



THE VOXAIR

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FREE

IN THIS ISSUE:

HIGHLANDERS CELEBRATE 100TH ANNIVERSARY

PAGE 3

435 SQUADRON WINS BIG AT 2010 SAREX

PAGE 3

AIR COMMAND BAND PLAYS IN SEOUL

PAGE 4

HELI-LIFTING SICK CHILDREN'S SPIRITS

PAGE 5



Lest We Forget

Photo: Kristy Rydz



As of 04 Nov 2010, the GCWCC's 2010 campaign has raised \$87,992 for charity and has canvassed 50% of the Wing.

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Remembrance Day: A day to honour, remember, and reflect

Team Winnipeg proud to represent Canadian Forces at dozens of events throughout the region

17 Wing Command Team Commentary

Remembrance Day, or Armistice Day as it was originally called, was first conducted by nations around the world, including Canada, in 1919 as a way to publically commemorate the end of the First World War on Monday, November 11, 1918, at 11 a.m.: the eleventh hour of the eleventh day of the eleventh month.

Since that day over ninety-years ago, Remembrance Day has evolved so that today it has come to be a day for the citizens of our nation to remember, to honour, to reflect and to commemorate all Canadians who have served and died in service to our nation, both at home and abroad.

Proudly wearing a Poppy upon their uniforms, as part of our commemoration, members of 17 Wing and the Air Force Training Centre in Winnipeg teamed their resources to participate in an unprecedented level of outreach activity in the Greater Winnipeg area during Veterans Week.

Accompanied by Wing Chief Warrant Officer Scarcella, I had the privilege of speaking to a group of almost 1,000 young Canadians aged 16-18 years at River East Collegiate. The audience's utterly silent attention to our presentation underscored their obvious understanding that our Veterans and the men and women of today's Canadian Forces have and continue to shape the environment we take so easily for granted; working to protect peace and freedom here and throughout the world.

Dozens of our members volunteered to tell our story – the story of our veterans, the story of generation-after-generation of men and women who have proudly donned the uniform of the Canadian Force and have fought, and continue to fight to defend peace and freedom. Your presence, your passion for what we do and your commitment to our nation was most evident and was greatly appreciated.

A special tip of my hat goes to Wing Public Affairs for their outstanding work in organizing our outreach program, which reached 109 groups, numbering almost 30,000 persons in our region. The many long hours this small team spent injecting Winnipeg and Manitoba information into



Team Winnipeg members on parade at the Winnipeg Convention Centre Remembrance Day. Photo: submitted

the national presentation, securing thousands of Remembrance Day/Veterans Week keepsakes for distribution to the groups, schools and organizations we visited, and to the countless last minute hiccups resolved says much of your dedication and commitment to our Veterans.

To all of you who marched in parades and attended the many ceremonies held on Remembrance Day, I salute you. Your presence was a visible symbol of an unbroken chain of proud men and women who selflessly continue to step forward to serve and defend our nation and its principled

beliefs.

Bravo Zulu to the Air Command Band at the massive indoor ceremony held at the Winnipeg Convention Centre and to the members of 402 'City of Winnipeg' Squadron and their Pipes and Drums. Their contribution to the marches with veterans was central in sealing the ties that bind our military to an ever increasing number of our citizens, who braved less than ideal weather to be with us on this Remembrance Day.

A Very Big Thank you – Fall Fair 2010

On behalf of the Fall Fair Committee, the Co-Chairs Tina Bailey (PSP Community Recreation) and Co-Chair John Bailey (MFRC) would like to say a very big thank you to the following people and organizations. The Fall Fair would not be the success it is without the support and commitment provided by the following:

Sgt Spooner and his team (CE) For the quickest set up

ever!

Kathy Godfrey (PSP Health Promotion)
Chris Merrithew (PSP Sport and Fitness)
Major D West and the team of Staff and Cadets
Sgt Eves and Cpl Healy (MP's)
Barbara Thuen and the many volunteers (MFRC)
MCpl Darren Burgess (Pers Admin)
Jenny Brennan (MFRC)
Jessica Ripley (PSP Community Recreation) For introducing the Star Wars group which all ages enjoyed!
Shannon Peake (MFRC)
17 Wing Fire Hall
17 Wing Foods
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All staff who helped on the day of the event.

