



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

November 19, 2008

VOLUME 56, ISSUE 20

FREE

In this issue:



Training exercise keeps Naval Reservists' skills honed

Page 3

Central Flying School is undergoing changes

Page 4

Exercise Western Guardian takes over 15 Wing Moose Jaw

Page 8

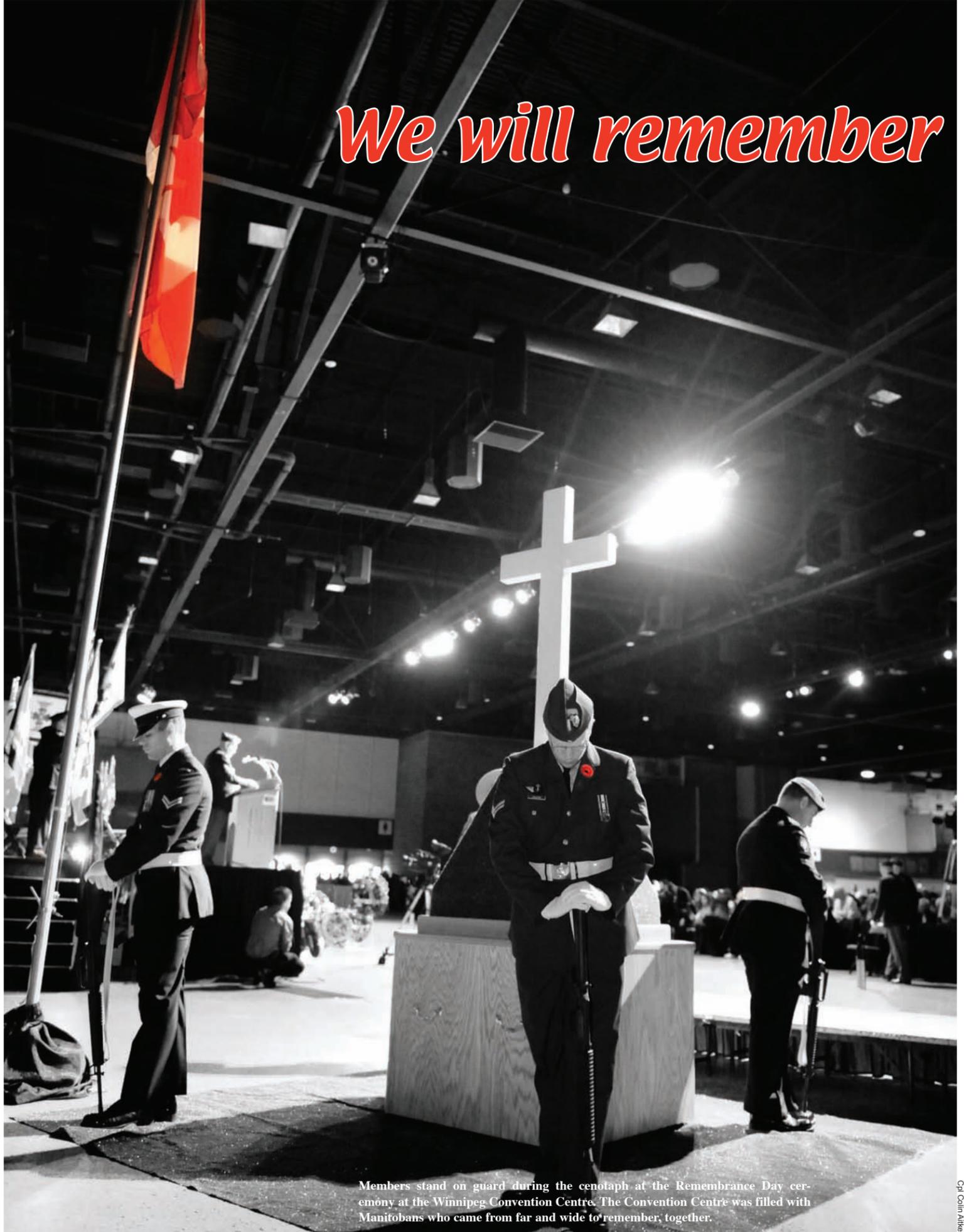


17 Wing members head to San Juan Islands onboard HMCS Oriole

Page 9

Canadian Forces members mentor Afghan Uniformed Police

Page 12



Members stand on guard during the cenotaph at the Remembrance Day ceremony at the Winnipeg Convention Centre. The Convention Centre was filled with Manitobans who came from far and wide to remember, together.

Copyright Colin Aikman

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

DAILY SPECIALS

Free Delivery to both North & South Base Locations



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

Ninetieth Remembrance Day marked in Steinbach

Steinbach joined communities from coast to coast all across Canada on the eleventh month, the eleventh day and the eleventh hour to honour the service and sacrifice of our veterans.

The ceremony was attended by MLA Kelvin Goertzen, Steinbach City Mayor Chris Goertzen and RM of Hanover Reeve Stan Toews.

Gary Toews, President of the Royal Canadian Legion No. 190 addressed the packed gymnasium with Prime Minister Steven Harper's message to all and asked that each person remember, "This was the 90th anniversary of Armistice Day" of the First World War.

It is 90 years since the battles were fought on Vimy Ridge, Arras, Amiens, Passchendaele, the Somme, and Ypres.

Thousands of Canadians

fought defending freedom. They paid the highest price. They paid with their lives. Canadian Forces members are still doing this today.

"We must thank all the brave men and women who are serving our Armed Forces."

Following the ceremony and the laying of wreaths, the veterans, the Royal Canadian Mounted Police, the Royal Canadian Legion members of the Steinbach Branch #190, the Royal Canadian Air Cadets #307 Stoneybrook Squadron, the Scouts and Guides, and members of the public marched from the Steinbach Junior High School to the Cenotaph on Main St. in Steinbach.

From the last note of the bugle, with the stirring words of In Flanders Fields, to the beat of the drum, the memory of the fallen are immortalized 90 years after.



Legion Branch 190 president Gary Toews salutes the cenotaph at the Remembrance Day service in Steinbach.



Commendation

Maj Robert Barrett from Det Dundurn receives the Commander's Commendation from 17 Wing Commander Col Scott Howden.



Poppy campaign

The 2008 Poppy Campaign began on 31 October 2008 with Bernie Roy Vice President of the Royal Canadian Legion St James Branch No. 4, centre, presenting a poppy to 17 Wing Comd, Col Howden. CWO Glenn Wallace, 17 Wing CWO, was also on hand for the presentation.

VOXAIR

OFFICE HOURS

Monday to Thursday,
0830 -1600 hrs

CONTACT

Ad Sales/Main Office
204.833.2500 ext 4120

Accounting
204.833.2500 ext 4121

Submissions/Reporter
204.833.2500 ext 6976

voxair@mts.net
+VOXAIR@PersSvc@Winnipeg

VOXAIR STAFF

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

Rick Harris
Managing Editor
204 833-2500 ext 4299

Maureen Walls
Office Supervisor
Sales Manager

Andrea Estensen
Production Coordinator/
Layout

Misra Yakut
Accounting

Traci Wright
Proofreading

Jim Holland
Advertising Sales
204 832-0115

Printed By
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, Col S.A. Howden. 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.

The deadline for the next
Voxair is 21 November.

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 and Reservists. Spouses are invited to apply.

Criminal Record check and Child Abuse Registry check required. Military or Police Service an asset.

Apply with resume and references to:

50 Stafford Street

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

email: clntsvc@commissionaires.mb.ca

Visit our website:

commissionaires.mb.ca

mmm... MARIGOLD

chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering



1245 Inkster Blvd

2591 Portage Ave

1380 Ellice Ave

718 Osborne St

487 St. Mary's Ave

245 King St

885 Henderson Hwy

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

Naval Reserve clerk contains fuel spill and avoids disaster

By Lt(N) Simone Smith

OS Kelly McJannet's regular job in HMCS CHIPPAWA involves working in the Ship's Office as a Resource Management Support (RMS) Clerk. The closest body of water is her cup of tea. Little did she know that in September 2008 she would be speeding around Falcon Lake, Man in an inflatable boat, operating a radio and working to contain a fuel spill.

Exercise STONE VIKING is an annual HMCS CHIPPAWA training weekend. In September, over 60 sailors arrive at Falcon Ridge Resort to set up camp and begin the training season. The activities included team building, leadership training, boat manoeuvring, diving, communications and coordination exercises. Many environmental and combat readiness requirements were met over the three days.

During this weekend, the Sailor First motto is fulfilled. LCdr Heather Heuthorst, Commanding Officer

of HMCS CHIPPAWA says it best. "This is what we do. We send our sailors out with boats and they train. Then, if a real incident occurs, they have the training to perform very well."

On Saturday morning, OS McJannet was the radio operator in the Zodiac inflatable boat piloted by LS Charlene Zubriski.

They patrolled their sector with LS Stephanie Imhoff and OS Stephane Luc Jegues.

