasis is on total customer satisfaction
You will receive Immediate Attention, Satisfaction from Start to Finish And Follow Up Service after the sale.

"EXPERIENCE WITH A DIFFERENCE"

Re/Max executives realty
3505 Roblin Blvd, Winnipeg, MB R3R 0C6
Bus (204) 987-9808 Fax (204) 987-9844

1-877-778-3388

Web Site: www.buywinnipeg.com
Email: clements@buywinnipeg.com or
kellyandgrant@remax-clements.mb.ca



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. Kelly P. Land Almer N. Jacksteit
Alan R. Goddard Michael J. Law Esmeralda K. Bautista
Donna G. Kagan Alicia B. Sawka

"Our fees conform to the ERS guideline"

Representing Buyers and Sellers of Real Estate in the
St. James Area for Over 80 Years

BARRY A. ROY

LAWYER and NOTARY

2643 Portage Avenue, Winnipeg MB. R3J 0P9

Phone 832-1222 Fax 832-3906

REAL ESTATE LAW, BUSINESS LAW,
FAMILY LAW, WILLS and ESTATES

20 YEARS experience serving residents of St. James

Fees conform to ERS guideline



MOVING THIS YEAR ?



www.homesinwinnipeg.com



TERIE LANGEN

relocation specialist

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



779-7000

terie@homesinwinnipeg.com

YOUR RESIDENTIAL REAL ESTATE SPECIALIST

Family Owned & Operated For Over 50 Years

- Specializing in residential, condominiums, and investment properties
- Free market evaluation
- Information on properties for sale as they reach the market; mailed, faxed or e-mailed to you daily!
- Information on how to sell your home for top dollar
- 24 hour marketing with Internet exposure
- Licensed assistant

Phone: (204) 832-8226

Fax: (204) 832-1312



Stephen Patrick
www.stephenpatrick.net
stephen@patrickrealty.mb.ca

Patrick Realty Ltd.

Residential - Commercial - Insurance



My clients have been
#1 with me since 1973.

carrie.com

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

Call Don now for your Complimentary Package

Toll Free: 1-877-220-4122

Office: (204) 987-2121

E-mail: donc@mts.net



Don Carriere



Serving Winnipeg & Surrounding Areas

adj. "The Greatest Possible"

Residential New Homes Condominiums Relocation Referrals



Fred Levesque cd
(204) 777-5555
fred@maximumrealty.ca



Lee Wren
(204) 781-4487
lwren@autobahn.mb.ca



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



Brendan McGurry
(204) 799-3022
mcgurry@mts.net



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"



Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service



Relocation Specialist

24 Years Experience in
the
Winnipeg Real Estate
Market

www.joannegebauer.com
joanne@remax-winnipeg.com
Toll Free: 1-877-778-3388