We are in the process of setting up the organisation of the Fall Fair for 2011 which will take place on Saturday 10th September 2011. We are seeking more people to help organize the event, if you are interested please contact Tina Bailey on Local 2059 or email to +17WingPSP@PSP@Winnipeg.

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Highlanders descend on Winnipeg to celebrate 100th anniversary

MWO Lloyd Harris

Queen's Own Cameron Highlanders of Canada

Skirling bagpipes, beating drums and swinging kilts filled downtown Winnipeg streets as The Queen's Own Cameron Highlanders of Canada stepped off from the Scots Monument on Waterfront Drive the sunny morning of 23 October 2010 to exercise their Freedom of the City as part of their centenary celebrations.

Arriving at City Hall, Commanding Officer Lieutenant-Colonel (LCol) Brett Takeuchi, rapped three times on the door with the hilt of his sword to announce his arrival to the Mayor of Winnipeg, His Worship, Sam Katz.

"Row upon row and generation upon generation you are the pride of Winnipeg. Your motto is "Ready", and so you've always been - whenever Canada has needed you. From Lieutenant Robert Shankland's Victoria Cross at Passchendaele... to Pipe Major Alex Graham's courageous stand at Dieppe... you have a storied history," said Mayor Katz prior to unveiling a commemorative plaque with LCol Takeuchi. The plaque will be permanently displayed in City Hall.

Following the unveiling at City Hall the Camerons moved to the Cenotaph for a wreath laying ceremony where sentinels at the Cenotaph were dressed in combat uniforms of four distinct eras. After a brief march to the Legislature the Lieutenant Governor of Manitoba, His Honour, Philip Lee inspected the four guards on parade.

Two guards were made up of serving Camerons, one consisted of former Camerons, and one guard was made up of cadets.

Addressing the parade following the inspection His Honour said, "No one in this city, this province, must be allowed to underestimate the value to our nation of your volunteerism and your sacrifice. Some gone before, indeed, made the ultimate sacrifice, and only my humble words can articulate the worth of that at this moment. It's significant that I speak as a representative of Her Majesty the Queen. Now more than ever before, I share Her pride in you and the community's appreciation of the best in society that you represent. Your outstanding reputation has taken one hundred years to gather. The gathering hasn't stopped."

A second plaque was then unveiled by LCol Takeuchi and the Lieutenant Governor. This plaque will be displayed in the Manitoba Legislature. The parade ended with a March Past for the Lieutenant Governor.

While serving Camerons returned to Minto Armouries to hand in weapons, retired Camerons continued on to the Manitoba Museum to view the Queen's Own Cameron Highlanders of Canada display. The display featured Lieutenant Robert Shankland's medals, in particular the Victoria Cross purchased last year by the Canadian government to ensure it remained in Canada. The displays at the museum also featured the history of the Camerons over the last 100 years.

After a break of a few hours celebrations



City of Winnipeg Mayor, His Worship, Sam Katz and Lieutenant Colonel Brett Takeuchi, CO of the Queen's Own Cameron Highlanders unveil a plaque to be displayed in City Hall at Winnipeg, Manitoba. Photo: Sgt Bill McLeod

continued at the Hotel Fort Garry with a Centennial Gala Dinner, attended by the Lieutenant Governor and featuring Major General Dennis Tabernor, Chief of Reserves and Cadets, as the keynote speaker. The regiment celebrated to the wee hours of the morning, yet still managed to attend

their traditional kirk parade the next day at First Presbyterian Church, the location of their Regimental Chapel.

LCol Takeuchi summed up the Queen's Own Cameron Highlanders of Canada in an interview with a reporter, "People come and go but the Regiment just keeps going on."

Big Dogs win big at national SAREX

Sgt Bill McLeod

Wing Public Affairs Photojournalist

"I would put my "Big Dogs" against any other SAR (Search and Rescue) unit in Canada jumping," said 435 Transport and Rescue (T&R) Squadron (Sqn) SAR Tech Leader Warrant Officer (WO) Dave Lazarowich. He added, "We've owned the individual parachute accuracy competition the last two years."