During this two boat patrol, the sailors searched for resources that could be used by CHIPPAWA sailors or the exercise opposition force Floyd's Radicals.

As the end of shift approached they received a radio message that a fuel spill was occurring. Once they were in visual range, they saw the spill was simulated fuel, in this case popcorn. The popcorn on the water was reacting to the currents and eddies much like fuel on the water would. Spill kits were retrieved and after



Photos by Lt(N) Simone Smith

OS Kelly McJannet handles the oil boom with OS Stephane Jegues. LS Charlene Zubriski and LS Stephanie Imhoff manoeuvre the boats to contain the fuel spill

30 minutes of careful manoeuvring by LS Charlene Zubriski and LS Stephanie Imhoff, the spill was contained.

Notwithstanding that the popcorn simulated fuel

spill was not hazardous to the environment, the follow up lessons learned revealed that a fuel spill on the water is much more difficult to contain than one on land. Second, the spill kits carried

in the boats must be capable of dealing with spills both on the water and ashore. Last, whether you are an RMS Clerk or a diver, you must be a sailor first.

As OS McJannet says,

"The best thing about the Navy is the constant goal of self-improvement. The training makes you better individually, so you can be more effective on the team." She is a sailor first.



SLt Alerry Swan (OOW) briefs her boat crews.



LS Stephanie Imhoff and OS Stephane Jegues patrol their sector of Falcon Lake, Manitoba.



Mainland Commerce Real Estate
Property Management Services

Looking for housing accommodations?

Mainland Commerce Real Estate has been providing professionally managed housing since 1977. Visit www.mcre.ca and select Residential Rentals or call 480.0145 for more details

Professional & Business Directory

Soldier's First Medal Mounting

Court & Swing Medal Mounting
Full and Miniature Medals

Contact Dan at (204) 467-7748 or e-mail soldiersfirstmedalmounting@gmail.com

RUTLEDGE LAW OFFICE

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

COUNTRY CLUB PLAZA

310-3025 Portage Ave.

Phone: 987-7575 Fax: 837-3638

BALDWINSON INSURANCE

Rec Centre (Whytefold Rd.)

Drivers Licences &

autopac 889-2204
A Manitoba Public Insurance product

Change is in the air at Central Flying School

Feature unit

By Capt Steve Gaunt
CFS Training Development Officer

Central Flying School (CFS) continues to provide dedicated support to the Air Force through our five integral flights.

The HPMA (Human Performance in Military Aviation), ICP (Instrument Check Pilot), Standards, ACGP (Air Cadet Gliding Program) and ATTEF (Air Training Test and Evaluation) Flights all play a critical role in training or ensuring the standardization of training for aircrew across the Air Force.

CFS dedication to providing exceptional service has continued even in the midst of mid-year leadership changes due to deployments, modifications to methodologies in ICP course delivery and an imminent wholesale reorganization of the unit's structure.

The announcement that the CFS Commandant, LCol Eddy Haskins, had been selected to fill the Task Force

Air Advisor position at Joint Task Force Afghanistan was an unexpected change at CFS this year.

Maj Darryl Dash was appointed Acting Commandant in December 2007 during LCol Haskins' pre-deployment training and officially took over as Commandant in April 2008.

Maj Dash subsequently relinquished command of CFS to LCol Darryl Shyiak on 24 July 2008 following his three-year term as the Commandant of 3 CFPTS Southport.

The Air Force is currently in the process of acquiring aircraft with advanced automated navigational control systems such as the CC-177 Globemaster III, C-130 Hercules J model, and CH-148 Cyclone.

CFS has taken a leading role in working with Civilian Contractors, Esterline/CMC Electronics and Convergent Performance; to review current Air Force Automation Policies and Procedures and recommend changes as required to ensure our aircraft

are being flown as efficiently and safely as possible.

The pan Air Force implications surrounding the oversight of the implementation of the automation policies recommended in the Automation Project Report identified a requirement to stand up an Air Force Standardization and Evaluation Team (AF SET) to take the lead in implementing these changes.

As the home of the ICP School and HPMA Flight, CFS was seen as the logical choice to serve as the nucleus for this new capability.

Timelines for the CFS restructure have not been finalized, however, it is anticipated that many changes will occur in the upcoming year.

A number of other high priority issues have been occurring in parallel with the development of the automation policy.

An effort to maximize pilot production at Southport has resulted in the relocation of the C-90B King Air and Bell 412CF assigned to CFS



Maj Paul Adams of the CFS SAV team and Lt Chevon Smith with the JMAS Diamond DA-40 Primary Flying Training aircraft following the successful completion of Lt Smith's upgrade to an A2 Instructional Category.

from Winnipeg to Southport along with some Standards personnel.

These personnel will now form a Training SET with detachments in Southport, Winnipeg, and Moose Jaw.

The restructure of CFS also allowed for the provision of some personnel to support the Air Force Officer Development (AFOD) Program at the Canadian Forces School of Aerospace Studies (CFSAS).

Thus, after a very short stint of only about two months at CFS, Capt Vern Greenway, Capt Stephane Morency and Capt Grant Blair were all promoted to Major and posted to CFSAS to aid in developing the program.

Other development work underway at CFS includes the redesign of the ICP Course.

A distance-learning module to be completed prior to an ICP candidate's arrival at CFS and course restructure is expected to reduce the present five-week course to approximately two weeks.

Within the framework of the automation policy and ICP course rewrite, HPMA performance measures will also be developed and will soon be included as testable items on annual pilot check-rides.

In October 2008 LCol Shyiak led a team of six personnel to conduct a Staff Assistance Visit (SAV) of the Jamaica Defence Force Air Wing's (JDF AW) new pilot training facility called the Jamaica Military Aviation School (JMAS).

Previous visits by CFS to the JDF AW focused on evaluation of pilot readiness but this SAV was intended to ensure the new JMAS is

capable of producing Wings level Rotary and Multi-Engine pilots.

The SAV team found that the JDF AW and JMAS face many of the same manning challenges we are currently experiencing in the CF but the JMAS is well on its way to producing pilots capable of meeting the demands of the JDF AW.

In spite of the many changes currently underway at CFS, we are striving to provide the Air Force with the most capable training and standardization agency possible.

The restructuring of CFS into an AF SET may change the look and feel of the organization but rest assured that the aim of ensuring the best possible aircrew training is available to Canadian Forces aircrew remains our chief goal.

Curves
Smart

Curves 1 hour presentation

Wednesday, November 26, 2008
8 p.m.

Courts of St. James
8-2727 Portage Ave
(204) 888-9833

Curves is a 30 minute fitness and weight loss program. We will provide you with a tour and an explanation of our programs.

As a military member, a special Curves corporate rate has been made available to you and your family. This special promotion offers you a \$0 service fee when you enroll in a minimum 12 month membership. This exciting offer ends December 1/08.

Please visit curveswinnipeg.com for information about the world's most advanced fitness training system, CurvesSmart.

CurvesSmart provides you a precision designed workout, moment to moment feedback and progress reports.

For taking the time out of your busy schedule for this presentation, we will be holding a special draw. This draw will provide a lucky winner the month of January on us.

Please call 888-8933 to register.

Curves is committed to building women of strength.

We look forward to meeting you all.



Bombers show appreciation for military

The Winnipeg Blue Bombers Football Club hosted a Canadian Forces Appreciation game on November 1. Gen Walt Natynczyk, Chief of Defence Staff, was in attendance, and while there, met members of HMCS CHIPPAWA. From left: LS Roger Windatt, Gen Natynczyk, LS Diego Mendoza, MS Ed ForreSTALL (Regular Force Support Staff) and MS Robert VerhoeF.

CFSMET undergoing a surge in training tempo

Feature unit

By Sgt Josie Bissonnette

The Staff at CFSMET continues to maintain a high training tempo in 2008. Thus far we have graduated four courses, we currently have two more in house, and we re-developed our basic occupation course. 2008 and 2009 are transition years for the Met Tech occupation.

Under DPGR's Military Employment Structure Implementation Plan (MESIP) the Met Tech occupation is being completely restructured, resulting in major changes to occupation training.

In 2008 and 2009 old occupation courses are being phased out and new courses are being designed and delivered.

At the same time training throughputs are continuing at unprecedented levels to address severe shortages of Met Techs with advanced skill sets.

The first course to graduate this year was QL3 0801, which began in January and finished March 28.

This was a small course, however very special as all instruction was conducted in French. The QL3 also known as the Basic Weather Observer course was the first step in occupational training for these new Met Techs.

The aim of this course is to train personnel to: take weather observations; disseminate observed data; and provide technical meteorological information to support operations. This session was the last QL3 course conducted in that format.

The second course to graduate was the QL6B 0801.

This course also began in January and finished April 8. It is the senior course taught at CFS Met and the students have many years experience within the trade.

The QL6B, which is also known as the Specialized Weather Support course, is the final step in a Met Tech's trade progression.

The aim of this course is to provide highly specialized trained Met Techs who will be capable of supporting such diverse operations as ship-based helicopters, land-element combat groups and search and rescue units.

