



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

April 2, 2008

VOLUME 56, ISSUE 6

FREE



## On patrol

A member of the Afghan National Police observes soldiers of C Company 2 PPCLI covering an alleyway during a joint Canadian-ANP patrol. Members of C Company 2 PPCLI conduct patrols with the Afghan National Police to establish a presence in their area of responsibility. CF members from 38 Brigade Group and CFB Shilo are currently serving in Afghanistan.

Model Trevor Reid

### In this issue:

Winnipeg reservist details life in Sudan

Page 3

New health and physical fitness strategy launched

Page 4

Cadets prepare for exams with FUTURE EAGLE

Page 11

**DOMENICA'S  
FLORAL DESIGN**



2255-G Ness Avenue (at Whytewold Rd.)  
TELEFLORA 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](http://WWW.STEVENFLETCHER.COM)

# Changes coming for the aircraft technician occupation

By 2Lt Jordan Woodman

CWO Thomas Fagan provided an informative brief on the future of the Aircraft Technician Occupation to an attentive audience on February 27 in Mynarski Hall.

According to CWO Fagan, an in-depth look into the Aircraft Technician Occupation has been taking place for the past few years. A 2005 Problem Definition Paper, produced by 1 Cdn Air Div, deemed that there were systemic deficiencies within the existing Aircraft Technician Occupations that required further review.

It was found that the 1995 Military Occupation Classification (MOC) 500 amalgamation of the Canadian Forces inadvertently led to deficiencies within some key areas of aircraft maintenance. To address these issues, the Military Occupational Structure Analysis, Redesign and Tailoring (MOSART) project was initiated. This group surveyed the Aircraft Technician population and passed their findings on to the Aircraft Occupation Enhancement Working Group (AOE WG). The working groups generated several options

for improving the existing trade structure and deemed that certain changes were in fact necessary.

The AOE WG originally laid out 22 options they believed would help address some of these deficiencies. The following three main recommendations were made by the group:

1. Consolidate all Aircraft Technicians with the rank of Warrant Officer (WO) to Chief Warrant Officer (CWO) into a new Aircraft Maintenance Superintendent (AMSup) occupation.

The plan is to have this occupation manned by Compulsory Occupation Transfers (COTs) of all Aircraft Technicians of WO-CWO rank. All AMSup personnel will have the necessary functional expertise to be effectively employed in their specific position. Promotion to WO will now require a change in MOS ID to the new AMSup title. These promotions will be proportionally distributed among all the Aircraft Technician Occupations to maintain fairness.

2. Create a new Air Weapons (AWS) occupation by removing all maintenance tasks and responsibilities associated with kill stores, Ex-

plosive Ordnance Disposal (EOD) and Improvised Explosive Devices (IED) from the Aviation (AVN) occupation.

According to CWO Fagan, "This will redistribute the work and ensure expertise retention is maintained to counter attrition rates." It will also ensure that a qualified AWS technician is always available should their expertise be required. This will require approximately 475 positions to be transferred from the AVN occupation to create the AWS occupation.

3. Transfer the work associated with Aviation Life Support Equipment (ALSE) from AVN to the Aircraft Structures (ACS) occupation.

A key concern of the working group was the erosion of ALSE expertise in the current occupation setup. Containing the ALSE role within the ACS occupation will address this issue and ensure that ALSE expertise is maintained at a high level across the CF.

This is expected to increase the size of the ACS from 416 to approximately 843 personnel.

Redistributing the tasks will help to enhance expertise retention in each major



Private (PTE) David Schulz, Avionics Technician and Pte Luc Frenette, Aviation Technician, carry out an inspection on a CF-18 during Exercise Maple Flag 39.

occupational requirement. "With 80 per cent of the tasks doable by all Aircraft Technicians, specializing tasks with certain MOCs will ensure that the other 20 per cent of tasks always have the required expertise available," said CWO Fagan. It is expected that this will greatly enhance the overall operational effectiveness of the Air Force.

The overall re-structuring will result in a 30 per cent reduction of the AVN occupation at the Pte to Sgt rank.

The new occupations will also open up recruiting channels to fill the leftover requirements not attained through the OT process.

"We are hoping for enough Voluntary Occupational Transfers (VOTs) from AVN to the new roles, so that we require less COTs to fill the holes," said CWO Fagan.

Once sufficient manning levels are attained, recruiting will funnel new recruits into all four components of the new structure. They will have the option of beginning their careers in any of the four trades available: AVN, AVS, ACS or AWS. This will allow recruiters to provide more options to potential recruits.

These proposed changes are awaiting final approval before the transition period can officially begin. The Military Employment Struc-

ture (MES) staff are in the process of formulating job descriptions and occupational specification lists for these proposed trades. This is expected to be completed by July 2008.

According to LCol Thomas Flynn, who has been heavily involved with the AOE process, "There will be a five to seven year transition period before this plan will be functioning how it is intended. If it all goes to plan, the new AWS and expanded ACS occupations should achieve steady state by 2015."

LCol Flynn also concluded, "Despite the risks and challenges associated with transition to the proposed new structure, the continued erosion of critical skill sets from the current construct indicate higher risk with not pursuing the proposed changes."

**Terry Orzynsky NISSAN**  
**Military discounts available to all military personnel and affiliates.**  
**Call me for further details on Specific vehicles.**  
 1424 Regent Avenue West  
 Winnipeg, MB R2C 3A8  
 Ph 204-669-0791 Toll 866-809-5186  
 Cell 204-990-9101 Fax 204-663-3429  
 Email: wrjajotte@terryortzynsky.com



**WAYNE RAJOTTE**

**Posted to OTTAWA?**  
**FREE Relocation kit**  
 - Travel Package  
 - 30 DAY FREE OFS & Insurance  
 - 216-1189  
 - Job Information  
 - Local Immigration  
 - Career Coach & Training  
 - Assistance from Immigration Officers  
 - Training from Immigration Officers  
 - Registered IIRL, approved provider in DND/IRK Program



Medved Bosovic Ivan Ribic  
 Full Time: 877-608-5300  
 Relocation@akkira.com  
 www.Cdnimg2008.com

**AKKIRA REALTY INC.**

**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



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

## 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@PersSvcs@Winnipeg

### VOXAIR STAFF

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

Rick Harris  
Managing Editor  
204 833-2500 ext 4299

Maureen Walls  
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](http://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.

## Professional & Business Directory

### RUTLEDGE LAW OFFICE

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

### COUNTRY CLUB PLAZA

310-3025 Portage Ave.

Phone: 987-7575 Fax: 837-3638

### BALDWINSON INSURANCE

Rec Centre (Whytefold Rd.)

Drivers Licences &

**autopac** 889-2204

# Reservist deployed with UN details life in Sudan

By Capt Stuart Gullen

*Reservist Capt Stuart Gullen of 1 Cdn Air Div Hq Air Flight and Logistics Officer at Al Branch, a 1 Cdn Air Div is deployed to Sudan as a United Nations Military Observer (UNMO). He detailed his experiences in an email home.*

It is a large site with 40 UNMOs from China, Uganda, Burkina Faso, Bangladesh, Fiji, Nepal, Zambia, Cambodia, Pakistan, Nigeria, Brazil, Germany, Belgium, Netherlands, Kenya, Rwanda, Yemen, Egypt, Zimbabwe and Canada.

The daily routine consists of local and airport patrols. For excitement, we also do helicopter air patrols, village assessments, long and short range vehicle patrols and actively participate in the Sudanese Census in preparation for the succession vote in 2011.

## Village patrol day trip to Ghana

I thought that I would be mentally prepared for a visit to a remote village 74 km (2.5 hr drive) northwest of Wau, but I wasn't. The village of 6,000 Sudanese was extremely poor. The well (bore hole) had dried up and now a two hour walk to the river was required to get water. Many villagers had no food and were reduced to stripping leaves from trees and cooking them.

I visited the medical clinic. It was a simple shell of a building with no windows, door or medicine. It was very difficult as the Sultan (village elder) explained their plight and the town medic explained what he faces for the upcoming rainy (hot) season.

As an UNMO, I cannot make promises on behalf of the UN. I am the eyes and ears of the UN, not the hands. All I can do is write down

the problem and submit my report up the chain of command. I am sure it will be very difficult if I head back in a month and no action has been taken as the problem is all across the remote areas of Sudan.

I have just completed a long range patrol (LRP). Our patrol consisted of four UNMOs, a SAF National Monitor and a language assistant.

It lasted seven days and began with an 80 minute helicopter ride, courtesy of Pakistani Air Force, to Raja, to the west. Raja is a temporary team site and we use it as a staging area to move out



A Muslim girl in Timsaha

into the rural areas. It is a volatile area. Normally, we have problems with tribal conflicts, Joint Integrated Units (combined Sudanese Armed Forces and Sudanese Peoples Liberation Army), unexploded ordnance/landmines and health issues – including river blindness, guinea worm and malaria. Here, I ran into a different problem. Al Fursan, an armed group of more than 1000 men who have put away their weapons and been promised demobilization, disarmament and reintegration (DDR).

Essentially, Al Fursan members cease to be soldiers and become civilians – with the assistance of the government. Assistance may include training, funding and equipment. According to these ex-soldiers, the government not provided support and they are threatening to take up arms to collect taxes.

According to Khar-toum, the funding was pro-

vided shortly after the peace agreement in 2005 to Other Armed Groups (OAGs) established in that area.

It appears as if Al Fursan was lured from Darfur (and the surrounding countryside) by the DDR funding being disbursed but they are not eligible for support. Unfortunately, it is extremely challenging to talk, through a translator, to this inherently hostile group to explain the DDR process.

