



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

February 20, 2008

VOLUME 56, ISSUE 3

FREE



Colin Aitken

Manitoba Moose hockey team visits 17 Wing

The entire Manitoba Moose hockey team visited 17 Wing Winnipeg on Wednesday, 30 January.

With a professional photographer and a 435 Sqn C-130 Hercules on hand for a photo shoot, Moose players joined CF personnel to snap the photo that will grace a poster to be handed out at the hockey

club's Military Tribute night on March 1, 2008.

On that night, the Moose will honour the Canadian Forces and celebrate the 60th anniversary of the Royal Canadian Air Force hockey team winning the gold medal in ice hockey at the 1948 Olympic Games.

At the photo shoot, military personnel and Moose players wore the replica RCAF jerseys they will wear during the game.

The Manitoba Moose celebrate the Canadian Forces every year during the club's annual Military Tribute Night.

The Manitoba Moose will take on the

Quad City Flames (primary affiliate of the Calgary Flames) in this year's contest on March 1.

The Moose/RCAF jerseys will be auctioned off on the concourse, the Hockey Hall of Fame will display military-themed materials, and Thunderstix will be distributed to the first 5,000 fans.

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Province appoints first Special Envoy for Military Affairs

Premier Gary Doer appointed Bonnie Korzeniowski, Member of the Legislative Assembly for St. James, as Manitoba's first Special Envoy for Military Affairs on February 4.

Korzeniowski was quick to assume her new duties, participating in the Yellow Ribbon of Support campaign kick-off at the Legislature the next day.

"Bonnie Korzeniowski has been a long-time friend of the Canadian Forces in Manitoba," said 17 Wing Commander Col. Scott Howden. "I'm very pleased that Premier Doer has decided to recognize the work she has done on behalf of military members and families by appointing her as the Special Envoy for military Affairs."

Korzeniowski grew up in a military family, with her father serving in the Royal Canadian Horse Artillery.

As well, she was a social worker in psychogeriatrics for 12 years at the Deer Lodge Centre, which provides a wide range of services to both serving and retired military members.

She was first elected as an MLA in 1999.



Bonnie Korzeniowski is Manitoba's first Special Envoy for Military Affairs

2Lt Adam Kusch takes honours for Basic Air Navigator Course

By Cpl Brenda Gullen

Second Lieutenant Adam Kusch, who rejoices in the nickname Navrick, finished Basic Aircraft Navigator Course 0603 on 13 December as the top stu-

dent, earning his wings and a promotion to Lieutenant at the Canadian Forces Air Navigation School here.

He has been posted to 19 Wing Comox where he will serve as a navigator on

the CC-115 Buffalo aircraft with 442 Transport and Rescue Squadron.

Lt Kusch was born in Sidney B.C. to Sue Archer and Ron Kusch. He graduated from Parkland Second-

ary High School and joined the military in Victoria in 2002. He graduated from the Royal Military College in Kingston, receiving his bachelor's degree in Computer Engineering.



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Serving or former members are eligible to apply; they must have served in the Canadian Army, after 1st October 1946, or in the Canadian Forces, after 31 January 1968, and have a minimum of one year Regular Force military service. Selection may be based on family income, years of service and individual family circumstances.

Loans are repaid by the member over a 12, 24, 36 or 48 month period.

Application forms are available on our website at http://sisip.com/en/Downloads_e/ealp_e.asp or from the Canadian Forces Base Financial Counsellors, district offices of Veterans Affairs Canada, and the Provincial Command offices of the Royal Canadian Legion. They may also be obtained by contacting the CFPAF office at 234 Laurier Avenue West, Ottawa, Ontario, K1P 6K6, telephone 613-760-3447 or toll free 888-753-9828.

For those who wish to obtain their loan in time for the semester beginning in September, your submission should arrive at CFPAF by 30 June. Otherwise, applications will be accepted throughout the year until the funds allotted for the EALP are exhausted.

CAPFC programme de prêts d'études

La Caisse d'assistance au personnel des Forces canadiennes offre un programme de prêts d'études venant en aide aux membres actifs ou à la retraite et leurs personnes à charge pour défrayer le coût des études post-secondaires à temps plein. Ces emprunts comportent un taux d'intérêt réduit et sont disponibles en montants de 1 200 \$ et 1 500 \$, puis par tranches de 500 \$ jusqu'à un maximum de 4 000 \$ par étudiant, par année, jusqu'à concurrence de 16 000 \$ à vie par étudiant. Il est à noter qu'une période de 12 mois doit s'écouler avant qu'une nouvelle demande puisse être considérée.

Tout membre en service ou ancien membre de la force régulière des Forces canadiennes peut soumettre une demande. Le demandeur doit compter un minimum d'un an de service dans la force régulière, soit dans l'Armée canadienne, après le 1er octobre 1946, ou dans les Forces canadiennes, après le 31 janvier 1968. La sélection peut être basée sur le revenu familial, les années de service ainsi que toute situation familiale exceptionnelle.

Les prêts sont remboursables sur 12, 24, 36 ou 48 mois.

Les formulaires sont disponibles sur notre site web http://sisip.com/fr/Downloads_f/ealp_f.asp ou auprès des conseillers financiers des Bases militaires, des bureaux d'Anciens combattants du Canada, et des bureaux régionaux de commandement de la Légion royale canadienne. On peut aussi se les procurer en s'adressant à la CAPFC, au 234 Laurier avenue Ouest, Ottawa, Ontario, K1P 6K6, téléphone 613-760-3447 ou sans frais au 888-753-9828.

Pour ceux qui désirent obtenir leur prêt à temps pour la session de septembre, veuillez nous faire parvenir vos formulaires de demande pour le 30 juin. Autrement, nous accepterons les demandes tout au long de l'année, jusqu'à l'écoulement des fonds disponibles pour le PPE.

Correction: In the February 2, 2008 issue of Voxair the photographs in the WComd hockey tournament story were transposed. We apologize for the error.

Local Sea Cadet deploys onboard VANCOUVER

St. Ann sea cadet Chief Petty Officer 2nd Class (CPO2) Denna Trachsel is one of six teenaged members of Royal Canadian Sea Cadets from across Canada selected for an extraordinary opportunity.

She departed 4 February aboard HMCS VANCOUVER on a four-week adventure taking her to Pearl Harbour, Hawaii and providing her the opportunity to observe first-hand the Canadian frigate at work with units of the United States Navy.

Cadets selected to take part in the month long travel experience must be recommended by the corps commanding officer, have parental approval and a scholastic record that indicates that ability to maintain a self-study program during the school year.

All are senior cadets, 16 to 18 years of age, holding leadership positions in their cadet corps. During the trip they are employed in all departments in the ship and are required to complete a record of practical factors workbook.

Those who satisfactorily meet all the requirements at sea are awarded the seamanship qualification.

Sea Cadets are not members of the Canadian Forces and there is no expectation that the young people will enrol in the military. The experience does give the youth an opportunity to better understand the activities of Canada's Navy.

HMCS VANCOUVER, is a Halifax class frigate assigned to Canadian Fleet Pacific.

The ship will be en-



CPO2 Denna Trachsel will be aboard HMCS VANCOUVER for a four-week deployment.

gaged in a training exercise with the United States Navy and will return to Canada the first week of March.



HMCS VANCOUVER.



Promoted to Captain

Lt Karen Gardiner, Commanding Officer of 227 RCACS in Geraldton ON receives her promotion to the rank of Capt by RCSU (Pra) Detachment Winnipeg representative, Capt M. Craig on November 21, 2007.