This year 435 Sqn's SAR Technicians (Techs) won the individual parachute accuracy competition, the bell ringer competition, and were only a few points away from first place in the team parachute accuracy competition at the annual National Search and Rescue Exercise (SAREX) held at Whitehorse, Yukon, from 20 to 25 September. As well, the 435 team performed well in the marine event which included dropping pumps, life rafts and jumpers to a simulated rescue, and the rescue event which included an avalanche beacon search, mountain rescue system and patient extraction.

This was the first time that SAREX had been held in the Yukon. The exercise was organized by 19 Wing Comox, B.C., and ap-

proximately 200 people participated in the week of training and competition and included units from the US Coast Guard and Air Force.

WO Lazarowich was the winner of the 'bell ringer', a parachute accuracy competition for 44 year old and over SAR Techs, while Sergeant (Sgt) Dan Verret won the individual parachute accuracy competition. Last year, Master Corporal Carl Portman of 435 Sqn won the individual accuracy.

Of his individual parachute accuracy win Sgt Verret said, "It's a highly coveted trophy for SAR Techs to win. If you can get your name on that trophy it represents a career's worth of effort. It's pretty sweet but for me it's even sweeter because my Dad's name is on the trophy too." Master Warrant Officer Bob Verret, Dan's father, was also a SAR Tech.

The SAR Team Leader likes to call his team the "Big Dogs" because of the mythical chinthe, the mascot that is prominent on 435 Sqn's crest. "Maybe it's the high winds on the prairies, I don't know, but the "Big Dogs" are really good," he says.



WO Dave Lazarowich and Sgt Dan Verret pose with their parachute accuracy trophies from National SAREX 2010. Photo: Sgt Bill McLeod

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Sweet Seoul music

Air Command Band marks 60th Anniversary of the Korean War

Sgt Matt MacIssac

Air Command Band Pipes and Drums

Despite jetlag and the demands placed upon them by a demanding and varied schedule, musicians from the Canadian Forces (CF) proudly represented our nation at events held in South Korea in late September commemorating the 60th Anniversary of the Korean War.

Representing the Pipes & Drums bands of the CF was a cadre of 14 of the military's top pipers and drummers drawn from several different CF bases across Canada, half of whom were from the Air Command Band based at 17 Wing Winnipeg.

Led by Pipe Major Matt MacIsaac and Drum Sergeant Jeremy White, the cadre only had a short time to prepare before they participated in many high profile shows, including the Official Celebrations Ceremony at the Royal Temple in Seoul which was attended by the President of Korea, several televised military parades, as well as the 60th Anniversary Celebrations of the Recapture of Seoul, and at various World Military Culture Festival venues throughout South Korea.

"This trip to the beautiful country of Korea was an excellent opportunity to showcase the piping and drumming talent in the CF and for me was a great experience to join really talented players while representing our country," said Corporal Andrew Bruce, a piper with the band and Pipe Major of the 14 Wing Pipes & Drums in Greenwood, NS.

A highlight of the trip for the band and Koreans alike was the performance of "Arirang", a beautiful traditional Korean folksong which prompted spontaneous applause and singing along from the audiences. The band also played several shows with piper Edward McHale, a spry 78 year-old Korean War veteran from Scotland - an honour in itself.

The Air Command Show Band also participated in the celebrations, with a full house performance at the Busan Cultural Centre and a well-received concert at the Military Culture Festival Tattoo.

"The Show Band had a great time in Korea - a country rich in culture and hospitality. The Korean people seemed to really enjoy what we did and hopefully we'll return there



Sgt Cindy Scott, Cpl Janine Brémault-Bamford, and Sgt David Grenon of the Air Command Show Band performing at the Gyeryong World Military Culture Festival. Photo: Cpl Dianne Neuman

someday," said Musical Director Warrant Officer Mike Manny.

Overall, the 16 day trip was a resounding success and a fine example of the top flight abilities of Canadian Forces musicians.

For more information on the Korean War please visit http://www.vac-acc.gc.ca/remembers/sub.cfm?source=history/KoreaWar/koreawar_fact

For more information on the Air Command Band please visit

<http://www.airforce.forces.gc.ca/acb-mca/index-eng.asp>

For more information on how to become a musician in the Canadian Forces please visit <http://www.forces.ca/en/job/musician-83>



WCE Architectural Shop receives Commendation



Capt(N) Timothy Kavanagh, 1 H Svcs Gp Comd, presents Mark Strickland, WCE Arch Shop Supervisor, with the 1 Health Services Group Commanders Commendation. Shown Left to Right - MCpl Dave Tower, 2 i/c WCE Arch Shop; Capt(N) Timothy Kavanagh, 1 H Svcs Gp Comd; Mark Strickland, WCE Arch Shop Supervisor; Pte Didier Martin and Cpl Troy Ferguson, Struct Techs at Arch Shop; CWO Christopher Moffatt, 1 H Svcs Gp CWO. Submitted by WO Angela Temple, Asst UMWO, in conjunction with Mark Strickland, Supvr Arch Shop.