To add to the challenge, Al Fursan is Muslim and wishes to align with north Sudan. Unfortunately, they are in south Sudan, according to the peace agreement, and the Sudanese Peoples Liberation Army (SPLA) Battalion will be deployed to that area soon. War is easy, peace that is hard.

We headed north towards the Darfur border after picking up a section of Kenyans as force protection. I was off to Timsaha to investigate reports on the number of Internally Displaced Persons (IDPs) that have recently come down from Darfur. The trip is only 140 kms, but we average 18 kph on these roads.

Of course, one of our mission objectives is to show the UN presence and this is the first time UNMIS has made it to this location. Upon reaching a new village we would stop and meet the sultan and his council. As soon as the patrol vehicles pulled in, the Sudanese began dragging beds out to a shady meeting spot and begin boiling more water. The bed frames are constructed from local wood and strung with thin, coloured polypropylene line. Some of the designs are quite striking. These beds were used as benches since they seldom had enough chairs and don't get many guests.

Once we had done the introductions and seated, the tea was brought out. It is only served one way – extremely hot – in a four ounce glass filled to the brim and with a lot of sugar. The first time I got my tea I ended up pulling the liner (sunshade for the back of your neck) from my floppy hat and using it. Yes, my very own UN oven mitt. It always gets a smile.

The visits serve a very important function. Aside from the social aspect, it gives me a chance to gather

information and complete a village profile. The information gathered – village hierarchy, security, landmines, health concerns, gender issues (i.e., are girls allowed to go to school or instances of sexual exploitation), water, electricity, mill – is passed to the UN and non-government organizations. As the first ones into this area, the information I pass on is invaluable.

I spent the night in Sabrine. The team had done so many visits that we completed less than 100 kms on the first day. It was late when we arrived but we still had time for tea. The hospitality of the rural Sudanese is remarkable and I enjoyed flat bread and gazelle for supper. The accommodations consisted of Tukus (straw or mud hut). I chose to sleep out under the stars since I have been issued excellent equipment and it is cooler outside. Our kit is the envy of all and it is a great feeling being self-sufficient in this environment.

The next day we reached our destination: Timsaha. It is a large village of 12,000 inhabitants that includes 2,000 IDPs. After a night in rustic accommodation, the patrol split up. Daniel (Netherlands) and Russ (Canada) headed north for 60 kms to assess security, do village profiles and gauge the road conditions. Talkmore (Zimbabwe) and I stayed in Timsaha to complete the village profile and assess the airstrip.

The village suffered torrential rains last season that wiped out the crops and destroyed the seeds necessary for this year's planting.

It is essential to get this information back to the World Food Program and pass along as much information on the airstrip as possible. After surveying the landing area, we met with the midwives to discuss gender issues and look at the medical clinic.

The following day we headed back to Raja. With only a few short stops, we completed the 140 km journey in nine hours. At one stop, during tea, the SPLA National Monitor pointed behind us. As I turned around I saw a troop of baboons through the trees.

I ran back to the vehicle, grabbed my camera and headed into the bush for a



Capt Stuart Gullen, second from right, meets with village elders during a patrol in Sudan.

shot. About 200 metres in, I glanced back to see who else was getting a picture.

Yup, an army of one, armed with a Canon, in hot pursuit of 50 primates through the African jungle. I did get some good pictures (and video) and have since received requests from my patrol mates for copies. By the way, some of the males are a lot bigger than shown on the Discovery Channel. After the excitement, it was back in the trucks to finish the trip.

The final day in Raja was devoted to administration – writing reports, servicing the trucks and cleaning up. Then a quick helicopter ride back to Wau. Actually the ride was quite long. It seems one of the Nationals thought it was a good idea to bring fish back.

The mission in Sudan is now three years old. This means that infrastructure

that was not in place for my first tour is now up and running. I stay in a MSA (Mission Subsistence Allowance) camp. I have privacy, air conditioning, power, close to work – what more could I want? In my subdivision, I have Canadian, Dutch and Brazilian UNMOs. I also have Chinese engineers, Kenyan security troops and Pakistani air assets within 200 metres of where I live.

In closing, I am the patrol leader for a trip to URAO and have to prepare my O Group. It should be a challenging trip since I am leading a six person team with two vehicles.

I am responsible for the patrol's well-being as I navigate across 80 km of African countryside. I will be doing another village profile and assessing road conditions (and river fords) to pass the information back to assist with the Census.



A woman walks with laundry.

**Cinéma / Theatre**

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

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

More movie listings can be found on the DIN. 888-6290 (Recording)

---

8:00pm FRI-SUN April 4-6 126 mins

*P.S. I Love You* HILARY SWANK GERARD BUTLER

Mature (PG)

---

Friday 8:00 pm Saturday 2:00 p.m. April 11 & 12 91 mins

**ALVIN AND THE CHIPMUNKS**

G

# CF launches new health and physical fitness strategy

On 31 March 2008, the CDS launched the CF Health and Physical Fitness Strategy. The new strategy is centred on the theme Health and Fitness for Life.

The goal of the strategy is to strengthen the existing culture of health and physical fitness, thereby improving the capability of our members to meet operational requirements.

Underlying themes of the strategy are that health and physical fitness are the commanders' business, in addition to being the responsibility of each individual of the CF, and are essential components of operational readiness.

The Air Force is committed to entrenching a culture of health and physical fitness in which everyone in the military community is physically active, eats well, maintains a healthy weight and lives addiction free.

Health and Physical Fitness are not tasks – they are lifestyle choices with life enhancing benefits. Healthy and physically fit airmen and airwomen have a lower incidence of chronic disease, improved self-confidence, fewer injuries, and are better able to withstand stress; they are dependable, capable and effective comrades-in-arms.

The Strategy places increased emphasis on

health – not just fitness. It is also a means for CF personnel to adopt lifelong commitments to healthy living.

This will go past a member's time in uniform. To recognize this and to promote the continued maintenance of a healthy and active lifestyle after release, retired CF personnel will continue to have access to elements of the Health Promotion and Fitness programs.

The adoption of a healthy lifestyle also extends to the member's family, who will be provided access to appropriate programs as well. More information will be provided in the months ahead.

As a result of the new CF Health and Physical Fitness strategy, several changes are imminent regarding fitness and health:

- Physical fitness and activities will be built into the work routine of Air Force Regular and Reserve members.

- Everyone – Regular and Reserve personnel posted outside Canada and remotely – will be required to have annual fitness evaluations.

- Annual physical fitness evaluation results will be used at merit boards beginning in 2009. To that end, fitness results for the next year will be used at the 2009 merit boards.

- Unit commanders are accountable for unit fitness.

- Air Force personnel will be provided the necessary tools (stress management, impulse control and coping skills, behavioural counselling etc), to maintain a healthy and addiction-free lifestyle.

- Individual Training and Evaluation (IT&E) on health and fitness will be better integrated into CF professional development to ensure global awareness on the important factors of health and physical fitness.

17 Wing will hold its local launch of the CF Health and Physical Fitness Strategy during the week of 7 April 2008, commencing with Col Howden, WComd hosting a leadership breakfast on Tuesday, 8 April. Other events celebrating the launch of the strategy will be held during that week and also during the month of April. Local run/walk/bike events will be held at 17 Wing during the week of 1 June 2008, as part of the various runs being held across Canada during CF week.

More information on the CF Health and Physical Fitness Strategy and how you can get involved in health and fitness for life will be available in the coming months. If you have



any questions regarding the new strategy you can contact Health Promotion, local 4150 or 4160; Fitness and Sports: local 2455 or 2056; 23 Health Services: local 5595 or PSP Manager: local 4299.

## Health Promotion offers healthy living information

In the new Health & Physical Fitness Strategic Plan the CDS' vision of "providing the ways and means for every Canadian Forces member to attain and maintain their personal health and physical fitness sufficient to meet CF operational requirements" is embodied in Health Promotion (HP). HP is dedicated to promoting a lifestyle of physical and mental health in the CF. The goal of HP programs is promoting education and awareness of healthy lifestyles, which includes healthy nutrition, healthy weight, good coping skills, and addiction-free lifestyle.

Particular concerns have been identified by the CDS in the areas of unhealthy lifestyle behaviours, such as obesity, smoking, low intake of vegetables and fruits, substance abuse, and stress.

HP offers a variety of programs and campaigns that already target these areas.

**Obesity:** It is a growing and disturbing trend and is a result of many variables. Two of these variables, inactivity and dietary habits,

are within our control. HP offers Weight Wellness and Set Your Sights On Healthy Eating (SYSHE), both programs promote choosing healthy choices. Working in partnership with the Wing Food Services and the dining halls SYSHE will help the CF community identify and increase healthy choices, focusing on an increase of vegetable & fruit intake.

**Smoking:** The CF's smoking cessation program Butt Out is offered in two formats, group or self-help and is available as needed. Our local Butt Out program has a success rate of 54 per cent, just higher than the national rate of 51 per cent.

**The National "I Quit" Challenge** challenges participants to pledge to be smoke-free for one month to win prizes.

**Stress:** Stress has a major impact on our activity and mental health. It has the potential to reduce motivation to be active and increases the likelihood of mental health problems, such as anxiety, depressions, cardiovascular disease, hypertension, obesity, and diabetes.

HP's Stress: Take Charge! program is a self-assessment program that helps individuals develop coping strategies for high stress situations.

Partnering with a team of local health professionals, 23 Health Services (primary health care, mental health, chaplains, etc.) and Fitness & Sports we offer a culture that encourages and supports personnel to take their health seriously and adopt a healthy lifestyle. A variety of programs and services are available through the various partners on the Wing, these provide the CF community with the ways and means for everyone to attain and maintain their personal health and physical fitness sufficient to meet the CF operational requirements.