Capt St. Germaine receives top student honours for Basic Air Navigation Course 0605

By Cpl Brenda Gullen

Capt Geoff St. Germaine completed Basic Air Navigator Course 0605 as the top student, winning his navigator's wings and a promotion from 2Lt to Capt during the course's wings parade in Winnipeg on 13 December 2007.

Capt St. Germaine is

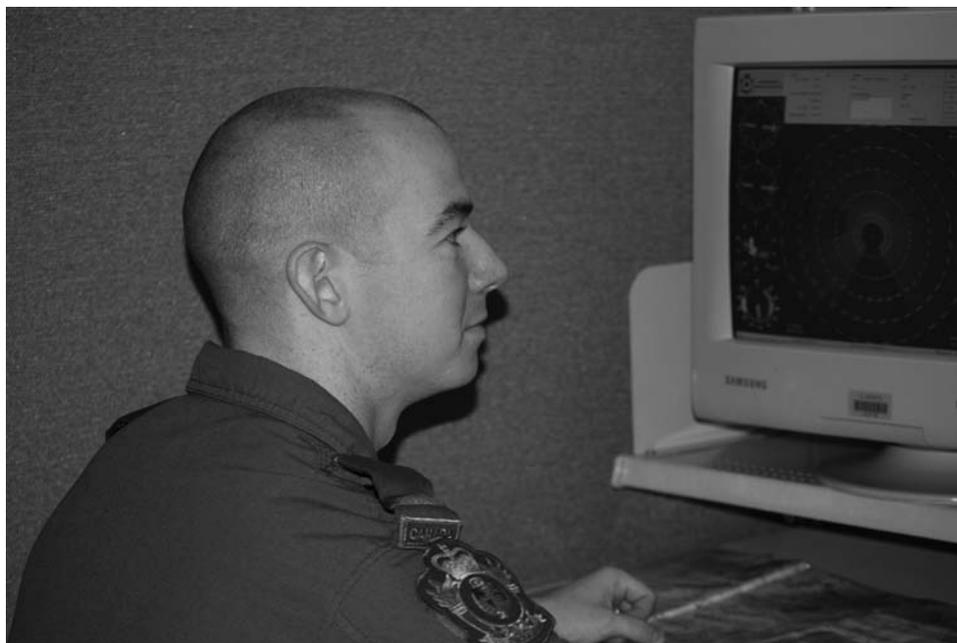
posted to the Canadian Forces Air Navigation School here, where he will be instructing new navigators.

Capt Geoff St. Germaine was born in Corner Brook, Newfoundland and Labrador to Wendy and Grant St. Germaine, an RCMP member. Capt St. Germaine graduated from high school in Vegreville, Alta., before

joining the Air Force in June 2000.

A graduate of the Royal Military College of Canada in Kingston, Ont., he completed his bachelor's degree in physics in 2004.

Capt St. Germaine met his wife, Wendy, while pursuing his master's degree in physics at the University of Saskatchewan.



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CF vital to maintaining Canada's presence in the North

By 2Lt Jordan Woodman

The inhospitable nature of the North has always been respected for the natural defence it provides. Until recently, discussions surrounding defence of the North were not given much attention. As environmental changes continue to reshape the land, debates about the

security of the Arctic have come the forefront.

According to a recent university conference, the value of the untapped resources, the increased access to shipping lanes, and the new sovereignty issues concerning the Arctic have all heightened interest in the North.

The University of Mani-

toba explored this issue at its Political Studies Students' Conference (PSSC) entitled, "Arctic Security: Challenges and Options." The 23rd annual conference was opened on Jan. 30 and over the next three days, 18 speakers explored many key issues related to the Arctic.

BGen Christine Whitecross, Commander-Joint Task Force North (JTFN-Yellowknife), was the keynote speaker at this year's conference. In her opening presentation she discussed the role that the CF plays in maintaining Canada's presence in the North. "The JTFN mission encompasses all defence related issues in the North," said BGen Whitecross, "including border/marine security, emergency management, national event support (Olympics 2010), counter-terrorism, and search and rescue."

The harsh climate of the Arctic makes it unique, and operating in such an environment has many challenges. BGen Whitecross explained how weather, vast distances of time and space, and unreliability of communications in the arctic environment all provide challenges that are uniquely Northern. She stressed the importance of incorporating the local aboriginal populations into the defence of the North.

"The skill sets required to operate in the Northern environment are traditional and passed on from generation to generation," said BGen Whitecross. To ensure these skill sets are passed on, the locals work in co-operation with the CF through the Canadian Rangers. Many of the remote hamlets in the



MCpl Brian Durelle (left), from the 2nd Battalion, The Royal Canadian Regiment (2RCR), and Canadian Rangers, Tommy Qaqasiq (center) and Roger Alivaktuk (right), discuss the route they will take for a patrol during Exercise NARWHAL, which took place in 2004.

Arctic have units of Canadian Rangers who provide patrols, enhancing the security of their homeland.

"They are the eyes and ears of the CF in the North," said Whitecross. She explained how the Canadian Rangers use their local knowledge to aid in operations, and how the skills they pass on to other CF members are invaluable. The Canadian Rangers allow the remote areas of the Arctic to be defended by the people who live there and know the land intimately.

According to BGen Whitecross, the success of this co-operation has received international attention. Other nations have inquired about ways to better incorporate their indigenous populations into their own defence policy.

Cmdr Paul Dempsey, Commandant of the Canadian Forces Naval Operations

School, provided further insight into the Arctic landscape. During his presentation he discussed the historical claims that Canada has concerning the waterways of the Arctic. Cmdr Dempsey said that the legitimacy of these land claims is something that is being heavily debated in the international community. He also acknowledged that the debate stands over whether the Northwest Passage is considered, "internal waters," or whether it falls under the realm of "international waters."

According to Cmdr Dempsey, Arctic nations are quickly trying to justify their rights to the land. Canada has been given a deadline of 2013 to present their claims to the territory in the Arctic. These claims must show that the land in question is an extension of the continental shelf of Canada itself.

Cmdr Dempsey then discussed the increasing role that the CF is taking to enhance Canada's presence in the Arctic. He discussed the government's future plans for a fully operational docking and refuelling facility in Nanisivik, Nunavut, and how this will improve Arctic operations. According to Cmdr Dempsey, the Port of Nanisivik will be the CF's gas station of the North. The site is expected to be fully operational in 2015.

The location of Nanisivik at the mouth of the Northwest Passage addresses another key concern. "Improving our radar awareness of the critical choke points along the passage is necessary to further legitimize our claim to those waterways," said Cmdr Dempsey. He stressed the importance of the CF presence in the North and how it aids in supporting our claim to the land.



An Inukshuk, meaning likeness of a person in Inuktitut, is a stone figure used as a beacon to guide travellers and mark food caches in the north.

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We would like these veterans to contact us by either visiting our Web Site at <http://natoveterans.org> or sending an e-mail to joordens@nbnet.nb.ca or give us a call at 506-472-1943.

Air Command Band honours past while looking forward

Feature unit

By The Air Command Band

The Air Command Band is a 35 member, full-time professional ensemble that performs throughout Canada and abroad. The role of this diverse band is to provide musical support to the Canadian Forces, all levels of government, and to a variety of public functions. The Air Command Band is presently under the direction of CWO Dennis Walker, CD, OMM.

The history of the Air Command Band

In 1946, Carl Friberg, a wartime bandmaster working as a public relations representative in Vancouver, was transferred to Winnipeg. At that time, he was invited to form a professional band for the Royal Canadian Air Force No.2 Training Command. This 30-piece band was operational by the next year and was soon transferred to Edmonton as the North West Air Command Band. The group's first high profile engagement was to accompany His Excellency - Viscount Alexander, the Governor General, on his 1948 tour of Western Canada.