On September 24, 2010, 17 Wing Construction Engineer (CE) Architectural Shop was presented with the 1 Health Services Group Commander's Commendation. The role of this award is to recognize exemplary work and dedication of 17 Wing CE Architectural Shop in providing 17 Field Ambulance with an extremely functional work environment. Results of their talent and team work include a new 17 Field Ambulance sign mounted on the main floor, new walls and doors in the Stores area, a drop ceiling and cabinetry work. The full list of recipients includes: Mark Strickland, Barry Saurette, George Duncan, Richard Gautron, Dave Lendrum, Dave Godfery, Rudy Klassen, Chris Vlachos, MCpl Dave Tower, Cpl Troy Ferguson, Pte Didier Martin, Pte Marvin Araneta and Pte Mike Prieto. Congratulations to 17 Wg CE Arch Shop on their accomplishment.

- Submitted by WO Angela Temple in conjunction with Mark Strickland

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voxair.wordpress.com

Helicopter lifts sick children's spirits

Capt J.P. Turcotte
3CFFTS

The children knew a surprise was coming. There is one every year. They hoped it would be as cool as the fire truck that came last year but the parking lot where the entertainment usually happened remained hopelessly empty. Suddenly, a muffled engine sound started to fill the lobby of the hotel just as a child exclaimed: "It's a helicopter!"

That's all it took for the twenty odd children and parents from the Candle Lighters Childhood Cancer Support Group to stampede toward the Canad Inns Portage la Prairie ball diamond, where the B412 CF helicopter from the Canada Wings Aviation Training Center was making its approach on Saturday, 16 October 2010.

"We are so thankful to have the helicopter here today, it means so much to the kids!" said Lynda Closson, co-chairperson of the Candle Lighters support group. Lieutenant-Colonel Rob Kamphuis, commandant of 3 CFFTS, was delighted to see such enthusiasm from the assembled children and parents. "Thanks to the synergy that Allied Wings and 3 CFFTS enjoy, we can entertain activities such as this to take an active role in our community, and ultimately bring a little joy to these children".

After an hour of poking and prodding every square inch of the flying machine, the cold and dry Manitoba wind started to take its toll on the assembled group and it was time for the crew make departure preparations. Then, as the Bell 412 lifted and flew away, the children made their way to the warmth of the hotel lobby, their spirit flying just as high as the departed helicopter.



This little girl from the Candle Lighters Childhood Cancer Support group attentively listens to Captain Kevin Howe of 3 CFFTS. Photo: Cpl J Archambault

Explosives – the best way to block a road

Cpl Bill Gomm
38 CBG Photojournalist

"Our mission was to block access to this route," said Second Lieutenant Samantha Cross, 2 Troop Commander. "We certainly did that, I don't think any vehicles will be getting through there anytime soon."

During Exercise Prairie Warrior IV October 16-17, 2010. The Fort Garry Horse Engineers (31 Field Engineer Squadron) had the opportunity to create an Abatis by blowing up part of a wood line in Shilo, MB, which had been planted by German prisoners of war from the Second World War.

An Abatis is a field fortification or obstacle formed by cutting down trees with explosives, saws or axes. As the trees fall along a road, they form an interlocking pattern that faces the enemies' access of advance. The trees are cut so they fall when they are still attached at the stump to make it harder to remove them. Adding wire and mines make the Abatis even harder to remove.

In early October, during Exercise Garry Fist, the engineers tried some test shots at a different site to determine what would be required for this weekend's exercise.

"We didn't get the results we wanted the first time," said 2Lt Cross. "But we were able to go back to the books and this time it worked it worked really well."

The Fort Garry Horse Engineers began by conducting a reconnaissance, looking for a narrow trail with large trees that could be used to effectively block the road while also considering the enemies approach route.