"A life long standard-of-living committed to eating well, engaging in regular physical fitness activities, maintaining a healthy weight and living an addiction free lifestyle" can seem like a daunting task at times.

It is crucial that we make small changes and set SMART (Specific, Measurable, Achievable,

Relevant, and Trackable) goals that will last a lifetime. There is no overnight remedy.

To meet the mandate of the new strategic plan HP plans to continue offering programs for healthy lifestyles. To meet the needs and demands of the CF, programs can be adapted for unit briefings.

Along with the programs mentioned above HP also provides the following:

- Managing Angry Moments
- Alcohol, Other Drugs & Gambling
- Applied Suicide Intervention Skills Training (ASIST)
- safeTALK (suicide alert for everyone)
- Top Fuel for Top Performance
- Basic Relationship Training
- Take A Stand Against Family Violence

If you have any questions or would like more information on the Health Promotion programs listed contact the HP team, local 4150/4160, building 63, room 147/148 or visit us at [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca) and [http://17wing.winnipeg.mil.ca/hp/programlisting\\_e.htm](http://17wing.winnipeg.mil.ca/hp/programlisting_e.htm)

## Health Services helps keep Forces members healthy

Health Services at 17 Wing is a multidisciplinary team with most services located at building 62, also known as the Medical Clinic.

The clinic provides a variety of non-emergent health care services available to military members entitled to Blue Cross coverage. 23 CF Health Services is comprised of a team of both military and civilian personnel who join forces and collaborate with military

members to provide the best care possible.

The following services are available at the Medical Clinic: Pharmacy, Mental Health, Addictions Counselling, Case Management, Immunization / Allergy Clinic, Wellness Clinic, Preventive Medicine, Well Woman's Clinic, and Dental. Physiotherapy is currently located at building 90. To inquire about one of these services please call the Medical Clinic reception at local 5595. In addition, the Clinic runs sick parade Monday to Friday 0730 – 0800h.

Health and Physical Fitness are essential components for life with the Canadian Forces. Members and their families often endure multiple stressors related to military life.

An active and healthy lifestyle aids individuals and their families to withstand these stressors more effectively. 23 CF Health Services strongly supports the launch of the new Health and Physical Fitness Strategy for the Canadian Forces.

We will be collaborating with Health Pro-

motion and the Personnel Support Programs to promote holistic health for all.

Health and Physical Fitness is a lifestyle choice that enhances the quality of one's life. It is our objective to improve access to information, education, and programs available to military members and their families to make healthy choices.

Adopt the Canadian Force's theme, Health and Physical Fitness for Life, and live a happier and healthier life.

## Health and fitness for life

Due to the constraints and demands of hectic schedules and overwhelming tasks that work can assign a Military member, life becomes a journey filled with obstacles that hamper ones ability to lead a healthy and active lifestyle.

Physical fitness will assist members in their quest to achieve their desired Fitness levels. By partnering with Health Promotion, the two sides will play an integral role in meeting the needs of the Military Community.

This knowledge prepares members for operational readiness and ensures success in mentally and physically demanding environments.

The CF is committed to making health and physical fitness a priority and will provide means for all personnel to adopt a lifelong commitment to healthy living.

Members will find an array of classes and

clinics available at 17 Wing, ranging from circuit training, spin, push-up clinics, nutritional sessions, Wing and intersection sports leagues, and special events.

CMP states "health and physical fitness are not tasks- they are lifestyle choices with life enhancing benefits. Healthy and physically fit sailors, soldiers, airmen and airwomen have a lower incidence of Chronic disease, improved self confidence, fewer injuries, are better able to withstand stress; they are dependable, capable and effective comrades-in-arms."

The time is now: get to the gym and put these ideals into action. We look forward to assisting the members achieve their fitness goals.

If you have any questions about making physical fitness part of your life, contact the Fitness & Sports staff at local 2455 or 2056.

### Activities to launch the new CF Health and Physical Fitness Strategy

<b>8 April</b>	WComd Leadership Breakfast, 0730 – 0830 hrs Officer's Mess Unveiling of new Healthy Eating Poster March 1st "I Quit" Winner's Announcement & Presentation	<b>15 April</b>	Lunch n' Learn: Healthy Eating 101, 1130 – 1300 hrs, LCC Rm 132
<b>9 April</b>	PSP & DGHS Wellness Clinic (blood pressure & blood sugar clinics, healthy snacks) 1100 – 1330 hrs, Building 90	<b>17 April</b>	Lunch n' Learn: Reading a Food Label- How to Properly Compare 1130 – 1300 hrs, LCC Rm 132
<b>11 April</b>	PSP & DGHS Wellness Clinic (blood pressure & blood sugar clinics, healthy snacks) 1100 – 1330 hrs, 1 Cdn Air	<b>22 April</b>	Lunch n' Learn: Properly Fuelling Your Body 1130 – 1300 hrs, Location TBA
*To register for the Lunch 'n' Learns contact Health Promotion local 4150/4160. Please feel free to bring your lunch			
Other events being held during April to launch the Strategy include:			
<b>24 April</b>	Push-Up Clinic, 1200 – 1300 hrs, Bldg 90	<b>29 April</b>	Running Clinic, 1200 – 1300 hrs, Bldg 90

# Jet program helps with career enhancement

## WPSO Corner

By Ann Robidoux

The Jet Program is a developmental tool for career enhancement. It is an excellent program to help indeterminate employees take steps to advance in their current career or to seek new opportunities. It helps you to use some of the skills and abilities you may already have and to attain new ones. You are able to learn a little more about some of the facets the organization has to offer. Where else can you do all this and still maintain your current rate of pay? The Jet Program is not for everyone. If you are happy where you are and don't feel a need to advance, you don't need to use it. Some people don't feel the need for change in their lives, and that's okay. But for those who do feel the need for change in their career and are of DND indeterminate status, if you've got some of the abilities and skills that DND may be looking for; the Jet Program may be the place to start.

I first found out about the program in 2002. One of the Learning Advisors, Mary Jane Fisher, coordinator of the Jet Program, at the LCC was helping me with my resume. While we were going through it, she asked if I ever thought about the Jet Program. I said, no. She proceeded to explain the program and asked if I would be interested? Of course, I replied. I thought that the Jet Program was a brand new program. Boy was I wrong, it had been around DND for quite some

time. She explained what I needed to do and gave me the appropriate paperwork to fill out and get filled out.

Later, I met with my boss and explained my future plans. He acknowledged them, supported me 100 per cent and gave me the green light to go. I then returned the paperwork with my resume back to Mary Jane. At this point, all of our Is were dotted and our Ts were crossed, we had to sit back and wait for a position in DND to be deemed Jet Program. Of course, I had to meet the position's qualifications or I wouldn't be chosen. So my submission sat in limbo, just as many other submissions do.

Time passed. Positions became vacant. But none were deemed Jet Program status. Either not many sections know of the Jet Program and what it has to offer both the employee and employer or they may not want to take the time to participate. However, for the sections that do participate, it's a win-win situation. The sections are able to maintain a continuity of work production – with little delay due to training. It also demonstrates adaptability to technological change of the section and saves money in the process. It provides employees who are eager to learn the opportunity to gain career experience, learn new skills, gain new abilities, meet new people, obtain a new perspective of the organization and provides a little taste of change for a while or perhaps indefinitely, depending upon the impact it has on the person and the department. Why not give someone who is already familiar

with the workings of DND the opportunity to advance, instead of going outside the organization seeking unfamiliar individuals?

I first started at DND in 1993 as a PMQ cleaner, a position which is now obsolete, with some office skills. It's now 2008, I'm still a cleaner but on a Jet Program. I am learning a lot of new skills and gaining experience to help better my chances of advancing into an administrative/clerical career of some sort. I'm in a building where there are abundant opportunities for learning. The people here are very supportive of me and are patient as I try to learn and advance.

In this job, the transition from being a cleaner to an administrative clerk takes a bit of getting used to. I had to stop myself from wanting to empty filled garbage cans, vacuum, clean dirty washrooms, wash floors and so forth.

Instead, I had to adjust to answering the phone appropriately. I now deal with people on a regular basis instead of Henry, the vacuum cleaner. I have to respond to emails in an appropriate, timely fashion, schedule appointments, make travel arrangements, process files and incoming and outgoing mail, learn about the different programs the PSOs have to follow, ensure proper protocol and so much more. The section is very insightful and supportive of me learning as much as I can, as I am eager to learn.

I appreciate that I was given the opportunity to be a part of the Jet Program and strongly recommend it to others.

# Understanding Islam

By Karen Christiuk

In recognition of the International Day for the Elimination of Racial Discrimination, Omar Zulfi, who works for 1 Cdn Air Div/CANR Public Affairs, gave a very personal presentation on "Terror in Error: Islam 101" in Mynarski Hall on March 17.

"Islam is the world's second largest and fastest growing religion, and yet there are a lot of misconceptions about it," says Zulfi. "People often fail to distinguish between religion and culture. For example, Iran, Iraq and Afghanistan are all countries where Islam is practiced, yet they all have their own very distinct cultural traditions."

The need for Canadian Forces members to have a greater understanding of Islam is even more apparent when one realizes that 99 percent of Afghanistan's population is Muslim.

"Understanding who you are dealing with removes psychological barriers to successful interaction," says Zulfi. "As well, it is important to examine the common humanity of all people."

Because Islam is a very detailed and complicated religion, Zulfi explained some basic teachings and definitions during his presentation.