In 1955, the North West Air Command Band became the Tactical Air Command Band and its complement of musicians was increased to 55. That year the band participated in an overseas tour, with performances in Eng-

land, France, Belgium and Germany.

The Band was transferred back to Winnipeg in 1964 and amalgamated with a portion of the Air Transport Command Band, which had been disbanded in Trenton, Ontario.

With the 1968 unification of the Army, Navy and Air Force in Canada, this Air Force band combined their talents with the Royal Canadian Horse Artillery Band and adopted yet another title. The Canadian Forces Training Command Band was now operational. At this time, there were ninety musicians in the unit.

Air Command was formed in 1975, with its headquarters in Winnipeg. To accommodate this, the ensemble was renamed the Air Command Band, and had an establishment of thirty-five musicians. With the re-organization of the Canadian Forces Band Branch in 1994, the Band was augmented to forty-five.

The year 1997 saw Air Command headquarters move to Ottawa and the formation of 1 Canadian Air Division, headquartered in Winnipeg. In keeping with these changes, the band was renamed The Band of 1 Canadian Air Division, with an establishment of 35 members. In the summer of 2000, the band was renamed the Air Command Band.

Ensembles and Performances

Military and public parades, ceremonial occasions,

international tattoos, public and school concerts, official dinners, dances and receptions are all typical engagements for this group. The primary ensemble of the Air Command Band is the Concert Band. With versatile programming capabilities, the Concert Band is equally at home performing formal public concerts, lighter-style concerts in the park, and programs specifically designed for high-school audiences.

The Parade Band provides musical support for all types of military functions. This music in motion ensemble can be heard marching down streets throughout the country in community parades and festive events. The Parade Band also maintains a marching display that has impressed audiences of all ages at International Tattoos and Festivals throughout Canada, the United States, and Europe. The Air Command Band provides smaller chamber ensembles ideal for venues where space is limited, or where a more intimate atmosphere is desirable. Our Brass Quintet, Woodwind Quintet, Clarinet Quartet and Dixieland Band provide music from New Orleans-style jazz to Mozart and Wagner.

The Rhythm in Blue Stage Band provides the contemporary sound of a large jazz orchestra. It plays numerous styles - funk, swing, rock, Latin, and more - and is sure to please the jazz connoisseur. The Stage Band plays arrangements and compositions by such modern jazz-ensemble greats as Rob McConnell, Maynard Ferguson and Bob Mintzer. Similar in form to the Chamber Ensembles, our Jazz Octet and Jazz Quartet are ideally suited for small venues that call for the intimacy of jazz.

Recent Tours, Concerts, and International Performances

The Air Command Band receives a great many requests for musical services



The Rhythm In Blue Stage Band performs at Calgary's downtown Eau Claire Market, 2005.

over the course of a year. Frequently the band is requested to perform both a daytime school concert (designed to connect with as many students in the area as possible) and an evening, fundraiser or benefit concert for the general public, in the same venue and for the same community. The Air Command Band's area of geographic responsibility extends from Northern Ontario (Thunder Bay) westward, and includes the provinces of Manitoba and Saskatchewan, so many performances have taken place in both near and remote areas within these boundaries.

The Band has been working closely with the Canadian Forces Recruiting Centre (CFRC) in recent months as Op Connection has gone forward, and this has been a chance for CFRC personnel to actually come along with the band on various tours, and to meet and greet the public as part of these concert events. In October, 2006, the band visited Northern Manitoba for an extensive tour and series of concerts. Swan River, The Pas, and Thompson were included in this series of school and public concerts.

A typical program for these kinds of events includes Pop music, a spotlight on the Stage Band, and numerous vocal and instrumental solos. The audience

often stands up when the Navy, Army, Air Force and RCMP marches are played as musical salutes to the Veterans of the CF, many of whom are always in the audience. This kind of public band concert, which is also very much a public awareness event about the CF itself, always generates much interest with the audience.

Following the concerts, people young and old often approached the stage - asking for autographs to their concert programs. At times like these the band members felt they had accomplished some of the larger goals of these concert events - connecting with the public on an individual basis and serving as a portal, a musical window on many ceremonial aspects of the CF.

Vimy Ridge Commemoration 2007 - Last April, the Government of Canada mounted a series of events and activities to commemorate the 90th Anniversary of the assault on Vimy Ridge and to mark the occasion of the re-dedication of the newly-restored Vimy Memorial. Present for the ceremonial component of these events were the Air Command Band from Winnipeg, the Central Band of the Canadian Forces from Ottawa and selected Canadian Forces Pipes and Drums. They were augmented by an Honour Guard and Vigil, drawn from CF units across Canada.

In preparation for this auspicious occasion, and during the week of 22-26 January 2007, the combined Air Command Band recorded some of the music for a commemorative CD; the recording was done in the new state-of-the-art music studio in building 90 here at 17 Wing. Conducted by

Captain Peter Archibald, the finished CD included martial and popular music pertinent to the ceremony and history of the time. Narratives over the music told the story of the Great War and Canada's role in the Battle of Vimy Ridge. These CDs were distributed as souvenirs during the ceremonies and parades taking place in France in April 2007.

The Canadian contingent for the commemoration rehearsed in Trenton in late March, and flew to France on 1 April. The combined Air Command Band/Central Band/Pipes & Drums provided musical support for the Freedom of the City Parade in Arras, France on April 7, and the ceremonies for the re-dedication and 90th anniversary of the Battle of Vimy Ridge were held at the monument on April 9th.

The year 2008 promises to be a very active one for Air Command Band.

This year, the unit will perform at such venues as the Moose Jaw Music festival, the Calgary Stampede, and the Flin-Flon MB Trout Festival.

The Air Command Band has both an illustrious history and a bright future. For more than 60 years, this professional Air Force band has been a highly visible unit of the Canadian Forces, instilling national pride in Canadian audiences across the country, esprit de corps in our military and providing the highest degree of diplomacy as representatives of Canada at international events around the globe.

For further information, please call Air Command Band Public relations at (204) 833-2500, ext. 5182 - or visit us online at www.airforce.forces.ca/acband.



Band members participate in a combined CF massed band town parade overseas during the 50th Anniversary of the Liberation of Holland, 2005



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Cpl Campbell embarks on a Mission 4 Mom

By Janine Avery
Western Sentinel

Cpl Jason Campbell is on a mission. It's not a deployment overseas, but it will see him cross thousands of kilometres, over treacherous terrain. Campbell is on a Mission 4 Mom, and armed with a bike and passion for the cause, he hopes to raise money and awareness of cancer, all while honouring his mother.

"My mom got breast cancer when she was 35, the age I am going to be when I do the ride," said Campbell, "Fifteen years later, in 2005, she passed away from bone and lymph node cancer."