Met Techs are trained to provide operations person-

nel with weather information in the form of forecasts and advice on meteorological matters worldwide.

The third course was the QL5A 0801. It was an intense month long course in April.

The main purpose of this course is to provide naval commanders with Met Techs who can conduct weather observing at sea and present basic environmental briefings to support maritime operations.

Subjects taught include meteorological theory; maritime weather observations; and presentation of meteorological information in a maritime environment.

The fourth course was the QL6A 0801.

This course started in April with a maximum course load and graduated mid July 2008.

The aim of the QL6A course is to train Meteorological Technicians to prepare and provide detailed environmental briefings in addition to providing technical meteorological information in support of military operations.

More than one half of the course is devoted to learning how to interpret a variety of meteorological products, while the other half is devoted to practical exercises composed of preparing and presenting weather briefings.

The use of the latest technology, along with a high instructor to student ratio is required to ensure success.

Subjects taught include theoretical and applied meteorology, analysis, and interpretation of weather data including satellite, lightning and radar information, presentation techniques, and climate presentation.

Upon successful completion of this course, the graduate can expect a posting as a weather briefer supporting naval, land or air missions.

The graduates of all four courses should be commended for their hard work, dedication and superb performance in successfully completing their training.

During the spring of 2008 CFS Met received a provisional Qualification Standard (QS) from AF Met Trg for the new Basic Occupation Qualification Briefer-Observer course.

Through the spring and summer the standards staff

conducted a Training Plan Writing Board (TPWB) to design the new course and instructors worked diligently to develop new lesson plans in time for the first session of the new course in September.

This pilot session will continue to a yet to be determined end date in late March 2009.

This course replaces the old QL3 Observer and QL6A Briefer courses.

It is redesigned to meet the new job descriptions in the MESIP and will address the occupation's long-standing difficulties in maintaining healthy numbers of qualified briefers.

It will also put greater emphasis on the use of modern technology to provide briefings from a remote location.

CFS Met is also conduct-

ing another QL6A course at a maximum student load this fall.

These graduates will help alleviate the shortage of qualified briefers in this trade.

This course will be graduating in December 2008 and this session of the QL6A course will be the last delivered in this format.

As for the upcoming year, the pace will continue at a high tempo for CFS Met.

The Qualification Standards Writing Board for the new Intermediate Occupation Qualification Forecasting course just completed its work in October.

So, in 2009 the cycle will start again with the design and development of this new course in time for its pilot session in fall 2009, while at the same time we

will continue to run courses Techs in support of today's to provide qualified Met CF operations worldwide.



QL3 0802 Basic Observer Briefer Course From far to front McPl Montemont (instructor), Pte Gumb, Pte Jakubiek, Pte Leblanc, Pte Bridger-Anthony, Pte Davis, Pte Hatton, Pte Szikora, Pte Rioux.



CFSMET QL5A 0802- front row from left: Sgt Bissonnette (Course Director), CWO Hutchinson (SCWO), Maj D.B. Arndt (Aircrew Training Flight Commander CFANS), Maj Lawrie (CMDT), MWO Cinq-Mars (MWO STANDARDS), WO Milley (CI). Middle row from left: Pte Michaud, Pte Moser, MCpl K Mitchell (Instr), Pte Ashley, Cpl Linteau. Back row from left: Cpl Birt, Pte Klompstra, MCpl Manning, Cpl Lemire, Pte Makischuk, Pte Krzyminski. Missing: WO PJ Davis (Instr).



QL6A 0801- front row from left: Jasmin Paola (TSU Lead), Louis Richard (STDS Officer), LCol David Kennedy (CO 435 Squadron), Maj Doug Lawrie (CMDT CFSMET), Capt Steve Hynes (former SCWO), WO Guy Rivet (Chief Instructor). Sgt Joe Cleary (CD). Middle row from left: Derrick Kania (Instr), Natalie Hasell (Instr), Cathy White (Instr), MCpl Amy Green, MCpl Andrew Conrad, MCpl Donna Larsen, Sgt Jocelyn Bissonnette (Instr). Back row, from left: MCpl Glen Slauenwhite, MCpl Denis Montemont, MCpl Michael Foulkes, MCpl Marc Boucher, MCpl Kristian Gosbee, WO John Milley (Instr). Missing: MCpl Richard Randall and Chad Thompson (Instr).

New SLE test is here

WPSO Corner

By Capt A. Rozak
LTC Coordinator

Good news for everyone. The Second Language Evaluation (SLE) Test of Oral Performance (TOP) has finally arrived. This new test replaces the old test known as the Oral Interaction (OI) test.

Just as a refresher, your language profile in your second language is assessed by using the Public Service Commission (PSC) Second Language Evaluation (SLE) tests.

There are three tests: Reading Comprehension, Writing and the Test of Oral Performance (TOP).

Each test has a separate expiry date and is valid for five years. This is unless you achieved an E which means that you are exempt from further testing.

The other possible results are A which signifies an elementary level of knowledge, B – Intermediate, C – Advanced or X – Sorry, try again.

Candidates must achieve at least a level A, B, C or E in the reading and writing tests before they can take the oral test.

Did you know that all CF members (RegF and PRs) and all DND employees can request to take the test?

COs and career managers can also request that an individual be tested.

It does not matter whether or not you currently occupy a bilingual position or are being groomed for one. It is your right to request the test.

Back in June 2008, a new oral test was devised by the Public Service Commission but it quickly came to light that this new test put military candidates at a distinct disadvantage as compared to other public servants who took the test.

Immediately the folks from the Canadian Defence Academy (CDA) recognized this problem and started working on it.

This project was quite complex and involved four out of the six language testers as well as a team from CDA.

This meant that all Oral Interaction tests were suspended until this issue was resolved and I'm happy to say that the new Test of Oral Performance (TOP) is finally here.

I undertook the revised trial test and I have to say that I was suitably impressed.

Gone are the days of feeling that you either got a good or bad evaluator.

Gone are the days where you felt that you were not assessed fairly.

Gone are the days of perceived bias.

This new Test of Oral Performance is vastly superior to previous tests and provides a more structured

and more accurate evaluation of an individual's skill in their second language

The TOP consists of four parts:

Part 1. General questions (who are you, where do you work, etc)

Part 2. Listen to a recorded voice clip and then answer questions based on that recording. The recorded conversation is based on Public Service matters. (A new military scenario is expected on 19 Dec 08).

Part 3. You will be given three separate topics and you are to choose one on which you will talk. You will be given time to think about what you are going to say and make notes that you can use during your discussion.

Part 4. Listen to a recorded conversation between two individuals and then answer questions based on what you heard. The scenario is based on the Public Service. (A new military scenario is expected on 19 Dec 08).

All eligible personnel (CF and DND employees) who have never been tested, or whose second language profiles have expired, are about to expire within six months, can request to be tested.

To book your Second Language Evaluation (SLE) tests, send an email to the 17 Wing Language Training Centre to Joyce Aquin (loc 5822) or Leanne Beckwith (loc 6567).

Take Our Kids to Work Day

Sixty-three Grade 9 students spent November 5 at 17 Wing and 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR) as part of the national Take Our Kids to Work Day.

The students started off the morning finding out about careers in the Air Force and the Air Reserves, and then moved on to hands

on demonstrations inside Hanger 16.

They ventured inside a Hercules and a Dash 8, and learned about the careers involved in maintaining and flying the different aircraft.

As well, the students had a presentation from 435 Squadron Search and Rescue Technicians and learned about how they rescue people in emergency situations.

The final stop of the morning was a visit to the 17 Wing Museum, which contains local and national Air Force artefacts.

Many of the students also spent the afternoon shadowing their parents at their work stations.

For more information about Take Our Kids to Work Day please see: <http://www.takeourkidstowork.ca/>



Sara Van Aert and other grade 9 participants of 17 Wing's Take Our Kids to Work Day, examine the navigation consoles on board the CT-142 Dash-8.



NEW!

Tax-Free Savings Account (TFSA)

Under the umbrella of the TFSA, hold and grow your savings and investments!

Nouveau!

Compte d'épargne libre d'impôt (CELI)

Sous la protection du CELI, votre épargne et vos placements s'accumulent!

Create a plan based on your needs!

Élaborez un plan à votre mesure!



Plan ahead; contact your financial planner today!

Anticipez ; contactez dès aujourd'hui votre planificateur financier!

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



Bonnie Korzeniowski

MLA for St. James

2175 Portage Ave.

889-8073 • bonniek@mts.net

**GASTHAUS GUTENBERGER
GERMAN RESTAURANT**

• Authentic German & Continental Cuisine
• Schnitzel • Beef Rouladen • Homemade Spätzle
• 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

Place your free classified ad in Voxair
email voxair@mts.net today!

Air Cadets practice search and rescue techniques

Submitted by 307 RCAC Sqn

Shortly before midnight the Air Cadets on their annual Fall Survival Weekend were woken up and told that there were two people lost and seriously injured.