He also focused a great deal on common North American misconceptions of Islam, particularly related to the treatment of women and the use of violence.

"Islam is the celebration of—not subjugation—of women. The rise of Islam during the seventh century

saw the beginning of the rights for women such as property, equality, inheritance, voting, divorce and marriage rights."

Islam is also often portrayed as an intolerant and violent religion.

"Islam is always defensive rather than offensive," says Zulfi. "The Koran forbids aggression and sets out specific rules governing the use of force. Civilians cannot be killed. Livestock and crops cannot be destroyed and suicide is forbidden."

Zulfi says that if people are interested in learning more about Islam there is a lot of good literature available on the topic.

"The Manitoba Islamic Association has a very good website: [www.miaonline.org](http://www.miaonline.org). Also, English translations of the Koran are available at most bookstores and libraries."

Zulfi's presentation was



Omar Zulfi recently gave a presentation at 1 Cdn Air Div/CANR in recognition of the International Day for the Elimination of Racial Discrimination.

organized as an Employment Equity event. For more information about Employment Equity please see [http://www.psc-cfp.gc.ca/ee/index\\_e.htm](http://www.psc-cfp.gc.ca/ee/index_e.htm)

**Posted to Kingston in 2008?**  
**Don Wyld CD Military Authorized Realtor**  
 Automatic Buyer Representation  
 If a posting to our beautiful "Limestone City" of Kingston or where you are located, please give me a call or the "TOLL FREE" number below and I will send you a "Worry-Enders Kit of Kingston" (with video) containing maps, home prices, school information, shopping facilities, transportation and more.  
**NEW HOMES BY "CARACO"**  
 Get a complete information package of new homes being built in Greenwood Park, minutes from CFB Kingston and RMC, and Cookstown Ridge in West End Kingston. See the whole package at [www.27wyld.com](http://www.27wyld.com)  
 Please call or write: Don Wyld, CD, Sales Rep. #1 Barrfield Centre, Kingston, Ontario, Canada K7L 5H6  
 Fax 1-613-545-1101 or 613-545-3333 office  
 Toll Free 1-800-438-9953  
 Visit the Canadian Military Relocation Network Website at [www.militaryrelocation.com](http://www.militaryrelocation.com) OR Email: [donwyld@k7l.net](mailto:donwyld@k7l.net)  
 1,000 AIR MILES when you buy or sell a home with me!  
 Century 21 TOWN & COUNTRY REALTY INC.

## Which of These Costly Homeseller Mistakes Will You Make?

**WINNIPEG**—A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a B Step System that can help you sell your home fast and for the same amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that some homesellers don't get what they want for their homes and become disillusioned and — worse — financially disadvantaged when they put their home on the market.

As this report uncovers, most home-

sellers make 7 costly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled "The B Step System to Get Your Home Sold Fast and For Top Dollar."

To hear a brief recorded message about how to order your free copy of this report, call 1-800-610-8908 and enter ID # 6026. You can call anytime, 24 hours a day, 7 days a week.

Call NOW to find out how you can get the most money for your home.

This report is courtesy of Donal Chesnut, Max-More Realty Ltd. Not intended to be a solicitation of business.

**Need a lift?**  
 Come & See me or call me @ 663-3542  
**Terry Ortynsky KIA**  
 980 Naim Ave.  
[www.terryortynsky.com](http://www.terryortynsky.com)  
**CAPT. (Ret) JACQUES BOISCLAIR can give you one.**  
**For ALL your CAR needs.**  
 "We Make it Easy" with "Special" Military Pricing *Agggggg!!!*

# Wing Commander's honours and awards

On March 11, 2008, 17 Wing Commander Col Scott Howden presented the Wing Commander honours and awards.



WO W.A.A. Tollenaere receives the Wing Commander's Commendation.



Sgt S.L. Wedel of the Military Police receives the Wing Commander's Commendation.



Paul Aubut receives the Wing Commander's Commendation.



WO W.F. Rideout receives the Wing Commander's Commendation.



Janet Cote receives the Wing Commander's Commendation.



Sgt T.L. Rideout receives the Wing Commander's Commendation.



Sgt S.C. Nicholls receives the Wing Commander's Commendation.



Sgt P.W. Dmytriw receives the Wing Commander's Commendation.



MWO G.W. Noseworthy receives the Wing Commander's Commendation.



Pte S.M. Karsten receives the Wing Commander's Commendation.



Sgt R.H. Selman receives the Wing Commander's Commendation. He also received the General Service Medal for his exemplary service.



Robert Bint receives the Wing Commander's Commendation.



Sgt P.N. Wilson of 17 Wing Operations receives the Wing Commander's Commendation.



Cpl C. Butcher receives the Wing Commander's Commendation.



Maj R.W. Francis of 17 Wing Operations receives the Wing Commander's Commendation.



Cpl R.K. Maher of 435 Squadron receives his Canadian Forces Decoration.



Capt J.L.Y. Pruneau of CFANS receives his Canadian Forces Decoration First Clasp.



Sgt T.A. Zuorro of 402 Squadron receives his Canadian Forces Decoration First Clasp.



MCpl S.J. Sellsted receives his Canadian Forces Decoration First Clasp.

Photos: Pte LeVarene McDonald



Capt M.E. Wood receives his Canadian Forces Decoration First Clasp.



Cpl J.E. Martin receives his Canadian Forces Decoration.



Cpl L.T. Heffernan receives her Canadian Forces Decoration.



MCpl A.L. Groulx receives her Canadian Forces Decoration First Clasp. She also received the Wing Commander's Commendation.



MCpl R.T. Wilson of 17 Wing Operations receives his Canadian Forces Decoration First Clasp.



Sgt T.M. Smith of 402 Squadron receives the Canadian Forces Decoration First Clasp.



Capt T.J. Whedon of 435 Squadron receives his Canadian Forces Decoration Second Clasp for 32 years of service.



MCpl K.S. Myers of the CFANS receives his Canadian Forces Decoration First Clasp.



Lt(N) A.E.H. Campbell from the 17 Wing Administration Branch receives her Canadian Forces Decoration first clasp.



Sgt J.J.L.D. St-Laurent of 435 Squadron receives his Canadian Forces Decoration First Clasp.



Cpl G.W. Stetina receives his Canadian Forces Decoration First Clasp.



Cpl R.S. Spicer of 402 Squadron receives his Canadian Forces Decoration First Clasp.



Adele Weedmark receives a 25 year Long Service Award.



CWO (Retired) F. Emond receives a Chief of Defense Staff Certificate of Service.



Cpl C.E. Young from the 17 Wing Administration Branch receives the Special Service Medal with an Alert Bar. She also received the Award for Aerobic Excellence.



Sgt R.R. Campkin receives the General Campaign Star for his exemplary service.



2Lt D.E. Demers receives his commissioning scroll.



WO K.T. Ivey of CFANS receives the Special Service Medal with a Peace Bar.



Pte A.M. Peever receives the Coin for Operation Athena Roto 4 (Jun-Dec 2007).



MCpl J. Snow of 435 Squadron receives the Flight Safety For Professionalism award.

# Lake Superior Scottish Regiment invades Armstrong

By Cpl Bill Gomm

2008.

The former Armstrong Radar base was re-inhabited recently by reserve soldiers from Thunder Bay from 29 February to 2 March

The soldiers from the Lake Superior Scottish Regiment (LSSR), 18 (Thunder Bay) Service Battalion (18 Svc Bn) and elements of 18 Field Ambulance took part

in Exercise SECURE SCOT 1. They left Thunder Bay at 2000 for a planned three-hour road move, which took them north over snow-covered roads to the former Radar Base.

The roads wreaked havoc for the movement of troops and their kit; the three hours soon became seven hours.

The late start and the lack of sleep barely slowed down the tempo of the exercise with the kick off time pushed back only two hours.

The LSSR occupied the former base while a small enemy force began to patrol the former living quarters, which were below the base, looking for a possible strong point to occupy.

With their bivouac complete, presence patrols were sent out patrolling the town, leading to the discovery of an Improvised Explosive Device (IED).

"I'm glad we saw this



Photos: Cpl Bill Gomm

Pte Brett Nieminen takes up a fire position on the side of a snow bank, which gave him the best possible spot to cover down the road to his front.

thing instead of tripping it," said Cpl Greg Noyes after finding the IED.

After informing higher ups of the IED a team was sent to disable it, enabling the patrol to continue.

For the enemy force the snow covered area became a benefit, slowing down the friendly patrols and making it easier to spot the LSSR's observation post at the top of the hill. Green helmets are

easy to spot against a blue-sky background and a snow covered foreground.

But the LSSR were able to quickly narrow down the enemy stronghold after a few patrols and plans were made to conduct an early Sunday morning attack.

"It's going pretty well," said Lt Corey Nieminen, 1 Platoon Commander. "We are sending out presence patrols all day to gather information on the enemy personnel and their activities."

Attacking at 0610 the LSSR tried to quickly attack the enemy, but the waist deep snow came into play, slowing everything down.

The lower level of the en-

emy stronghold was quickly taken but a debris-covered stairway was an unexpected challenge.

With the constant flashing of a camera flash and bright white light mounted on a video camera the attacking force had more than the enemy to deal with.

Battling along glass covered floors and small rooms connected by mouse holes the soldiers of the LSSR were soon able to clear and secure the enemy stronghold and in the process capture one of the enemy force.

"The attack could have gone a little smoother," said Pte Robert Chen. "But it was all right."



Pte Jordy Andrew checks to see what's happening in a recently cleared room.



## The Mortgage Centre

We work for **you**, not the lenders.

Getting mortgage advice from a bank? From a Mortgage Associate employed by a bank? Whose financial future do you think they have in mind?