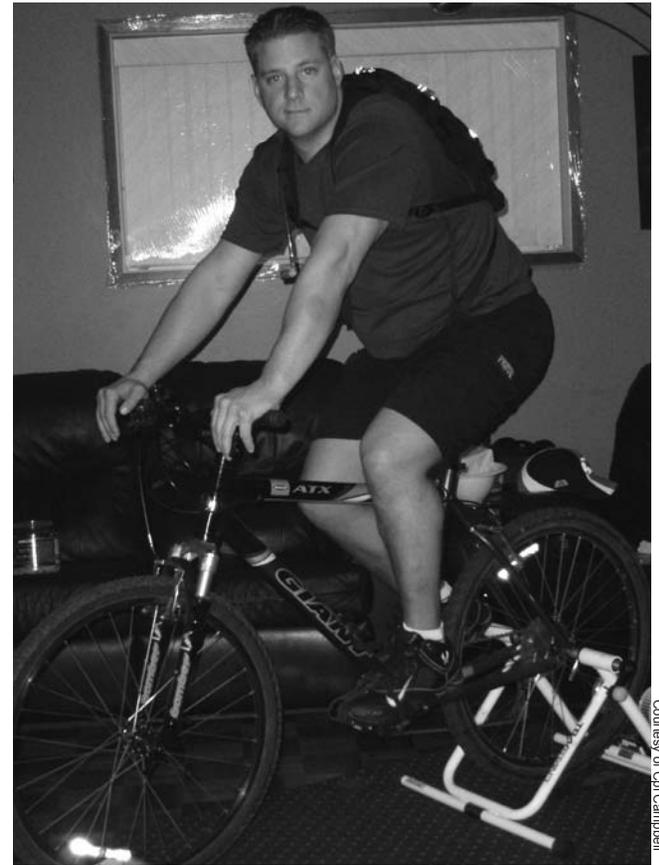
The 34-year-old member of 1 PPCLI is currently preparing for the ride that will see him bike from Abbotsford, BC on Sept. 4 and arrive in Regina, Sask. around Sept. 27.

Campbell realizes the 1,880 km journey that will take him across the Rocky Mountains will come with its fair share of physical and mental challenges.

He keeps his mom and her memory at the forefront as he prepares.

"I really want to make this bike ride a big success to raise money for cancer as well as honour the memory of my mom because she meant the world to me," said Campbell.

"She was not only my



Cpl Jason Campbell is preparing for a gruelling 1,880 km ride from Abbotsford, B.C. to Regina, Sask. to raise money for cancer research.

mother, but my hero, and the strongest person I have ever known."

Cpl Campbell's main challenge, along with training physically, is gaining sponsorship and support for his ride.

He is seeking both corporate and individual sponsors to help him raise funds. Campbell plans on donating 70 per cent of the funds he raises to the Canadian Cancer Society, and the remaining 30 per cent to the Regina Palliative Care Unit.

"I'd like to see every military member in the CF donate a Tweekie," said Campbell, who hopes his

fellow military members will support his mission, "Every penny raised through this bike ride is going to help fight cancer."

Campbell will also have t-shirts available for sale in the near future for \$20. All proceeds from the shirts will also be donated.

To donate to Mission 4 Mom, contact Cpl Jason Campbell at mission4mom@hotmail.com or jasonrobertcampbell@hotmail.com.

You can also donate directly at GG Brown Building in the Family Support Section at Edmonton Garrison. Registered charity number 11882-9803-RRR0003.

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The Royal Canadian Regiment, Canada's senior serving Infantry Regiment will celebrate the 125th anniversary of its founding with a national reunion in Kingston Ontario 1 to 3 August 2008. The reunion will commemorate 125 years of service to Canada, honour fallen comrades and provide a venue to meet and socialize with many old friends and comrades. We will also commemorate the 65th Anniversary of the Pachino landings. The reunion welcomes all serving and retired Royals, friends of The Regiment and their families to attend.

125 years is a significant achievement for any institution in the history of our country and we look forward to meeting Royals past and present and those who served with the Regiment to celebrate this Regimental milestone in Canadian History.

The Registration package and all information can be found on website [HTTP://thercr.ca/125reunion.htm](http://thercr.ca/125reunion.htm)

Register for upcoming safety courses

MWO Pat Kieffert
Assistant, Wing General Safety
Officer

In partnership with the Director of General Safety (D Safe G), the Wing General Safety (WGS) Office will host a Safety Legislation Course (SLC) in March 2008 and a Safety Management Course (SMC) in May 2008.

The Safety Legislation Course (SLC) is a four-day course designed to train selected personnel to apply the Standards and Regulations contained in the Canada Labour Code, Part II, the Treasury Board Occupational Health and Safety Directives and the DND General Safety Standards publication.

The course is designed to provide Unit General Safety Officers (UGSOs), Health and Safety Representatives, Workplace Health and Safety Committee (WHSC) and Union Members with a better knowledge of partnership responsibilities in ensuring compliance with the Canadian Labour Code and OHS collective agreements. The SLC syllabus includes:

- Protective Equipment
- Confined Spaces
- Use and Occupancy of Buildings
- Materials Handling
- Work Refusals
- Committee Requirements
- Elevated Work Structures
- Dangerous Substances
- Compliance
- The Canada Labour Code, Part II

The Safety Legislation Course (SLC) will be held at the Training and Educa-

tion Centre (TEC), Building 135, Room 111, from 0800 to 1600hrs, 3 to 6 March 2008.

The Safety Management Course (SMC) is a three-day course designed to train selected personnel to manage the General Safety Program at their level of responsibility, and to familiarize Managers, Supervisors, Workplace Health and Safety Committee (WHSC) and Union Memberships with their various safety responsibilities and functions in support of the workplace General Safety Program. The SMC syllabus includes:

- Safety Policy and Program
- Duties and Responsibilities
- Safety Council and Workplace Health and Safety Committees
- Inspections and Surveys
- Hazardous Occurrence Investigation and Reporting
- Safety Program Development and Evaluation Technique (SPDET)
- Return to Work (RTW) Program.

The Safety Management Course (SMC) will be held at the Training and Education Centre (TEC), Building 135, Room 111, from 0800hrs to 1600hrs, 6 to 8 May 2008.

Nomination (PRI / SN, Name, Rank Initials and Organization) via E-Mail to Julianna Fillion, Administrative Assistant, 17 Wing General Safety Office at: Fillion.J2@forces.gc.ca

North American Occupational Safety and Health

Week

Of interest, The Safety Management Course will be held during the North American Occupational Safety and Health (NAOSH) Week, 4 to 10 May 2008.

NAOSH Week is an annual initiative led by the Canadian Society of Safety Engineering (CSSE) in partnership with the Canadian Centre for Occupational Health and Safety (CCOHS) and Human Resources and Skills Development Canada (HRSDC), in concert with North American partners in Mexico and the United States.

The Theme for NAOSH Week 2008 – Start Today! Live It Every Day! – provides a framework in which to focus the planning of events and activities for NAOSH Week.

This theme promotes the ever-present need for ongoing development and encouragement of safety and health practices, processes and procedures at home, at work and in the community.

Col Howden, 17 Wing Commander has endorsed this event and its associated 17 Wing Safety Exhibition, thus promoting the Wing's Occupational Health and Safety (OHS) Culture. Under this concept, Colonel Howden extends 17 Wing's invitation to the Community and to the Department of National Defence (DND) Civilian and Canadian Forces (CF) Military personnel of 17 Wing and the 1 Canadian Air Division to attend This special event will be held on 07 May 2008 at the Sports and Recreation

Complex (Building 90) 680 Wihuri Road, from 1000hrs to 1500hrs.

Over 35 Exhibitors from all levels of Government Agencies, Training and Educational Establishments, Safety Professionals and Consultants, Safety Equipment and Clothing Professionals are anticipated at the 17 Wing Safety Exhibition.

As stakeholders, it is an excellent opportunity to display our involvement within the Health, Safety and Environment fields and to promote this special week and event.

For additional information please contact Chuck Haarsma, 17 Wing General Safety Officer (WGSO) at (204) 833-2500 Extension 5950 (Haarsma.AC@forces.gc.ca), Craig Oversby, D/WGSO at Extension 4495 (Oversby.CS@forces.gc.ca), MWO Pat Kieffert, A/WGSO at Extension 4149 (Kieffert.PP@forces.gc.ca) or the WGS Office Administration Assistant, Julianna Fillion at Extension 5913 (Fillion.J2@forces.gc.ca).