"The trees were marked prior to us getting here," said 2Lt Cross. "Then we had to do charge calculations. We had to measure the size of the tree and then calculate the amount of charge needed to knock them over."

Only one to two blocks of C4 explosive were used to cut each tree along with a quarter-block of C4 that was placed higher in the tree as a kicker charge to ensure the trees fell in the right direction.

The charges were initiated with an electric detonator connected to a ring main.

"It went really well today, said 2Lt Cross. "Our first four trees from our first shot all blew exactly where we wanted them to. On the second one we had one that didn't go over, but it fell in the wind on its own a little later."



Engineers from The Fort Garry Horse Engineers complete the final preparation before attaching the charges to the trees. Photo: Cpl Bill Gomm

GCWCC Garage Sale



There was a mountain of goods available for sale at the recent 17 Wing garage sale, which also served as a fundraiser for the GCWCC. Photo: Submitted

On Friday Nov 5, 10+ volunteers loaded, and loaded and loaded, then shipped and unpacked a 5 ton truck full of donations which were supplied by the generous folks of 17 Wing for sale at the 17 Wing Garage sale, a fundraiser for the GCWCC.

17 Wing had an Island of STUFF, everything from a Wedding Dress to a Glider rocker. We had a library of books, a store full of housewares, and a ton of clothing.

A Lab Lite beer cooler that rolled out the door early in the day and Hula hoops disappeared as fast as we could make change.

Leah haggled with a buyer over the price of a Wedding dress, she held firm at a whopping \$25.00

Sellers vied to move everything, including the Kitchen sink, the sink seller award goes to WO Ozzie Lindsay.

Book selling champion MCpl Kevin Myers sizzled as he sold every type of book from steamy romance novels to a set of encyclopedias.

Col Garbutt made our day with a Timmies run, but unfortunately the Bull fighting wall hanging/rug he had his eye on sold before he made his move.

Overall sales from the garage sale were approximately \$30,000, and the 17 Wing island took in over \$1,500. There were approximately 4,500 people through the doors during the event. - Heather Harding

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Royal Canadian Mint Commemorates 65th anniversary of the end of Second World War with 25-cent coin

As Canada prepared for nation-wide Remembrance Day ceremonies on the 65th anniversary of the end of the Second World War, the Royal Canadian Mint, in association with the Royal Canadian Legion, proudly issued its latest coloured circulation coin, featuring a duo of iconic red poppies; Canada's flower of remembrance. The first 2010 25-cent poppy commemorative circulation coin was presented to His Excellency David Johnston, Governor General of Canada by Royal Canadian Legion Dominion President Patricia Varga at a Rideau Hall ceremony launching the Legion's annual Poppy Campaign. The Mint and the Government of Canada also joined members of the Legion and the Canadian Forces in unveiling the coin today at regional ceremonies in Halifax, Nova Scotia; Quebec City, Quebec; Belleville Ontario; and at the Mint's facility in Winnipeg, Manitoba.

The Mint will produce up to 11 million 25-cent coloured poppy coins, which will circulate across Canada and be distributed exclusively through Canada Post's retail network, the largest in the country. Overall, more than 4,700 post offices will have the coloured poppy coins for Canadians to exchange. Canadians are also encouraged to look for this special coin in their change.

"The Mint is proud to have produced the coloured 2010 25-cent poppy circulation coin to honour Canada's veterans and active Canadian Forces members without whose sacrifices our values and freedoms could not have flourished," said Ian E. Bennett, President and CEO of the Royal Canadian Mint. "As Canada prepares to thank and remember its war veterans on the 65th anniversary of the Allied victory which ended the Second World War, collecting the 2010 25-cent poppy coin pays enduring respect to all the men and women who have served and continue to serve in the Canadian Forces."

"Canada owes its veterans a debt we can never repay and I am proud that the Mint is using its unique coin colour-



The unveiling of a 2010 25-cent poppy circulation coin produced by the Royal Canadian Mint took place at Canadian Forces Base Halifax, Juno Tower Wardroom. Credit: Cpl Rick Ayer.

ing technology to create vivid symbols of the sacrifices our veterans made during the Second World War and all conflicts where brave Canadians have fought for democracy and freedom," said the Honourable Rob Merrifield, Minister of State (Transport) and Minister responsible for the Royal Canadian Mint. "The 2010 25-cent poppy coin will serve to remind all Canadians of the importance of thanking our veterans and active Canadian Forces members for their selfless defence of Canada's values."