Over 13 years specializing in government relocations gives us an incomparable and in-depth understanding of the relocation process. Our expertise allows us to provide custom solutions for the unique needs of government transferees.

What we care about is making sure you are completely satisfied with your new mortgage. What is best for you is in our best interest!

**The Very Best Mortgage Company Inc.**  
Diana White and her relocation team  
1-888-282-3133

Online application available at:  
[www.verybestmortgage.ca](http://www.verybestmortgage.ca)  
Email: [info@verybestmortgage.ca](mailto:info@verybestmortgage.ca)

Each Mortgage Centre is independently owned and operated.

## Employment Opportunity

University of Manitoba

The Extended Education Division of the University of Manitoba is offering a full-time employment opportunity as:

### Military Support Coordinator

The selected candidate will possess a university degree and will have recent and extensive experience with the CF Training and Education system.

For a complete description of the job duties/qualifications, how to apply, and deadline date, please refer to posting number 500-097-08 at [umanitoba.ca/employment](http://umanitoba.ca/employment)



UNIVERSITY OF MANITOBA | Extended Education

To the men and women in our Canadian Forces: **Thank you!**

25% of commissions earned from military sales will be donated back to the military community

**Terry Hashimoto 470.6963**



# Yellow Ribbon lounge open for business

By HCol Gary Solar  
Royal Military Institute of Manitoba

Military members traveling through the Winnipeg International Airport can now relax in the newly opened Yellow Ribbon Lounge. This is part of a test program intended to provide a lounge facility for Regular and Reserve CF members and their families. The trial period launched Mar. 10 at the James Armstrong Richardson Winnipeg airport. If it proves successful, the initiative could lead to the establishment of military lounges in other Canadian airports.

The lounge can be used when members are traveling for training, operations, and when on leave.

It provides an area for relaxation and privacy from the travelling public, and family members are entitled to use the lounge when traveling.

Soft drinks, hot drinks, a relaxing atmosphere, TV, telephone, internet access and reading material will soon be available in the lounge. Alcoholic beverages are available at bar prices.

The Winnipeg Airports Authority (WAA) has determined that access to an existing lounge can be made available for a trial year at the existing airport. If deemed successful, the program could be reviewed for expansion to other sites which could include the new Richardson International Airport in Winnipeg, planned to open in 2009. Such expansion would be

subject to appropriate business plans.

The initial test period at the Winnipeg airport will determine if the lounge is used frequently enough by CF members and their families to justify the venture. The trial will also identify if there are sufficient resources available to maintain the lounge.

There has been a very significant increase in the deployments, operations and training tempo of the CF over the past few years to meet Canada's international and domestic commitments. This has resulted in a substantial increase in military personnel travel at major Canadian airports. For example, more than 40,000 CF members used the Winnipeg Airport last year. This equates to more than 100 personnel daily. It

is anticipated that this usage will continue for the foreseeable future.

Initial indications from senior military commanders and others is that establishing a lounge for use by members of the Canadian Forces and their families traveling through Winnipeg would be very well received.

Corporate sponsors will be sought during the trial period to consider the support of the long-term provision of the service.

Military personnel will be advised of the program in the information packages included in their travel documents.

Access to the lounge would require presentation of a military ID card. For more information, please phone the project director at 204-633-2445 or visit [xcofgh@yahoo.com](mailto:xcofgh@yahoo.com)



MLA Bonnie Korzikowski talks with 17 Wing CWO Glen Wallace at the opening of the Yellow Ribbon Lounge at the Winnipeg International Airport.



Cpl Leudy, Lt(N) Stewart and WO Coutu, all of whom are Afghanistan veterans, cut the cake at the opening of the Yellow Ribbon Lounge at the Winnipeg International Airport.

**PELICAN™**

1630 PROTECTOR™ CASE

MULTI-OPERATIONS BOX

STRONG
DEPENDABLE
MOBILE

In 2007 Pelican was awarded the contract with the Canadian Department of National Defence to produce and supply an advanced Pelican 1630 Case for safely transporting and protecting operational and follow on equipment. The Multiple Operations Box (nicknamed the M.O.B.) provides a number of containment and mobility solutions for the Forces and the modern soldier.

## PELICAN PROTECTOR™ CASES STORE, PROTECT & TRANSPORT ANYTHING YOU HOLD VALUABLE

- 46 sizes available.
- Built military tough like the M.O.B.
- O-ring seal keeps out dust and moisture.
- Automatic Pressure Equalization Valve.
- Durable wheels and extendable tow handle. (select models)
- Custom foam, padded dividers, and other optional interior accessories are available for maximum versatility.
- Genuine Pelican Cases can always be spotted by their distinctive, trademarked "Dual Band" design.



PELICAN 1630 CASE

Call 1-866-273-5422 or visit [www.pelican.ca](http://www.pelican.ca) for details on Pelican's full line of Protector™ Cases and flashlights.

### HELP US SUPPORT MILITARY FAMILIES

A portion of the proceeds from the purchase of every Canadian Forces Edition VB3 will go to help military families across Canada.

For details and ordering go to [www.pelicanfund.ca](http://www.pelicanfund.ca)

[www.pelican.ca](http://www.pelican.ca)

10221 - 184 STREET, EDMONTON, AB T5S 2J4  
TOLL FREE: 866.273.5422  
TEL: 780.481.6076 • FAX: 780.481.9586

All trademarks and logos displayed herein are registered and unregistered trademarks of Pelican Products, Inc and others.



**THE PELICAN UNCONDITIONAL LIFETIME GUARANTEE**



Base to Base, we have you covered...

## Your DND Inter-base Real Estate Connections

### HALIFAX

Everything you need is at [www.ymason.ca](http://www.ymason.ca)  
or call Yolande at (902) 478-3197

- ✓ Links to local listings... better than MLS.ca
- ✓ Free relocation package couriered to you
- ✓ Bilingual service available
- ✓ School information
- ✓ Great local map
- ✓ HHT checklist

**A&H  
GMAC**  
Real Estate

544 Portland Street  
Halifax, NS B2V 1K2

Cell: (902) 478-3197  
Bus: (902) 435-3594  
Fax: (902) 435-2823



Yolande Mason, REALTOR®

### GREENWOOD

Posted to Greenwood?



**Ghyslaine Roy**  
REALTOR®  
Century 21 Acadia Realty Ltd.  
Cell: 902.828.9469  
Fax: 902.703.6311  
Email: ghyslaine.roy@century21.com  
Web site: www.g212.com  
Service disponible en français



**Barb Craig**  
REALTOR®  
Royal LePage Atlantic  
Cell: 902.670.0652  
Office: 902.768.7777  
Fax: 902.768.6976  
Email: barbcraig@royallepage.ca  
Web site: www.via.ca/via/land/real

### TRENTON

Everything you need is at [www.davidweir.com](http://www.davidweir.com)  
or call David at 1,800.263.2177

- links to local listings ... better than MLS.ca
- free relocation package couriered to you
- bilingual service available
- school information
- great local map
- HHT checklist

**DAVID  
WEIR** REALTOR®  
Alert Focused • Results Oriented

RI Office Broker, 2001 - 2007  
Top 1% Royal LePage Canada, 2005 - 2007  
Royal LePage ProAffiance Realty, Brokerage  
Email: [david@davidweir.com](mailto:david@davidweir.com) • Cell: 613.848.0645

### OTTAWA

Posted to **Ottawa?**

Do It Right Call  
**Anne & Dwight**



1-800-267-7653 (SOLD)  
[www.anne-dwight.com](http://www.anne-dwight.com)  
Email: [anneanddwt@remax.com](mailto:anneanddwt@remax.com)

**RE/MAX** REALTY INC. 4400  
1000 SHEPPARD AVENUE EAST

- Full relocation packages couriered to your home or office
- Organized HHT designed to provide outstanding results
- Serving members and their families since 1983
- Team members with one focus... Our clients
- Approved suppliers to DND/IRP Program

### PETAWAWA

The  
**Neville Team**



**BART NEVILLE**  
Broker/Realtor  
**GLORIA NEVILLE**  
Realtor  
**MIKE NEVILLE**  
Broker

**Century 21**  
Neville Realty Ltd.  
Brokerage

888.337.7653

[www.thenevilleteam.com](http://www.thenevilleteam.com)  
Info@thenevilleteam.com

### KINGSTON

Posted to Kingston?

Hundreds of military families  
successfully relocated since 1988



Relocation Package includes:

- School information
- Local area map
- HHT checklist

**John Price & Heather Price**

Sales Representative

**Sutton**

1650 Bath Road  
Kingston, On • K7M 4X6  
613-384-5500

[www.priceandprice.ca](http://www.priceandprice.ca)

### BORDEN

Posted to Borden?

- 20 yrs HHT experience
- Relocation Packages ASAP
- Dedication to YOUR needs!

800-383-3980

[www.realtyguy.com](http://www.realtyguy.com)  
[hugh@realtyguy.com](mailto:hugh@realtyguy.com)

**Hugh Hardy, Broker**



**RE/MAX**  
**Chay Realty Inc. Brokerage**

2 Summerset Pl, Angus, ON L0M 1B2

### WINNIPEG

DND Relocation Specialists  
with over  
200 DND moves



**eddale**  
HOME SELLING TEAM

1-800-361-0500

Check out our CE Testimonials online at  
[www.eddale.com](http://www.eddale.com)

Email: [ed@eddale.com](mailto:ed@eddale.com)

### EDMONTON

EDMONTON  
RELOCATIONS

it's what we do



Ian



Connie



Call  
**ROBERTSON FIRST**

IRP Approved Realtors

Edmonton  
St. Albert



Morinville  
Gibbons

1-800-216-9452

[www.robertsonrelocation.com](http://www.robertsonrelocation.com)

Can't find your Base? Contact one of our Top Producing REALTORS®

# FUTURE EAGLE prepares Cadets for flight

Submitted by Capt M. Craig

Sixty Air Cadets from Winnipeg and surrounding areas visited 17 Wing on November 24-25, 2007 participating in FUTURE EAGLE, a ground school exercise preparing cadets for the Glider and Power Pilot Scholarship entrance exams.