New book about military ethics available soon

WPSO corner

By Capt P.A. Dawes
Wing Publishing Officer, Wing AF Ethics Program Coordinator

Among the many projects for our various clients produced each year by the Wing Publishing Office (WPO) are several books for the Canadian Defence Academy Press. While all of those titles are of potential interest to leaders across the Canadian Forces and the wider Department, recently we had the pleasure of working on one that every member, civilian or military, would find particularly interesting and useful. It is *The Warrior's Way: A Treatise on Military Ethics* by renowned American scholar, and former infantry officer, Richard A Gabriel.

Although the title correctly describes the military emphasis of the text, the first chapters are a broadly applicable introduction to the subject of ethics and the special place of ethics in any profession. Later chapters focus on the precepts, values and obligations particular to the profession of arms. While not doctrine, this title is a revised and updated version of the author's 1982 seminal work, *To Serve With Honor* and will be invaluable to any soldier, sailor or airman/air woman called to serve in today's demanding asymmetrical battlespace.

For your professional development, in Winnipeg this title will soon be available at the Wing Library, the Learning and Career Centre Library, the LGen Lewis Memorial Library (at the School of Aerospace Studies) and at 1 Canadian Air Division HQ.

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Yellow Ribbon campaign shows support for military

By Officer Cadet Donna Riguidel

The people stand proudly, backs straight, eyes front, although they are not all soldiers.

They will watch the news anxiously over the coming months and hold their breath whenever there is an injury or loss in Afghanistan. They are the families and this campaign launch is in their honour.

Premier Gary Doer and members of the Legislature lined up today to sign long yellow ribbons to show support for the Manitoba soldiers serving in Afghanistan.

"This campaign is one way we can show our support for Manitoba soldiers who are being deployed to Afghanistan," said Doer. "Our soldiers live and work in the community and are people we meet at the corner store, in the hockey rink and on the soccer fields. We want them to know that we support their dedication and bravery."

The yellow ribbon has long been a symbol of soldiers away and also a welcome back home.

Although this launch took place in a political building, politics were left aside as the speakers spoke of sacrifice and courage.

HCol John Sauder congratulated Canadian troops for "Defending those principles in that war-ravaged land."

The ribbons will make their way all over Manitoba in the coming weeks to be signed by members of the public before being hand carried to display in Canada House at Kandahar Air Field.

The families and loved ones lined up today, adding their names to the growing list on the yellow satin.

Other people may sign their names and give a moment of thought and prayer for the men and women going over to help secure rebuilding efforts.

These families will spend the next months in vigil, waiting and praying for safe return and proud of their family members for going.



LCol Dave Corbould signs a Yellow Ribbon. LCol Corbould is the CO of the Second Battalion Princess Patricia's Canadian Light Infantry Battle Group which will be leading Task Force 1-08.



Maj Weinbender, the Commanding Officer of 735 Communication Regiment, signs a ribbon.



Colonel Robert Poirier signs one of the Yellow Ribbons. Col Poirier is the Commander of 38 Canadian Brigade Group.



Lieutenant Colonel Dave Corbould, Premier Gary Doer and Lieutenant Governor John Harvard. LCol Corbould is the Commander of the Second Battalion Princess Patricia's Canadian Light Infantry Battle Group which will be leading Task Force 1-08.



Air Force SAR Tech receives award for Soldier On

By Holly Bridges

Search and rescue technician, Sgt Andrew McLean, formerly a member of 435 Sqn joined the ranks of famous Canadians such as Terry Fox, Walter Gretzky, Rick Hansen and Kurt Browning when he received the prestigious King Clancy Award from the Canadian Federation for Physically Disabled Persons on February 9 in Toronto.

The King Clancy Award is presented to distinguished Canadians who have made significant contributions in assisting disabled citizens to achieve a more rewarding lifestyle.

It recognizes individuals whose accomplishments have helped to increase public awareness about the potential of disabled people. Through their efforts, these individuals have inspired others to become active and contributing members of society.

Sgt McLean is one of three recipients this year and was given the honour for his work as the founder and visionary of the Soldier

On program to rehabilitate injured Canadian Forces members.

He is being recognized not only for his vision to create the program, but the public awareness he has done for the program through media interviews and fundraising across the CF.

“I am extremely honoured and humbled by this award,” says the 424 Search and Rescue Squadron SAR Tech from 8 Wing Trenton. “Especially to be considered in the same league as King Clancy himself who was a great humanitarian, and the other recipients as well. This award only strengthens my resolve to take the Soldier On program even further in helping CF members and their families recover from their injuries.”

The former Army member plans to take MCpl Jody Mitic to the dinner as his guest.

MCpl Mitic lost both of his feet after stepping on a landmine in Afghanistan in January 2007.

The King Clancy Award was established in Novem-

ber 1986 by the Canadian Foundation for Disabled Persons to commemorate the contributions of King Clancy as an inspirational humanitarian.

The foundation’s King Clancy Award is not to be confused with the National Hockey League’s King Clancy Memorial Trophy, given every year to the player who best exemplifies leadership qualities on and off the ice and has made a noteworthy humanitarian contribution in his community.

King Clancy was a defenseman with the NHL for 16 years and then went on to work as a coach, referee, and team executive.

The Soldier On program is a joint initiative between the Canadian Paralympic Committee and the Department of National Defence to develop a program that will enhance, through sport, the quality of life of current and former CF members who became disabled while serving in the CF.

The program is administered by the Canadian Forces Personnel Support



Sgt Andrew McLean holds his former Army baret at the SAR Tech equipment shop at 8 Wing Trenton.

Agency.

For general inquiries about the Soldier On pro-

gram, please contact Greg Lagacé, Coordinator, Soldier On program with the

Canadian Forces Personnel Support Agency, at lagace.gm@forces.gc.ca or (613)

Staying responsive and effective in seven feet of snow

By Lt Aaron Scherle, CSOR

Earlier this winter, several members of Petawawa’s Canadian Special Operations Regiment (CSOR) visited the mountains of British Columbia to experiment

with deep snow mobility techniques, learn avalanche awareness and develop other mountaineering skills.

Canada is known as a winter country, and developing winter special operations capabilities is a fitting niche

for CSOR as part of Canadian Special Operations Forces Command (CAN-SOFCOM).

“Canada’s capacity for winter operations is underdeveloped in a few areas,” says the Warrant Officer who de-

vised the training package. “I think this training will improve our unit’s readiness and I believe Canada can – and should – be the world leader in winter special operations.”

Participating CSOR per-

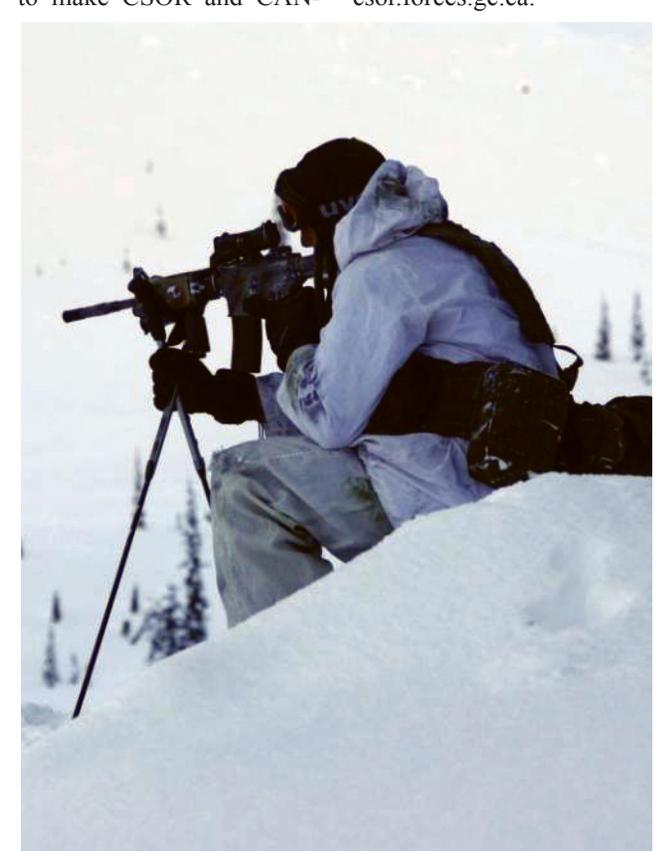
sonnel acquired valuable knowledge that will be employed in the unit’s continual development of its winter warfare capabilities. This innovative training represents the leading-edge of winter operations and will serve to make CSOR and CAN-

SOFCOM more relevant, responsive agile and effective in winter conditions, contributing to the overall effectiveness of Canadian Forces winter capabilities.