"The Royal Canadian Legion is extremely pleased that the Royal Canadian Mint has once again honoured our veterans with the production of this very special poppy coin," said Ms. Patricia Varga, Dominion President of the Royal Canadian Legion.

"We are proud to carry these commemorative coins within our network and we hope that every Canadian will come and get theirs to honour the valour and courage of those who served this country," said Stewart Bacon, President and CEO of Canada Post.

More than one million Canadians and Newfoundland-

ers served in the Second World War. Of these, more than 45,000 gave their lives, and another 55,000 were wounded from 1939 to 1945 as a true world war encircled the globe from the Atlantic to the Pacific and touching the far reaches of the Arctic. Canada's soldiers fought bravely at numerous turning points in this epic conflict, including: the fateful Dieppe raid on the enemy-held coast of France; the twenty month campaign in Italy; the Allied return to Continental Europe on D-Day in 1944; and the liberation of the Netherlands 65 years ago.

The 2010 25-cent poppy coin marks the third coloured poppy circulation coin to be produced by the Mint and distributed in Canada, following the introduction of the 2004 and 2008 red poppy coins.

In addition to the circulation coin, the Royal Canadian Mint is proud to offer a Remembrance Day Collector Card as a unique commemorative keepsake which honours Canada's veterans and supports Canadian soldiers currently serving in combat operations.

Available for \$9.95 CDN, while quantities last, this special collector card includes the 2010 25-cent poppy circulation coin and has die-cut inserts to also hold previous coloured poppy circulation coins issued in 2004 and 2008.

For every collector card sold, the Mint will donate all profits to the Military Families Fund, which was created to assist military families faced with unforeseen and often immediate needs that have resulted due to conditions of service. This poignant collector card also includes a postage paid postcard which can be detached to send a personal message to a Canadian Forces member abroad.

This unique product is available directly from the Mint's 2010 poppy website at www.mint.ca/poppy or by calling 1-800-267-1871 in Canada or 1-800-268-6468 in the US. The coins are also available from Canada Post retail outlets and the Mint's global network of dealers and distributors.

-From Air Force news

Via Rail offers the Canadian Forces Personnel Travel Fare

Via Rail Canada announces a standing offer called the Canadian Forces Personnel Travel Fare. This offer provides a 25% discount off Via Rail Canada's lowest available fare in each class of travel. The fare is effective 01 November 2010, and is exclusive to veterans and serving Canadian Forces Personnel. A qualifying passenger may also book up to five immediate family members on the same trip, and save 25% on their tickets as well. The offer is available year round, with few restrictions. Qualifying passengers may choose any class of Via Rail travel, and are required to supply acceptable identification at the time of ticket purchase and travel. Full details regarding the criteria and qualifications of the offer are available on the Via Rail Canada website (www.viarail.ca)

Commissionaires And The Canadian Forces Announce A Return To Work Program For Wounded CF Personnel

Commissionaires and the Canadian Forces (CF) today announced a new partnership designed to provide meaningful employment to CF personnel who were injured in the line of duty. The Return to Work Memorandum of Understanding was signed today in Ottawa by Paul Guindon, Chairman of Commissionaires and Rear Admiral Andrew Smith, Chief Military Personnel.

"This is an excellent opportunity for our CF personnel," said the Honourable Peter MacKay, Minister of National Defence. "This new initiative will provide our men and women in uniform recovering from injuries another avenue to ensure a smooth transition back to active military service or civilian life."

The Commissionaires Return to Work program for CF personnel is designed to assist the recovery of CF members who are ill or injured as a result of their military service. The outcome of the program is either reintegration back to their military duties in the CF, or a successful transition to a post-military career. This program equally applies to the spouses of deceased CF or Reserve personnel.

"The rehabilitation and recovery of our CF personnel is extremely important to us," said Rear Admiral Smith. "This initiative will help give our injured CF members the opportunity to reintegrate to an active work environment and help them move forward."

"Commissionaires is uniquely positioned to help injured military members and modern veterans get back on their feet, as it directly aligns with our social mandate," said Paul Guindon, Chairman of Commissionaires. "Our mission is to provide fulfilling employment opportunities to CF personnel and veterans within a nurturing environment."