The exercise, hosted by the Regional Cadet Support Unit (Prairie) Detachment Winnipeg, has been run at the Wing for the past six years.

In 2007, the exercise expanded the weekend operation to run in locations in both Thunder Bay, ON and Russell, MB. This allowed for more participation and shorter travel times for the cadets.

More than 100 cadets received training at the three locations.

Another significant change this year was the

target audience. In the past, the only cadets allowed to participate must be eligible for either scholarship in the current training year.

This year, cadets eligible for the glider scholarship in both 2008 and 2009 were invited to attend giving them the opportunity to prepare themselves one year in advance for the entrance exam.

While at 17 Wing, cadets took classes at the Training and Education Centre.

They learned test taking techniques, theory of flight, meteorology, navigation and air law. As well, the cadets were presented a session on preparing for an interview by Ed deCaux of the Air Cadet League.

In order to qualify for the Glider Pilot Scholarship, a cadet must have completed Proficiency Level 3 at their squadron, be 16 years old and completed Senior 2 (grade 10).

Power Pilot Scholarship candidates must have completed Proficiency Level 4, by 17 years of age, and completed Senior 3 (grade 11).

Candidates for both scholarships must first be selected from their own squadron to compete. Then, they write a multiple choice entrance exam and depending on the scholarship, testing knowledge of theory of flight, air law, navigation and meteorology.

In late February, cadets attend a selection board, where they are interviewed by a CF member and two Air Cadet League representatives.

It is anticipated that approximately 70 cadets will apply for the two scholarships for the summer of 2008; however, there are only 15 billets for the Glider Pilot Scholarship and 12 for the Power Scholarship, so competition is tight.

The Glider Pilot Schol-



Cadets prepare for their Glider and Power Pilot Scholarship entrance exams during FUTURE EAGLE

arship is held in Gimli, MB, 80 kilometres north of Winnipeg.

The Power Pilot Scholar-

ship is offered at civilian flying schools across the prairies, and can change from year to year.

Last year, cadets were trained at Harv's Air Services in both Steinbach and St. Andrews, MB.

## The year of the potato

By Alf Brooks

I questioned it myself when I first saw an image of a Swiss stamp celebrating the potato. But it is true. A website states that "The celebration of the International Year of the Potato (IYP) will raise awareness of the importance of the potato - and of agriculture in general - in addressing issues of global concern, including hunger, poverty and threats to the environment." It goes on to state that "Potatoes are grown worldwide... Potatoes feed the hungry... Potatoes are good for you... Demand for potatoes is growing." For each point there is detail given.

What one can learn from postage stamps!



**COMMISSIONAIRES**  
 TRUSTED · EVERYDAY · EVERYWHERE  
 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: clntsvo@commissionaires.mb.ca

Visit our website:  
**commissionaires.mb.ca**

**GASTHAUS GUTENBERGER**  
 GERMAN RESTAURANT

- Authentic German & Continental Cuisine
- Schnitzel •Beef Rouladen •Homemade Spatzle
- Fine German Desserts •Fine Wines and German Beer

Open Daily Monday - Friday 11 am - 11 pm Saturday 4:30 pm - Midnight Sunday 11 am - 10 pm

2583 Portage Avenue (1 block west of the Moray bridge)  
 Phone: 888-3133 for reservations  
 Catering Service Available

**Platinum**  
 Mortgage & Financial  
 Lori Blande  
 204-461-1084 F. 204-461-0294  
 Corp. Title 204-957-0303  
 E. lori@platinummortgage.ca  
 www.platinummortgage.ca

"Good to Own & Good to Pay"

**AIR CANADA**

We Are Hiring

**Flight Attendants**  
 Permanent positions in Toronto

**Come and meet us!**

Sunday April 06, 2008  
 10 a.m. to 4 p.m.  
 The Fort Garry Hotel  
 222 Broadway  
 Winnipeg, Manitoba

You are kindly asked to refrain from calling. Applicants who have been tested or interviewed for this position within the last six months will not be considered at this time.

**Minimum Requirements**

- Safety conscious
- Must accept assignment at our Toronto In-Flight Service base
- Possess a valid Canadian passport
- Minimum age - 18 years
- High school graduation diploma or equivalent
- Able to meet our medical standards
- Able to obtain Transport Canada's Security clearance
- Well groomed and self-confident
- Must successfully complete our seven-week initial training program

Priority will be given to candidates completely fluent in English and French. Candidates fluent in English or French and one or more of the following languages will also be considered: Japanese, Korean, Cantonese, Mandarin, Spanish, Italian, German, Arabic, Hebrew, Portuguese.

Should you meet the above requirements and be interested in this position, please submit your application on line and come meet with us at our hiring session.

**aircanada.com/careers**

At Air Canada, our business is diverse. So is our team.

# Students learn hockey fundamentals while having fun

By Cpl François Bédard  
17 Wing TISS/TDS

acter: former General Roméo Dallaire now Senator in Ottawa. It welcomes 80 students from Kindergarten to eighth grade.

Romeo Dallaire School is one very few primary schools to offer sports and arts programs for grades

three to eight. Students can choose soccer, hockey or arts which includes music. Director, Mr. Gérard Massé and Physical Education teacher Mr. Raymond Lafèche are two very dynamic and creative individuals.

The hockey program was created two years ago but started only last September.

This hockey program requires financing, transportation and much human resources. That is why I decided to volunteer and help start the program.

I love hockey and our Commanding Officer was very supportive in letting me be part of Community. Also the parents committee agreed to fund half of it along with the school.

The parents of the participating kids do the second half of the financing.

Every Wednesday, we go to Keith Bodley Arena in Westwood for an hour of pure fun. This gives a total of 28 hockey sessions until March 26. I also heard about a tournament on March 27. The players are split in two groups based on skills level. I am taking care of the younger players and Mr. Lafèche is coaching the more advanced ones.

Some of the skills we are working on include: wearing and main-



Coach Bédard works with one of the students.

taining hockey equipment, skates and sticks; hockey player posture and balance; basic skating, acceleration, braking, turning; puck handling, passing, shooting; and team strategies, tactics and ice awareness.

We play 10 minutes of light scrimmage every week so everyone can have a try at actually playing the game and practising the newly acquired skills.

The smiles on everybody's faces tell the whole story.

**Michael Connors REALTOR®**  
Toll-Free: 866-660-MIKE (6453)  
michaelconnors@telus.net

**Key Realty**  
G R U P

Welcome to 10 Wing Comm!

**Planning a House Hunting Trip?**  
Save thousands on your next home or  
I'll pay you \$1,000 at closing!

I guarantee—In writing, to save you at least \$2,500 off the MLS price or at closing I'll pay you \$1,000!\*

Call this toll-free number below for a pre-recorded message explaining how to request more information and to get your FREE reports, "Avoid These 6 Common Buyer's Mistakes" and "Moving Tips for a Smoother Move". Speak to no agent at this number. We can also arrange local financing and set you up for daily property updates to make your move easier and save you even more money. Welcome to the beautiful Cassin Valley. Call now...

Recorded Info: 800-409-1485 Enter #203

<http://michaelconnors.point2agent.com>

**HOME STAGING & REDESIGN**

996.3180  
[www.creatingimpressions.ca](http://www.creatingimpressions.ca)

Rejuvenate your home to  
Maximize Profit  
in the Real Estate Market

  
Jennifer Dearing Keiver  
Spouse of a  
CF member

  
creating  
impressions

**NOTICE**

Effective 1 April 2008, Waste Management will be picking up the plastic totes, blue box recycling and garbage in the PMQ on the north site (row houses and Air Force Way) and 17 Wing on Tuesdays.

Please note the change in pick up days. Thank you.

**SISIP RARM**  
Your Financial Protection for Today...and Tomorrow!

**Releasing from the CF...**

Transfer your existing life insurance plan to **Insurance for Released Members** and continue protecting your loved ones.

Contact your insurance representative within \*60 days of release!

**Libéré des FC...**

Transformez votre régime d'assurance vie actuel en **assurance pour membres libérés** et continuez à protéger vos êtres chers.

Communiquez avec un représentant en assurance des SF RARM de votre région dans les 60\* jours suivant votre libération!

\* No health related questions will be asked and the same premium schedule will be maintained

\* Vous n'aurez pas à répondre à des questions d'ordre médical, et le barème des primes demeure le même.

[www.sisip.com](http://www.sisip.com) • 1-800-267-6681 • Winnipeg 204-984-3222

**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

**PHARMASAVE**  
Serving Sun Life Customers

- Save on your Prescriptions
- Pay only the Deductible
- Let us do the Paperwork

For more information  
Call: 928-2010

Free Delivery is Available

Prescriptions can be easily transferred, just ask

1883 Grant Ave, Winnipeg, Phone: 928-2010 Fax: 928-2015



WINNIPEG MFRC



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

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

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

**Our Programs**

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

**Military Families: Strength Behind The Uniform**

*Summer job opportunities*

Youth Programs is currently hiring for the Youth Summer Programs. If you are 16 or older and are interested in working for Kidventures Summer Day Camp or the Summer Drop-in Program, please pick up an application form. Application forms are available from 102 Comet Street and at the South Side Youth Centre. Deadline for applications is May 16.