For more information on CSOR, please visit www.csor.forces.gc.ca.



CSOR operators demonstrating effective camouflage while on mountain patrol.



A CSOR special operator in the mountains.

Military and civilian mechanics on a maintenance blitz

By Cpl Bill Gomm

Saturdays are normally considered a day off for most people in the Forces, but on this Saturday it was a day of non stop inspections and repairs.

17 Wing military and civilian mechanics along with Reserve soldiers from local Winnipeg units took part in a maintenance blitz at the 17 Wing Transport Electrical and Mechanical Engineering (TEME) Squadron (Sqn).

"The primary goal was to catch up on the maintenance of 38 Canadian Brigade Group Winnipeg based vehicles," said Major Stephane Parent, G4 Maintenance for 38 CBG.

The Brigade's Vehicles Off Road (VOR) rate is 62 per cent.

With 17 Wing TEME Sqn badly understaffed at 28 per cent of authorised manning, a blitz dedicated to these vehicles was considered the best way to catch up.

As the day started there were three priorities of work.

1. Catch up on inspections 90 per cent complete.
2. Catch up on minor repairs.
3. Confirm which parts are needed for major repairs and order them.

"It went very well," said Maj Parent. "But there is no light at the end of the tunnel."

By the end of the day eight vehicles and five trailers were serviceable.

The maintenance blitzes will continue.



Cpl Jeff Burtch checks the black out drive on a Medium Lift Vehicle Wheeled (MLVW). Cpl Burtch is with 17 Wing TEME Squadron.



Corporal Brent Thompson removes the tire from a Medium Lift Vehicle Wheeled (MLVW) to inspect the brakes and wheel bearings. Cpl Thompson is with 17 Wing TEME Squadron.



Master Corporal David Murphy hooks up a new exhaust pipe on a Light Support Vehicle Wheeled (LSVW). MCpl Murphy is with 17 Wing TEME Squadron.

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Canadian military members experience Haitian life

Maj Bruce Sand, MINUSTAH

Haiti is politically, socially and economically unstable, and desperately poor. With some 27,750 square km of territory, about four fifths the size of Vancouver Island, it has a population of 8.8 million. Nearly three million of those people are packed into Port-au-Prince, the capital, which has about the same land area as the City of Victoria (population 79,000). Every square metre of land in the city is occupied or used in some way. Traffic is unbelievable, and Port-au-Prince probably has the worst drivers anywhere.

Since 2 October 2007, I have been the military assistant to the Military Chief of Staff — Colonel Normand Lalonde of Quebec City — at the headquarters of the Mission des Nations Unies pour la Stabilisation de Haiti (United Nations Stabilization Mission in Haiti), or MINUSTAH. Two

more Canadian staff officers bring the total strength of Task Force Port-au-Prince to four: not the CF's smallest operation, but close.

All four of us work in the Military Headquarters, one of many integral but autonomous components of MINUSTAH under the leadership of Hédi Annabi of Tunisia, the Special Representative to the Secretary-General of the United Nations and Head of Mission. Despite its French name, MINUSTAH officially operates in English; 95 per cent of its staff are not native English-speakers, however, so the potential for confusion and misunderstanding abounds. A quote from Confucius comes to mind: "If language is not correct, then what is said is not what is meant, and what must be done remains undone ..."

Much of our time is spent co-ordinating the lives, logistics and operations of 7,200 soldiers from 17 nations with the activities

of the U.N. police mission (which includes 90 Canadians) and many U.N. civilian branches and agencies. Toss in non-governmental organizations, the Government of Haiti, input from U.N. headquarters in New York and the troop-contributing nations, plus a dash of international news media (some friendly, some not) and you have a complex machine that will break at the most inopportune time if it is not cared for constantly.

The four of us live at Canada House, doing our own cooking and cleaning. Daily from Monday to Saturday we're up at 0515 and out the door by 0630, and we do the usual routine staff work (and plenty of it) of any military HQ from about 0700 until about 1830.

On the way home — through traffic jams that even Montrealers and Torontonians would gulp at — we stop to buy groceries for the next day or two. It's 2030 or 2100 by the time we finish dinner, and by 2200 we are in bed. Sunday we spend at



August 2006, MINUSTAH armoured personnel carriers patrol Cité Soleil, a seaside shantytown on the fringes of Port-au-Prince that may be the poorest place in the Western Hemisphere.

home if nothing requiring our attention pops up.

Do we make a difference? Yes, but slowly: it's a very big job. Between the gangsters, diseases and social disorganization, Haiti is one of the world's most dangerous places to live and work. How do you eat an elephant? One bite at a time.

This nation has never been wealthy, but it has great pride in its history and

independence. Since the Duvalier years, Haiti has struggled with political unrest, economic weakness and social turmoil. MINUSTAH is the world's effort to coach Haiti back onto the path of national stability and heading toward peace and prosperity. MINUSTAH will not be an overnight success, but there is light at the end of the tunnel.

Despite its issues, this

country has tremendous potential for success.

I know it's a cliché, but I am privileged to be a tiny part of the success of this U.N. mission. I hope some day to see Haiti become the peaceful and prosperous nation it has every right to be.

Major Bruce Sand is a member of the Base Construction Engineering section at CFB Esquimalt in Victoria, British Columbia.

International Women's week laughter lunch

Please join us as we celebrate International Women's Week, and the launch of the Military Family Resource Centre's (MFRC) Women's Conference...

International Women's Week Laughter Luncheon

Guest Speakers: Uplifting Laughter experts Dorian Guerard & Jennifer Leslie

Friday, March 7
11:30-13:30

Jim Holland Room, Building 61

Cost: to be determined (includes a cold buffet lunch).

This uplifting laughter session will provide an hour of laughter, learning and lunch. The mother/daughter team of Dorian Guerard and Jennifer Leslie are Certified Laughter Leaders (World Laughter Tour, Inc.) and have organized the Uplifting Laughter Club in Winnipeg. This stress-reduction therapy is derived from yoga, and Guerard and Leslie are leading sessions across the country, showing Canadians how to laugh their way to happiness and health.

"This is not only a breakthrough in integrative healing strategies" says Guerard, "It can be done at work during coffee break, or in the backyard, with your neighbours."

Please register by e-mail to Florence Bambenek 5251 or Laura MacKay (4187) prior to 28 February.

The cost for lunch is yet to be determined.

The money will be collected at the door. The luncheon is open to military members and spouses and civilian employees.

Information about the MFRC Women's Conference is available by calling 4500.