The Cadets needed to find them and bring them back to camp.

Cadets were given the co-ordinates of the injured people and split up into search teams.

It was imperative to find the hurt youth before hypothermia set in.

With each team relying on each other and their

night navigation compass, the teams set off from base camp.

"I was one of victims," said Flt Cpl Smale. "I was dressed for the weather but it was cold. I had a broken leg and couldn't move. I only had to wait about fifteen or twenty minutes for a search team to find me." "It was awesome!"

Cpl Guetre-Reddy said "We were told that someone had a broken leg and another person had a broken arm. It was cold and dark. We were able to find them and bring them back with the night navigation compass. I would do this again." "It was real

exciting!"

LAC Holme said "It was a real life challenge to find our way in the dark. You have to use the compass properly because it reflects and glows in the dark. Midnight orienteering is cool!"

This experience is a simulation exercise and part of survival training, just like setting up a base camp with lean-to's or building a fire from scratch, foraging for food, all to survive.

All the cadets agreed being part of a team, learning night navigation was the most challenging, fun and exciting Survival Weekend yet.



Members of 307 RCAC Stoneybrook Squadron recently practiced search and rescue techniques during their annual fall survival weekend.

Big night for RCAC 307

Submitted by 307 RCA Sqn

At the recent Annual Awards Dinner on October 18, held by the Air Cadet League of Canada (Manitoba) Incorporated, the RCAC #307 Stoneybrook Squadron was honored with one of five squadron awards during the evening.

The Dorothy Wowk Memorial Award will find its home with the Stoneybrook Squadron until October of 2009. The annual award is

handed out to the most improved Air Cadet squadron in all of Manitoba. It is a testament to hardwork and perseverance for the cadets, officers and parent volunteers.

The Squadron also unveils their new Logo with the inscription "ANHELO OPTIMUS". The translation to English means "the desire to be one of the best."

The Royal Canadian Air Cadet #307 Stoneybrook Squadron meets every



Thursday night at 6:15 pm from September to June at the Royal Canadian Legion-Steinbach Branch #190.

Childcare crisis in Manitoba felt at 17 Wing

By Capt Yvonne DeCaire
17 Wing Public Affairs

"Right now there is a crisis in childcare in Manitoba," said Lois Johnson, the coordinator at the 17 Wing Childcare Centre. "For infant daycare across the city of Winnipeg, that is a child less than two years of age, you need to put your name on the wait-list the moment you are aware that you are expecting."

Infant care is where the shortage is felt the most, as the ratio of caregiver-to-child as set out by the Community Child Care Standards Act is the highest.

The Manitoba Child Care Association (MCCA) states that the wait list for all licensed child care spots is one to two years, if not longer.

"Currently there are only 12 spots at 17 Wing for infant care," says Johnson, "but we have a wait-list



Lois Johnson is busy keeping the daycare for military dependants organized with a healthy atmosphere.

with over 40 names on it." offered tuition support and workplace training to new students.

The Government of Manitoba has announced the creation of 6,500 more licensed child care spaces in Manitoba over the next five years and attempted to resolve the lack of Early Childhood Educators (ECEs) by the creation of a recruitment and retention campaign in 2002 that of-

ferred tuition support and workplace training to new students.

"Luckily for 17 Wing, the building that houses the Childcare Centre and its maintenance are provided by the Wing," says Johnson, "and the competitive wages we offer help attract and retain quality caregivers."

Music lessons for all ages

MUSIC SCHOOL
RICHMOND MUSIC
FULL SERVICE MUSIC STORE
Musical Instruments, Accessories, Rentals, Repairs & More!



Professional instruction in
guitar, bass, violin, drums, piano & voice.

1574 St Mary's Rd, St. Vital
Phone 269-4701 or

email brucegorchitza@richmondmusicltd.com

Richmond Music

supports our troops!



Call us to find out how we can put your advertising dollar to work. 833-2500 ext 4120.

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

Exercise Western Guardian takes over 15 Wing

By Cpl Bill Gomm
38 Canadian Brigade Group Public Affairs

15 Wing Moose Jaw was designated the training area for Exercise ROAD RUNNER (RR) 16-19 October and Ex WESTERN GUARDIAN (WG) 17-19 October. Members of 38 Canadian Brigade Group Combat Service Support Tactical Group (CSS TG) took part in Ex RR and Ex WG. While reservists from the 38 CBG Saskatchewan Infantry Tactical Group and The Saskatchewan Dragoons, 10 Field Regiment, 16 Field Ambulance, 734 Communication Squadron and 737 Comm Squadron took part in Ex WG.

On the 16th, the CSS TG started with Ex RR which was designed to focus on the independent training delivered by 16 (Saskatchewan) Service Battalion, 17 (Winnipeg) Svc Bn and 18 (Thunder Bay) Svc Bn focusing on convoy operations and CSS sustainment and protection.

The following day Ex WG began. EX WG was intended to bring together the Saskatchewan based 38 CBG units and practice working in combined arms operations. The secondary aims were to foster closer ties within those units to aid in further joint training opportunities.

“15 Wing gives us the opportunity to move outside the traditional

training area,” said Maj Hrycyna, Exercise Director and Commanding Officer of The Saskatchewan Dragoons.

“It also provides us with a perimeter to protect, a gate to guard and the ability to provide presence patrols within the Personnel Married Quarters (PMQ) area.”

The network of highways and the grid roads provided a different setting not normally found in a training area. During some of the engagements it was not uncommon for local traffic and civilians to become part of or observe the training.

“In general the exercise went very well, very smooth,” said Captain Brendan Clancy, the adjutant for The North Saskatchewan Regiment, but employed as a platoon commander for the Ex WG.

“All units especially the infantry units were asked to do things a little bit different; normally we don’t get vehicles to train with. So this was a great training opportunity for us to learn, especially for those going on TF 3-09 who will be using vehicles exclusively.”

“The end state of the exercise is to do a few things and do them well,” added Maj Hrycyna. “When the soldiers go home at the end of the exercise they go home looking very tired but with a big smile on their face.”



Cpl Mark Calow runs past a pond towards a high feature after securing the objective. Cpl Calow is with A Company of The North Saskatchewan Regiment.



OCdt Darren Heide checks the map while writing out his orders for the road move. OCdt Heide is with 16 (Saskatchewan) Service Battalion.



Reserve soldiers from the Combat Service Support Tactical Group load the magazines of their C7 rifles before heading out on the first serial of Exercise ROAD RUNNER.

Members of 402 squadron have a sailing adventure

By 2Lt Ramratan

During the week of 5 to 11 October, nine members from 402 Squadron and six others from across 17 Wing participated in Op Ocean Grizzly, a sailing adventure aboard Her Majesty's Canadian Ship (HMCS) Oriole, stationed out of Esquimalt, BC. Directed by an expert crew of five, we airmen and airwomen were in for it!

"Long hours of boredom, followed by moments of sheer terror," was how the crew described life at sea on HMCS Oriole, and they made sure to live up to that expectation.

Led by MCpl Mike Quirion from 402 Sqn, we traveled from Winnipeg to Victoria on a sunny Sunday afternoon, eager for our week on the water.

Monday morning walking up the dock to the ship, a beautiful 92-tonne tall ship, the winds promised to give us a run for our money.

We set sail at 1000 hrs, saluting the various commissioned vessels in Esquimalt Harbour in the long-standing Naval tradition and were on our way. The winds were up, and the crew had warned us – when they say move, move!

We learned a new language the first day out, and some basic sailing skills.

How to raise the main sail, heave in the halyard, check away on the down hall, and the functions of the various sails: the Main, Yankee, Jumbo, Mizzen, and Jinnaker. The crew had another surprise for us; we would port at night in the

San Juan Islands in the state of Washington.

The San Juan Islands, spotted with dozens of small ports were ours to explore.

We were to come up along side in Friday Harbour, Anacortes, Deer Harbour and Roche Harbour.

Differing greatly in size and population, the ports varied from bustling cities, to a single general store.

Each night in port we were required to provide a duty watch throughout the night to watch the ship.

Off-duty crew were free to relax and enjoy the sights, but once the sun set, the ship's crew predicted they would find us in our bunks fast asleep, exhausted from the day's work, wind and cold.

Tuesday was the most intense day of sailing, one that will forever be the subject of fantastic tales that begin, "It was the windiest day you've ever seen, and there we were..."

No exaggeration, the winds were at 45 plus knots, and while slicing through the water the main sail tore!

Water was splashing over the sides of the ship, we were keeled over 35 degrees at least, with the gunnels in the water.

In the midst of the wind and water, we had to haul down the main sail, and tie it off, to preserve its integrity from the tear.

Jibing through the wind (a very dangerous manoeuvre) the ship keeled from port to starboard, and we scrambled to stay top-side, so we wouldn't get dipped in the drink.



HMCS Oriole with the jinnaker flying and the San Juan Islands in sight.

The fore-deck crew, a team of the three biggest crewmen, were responsible for raising the main sail again.