*New Children's programs:*

Join us for two new children's programs beginning in April:  
**Get Moving!** This informal program is aimed at parents who want a workout but have children with them. The group is a drop in program led by a fitness enthusiast. The activities will take place outside. If weather is very poor, we will move into the Rec. Centre. Come with your stroller/wagon/jogger and get ready to Get Moving. Date: Mondays April 14 - June 10, Time: 10 to 11 am. Location: Meet in front of Bldg 90  
**Mother Goose:** This parent and child program uses the pleasure and power of rhyme and song to enhance language, literacy and parenting skills. It is also great fun. Please bring a peanut free snack for your child Date: Mondays April 14- June 10. Time: 1:15-2:30 p.m. Location: MFRC 102 Comet  
For information, call Shannon 833-2500 (2491)

*Yellow Ribbon items for sale*

Yellow Ribbon Red T-Shirts	\$15.00
Yellow Ribbon Red Shirts (Youth)	\$13.00
Yellow Ribbon Red Polo Shirts	\$27.00
Yellow Ribbon Magnets	\$ 4.00
Yellow Ribbon Window Decals	\$ 4.00
Yellow Ribbon Rhinestone Brooch	\$12.00
Yellow Ribbon Notecards (set of 5)	\$7.00
Ball Caps	\$15.00
Toques	\$12.00
"Soldier" the Bear	\$20.00
Yellow Ribbon Lawn Signs	\$12.00 ea or 2 for \$20.00

MFRC Monthly Community  
Coffee Break  
**The 1st Thursday  
of EVERY month  
10-11 a.m.  
102 Comet St.**

**Resources**

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

**Other Numbers**

MFRC: 833-2500 ext.4500  
Emergency Childcare: 935-7733  
MFRC Childcare Centre: 837-3653  
Youth Centre South: 488-8563  
Youth Centre North: 833-2500 Ext 4502  
CF Family Consumer  
Info Line: 989-9019

*Kidventures 2008*

Come explore with us! This year's Kidventures, we are exploring- We will explore nature, space, history, science, culture, art, food, water and our own backyards. In other words, we are exploring life.

Register for one week, two weeks or the whole summer. We guarantee fun and friendship. The camp is located in Westwin Community Centre and runs for seven weeks starting July 7, 2008. Registration packages are available at the MFRC, 102 Comet Street. Registration starts May 7, 2008 at 7 p.m.

*Card making sessions*

Card making is a wonderful leisure activity. Relieve stress and make unique cards. Good company and coffee are always available. The next session is April 14 starting at 7:30 at 102 Comet Street. Registration with payment of \$5 is required to guarantee your spot.

*Divas, Diapers and Drama*

Join us at the Wing Theatre on April 15 to watch the movie Dan in Real Life and relax. Casual childcare is available at Westwin Community Centre for your older children. Little ones (under 18 months) are welcomed to stay and rest or play with us.

*Baby and toddler gear sale*

Do you have some baby items that you no longer need? Are you looking for some gently used baby or toddler items?

Come to our Baby and Toddler Gear Sale at Bldg 90 (gym) to find some bargains.

When: 19 April, 2008

Where: Building 90 (base gym)

Time: 10am - 2pm

Cost of tables: \$10

Admission: FREE!

Call the Military Family Resource Center at 833-2500 ext 4500 for details or to register for a table.

**Get your barbecue ready for the summer with these tips**

**Sparky's Corner**

Barbecue season is here. So let's get the grill ready to go. Spend a few minutes on your Q, and you'll have a cleaner, safer running barbecue, that cooks food more evenly.

First let's give the barbecue an inspection.

You should make a point of doing this every time you change a propane tank as well.

1. Spray soapy water on the connections, and supply lines. If you see bubbles, turn off the tank, and try re-connecting. If it still bubbles, then gas is still leaking. Shut off the tank and get the leaky part replaced.

2. Remove the grates and lava rocks, and check out the burner. If it looks good visually, then fire it up and make sure that you have an even flame throughout. If not, then replace it. Most burners only last one or two seasons, depending on how much you use your barbecue.

Since you already have the lava rocks out, why not clean out all the ash and grease

that's accumulated at the bottom of the barbecue? While you're cleaning, check the unit for rust, and any signs of deterioration.

3. Don't forget to check and clean out the venturi tubes that deliver the gas to the burner. If they get plugged up, the gas will get diverted elsewhere, and could pose a hazard.

Whenever you barbecue, make sure that the barbecue is at least five feet (1.5 meters), or better yet 10 feet (3 meters) from the house, or any other material that could catch fire.

Only open your propane tank a quarter to one-half turn. That's all the gas your barbecue needs to operate, and if you have a problem, then it's much easier to shut off.

Unless you're keen on joining the space program, always open the barbecue lid before you light it. If it doesn't fire up the first time you try it, then shut it down, and try it again in about five minutes.

From the time you light the barbecue, until you're finished cooking, stay with your fire. Accidents can happen when you leave a barbecue unattended.

Safety First!



Always make sure that the barbecue is in a safe place, where kids and pets won't touch or bump into it.

Keep in mind that the barbecue will still be hot after you finish cooking, and anyone contacting the barbecue could be burned.

If you use a barbecue lighter, make sure you don't leave it lying around where the kids can access it. It won't take long for them to figure out how to use it.

When you're finished barbecuing, always make sure that you not only shut off the barbecue, but shut off the propane tank

as well.

Always store propane tanks outside, in a well-ventilated area.

A few tips for charcoal grillers:

- Never use gasoline to get the coals going. Instead, use charcoal lighting fluid.

- Let the lighter fluid soak into the coals for a minute or so before lighting it. That gives the explosive vapours a chance to dissipate.

- Stand back from the coals when you ignite them, and make sure you didn't accidentally spill any fluid on yourself, or on any area surrounding the grill.

- Before you light the coals, make sure that you put the lighter fluid at a safe distance away from the fire.

- If the coals start to die out on you, don't spray lighter fluid on the hot coals. You could end up with explosive results.

- Always extinguish the coals when you're finished barbecuing. Here's a safe way to do it. Wearing oven mitts, take the coals out of the barbecue with tongs, and submerge them in a metal pail of water.

- Always make sure that you keep your fire safe from children.

# Together in Church



## Catholic

### Chaplains

**Chaplain Lisa Pacarynuk**  
Roman Catholic  
Office 833-2500 ext 5417

**Father Gracjan Burkiciak**  
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.



## Bombardier Jeremie Ouelette



On March 11, 2008, Bombardier Jeremie Ouelette was found dead in an accom-

modation room, at Kandahar Airfield. Bombardier Ouelette, was a member of the 1st Regiment Royal Canadian Horse Artillery (1 RCHA), based out of Shilo, Manitoba.

A Canadian Forces National Investigation Service investigation is ongoing to establish the circumstances surrounding this tragedy. No further details are available at this time, although enemy action has been ruled out.

The thoughts and prayers of the men and women of the Canadian Forces go out to the family and friends of Bombardier Ouellet.

## Sergeant Jason Boyes



On March 16, 2008, Sgt Jason Boyes was killed by an explosive device while on a foot patrol in the Zanghabad region, in Panjwayi district.

At the time of the incident, Sgt Boyes' unit was conducting a dismounted presence patrol in the area with Afghan National Security Forces (ANSF). These patrols are part of the many ways ANSF and ISAF show their presence, monitor the security situation and interact with the local population.

Sgt Boyes was a member of the 2nd Battalion Princess Patricia's Canadian light infantry, based in Shilo Manitoba. The thoughts and prayers of the men and women of the Canadian Forces go out to the family and friends of Sgt Boyes.

## Respiratory Protection Program information

The purpose of the DND Respiratory Protection Program (RPP) is to protect the health of personnel working in atmospheres that may be hazardous or Immediately Dangerous to Life or Health (IDLH).

The Respiratory Protection Program does not address the selection of respirators for Canadian Forces diving breathing equipment, aircraft oxygen systems, medical inhalators and resuscitators, or C4 mask military respirator, and cartridges for Nuclear Biological Chemical (NBC).

In Accordance with the DND Respiratory Protec-

tion Program, a fit test shall be carried out prior to initial use and at least every two years, whenever there is a change in respirator face-piece, whenever changes to the user's physical condition could affect the respirator fit.

Under no circumstances shall a person use a tight fitting respirator until a satisfactory qualitative or quantitative fit test has been achieved.

If you require the use of a respirator not excluded from the RPP, then contact the 17 Wing Respiratory Protection Administrator at local 4461.

## Fire protection and emergency equipment training available

All DND/CF employees must be given an initial indoctrination into the use and operation of all applicable emergency equipment upon entering the workforce, or a new place of employment, and refresher training thereafter on a four year cycle.

Employees must be given the opportunity to physically use portable fire extinguishers wherever and whenever possible, keeping in mind environmental concerns and conditions.

All units, subunits, and detachment commanders

shall ensure that all personnel are familiar with the Fire Orders and that they know how to operate fire fighting equipment.

PFET will be commencing most Tuesdays and Thursdays starting April 8, 2008 at 10 a.m.

Contact the 17 Wing Winnipeg Fire Education Section directly at local 4461 set up an appointment as seating is limited to 12 people. For larger groups, contact your local Unit Training co-ordinator to set up section based training.