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Every day is a great day when you are a lineman

By Cpl Marsh

Ever wonder who or why people in hard hats and harnesses are making puddles on the road of the base? Or walk down the hallway of your building and hear music and voices coming from mysterious closets? It's just your friendly base lineman. 17 Wing Telecommunication and Information System Squadron is home to a small and dedicated shop of linemen which includes Sgt Welbergen as the LCF, MCpl Snyder, Cpl Kaiswatum and myself, Cpl Marsh.

Our main job is to keep up with the maintenance of communication cables. We do this in many ways: constantly inspecting telecom rooms, manholes and pedestals, for accuracy, neatness, and workability. To keep up with the huge demands of our growing base, we also install new cables. Last year alone we have pulled well over 264 strands of fibre optics and many copper and coax cables. We also pulled

about 30,000 feet of cable.

Not only do we pull these cables, from building to building, but we also terminate and test these as well. For this we use high tech equipment like the Davar test set that can test up to 400 working pair of copper at a time without disturbing alarms or users. We are constantly trying to better ourselves by keeping up with the latest specifications and current equipment, by going on courses, reading manuals and sharing the information with our peers.

Ah, the lovely flooded streets. What you see is the copious amounts of water that tends to fill our manholes.

These holes are how we get our cables from building to building. We work in them to pull new cables, take out old ones, splice into existing closures and maintain all of the above. Water over time is like cancer to a splice. On a routine inspection we found an old closure with this type of damage. It was dripping with water and

full of corrosion. All 1500 pair had to be re-terminated, and because the sheath was decomposing we had to cut it back to install new bonds and grounds. With these repairs there should be more phone lines available and less can you hear me now? conversations.

In Winnipeg, we are lucky enough to have the western area cable plant draftsman in our section.

Brad Silliker helps us update our cable records and cable plant with his excellent computer skills. Everything is documented for ease of future use. With these records we can track each and every pair to their destinations. These drawings aid us immensely when fault finding, which helps us to provide the user with fast and efficient service.

Our section takes pride in having an excellent give and take relationship with local Line Sections. We share manpower, equipment and knowledge from the Minto Armouries, Shilo, Dundurn and Cold Lake bases.

We also have the privilege of supporting the MSS and theatre operations. MCpl Snyder and I went on tour to Camp Mirage last year. Hopefully we will be

sending two more Winnipeg linemen next year.

In closing I hope to have

shed a little light on what we do from day to day. And remember, if you have ever

talked to another person (other than face to face), a lineman built the means.



Front row: Mr. Silliker, Sgt Welbergen, Cpl Dailey (735 Comm Regt) Back row: MCpl Snyder, Cpl Thiessen (735 Comm Regt), Cpl Marsh, Cpl Kaiswatum.



Cpl Kaiswatum, Sgt Welbergen, MCpl Snyder, Cpl Marsh, Cpl MacLean (725 Comm Sqn).

**Per Ardua Ad Astra
"Through Adversity to the Stars"**



Steven Fletcher,
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- ✓ Child & Youth Development
- ✓ Parenting Support

MFRC Monthly Community Coffee Break

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Resources

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Other Numbers

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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

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English: Mon Wed Fri 9-11:30 \$75/month
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MFRC South Nursery School (2300 Corydon Ave)
French Immersion: Tues Thurs 1-3:30 pm \$60/month



On the Road

Recently staff and volunteers hit the road to St Vital Mall. We set up an information display and sold Yellow Ribbon merchandise in the Community Booth. As you can see from the picture, a good time was had by all. From left, Sophie Berube, Candide Lefebvre, Barbara Thuen and Heather Sawatzky.

Job Skills for Teens

Looking for a job? Want to explore other job options? Unsure where to start? This series of workshops will help you prepare for the job market. The course covers skill assessment, identifying past work experience, resume writing, interview techniques and the law pertaining to work. Course is open to CF youth and their friends, 15-17 years of age.

- February 26, 2008 The World of Work
- March 4, 2008 Writing an Effective Resume
- March 11, 2008 How to Ace the Interview
The Hidden Job Market and How to Keep a Job

Each session will run from 6:00-8:30pm at the MFRC, 102 Comet Street
Total cost for all three sessions is \$15 (it is required that youth attend all three sessions).
Please call 833-2500 local 4500 to register your youth no later than February 22, 2008. For more information contact John Chabih at local 4511.

Thank you

The Winnipeg Military Family Resource Centre would like to take this opportunity to thank the staff and management at Area 51 Mini Mart for their support and partnership. We will miss you!

The hilarious new one-woman show
Le nouveau spectacle tordant de la comédienne Laura Earl

I'm An **ARMY WIFE**

Now What?
Written by & Starring /
Écrit et joué par
Laura Earl

March 7, 2008 @ 1900 hrs
17 Wing Learning & Career Centre
Tickets \$20.00 - available at MFRC
For more information call 833-2500 ext. 4500

MFRC has resources available

Is your loved one deployed? Have you received a Deployment Information Package from the MFRC? If not, please drop by 102 Comet Street to pick one up. This package contains useful base and community resource information to assist your family during times of separation & reunion. While at the Centre, check out our Resource Library. We have a variety of videos, books, brochures, children's activity books, maps, etc all designed to assist your family manage the challenges of separation & reunion.



Sandra Doody, Deployment Coordinator at the MFRC signs a yellow ribbon as Joe Greenberg and Butch Shane look on. Greenberg and Shane spearheaded the Yellow Ribbon/Flag project. The pair is trying to gather 10,000 signatures on yellow ribbons from people through the province. They left behind four ribbons at the MFRC at 102 Comet St for the community to drop by and sign.

The Winnipeg MFRC presents:

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Thursday, 21 February 2008
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MFRC Multi-purpose Room

Please RSVP by: Wednesday, 20 February, 2008 to Local 4511

Together in Church



Catholic

Chaplains

Chaplain Lisa Pacarynuk
Roman Catholic
Office 833-2500 ext 5417

Father Gracjan Burkiaciak
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.

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 Grant Schapansky
(Pentecostal)
Office 833-2500 ext 5349

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

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

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Sunday Services

(English Only) 0900 hrs

Sunday School

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.

50 Ways to Leave Your Sofa

... from Couch Potato to Active Spud

1. Pull on your boots . . . walk to work or school.
2. Go bowling.
3. Challenge your neighbours to a snowman making contest.
4. Start your spring cleaning early.
5. Play "snoccer" (soccer in the snow).
6. Walk a dog.
7. Make snow angels.
8. Take a hike! Enjoy your local trails.
9. Join a dance class with a friend or partner: try hip hop, salsa, or belly dancing.
10. Make shovelling your driveway a family affair. Warm-up first!
11. Check out a local museum or tourist attraction.
12. Check out your local recreation centre for basketball, volleyball, or badminton.
13. Build a snow fort or igloo (without a roof).
14. Take a heart pumping walk for 30 minutes.
15. Play Snowman Tag.
16. Play outdoor hockey.
17. Turn on the radio and dance!
18. Rent some cross-country skis or snowshoes.
19. Go swimming at your local pool.
20. Action TV: Do sit-ups or jumping jacks, and climb stairs during commercials.
21. Make a snowman or snow sculptures.
22. Rediscover your local park this winter.
23. Grab a helmet and go tobogganing.
24. Bundle up and go birdwatching.
25. Check out an indoor walking track or mall-walking program. Invite an elderly neighbour.
26. Get your feet wet . . . take an Aquafit class or try water running.