Seemingly fearless despite the winds, the crew hauled and swung from the ropes to eventually restore our sail power.

After two days on the water, we had already experienced our moments of sheer terror, just as the crew

promised!

Wednesday and Thursday proved to be light wind days, traveling mostly by Jinnaker sail and under power.

The crew, ever adventurous, ferried the group out to San Juan Islands National Historic Park, where we spent an afternoon climbing mountains, and learning about the English camp established in 1859, when the United States and Great

Britain nearly went to war over a pig!

This beautiful and historic location was a once in a lifetime trek.

The expert crew made our experience on the ship memorable, regaling us with off shore tales of adventure.

It was just as rewarding listening to their exploits of whale spotting, the harrowing 21-day race to Hawaii, or the storms and 30-foot

swells you can only see on the open ocean, as it was living our own. We owe them a huge debt of gratitude for their guidance and patience.

It was a great week of adventuring and team work. We all pitched in, cleaned up, hauled rope and lasted through the cold and wind.

Even though we all passed our swim test, thank goodness we didn't have to use it, but it was close!



Sailing in 45 knot winds.



Members from 17 Wing work together onboard HMCS Oriole.

Afghan Uniformed Police mentored by CF members

By Capt Adam Thomson
Canadian Forces Combat Camera

On the frontier of Zhari District, a partnership between the Canadian Forces (CF) and the Afghan Uniformed Police (AUP) can be found in several Police Sub Stations (PSS).

This partnership, which is really all about mentorship, is a crucial step toward strengthening the Afghan police and enabling them to provide the people of Afghanistan with essential policing services.

In late October, a three-member Combat Camera team visited a PSS in Zhari to witness the work being done by the Canadian Forces to train, mentor and provide expert advice to the AUP.

After conducting two presence patrols and attending training sessions, the Combat Camera team members realized that the work done here is of utmost importance, and demonstrates that the AUP are increasingly able to police their communities autonomously.

In September 2007,

while mentoring activities were proving their worth to the Afghan National Army, it became apparent that a similar approach would be required to assist the Afghan National Police (now commonly referred to as the AUP) to overcome issues of credibility, lack of equipment, and overall mentorship.

A sub-unit was created under the Operational Mentor and Liaison Team (OMLT) known as the Police OMLT or POMLT and made up of CF members from combat arms and military police units.

Stationed in these remote sub-stations alongside the AUP, they provide regular indoctrination training, conduct joint presence patrols in the surrounding communities, maintain camp security, and constantly liaise with the ISAF and Afghan national security forces.

Selection for the AUP begins with appointment by a village elder, followed by a preliminary screening at the provincial Regional Training Centre.

Selected candidates receive two weeks of police training before they are dispatched to begin policing activities at community level.

Those who are sent to a PSS in Zhari are mentored by the POMLT, who build their skills and bolster their confidence and ability to react to the situations they will inevitably face.

According to Sgt Dave Gratto, the senior Military Police mentor at a PSS in Zhari District, "The AUP skills have drastically improved over the past year. I've found that the more you are willing to teach and show them, the more they see the value and demonstrate the willingness to learn. Once this knowledge is put into practical application, their performance has been exemplary."

Increased training will be crucial to building Afghans' trust, although one of the other important tasks for the AUP is to maintain a constant presence and dialogue at community level to help identify security threats.

Capt Hank Crawley, a



Sgt Dave Gratto instructs members of the Afghan Uniformed Police at a Police Sub Station.

Reserve officer who currently commands a PSS in Zhari, compared Canadian and Afghan policing services.

At home, Capt Crawley works with the Peel Regional Police and brings his own perspective to the challenges the AUP face in Afghanistan.

"Policing is the biggest link to the community. In Canada, police stations con-

stantly receive calls from the public on matters of local security, and in many cases these tips lead to solving crimes and responding to security threats," explained Capt Crawley.

Ultimately, in order for the Afghan police to fulfil their duties, he foresees that they will need to improve the level of trust that Afghans have in the AUP.

"This level of trust can only be developed through constant dialogue with Afghans, which is why we encourage them to speak to members of the local community at every opportunity. Perhaps the people of Afghanistan will then become more apt to turn toward the AUP to address security concerns in their area," he said.

20th ANNUAL CANADIAN FORCES SPORTS AWARDS CEREMONY

20^e CÉRÉMONIE ANNUELLE DU MÉRITE SPORTIF DES FORCES CANADIENNES



WE SALUTE OUR CORPORATE SPONSORS

for making the CF Sports Awards Ceremony a huge success!

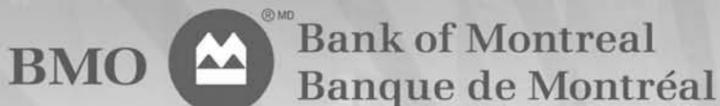
NOUS REMERCIONS NOS COMMANDITAIRES

pour leur apport au franc succès de la Cérémonie du mérite sportif des FC!

Presenting Sponsor / Commanditaire principal



Award Sponsors / Commanditaires des prix



CANADIAN WAR MUSEUM • MUSÉE CANADIEN DE LA GUERRE • NOVEMBER 22, 2008 • LE 22 NOVEMBRE 2008

What do the terms kids are using really mean?



Have you ever noticed how many names there are for various drugs?

For example, marijuana may be called ganja, hemp, Mary Jane, skunk, dope, grass, etc.

With all the slang terms

for drugs that are out there, it can be downright confusing trying to figure out what kids are talking about sometimes.

Recently, the Canadian Government has come up with a marketing campaign aimed at making adults (especially parents) aware of

some of the terms they may hear their kids using.

In that spirit, the following is a list of some of the terms that are commonly used but with a twist: all of these are things from our past (distant or recent) that are now used to mean something completely different.

As you can see, things have changed!

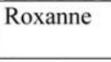
It is important to really listen to your kids. If you hear them talking about something that sound harmless (like Care Bears, for example), but the context doesn't seem normal, talk to them about it. If you're not

sure how to approach the subject of drugs or alcohol with your kids, the Government of Canada has put out a document with tips on how to go about this.

You can find it at <http://www.nationalantidrugstrategy.gc.ca/pdf/parents/talking-aborder>.

For more information on Addictions Awareness Week and the Health Promotion program, please contact your local Health Promotion office at 4150/4160 or visit our website at www.forces.gc.ca/health/services/engraph/health_promotion_home_e

Term	What it meant then	What it means now
AC/DC 	A band famous for hits like "You shook me all night long"	Cough syrup containing codeine
Bart Simpson 	The trouble-making young boy on "The Simpsons"	Heroin
Beam me up Scotty 	Something that Captain Kirk said on the original "Star Trek" series	Mixture of crack cocaine and PCP
Care Bears 	Cute, furry little cartoon characters with pictures on their bellies who always taught you a lesson about caring	Ecstasy
Casper 	A friendly ghost	Crack cocaine
Cocoa Puff 	A cereal you went coo coo for	Smoking a mixture of cocaine and marijuana
Elvis 	A rock singer known for his gyrating hips	LSD (acid)
Henry VIII 	An English king known for divorcing his wives or, failing that, having them executed	Cocaine

Jerry Springer 	Host of the trashiest of trashy talk shows	Heroin
KGB 	The Soviet secret police	Marijuana (stands for "killer green bud")
Kokomo 	An island the Beach Boys told us about where we wanted to go on vacation but were saddened to find out didn't exist.	Crack cocaine
Mellow Yellow 	A soft drink similar to Mountain Dew	LSD (acid)
Pee Wee 	Mr. Herman	PCP
Queen Anne's Lace 	A pretty white flower popular for weddings	Marijuana
Roxanne 	A song by the Police about a prostitute	Cocaine
Smurfs 	A race of tiny blue creatures that inexplicably survived despite having only one female in their population	MDMA (ecstasy)
Tootsie Roll 	A delicious caramel-chocolate candy	Heroin
Top Gun 	A movie starring Tom Cruise that is required viewing for all pilots prior to receiving their wings.	Crack cocaine

Community Recreation New Aquatic Supervisor

My name is Kendra Redekop and I am the new Aquatic Supervisor at 17 Wing Winnipeg. I am currently finishing my Recreation Management and Community Development Degree at the University of Manitoba and have been a lifeguard at Bldg. 90 for the past four years.

For those of you who have not had a chance to come and visit us in the pool, we have programs ranging from Parents and Tots which includes songs and games to get your little one accustomed to the water, as well as swimming lessons for all ages, through to Bronze Medallion, Bronze Cross, and NLS if you are looking to become a lifeguard.

Swimming lessons are offered Monday and Wednesday evenings as well as Saturday mornings and begin January 15, 2009 so stop by Bldg. 90 to pick up your program schedule.

We also have the Flying Tigers swim team running weekday evenings and the Flying Tigers Masters Club running Sunday mornings.

If you have any questions regarding any of the aquatic programs feel free to call me at #833-2500 ext. 7013 or email me at Redekop.KL@forces.gc.ca. Looking forward to seeing you in the pool.