Commissionaires is a private, wholly Canadian, not-for-profit national corporation led by veterans at the service of veterans. As a premier national security provider protecting people, property, assets and information, Commissionaires offer a broad spectrum of services which translates into many varied and interesting employment opportunities for their 20,000 members. Commissionaires was established 85 years ago with the mandate of providing rewarding, gainful employment opportunities for veterans; a mission that is as relevant today as ever before.

MILITARY PERSONNEL Volunteers Needed for Research Study



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

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

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

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

There's a place you can go

Three youth take internships at Community Recreation

Kristy Rydz
Voxair Photojournalist

17 Wing is teaming up with the YMCA and the Government of Canada to provide work placements for three Winnipeg youths by participating in the Federal Public Sector Youth Internship Program this year.

The nine-month term positions are part of a program that creates work experience and learning opportunities for unemployed or underemployed youth ages 16 to 30.

As participants aren't permitted to take over specific positions of other employees, the terms offer a broad range of different types of hands-on work.

For intern Roberta Hudson, who has spent the majority of her time in the Community Recreation office, that has meant doing everything from working with kids in the summer day camps to organizing the Good Food Box program to helping out other staff with general office work.

She got involved with the program when her now 10-month old son was only 4 months old and she needed to find work.

"I thought it would be a good opportunity to gain a lot of experience in job environments," Hudson noted. "I also thought it would be a good way to motivate myself to finish school."

The 20-year old is currently working towards completing her high school diploma

by January and apply to the nursing program at Red River College (RRC) when her position wraps up in March.

Eduardo Payas has a similar plan for his future after his intern term with 17 Wing's sports and fitness programs ends in the spring.

Payas, 22, who has been working on outdoor sports maintenance of the base's soccer fields and baseball diamonds, wants to be a pilot and plans to apply to RRC's aviation management program later in the year.

"I ask the pilots a lot of questions," he said. "It's really good for me to get involved in the air force (at this stage)."

The paid internship is opening career doors for Marissa Cabales as well. Spending the majority of her days at the Military Families Resource Center (MFRC), the aspiring social worker was looking to build her resume and get involved with kids when she first applied at the downtown YMCA for the program.

The soft-spoken 18 year-old feels her experiences working on the Good Food Box Program, doing administrative work and working the day care have helped develop new skills.

"I'm getting out of my comfort zone," Cabales said. "I don't usually like talking to people that I don't know all that well but they have me doing a bunch of phone calls. At first they wrote me out a script, but I



The three interns from the YMCA, Roberta Hudson, Marissa Cabales and Eduardo Payas, are here as part of a work experience program. Photo: Kristy Rydz

don't even need it anymore."

For 17 Wing's education and employment coordinator John Bailey the decision to team up with the YMCA program was a natural fit as both the base and the youths are set to benefit.

"Work and life experience are key things for young people to put on their resume and this gives them an opportunity to get the

skills that they need," he said. "From the employer's point of view you get an employee on a trial basis and you get to see if this person has the skills that are required (to do the job). From there a lot of interns then find jobs with those employers afterward. It's useful for everyone, really."

Canada's air combat legends preserved online

As the annual time of remembrance is marked, Canadians have a new way to explore the tales of airmen who earned the Victoria Cross, the Commonwealth's highest military decoration, for supreme and often fatal acts of gallantry in the face of danger.

The vivid and interactive For Valour online exhibit, which can be viewed at www.forvalour.manlab.com, commemorates Canada's air combat heroes through graphic-novel videos and photos of the airmen and their famed aircrafts. In the past century, seven Canadian-born airmen have been awarded the Victoria Cross.

"With every passing year we have fewer twentieth century veterans in our midst who can tell first hand stories to preserve the great lessons of the past," says Lieutenant-General André Deschamps, Chief of the Air Staff. "The legacy of Canadian heroism in combat has mainly been passed on orally or in writing, but we live in a changing world and information is traveling in new ways."

"Interactive online resources are helping Canadians discover these stories in ways we've never seen before. What we see on the For Valour exhibit represents what so many men and women have endured to defend freedom and all that Canadians hold dear."