27. Try a new winter activity, such as curling or broomball.
28. Enjoy public skating.
29. Have a picnic in the snow.
30. Walk to the library and get a book.
31. Go window shopping.
32. Turn off the TV and video games. Go outside and play!
33. Take the blankets off the bed and play parachute games.
34. Learn some new moves: try Tai Chi or Taekwondo.
35. Rent or borrow a Yoga or Pilates video.
36. Have a ball in the snow: throw, catch, kick or roll!
37. Have a family game of "Twister".
38. Organize a scavenger hunt.
39. Enroll your children in team sports and volunteer to coach.
40. Vacuum with vigour!
41. Toss a Frisbee in the snow.
42. Take a moonlight or flashlight walk in the evening. Go stargazing.
43. Take a sneak peak at spring. Visit an indoor garden.
44. Organize a game of "snow pitch".
45. Put a new spin on tobogganing: try snow tubing.
46. It's all down hill from here: strap on your downhill skis or try snow boarding!
47. Build an ice rink. Host a backyard skating party.
48. Play ringette.
49. Do some stretching exercises.
50. Run through the snow...jump into snow banks!

REMEMBER!! Be sure to wear the proper safety gear.

A collaboration of Central West Public Health Physical Activity Promotion Network
Download additional copies by visiting http://www.iin.ca/resource/html/50_ways_to_leave_your_sofa.pdf

Contact Health Promotion at local 4150 or 4160 to sign out a pedometer or resource materials.

Roman Catholic Lenten Observances

St Marguerite Bourgeoys Chapel

Ash Wednesday, 5 March 7 p.m.
Mass and Stations of the Cross
Wednesday, 13, 20, 27 February 7 p.m.
Wednesday 5, 12, 19 March 7 p.m.

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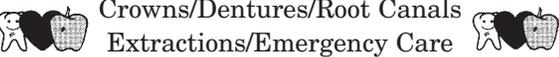
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• Sony 5 disc CD changer \$100.00 Call Michelle or Terry at 784-9315.

For sale 1992 Buick Regal. Good condition. Asking \$1500 OBO. Call 885-2009.

1996 Pontiac Sunfire convertible: Automatic, 4 cylinder, AM/FM stereo, air conditioning, anti-lock

brakes, dual airbag, keyless entry, power windows, tilt steering, bucket seats, power locks, spoiler, cruise control, power roof, command start, 139,000 km, four new tires, new pads/rotors front brakes, red with white top: \$3950 Bill Collier: Loc 5363 or Home: 885-3545

Kerosene heater, 23000 BTUs, like new. Ideal extra heat for basement, workshop or if the power goes out. Cdn Tire new price \$279, asking \$100. Call Peter local 6667 or after working hours 888-6664.

Portable Hunter Humidifier. Quiet 2 speed fan with night light. 2.5 gallon size for up to 1350 sq ft. Asking \$30. Call Peter local 6667 or after working hours 888-6664.

Caramel coloured leather love-seat, 6 drawer bureau w mirror and 2 side tables, TV/stereo stand 44x19x17(H), area rug 5.6 x 8. Must be sold by 26 Feb. MQs off Air Force Way - 285 8849 after 5pm.

Wanted
Pet wanted Sammy (budgie bird) lost his girlfriend, Sissy, Nov 12. I will give a loving home to a budgie to keep him company. Call Darcy at 831-7619 after 5 or leave a message at local 5878.
Wanted: Bark Collar for medium size dog. Also wanted: Bunk beds Please call local 4150 or 960-2953.

Coming events
Breakfast meeting (with special speakers) of the Full Gospel Business Men's Fellowship International, Wpg Chapter, at 9:00 a.m. on Sat., March 1st, at the Best Western Charterhouse Hotel, 330 York Street (at Hargrave). Cost is \$9.00; reserve tickets at 475-4207 by Thursday evening. Couples welcome.

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TAROSCOPES

BY NANCY

Aries (March 21 - April 19): If you don't consider new possibilities you will get the same answers to the same questions and get the same results trying to solve the same problems. Stop stalling. Make some decisions. Nix any dead-end thinking that is keeping you stuck. See the glass as half full not half empty.

Taurus (April 20 - May 20): Partnerships are challenged as someone is feeling pressure to change. Joint activities and plans are influenced. If you feel time is running out; calm down. Look before you leap. There are no guarantees but you can still use common sense to improve the odds of success.

Gemini (May 21 - June 21): Social expenses mount due to a deluge of invitations. Set aside resources for physical activities and travel. Do something different. Explore new places. Get out and meet people. Experiences and perspectives outside your comfort zone are like fresh air – they'll re-energize you.

Cancer (June 22 - July 22): Finally it feel like you are making progress. Your efforts will be rewarded. If you want someone to celebrate with, just ask. If you established boundaries in the past that are too rigid it's up to you to re-open lines of communication. Simplifying your "rules to live by" alleviates stress.

Leo (July 23 - August 22): Tap into the energy around you as people and events seem to be moving faster. Though you may want adventure and new experiences, sometimes it's best to settle for getting back to basics. Deal with the essential work. It's not extravagant or fun but it will feel good in the end.

Virgo (August 23 - September 22): You may want to entertain on a grand scale but keep gatherings to a manageable size. Also leave space in your schedule for the unexpected. Many areas of life require your attention. You discover new aspects of yourself when you try something you've always wanted to do.

Libra (September 23 - October 23): Take a sensible, practical approach to getting things done. Planning a significant event requires help, so get a good team together. Thorough preparation now makes for an easier transition when changes occur in either your work or private life.

Scorpio (October 24 - November 21): When you take special note of something about someone else, it is a signal. What are you putting off doing? Happiness is a state of mind often linked to what we do and share, not what we have. Reach out to others, volunteer or allow others to assist you when you need help.

Sagittarius (November 22 - December 21): Rise to the challenge. Fight for what you believe in. Others look up to you and listen to what you are saying. Though it won't be easy, the impossible is possible. Be systematic. Think before you speak and act. Everything you hope for is within reach.

Capricorn (December 22 - January 19): Don't wait for a crisis to force you to take a chance. It's time to act, now. You are not alone. Others rely on you to be the idea person and will accept your leadership. You will come through with flying colors if you stop trying to do everything yourself.

Aquarius (January 20 - February 18): Listen to your inner muse. You have talent. Now take a few risks. Put your own unique stamp on the work you do or on what you create. Explore new ways of expressing yourself. Practice can be a fun form of discovery. There are joyful surprises ahead.

Pisces (February 19 - March 20): Words can be confusing, so pay attention to what you see and feel not to what others say. Events are hectic and it's hard to know what will happen next, but you can't go back to what was, so just keep moving on, one step at a time. Soon you will see there is a point to all this.

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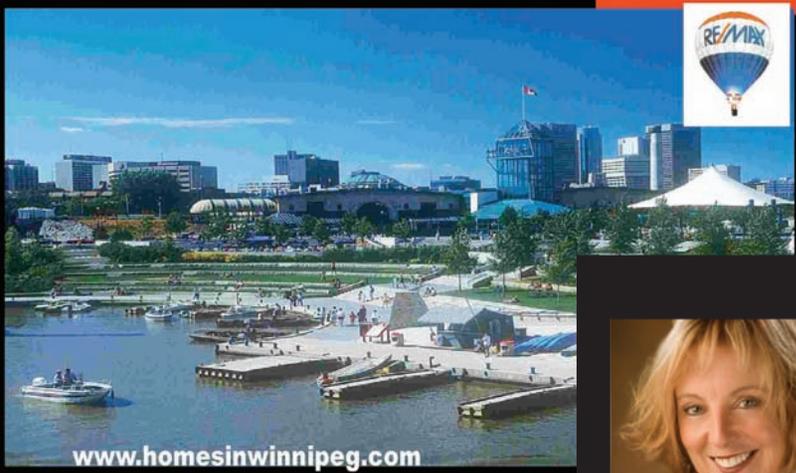
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