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

Community Recreation Director Lori-Ann Mundt, ext 2059
Community Recreation Supervisor Lindsay Chmilnisky, ext 2057
Community Recreation Admin Assistant Ann Gibson, ext 5976
Aquatic Supervisor Kendra Redekop, ext 7013
Community Library, ext 2490

Check us out online www.voxair.ca  **THE VOXAIR**

Spin-a-thon
Is your unit up to the challenge??
November 21, 0800-1600,
Building 90 Theatre
Prizes awarded for: Best unit/sqn themed bike Team with the most participants. Many more giveaways throughout the day
For more information or to register your team, contact Joanna at Fitness & Sports local 2455.

Workplace ergonomics

Submitted by MWO Pat Kieffert
Assistant Wing General Safety Officer

Under the provisions of the Canada Labour Code, Part II, every Department of National Defence (DND) civilian manager and supervisor and every Canadian Forces (CF) member with supervisory or managerial responsibilities for civilian and military employees has defined responsibilities.

Section 125. (1) (u) - "Without restricting the generality of section 124, every employer shall, in respect of every work place controlled by the employer and, in respect of every work activity carried out by an employee in a work place that is not controlled by the employer, to the extent that the employer controls the activity, ensure that the work place, work spaces and procedures meet prescribed ergonomic standards [...]."

Currently there is no specific regulation that addresses workplace ergonomics.

However, there are many Occupational Health and Safety (OHS) issues related to the broad topic of ergonomics that should be considered, attended to and consulted upon with the Workplace Health and Safety Committee membership.

The word ergonomic comes from the Greek words "ergos", meaning work, and

"nomos" meaning laws or principles.

Therefore, it characterizes the laws of work - or the science - that studies the interactions between the worker and the total work environment.

The application of occupational ergonomics is fundamentally "fitting the task to the worker," contributing to worker health, safety, productivity and workplace morale.

Tasks which do not conform to good ergonomic design principles are responsible for a significant number of work-related musculoskeletal disorders (WMSDs).

Also known as Repetitive Strain Injuries (RSI), Cumulative Trauma Disorders (CTD), or Repetitive Motion Injuries (RMI), WMSDs are a result of a gradual or chronic development, and include repetitive and forceful movements, and awkward postures that arise from improper work methods and improperly designed workstations, tools and equipment.

Considered to be amongst the most costly OHS problems, injuries and illnesses related to poor ergonomic conditions may cause a great deal of pain and suffering among afflicted workers and consequently may decrease productivity and ability to do quality work.

Many ergonomic problems are associated with computer workstations and occur in the shoulder (monitor), elbow (chair), forearm (keyboard), wrist and hand (mouse).

Continuous work on the computer may expose soft tissues in these areas to repetition, awkward postures, and forceful exertions, especially if the workstation is not set up properly.

Good design of workstations will eliminate risk factors that might cause Repetitive Strain Injuries, will benefit both employers and employees by preventing injury, increase work productivity, improve morale and overall job satisfaction, and contribute to early Return to Work (RTW) if injuries do occur.

In partnership with Health Canada, the Wing General Safety (WGS) Office includes a graphical display illustrating the eight factors contributing to adaptation of workstations to personal posture.

The checklist can also be found at <http://www.hc-sc.gc.ca/ewh-semt/occup-travail/checklist-aidememoire-eng.php#cont>.

Information within this article was adapted from the Directorate of General Safety (D Safe G) and the Canadian Centre for Occupational Health and Safety (CCOHS).

Air Command Band Holiday Concert

Sunday, December 7, 2008
Doors open at 6 p.m.
Concert starts at 7 p.m.
Building 90 theatre

Free admission with silver donation or new unwrapped toy for the Care & Share program.



WOATS FOR KIDS

The 17 Wing Fire Services is helping with the annual collection of gently-used children winter outerwear for less fortunate families in the Winnipeg area.

Items accepted include coats, winter pants, boots or mitts all items are accepted.

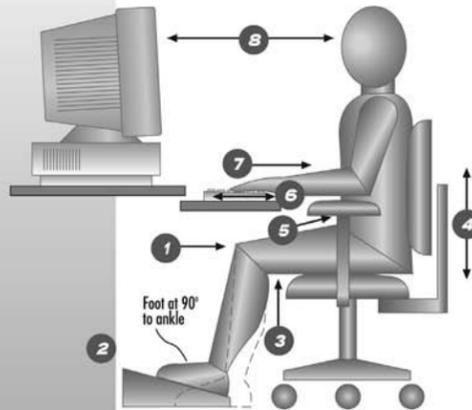
All items are cleaned and repaired before they are distributed. Adult sizes are also accepted and used for older children.

You can drop off your donation at the 17 Wing Fire Hall (bldg. 88) at any time until February 2009.

ADJUSTING AND ADAPTING YOUR COMPUTER WORKSTATION

CHECKLIST

A COMFORTABLE POSTURE...



EVERYTHING WITHIN REACH...

- Place the mouse next to the keyboard and at the same height.

- Document(s) should be on a document-holder that is placed either between the keyboard and the screen or next to and at approximately the same height as the monitor screen.

- A task light improves lighting on the document(s) you are reading.

A properly adjusted workstation allows you to adopt a natural and comfortable posture. To benefit from these adjustments, your work should be properly organized.

- YOUR THIGHS SHOULD BE PARALLEL TO THE FLOOR**
 - Adjust the height and/or angle of the chair seat.
- YOUR FEET SHOULD LAY FLAT ON THE FLOOR OR ON A FOOTREST**
 - Adjust the height of the chair seat.
- BACK OF THE KNEES SHOULD BE CLEAR OF THE FRONT EDGE OF THE SEAT**
 - Adjust the depth of the chair seat so that you can easily place your fist behind your knee.
 - Be sure to specify the appropriate seat depth length when ordering a new chair.
- YOUR BACK: LOWER AND MID-BACK SHOULD BE WELL SUPPORTED**
 - Adjust the height, tension, and angle of the backrest, to ensure the lumbar support is positioned at your waist.
- YOUR FOREARMS SHOULD BE SUPPORTED AND YOUR SHOULDERS RELAXED AT ALL TIMES**
 - The height of and distance between your armrests should allow freedom of movement for your forearms when performing tasks, yet provide support for them during rest periods or when using your mouse.
 - Avoid hunching your shoulders and ensure that the elbows/upper arms remain close to your torso.
- YOUR ELBOWS SHOULD BE AT APPROXIMATELY THE SAME HEIGHT AS THE KEYBOARD**
 - Adjust the height of your keyboard tray or work surface so the keyboard is at the height of your elbows.
- YOUR WRISTS SHOULD BE STRAIGHT AT ALL TIMES AND YOUR HANDS IN LINE WITH YOUR FOREARMS**
 - Adjust the angle and height of the keyboard tray or work surface to ensure straight wrists.
 - If your keyboard tray or work surface is not adjustable, adjust your seat to ensure straight wrists. You will need to use a footrest if you have raised the seat and your feet are not flat and well supported on the floor.
- THE MONITOR SHOULD BE AT A COMFORTABLE READING DISTANCE AND HEIGHT**
 - The viewing distance should be within 16" to 29" (40cm-74cm). About one arm's length.
 - The monitor height should allow the neck to be in a neutral position when looking at the top row of text on the screen.

AMÉNAGEMENT ET ADAPTATION D'UN POSTE DE TRAVAIL INFORMATISÉ

AIDE-MÉMOIRE

POSTURE CONFORTABLE...



TOUT À LA PORTÉE...

- Placer la souris à côté du clavier et à la même hauteur.
- Poser les documents à lire sur un porte-copie placé soit entre le clavier et l'écran ou à côté de l'écran, approximativement à la même hauteur que ce dernier.
- Une lampe d'appoint améliore l'éclairage des documents à lire.

Un poste de travail bien aménagé permet d'adopter une posture naturelle et confortable. Pour profiter de cet aménagement, on doit aussi bien organiser son travail.