**HOOK & SMITH**  
Barristers, Solicitors & Notaries Public

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

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

Telephone - (204) 885-4520  
Fax - (204) 837-9846  
Email: [general@hookandsmith.com](mailto:general@hookandsmith.com)

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

**RONALD HABING**  
Barrister & Solicitor

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

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

**R. HABING & ASSOCIATES**

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

**NEW ARRIVALS**

**Puzzled about Manitoba Driver Licences and Plates?**

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

**autopac**  
A Manitoba Public Insurance product

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

Call us or drop in to:

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

# AESOP graduates ready to assume new responsibilities



Cpl Peter Ogilvie completed the Airborne Electronic Sensor Operator (AESOP) course at CFANS on 21 Feb 08. Cpl Ogilvie will serve on the CP-140 Aurora aircraft at 407 Demon Maritime Patrol Squadron at 19 Wing Comox, B.C. After graduating from Gen Panet High School in Petawawa, Ont, Cpl Ogilvie joined the CF as a Naval Communicator in 1996. He served in HMCS Iroquois, Vancouver, Protector, Regina and Victoria. Cpl Ogilvie deployed to East Timor as part of Operation Toucan while serving in Protector in 1999. Cpl Ogilvie was born to Warren Ogilvie and Varlene Hargreaves.



Cpl Dave Tillotson graduated from his AESOP course at CFANS 21 Feb 08. Cpl Tillotson's dad, Richard, a retired Air Force pilot, presented him with his wings. Cpl Tillotson will be applying what he learned here to his new job on the CH-124 Sea King maritime helicopter at 443 Hornet Maritime Helicopter Squadron, based at the Victoria International Airport, BC. Cpl Tillotson joined the CF in 2001, as an Avionics Technician. After basic training Cpl Tillotson went on his trades qualification level 3 course and was posted to 19 Air Maintenance Squadron at 19 Wing Comox upon completion of his course. Cpl. Tillotson was born in Summerside PEI to Emma and Richard Tillotson. He went to the Highland School in Comox, B.C., which has become his hometown.



Cpl Chris Willis graduated from the Airborne Electronic Sensor Operator Course at CFANS on 21 Feb 08. He will take his knowledge and apply it to his new job on the CH-124 Sea King maritime helicopter at 443 Hornet Maritime Helicopter Squadron, based at the Victoria International Airport, B.C. Cpl Willis joined the CF in 1990, as a Naval Acoustic Operator. Following basic training at Cornwallis, NS, his first posting was to the west coast to serve in HMC Ships St. John's and Iroquois. Cpl Willis deployed to the Adriatic Sea on Operation Sharp Guard while in Iroquois. Cpl Willis received his submariner's dolphins in 1998 served in HMC Submarines Ojibwa and Onondaga. In 2000, he was posted to Corner Brook and spent a year at Barrow-in-Furness, U.K., before returning to Canada to serve in HMCS Victoria. Cpl Willis remustered to Airborne Electronic Sonar Operator in 2005. Cpl Chris Willis was born to Judy Nelles and James Willis in Sydney, N.S. where he attended Riverview High School.

## TAROSCOPES BY NANCY

**Aries (March 21 - April 19):** Exciting possibilities coming soon will require decisions about what to grasp hold of and what to give up. Patiently work out a plan that includes ways to stay motivated. For when inspired you're keen to commit but for long term results you must keep up the momentum.

**Taurus (April 20 - May 20):** You get what you want and more. Draw on all your connections then share the rewards. Others are being positively influenced by your example but some are creating havoc. Find a way to deal with them in a productive fashion so they don't undermine your plans.

**Gemini (May 21 - June 21):** Nothing holds you back except imagined limitations. You'll see progress soon in an endeavor so don't start second-guessing yourself. Friends and associates assist and offer suggestions but you must ultimately listen to your own inner voice for you know what is right for you.

**Cancer (June 22 - July 22):** You now reap rewards for your efforts in improving communications. Finally you are working through a significant issue. Your responsibilities expand, but you are very resourceful. Use what you have and what you know to increase your income or better your life in some way.

**Leo (July 23 - August 22):** You now see a habit in a new way. There really is a connection between what you have been doing and how you are feeling. Personalize an exercise or diet plan, or create a budget based on what you know about yourself. You can make the necessary adjustments for self-improvement.

**Virgo (August 23 - September 22):** Shifts occur in relationships when your awareness and empathy increase. You gain a greater understanding and appreciation for all aspects of yourself and others. What you think can be constructive and creative or destructive and limiting. Optimism and acceptance are best.

**Libra (September 23 - October 23):** When others are involved you must consider their feelings for ultimately this influences what the outcome of your joint efforts will be. No matter how hard you work, there are some things beyond your control. It's less stressful to go with the flow. Trust your hunches.

**Scorpio (October 24 - November 21):** Trust yourself to know what is right for you. Following every trend isn't the way to go. There is a natural calm settling over you now as you become more yourself. You finish tasks easily though it does take preparation and hard work. Reconnect with a friend and celebrate.

**Sagittarius (November 22 - December 21):** Though some days it's hard to keep a positive outlook - do it. You need to let go of past hurts before you can honestly assess your options. And you need to make a move soon. Not all options will be available forever. Focus on what you have and what is to come.

**Capricorn (December 22 - January 19):** Show how you feel and what you believe so that others have the chance to understand you. A respite gives you time to get to the essence of a matter that you have been undecided about. Sleep more if possible. Seek company and environments that encourage tranquility.

**Aquarius (January 20 - February 18):** You are expanding your circle of friends. Reconnecting with someone from the past has a significant impact. Watch the flow of the economy and world events and you'll see how you can benefit from trends. Find out what is required to enhance your career.

**Pisces (February 19 - March 20):** Some things can never be explained, resolved or repaired. Stop letting other's perceptions, especially those with issues, define you and don't waste time worrying either. You know who you are! They don't. Show the world what you can do. Experience all that life has to offer.

## Classifieds

**For sale**  
Equalizer trailer hitch w/bars & chains, \$75. Call 889-9604.

**1 - 19" Daytek monitors.** \$30. Call 833-2500 ext 5491 or 999-7730

**2-door grey 1993 Cavalier RS (FI).** 3.1L, 6 Cyl, 5 Spd w/ A/C. Low mileage 114,000 kms. One owner in very good condition. Jobs done; complete tune up, replaced alternator, battery, muffler and front brake pads & rotor. Passed safety. Asking \$3,500 OBO Call Nathalie at 475-7051 after 14:30 pm or 833-2500 ext:4599 btwn 09:00 - 14:00hrs

**Palliser dresser w/mirror** (3 drawers & 2 cupboards), w-70.5cm, h-29.5 cm, d-18.5 cm. \$160 for set. Matching bedside table.

**19" hansol monitor** (CRT monitor) Great resolution - \$100 OBO.  
• **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.

### Coming events

Breakfast meeting of the Winnipeg chapter of the Full Gospel Business Men's Fellowship International: 0900-1100, Sat 05 Apr, Best Western Charterhouse Hotel 330 York St. (at Hargrave). Guest speaker, couples welcome. \$9/person. Reserve tickets by Thu 03 Apr evening at 475-4207.

### RESPECT

Those who serve now  
Those who served before  
Those who will serve  
Transferred? Let me help.

**Pam Tennant at  
Maximum Realty  
801-4968**

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

**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

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

**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

## GRANT CLEMENTS

CD, FRI, SRES

website: [www.buywinnipeghomes.com](http://www.buywinnipeghomes.com)

email: [clements@buywinnipeghomes.com](mailto:clements@buywinnipeghomes.com)

[kellyandgrant@remax-clements.mb.ca](mailto:kellyandgrant@remax-clements.mb.ca)

Toll free: 1-877-778-3388

Business: (204) 987-9808

Fax: (204) 987-9844

## KELLY CLEMENTS

SRES, CERC



Father and daughter team

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

**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



**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](mailto:info@cgklaw.ca) Website: [www.cgklaw.ca](http://www.cgklaw.ca)

George E. Chapman Q.C.

Alan R. Goddard

Donna G. Kagan

Kelly P. Land

Michael J. Law

Rachel Smith

Almer N. Jacksteit

Kristine K. Barr

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](mailto:minnieann@escape.ca)  
Web: [www.winnipeghomes.net](http://www.winnipeghomes.net)

Office: (204) 987-2121  
Cell: (204) 770-4619

### MOVING THIS YEAR ?



[www.homesinwinnipeg.com](http://www.homesinwinnipeg.com)

## TERIE LANGEN

relocation specialist  
Real Estate Broker  
RE/MAX Executives Realty



779-7000

[terieshomesinwinnipeg.com](http://terieshomesinwinnipeg.com)



My clients have been  
#1 with me since 1973.

[carrie.com](http://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](mailto: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

[trudyj@mts.net](mailto:trudyj@mts.net)

Re/max Hall of Fame

"spirited energy"

RE/MAX  
executives



## MAXIMUM Realty Ltd. Serving Winnipeg & Surrounding Areas

Residential - New Homes - Condos - Relocation - Referrals



Fred Levesque CD  
(204) 777-5555  
[maximumreality@shaw.ca](mailto:maximumreality@shaw.ca)



Lee Wren  
(204) 781-4487  
[leewren@mts.net](mailto:leewren@mts.net)



Eva Bessas  
(204) 470-3332  
[ebessas@mts.net](mailto:ebessas@mts.net)



Brandon McGurry  
(204) 799-3022  
[megurry@mts.net](mailto:megurry@mts.net)



## THE DAN VERMETTE

Home  
Selling

TEAM

[www.danvermette.com](http://www.danvermette.com)

Service en Francais



255-4204

RE/MAX  
performance

## 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](http://www.joannegebauer.com)

[joanne@joannegebauer.com](mailto:joanne@joannegebauer.com)

Toll Free: 1-877-778-3388