- CUISSES PARALLÈLES AU PLANCHER**
 - Régler la hauteur ou l'angle du siège de la chaise.
- PIEDS APPUYÉS SUR LE SOL OU SUR LE REPOSE-PIEDS**
 - Régler la hauteur du siège de la chaise.
- ARRIÈRE DES GENOUX DÉGAGÉ DU REBORD AVANT DU SIÈGE**
 - Régler la profondeur du siège de la chaise pour que le poing passe facilement derrière le genou.
 - Assurez-vous de préciser la profondeur du siège lorsque vous commandez une nouvelle chaise.
- LE DOS : LE BAS ET LE MILIEU DU DOS DOIVENT ÊTRE BIEN SOUTENUS**
 - Régler la hauteur, la tension et l'inclinaison du dossier, afin que le support lombaire soit placé au niveau de la taille.
- AVANT-BRAS SOUTENUS DURANT LES PAUSES ET ÉPAULES TOUJOURS DÉTENDUES**
 - Régler la hauteur et l'espacement entre les accoudoirs pour permettre aux avant-bras de bouger librement lors de l'exécution des tâches et pour fournir un appui aux avant-bras lors des périodes de repos ou lors de l'utilisation de la souris.
 - Éviter d'arrondir les épaules et maintenir les coudes et les bras près du corps.
- COUDES APPROXIMATIVEMENT À LA MÊME HAUTEUR QUE LE CLAVIER**
 - Régler la hauteur du support-clavier ou du plan de travail pour que le clavier soit à la hauteur des coudes.
- POIGNETS TOUJOURS DROITS ET MAINS ALIGNÉES AVEC L'AVANT-BRAS**
 - Régler l'inclinaison et la hauteur du support-clavier ou du plan de travail pour que les poignets restent droits.
 - Lorsque le support-clavier ou le plan de travail ne sont pas réglables, régler le siège pour permettre aux poignets de rester droits. Utiliser un repose-pieds si la modification de la hauteur du siège empêche de maintenir les pieds à plats et bien appuyés au sol.
- DISTANCE ET HAUTEUR DE L'ÉCRAN CONFORTABLES POUR LA LECTURE**
 - L'écran devrait se trouver de 40 à 74 cm (16 à 29 pouces) des yeux, soit environ la longueur du bras.
 - La hauteur de l'écran doit permettre de garder au cou de rester en position neutre lorsqu'on regarde la première rangée de texte affichée à l'écran.



204.833.2500 ext. 4500

Fax: 204.489.8587 • Email: wpgmfrc@autobahn.mb.ca
 102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5



Deployment Services

If you need a break to do some errands, here are three services that are available:

North Side Youth Centre - MFRC 102 Comet St

The North Side Youth Centre is open Tuesday to Thursday from 6 - 8 pm for a drop in program for elementary school age children. We can also make available our Childrens Room at the MFRC 102 Comet St on Saturdays from 1:30 - 4:30 pm, but it is not a drop in program and you must pre-register by contacting Sandra Doody at 833-2500 Ext 4507 at least 48 hours in advance.

South Side Youth Centre - 347 Doncaster St

The South Side Youth Centre is open Monday to Friday from 3:45 - 6 pm for elementary school-age children.

Casual Child Care

This program is for children aged 18 months to six years. Children must be registered at least 24 hours in advance; however one week notice is recommended. Please send a peanut free snack for your child and diaper supplies if applicable. To register please contact 833-2500 ext 2491.

MFRC - 102 Comet St (Cost is \$8 for one child or \$12 for two or more children of the same family)
 Mondays (until 1 Jan) 9:30 am to noon Tuesdays (after 1 Jan) 9:30 am to noon
 Westwin Children's Centre (Cost is \$8 for one child or \$12 for two or more children of the same family)
 Thursdays 9:30 am to noon



Donation

Jeff Mager from True North Sports and Entertainment presents Don Brennan, Executive Director and Troy Zuorro, Board of Directors Chairperson with a cheque. These funds were raised from the sale of Neil Diamond tickets earlier in the fall. The money is in support of the MFRC's Yellow Ribbon Gala.

New at the MFRC

The Winnipeg Military Family Resource Centre is proud to announce that we now accept payment via Interac. This makes registering for programs, purchasing Support our Forces merchandise or buying your tickets to the Yellow Ribbon Gala that much easier.

Holiday ornaments

The MFRC is selling Yellow Ribbon ornaments during the holiday season, starting November 12, 2008. There are five designs in total, but there are limited quantities available. They are available for purchase from the MFRC or the Jerry Gallipeau Kit Shop at 1 Cdn Air Div for \$12 each or two for \$20.



CF Members' Assistance Program

Canadian Forces Members Assistance Program (CFMAP) - 1-800-268-7708 or for the hearing impaired dial 1-800-567-5803
 What is the program all about?

This is a voluntary and confidential service to help members and their families (Regular and Reserve) who have concerns that affect or could affect personal well-being and/or work performance. Your concerns could deal with marital problems; stress due to deployment of a family member; work-related, including harassment and sexual assault; or alcohol, drugs and prescription drugs.

How to contact the Member Assistance Program

This is a voluntary program. Any individual wishing to talk to a professional counsellor or to make an appointment can simply call the Member Assistance Program, 24 hours a day, 365 days a year. Who offers these services?

The Employee Assistance Services of Health Canada, using professional counsellors, provide these services. With over 20 years of experience, Health Canada continues to assure a professional service of high quality to thousands of public sector employees.

New staff member

Hello everyone. My name is Vinessa West. I was born in Toronto, ON and raised in Regina, SK.

I graduated from the University of Regina in 2003 after completing a Bachelor of Social Work Degree.

I have several years of experience in the areas of financial assistance and child welfare working for both the Ministry of Social Services in Saskatchewan and Métis Child, Family and Community Services right here in Winnipeg.

I also have over 10 years of collective Class A and Class B Reserve experience working as an officer within the Canadian Cadet Organization.

I am truly excited at the prospect of being a member of the team at your Military Family Resource Centre and I look forward to working with you over the next year.

Please let me know if I can be of any assistance to you and your family.



Change of Date

Due to conflicting events on Dec 7, the Volunteer and Deployed Family Holiday Party has been changed to Tuesday December 9. We are hosting a Holiday Open House at the MFRC at 102 Comet St. between 4:30 p.m. and 8 p.m. Watch your mail boxes for your invitation with more information on this great event. This is strictly a drop in evening and therefore registration is not required. Please bring your invitation with you.

Merchandise sale

Staff from the MFRC will have a table set up in the Atrium at 1 Cdn Air Div on Wednesday, November 18 from 1130 - 1300. We will be selling our Yellow Ribbon Holiday Ornaments, Support Our Forces merchandise and Yellow Ribbon Gala tickets. Start your holiday shopping early!



Where's Soldier Bear?

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

Featuring our Honoured Speaker
 General W. Natynczyk,
 Chief of the Defence Staff

with Special Presentation of
 The Birchall Leadership Legacy Award
 to
 General R. Henault (Ret'd.)

Entertainment by
 The Air Command Band

MFRC
 MILITARY FAMILY
 RESOURCE CENTRE
 WINNIPEG

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

Yellow Ribbon Gala

For ticket information contact
 204.833.2500 ext. 4500
 at the MFRC - 102 Comet Street
 Monday to Friday 8:30am - 4:30pm

**Saturday,
 February 21st, 2009**

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

\$85.00 per person*

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

Dress:
 Mess Kit, Formal Attire

Ticket sales begin
 November 3, 2008

Traditions have an important role in people's lives

By Padre David Stewart

I have been involved with many worshipping communities and each one has had their own unique traditions.

The Church also has many shared traditions. These traditions help us to mark the passing of time in a meaningful way. They also offer us a way to reconnect with our history even as they remind us of who we can be today and tomorrow.

Within the Church Calendar we mark the passing of the year through what we call the Lectionary Calendar, which has more than just the four seasons to which we are accustomed.

One of the many special celebrations that we mark within our special calendar is a day known as All Saints Day, which was just held on November 2.

This year we also celebrated Holy Communion on this day. Both of these traditions bind us together as a community and to the greater community of the saints, those who are past, present and future.



Having these two events occur simultaneously is actually very significant.

All Saints Day is the day in which we give thanks to God for those saints "That have proceeded us in the faith" and we remember the ways in which they have influenced our lives in a positive way.

This can sometimes seem a little sad and sombre. But when it is paired with the celebration of Holy Communion, it becomes something more. I say this because during the celebration of communion we re-

member Christ's death, life and resurrection and so we are also celebrating that possibility for all the saints, that promise of the resurrection, of new life.

As a nation we have just celebrated Remembrance Day.

The significance of the day was starting to become lost as each succeeding generation became further removed from the realities of international armed conflict. However, Canada's soldiers are once more involved in a conflict that fully demonstrates the reality of armed conflict. We are learning once more that the price of such conflict is the price of life itself, the lives of our men and women in uniform.

As a nation we are being affected by this international conflict, which has taken us out of comfort zone of false security.

For years we lived in this comfortable space where such conflicts didn't really affect us. It was something that happened in the past. While it was something that shaped us as nation over the last century it did not

have any real impact on our younger generations.

But now Canada is again involved in a serious conflict and when we were called upon to respond we did so willingly. At the beginning we were aware that this was an important issue and would require sacrifice.

I hope that as we have

gathered together this past Remembrance Day that it is no longer just another day off but rather a living tradition in which we are reminded of those, past, present and near future, who have willingly offered their lives for our freedoms and the freedoms of other nations.

This day allows us to

honour them and their families, for they too have paid the price for all of these conflicts.

"They shall not grow old, as we that are left grow old. Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them."



Trick or treat

1 Canadian Air Division/Canadian NORAD Region Headquarters personnel got into the spirit of Halloween and showed off their costumes on October 31, 2008.

Together in Church

Catholic

Chaplains

Padre Lance Magdziak
Roman Catholic Office 833-2500 ext 5272

Padre Jean Johns
Roman Catholic Office 833-2500 ext 5349

Padre Joe Johns
Roman Catholic Office 833-2500 ext 5785

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

Masses (English only)
Sunday 1100 hrs

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

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

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

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

Catholic Women's League meets in the Chapel Annex the third Monday of each month at 1830hrs.



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.

Protestant

Chaplains

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

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

Padre Ken MacRae
(Presbyterian) Office 833-2500 ext 5087

Padre Gord Mintz
(Anglican) Office 833-2500 ext 5087

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

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

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

Sunday Services (English Only) 0900 hrs

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

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

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

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

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.

You are invited to attend a free 1 Cdn Air Div/CANR & 17 Wing workshop in recognition of the United Nations International Day of Persons with Disabilities.

**Disability Awareness
Resource Training (DART)
3 December 2008
0900 - 1600 hrs
1 Cdn Air Div HQ (Bldg 25),
Mynarski Hall**

This workshop will include: the exploration of myths and stereotypes and provide an insight into what people with disabilities face on a daily basis. DART will employ videos, a consumer panel, empathetic modeling, hand outs, activities, power points presentations and interactive participation. This workshop will be facilitated by staff from the Independent Living Resource Centre.

Registration deadline: 21 November.
Please register with Flo Bambenek
Bambenk.F@forces.gc.ca

Classifieds

For sale

1995 Suzuki Sidekick, 4 door, 4 wheel drive, 5 speed standard, dark green. Good condition. Low mileage. Asking \$2500. Phone 897-5495. ⁽¹⁹⁾

17' trampoline. Replaced perimeter pad. Asking price of \$100 includes help with first assembly. Phone 897-5495. ⁽¹⁹⁾

Blanket chest. Beautiful dark gold finish. Approx 5'Lx2'Wx2'H. Asking \$200. Phone 897-5495. ⁽¹⁹⁾

Boys' BMX bike (blue). Suitable for ages 10-13. Asking \$50. Phone 897-5495

Men's Air Force Mess Kit. Excellent condition. Chest 40-42, waist 38 \$175. Includes, cummerbund, bow tie, suspenders, shirt buttons and jacket clasp. Phone 832-0155. ⁽¹⁹⁾

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

Clerks needed

The 17 Wing Air Reserve Flight is seeking Reservist clerks to fill a severe shortage at 17 Wing. You can work full or part time, and people of all ages can apply. For more information or an interview, contact:

**MWO Dennis Hendrickson
17 Wing Air Reserve Flight
Training & Recruiting WO
(204) 833-2500 extension 5712**

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

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

TAROSCOPES

BY NANCY

Aries (March 21 - April 19): If you are feeling hemmed in by circumstances, why not think of it all as a game? You're more resourceful when having fun. And, there is a way out. You can find it. What you start now has a long term positive impact. So get going. Though it may seem a bit boring, stay the course.

Taurus (April 20 - May 20): Though someone else has gained the right to call the shots you're not happy about it. Find out what you must do to have more of a say. Don't assume anything. Start over. Listen and learn. What you know isn't enough to carry you forward yet. Consult others who are knowledgeable.

Gemini (May 21 - June 21): Take Stock. Before you can plan your next move, you have to know what you have to work with. Getting a handle on the basics brings peace of mind so deal with necessities and determine how to organize yourself. Learn from life so that you can move on. The future beckons.

Cancer (June 22 - July 22): Events are gaining momentum and may feel out of control but this is because more is going on than you realize. You must be the one to instigate change. Think things through carefully before sharing your thoughts. Money is an issue once again. Keep a tight rein on spending.

Leo (July 23 - August 22): Another's lack of support is disappointing but it's not the end of the world. Options seem limited but you have the ability to work through this. Life isn't happening to you. You are the key player in your life, not others. Therefore you must do what is required to turn things around.

Virgo (August 23 - September 22): When you believe anything is possible amazing things happen. You thrive on high energy activities so get out there and meet life head on, even the tough stuff. You'll soon be learning about a great place to go, and enhancing a comfortable harbor to come home to.

Libra (September 23 - October 23): You're in a phase of do, do, do. You want to create something special. Consult experts before starting, for you want only the best. This also has to be fun. There is joy in accomplishing what you set out to do. Be responsible but also spend a little more now to save a lot, later.

Scorpio (October 24 - November 21): The perspective you take strongly influences how you feel. Reality may take a toll on your ideals and idols may not live up to your expectations. Still it is possible to be realistic and maintain your passion. What you want is right in front of you. Calmly take another look.

Sagittarius (November 22 - December 21): You've tried to be honest with yourself and others but somehow you feel like you've missed something. What are your assumptions about what another has experienced? You may find your sense of security is an illusion for everything is constantly changing.

Capricorn (December 22 - January 19): Trying to fit in is limiting. You're on your way to better things. Even if you think you know it all (and certainly you do know a lot), be open to the advice of others. Leave room for revisions when making plans. You gain a stronger sense of purpose, now. Nurture yourself.

Aquarius (January 20 - February 18): There will be lots to get settled in the next little while. Take it one step at a time so you don't feel overwhelmed. Trust your judgment even if it has not seemed the best sometimes. That was then, this is now. You've changed. What is meant to be, will be.

Pisces (February 19 - March 20): Get past limiting beliefs by taking action. Don't worry about those who doubt you. Look on the bright side and trust that something wonderful is about to happen. You've learned from the past that you can handle a lot, so get out there and show them what you're made of.

FOR APPOINTMENTS CALL 775-8368

ASSINIBOIA UNIT NO. 283

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



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

WELCOME ALL MILITARY PERSONNEL

PROUD OF OUR PAST



PROTECTING OUR FUTURE
Welcome...

ST. JAMES LEGION

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

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

HOOK & SMITH

Barristers, Solicitors & Notaries Public

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

Dennis A. Smith, Grant W. Davis, Winston F. Smith, Q.C.,
Sarah Thurmeier and Bernard Toews



Telephone - (204) 885-4520

Fax - (204) 837-9846

Email: general@hookandsmith.com

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



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 •

GRANT CLEMENTS

CD, FRI, SRES

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

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

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

PROUDLY SERVING OUR MILITARY FAMILIES WITH:

- 26 years of military service
- Complimentary Relocation Package couriered to you within 24 hours
- Personal prospecting web site – get up to the minute listings emailed to you daily
- Thorough knowledge of the Winnipeg and surrounding areas market
- Assisted more than 3,500 buyers and sellers

KELLY CLEMENTS

SRES, CERC



Father and daughter team

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



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

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 Kristine K. Barr
 Donna G. Kagan Rachel Smith Alicia B. Sawka

"Our fees conform to the ERS guideline"

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

MINNIE ANN PIERCEY

(204) 987-2121



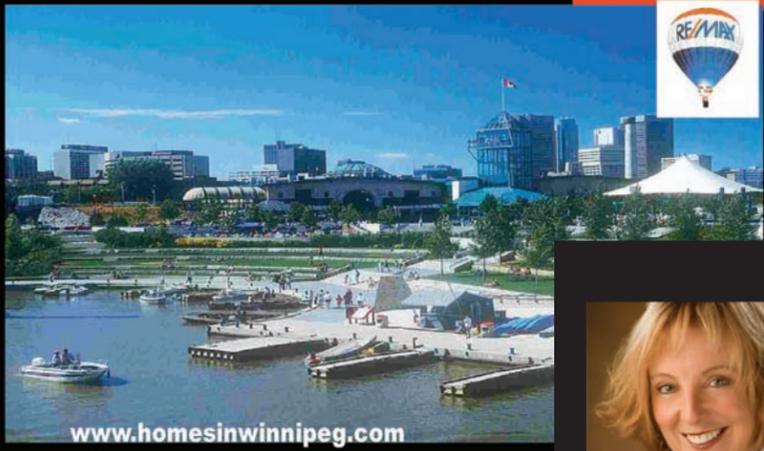
- Ex Military
- Master Emerald Award Winner
- WREB Award Winner
- Free Decorating Consultation



Up to 1500 Airmiles FREE when
 you buy or sell with me!

1901 Portage Ave Winnipeg, Manitoba R3J 0H9
 Email: minnieann@escape.ca Office: (204) 987-2121
 Web: www.winnipeghomes.net Cell: (204) 770-4619

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



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



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
trudj@mts.net
 Re/max Hall of Fame

"spirited energy"



MAXIMUM Realty Ltd. Serving Winnipeg & Surrounding Areas

Residential - New Homes - Condos - Relocation - Referrals



Fred Levesque CD
 (204) 777-5555
maximumrealty@shaw.ca



Lee Wren
 (204) 781-4487
leewren@mts.net



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



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



THE DAN VERMETTE

Home Selling **TEAM**

www.danvermette.com
 Service en Francais



255-4204



Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service



Proud to Assist Military Families

Relocation Specialist

25 Years Experience
 in the Winnipeg
 Real Estate Market



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