"I hope Canadians will take a moment to learn about Canada's greatest air combat legends while also learning about the importance of the Victoria Cross and other symbols of great courage."

"Canada has a distinguished and admirable record contributing to – and if necessary, fighting for – peace and security around the world. The freedoms won by the Canadian Forces have entailed sacrifices on the part of our sailors, soldiers, airmen and women and their families, and sadly more than 100,000 service personnel have paid the ultimate price for the greater good," says Dr. Steve Harris, Acting Director of History and Heritage and Chief Historian for DND and the CF.

"Accounts of their bravery and accomplishments are recorded in many ways and in many places, among them the For Valour exhibit. It is a wonderful resource for Canadians to discover this country's military heritage and to understand why we honour our veterans so highly."

Meticulously produced animated videos in graphic novel style recreate critical moments in Canada's war aviation history. The Air Force Office of Heritage and History worked closely with Manlab, an interactive design studio that developed the virtual exhibit. They also scrutinized the illustrations and sound effects to ensure aircrafts looked and sounded like the originals and verified uniforms, badges and aircraft markings for accuracy with respect to the time periods.

Several students from Assiniboine Community College

helped produce artwork; additional animation, production and artistry was developed by local Winnipeg artists and a company, all credited on the site.

For Valour was developed in partnership with the Virtual Museum of Canada (VMC), an initiative of the Department of Canadian Heritage and established in partnership with over 1,300 Canadian heritage institutions. The VMC serves as portal to the countless stories and treasures held in trust by Canada's museums, and lies at the core of the Government of Canada's strategy to nurture and promote Canada's culture online.

The For Valour virtual exhibit is designed to be accessible to a broad range of visitors.

-Air Force News



The Victoria Cross. Credit: Canadian Air Force Heritage and History.

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Blue Squadron Flag Team flying high

Kristy Rydz
Voxair Photojournalist

A group of 17 Wing firefighters have officially joined a new squadron - the Blue Squadron of the Winnipeg Blue Bombers.

Wrapping up their inaugural season, the Blue Squadron, who help cheer on the Bombers from field level at every home game, is made up of nine members of CFB Winnipeg's fire hall, three Winnipeg Police Service members, as well as a few other willing participants.

With nine squad members at each game, the group participates in the pre-game show by completing various formations with large Bomber flags, standing on the 50 yard line during 'O Canada' and helping the Blue Lightning Dance Team welcome the players during the introductions.

The squadron also runs onto the field, up to the 30-yard line, with their flags and formations after each and every home team field goal and touchdown.

Growing out of the Blue Bomber organization's desire to start a flag team, the idea to ask Canadian Forces members to participate happened through their practices for the Combat Challenge at CanadInns Stadium.

Running up and down the steps of the stadium, Bomber staff identified the level of fitness needed to swiftly run the field while carrying the large flags.

For team member, firefighter and hometown boy Corporal (Cpl) Jason Loboz, the chance to spend time with good friends while cheering on a professional sports team close to his heart was an easy decision.

"I was born and raised here so this is my team," Cpl Loboz said. "Even with other teams in the city like the Moose and the Goldeyes, this is my team. So when the opportunity came up, I jumped at it."

Being often yards away from the action, Cpl Loboz can't imagine a better way to be a spectator.

"I just get to watch the team that I grew up with and I get to be part of celebrating when they score - on the field."

On the other end of the spectrum, Master Corporal



Some of the members of the Blue Squadron team. Left to right: Marvin Redmann, MCpl Paul Keeping, Cpl Richard Orichesky, Cpl Jason Loboz. Photo: Kristy Rydz

(MCpl) Paul Keeping had never been to a football game in his life before he joined the Blue Squadron.

"You're hearing the players running together and hearing the calls their making," the Newfoundland-native said. "It's neat, just the feeling of being a part of a professional (sports) organization."

Blue Squadron Coordinator, Monique Duhard, has

been on the sidelines with the team all season receiving positive crowd feedback and is already looking forward to the squad's 2011/12 season.

"They're heroes and I have so much respect for them," Duhard said of the members. "They're clean cut, they're great guys and the fans really look up to them and love them."

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those who have served
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THE
VOXAIR

All photos: Kristy Rydz

Student media meets the Artillery

Cpl Bill Gomm
38 CBG Photojournalist

"Everybody's always [saying] support your troops," said Sergeant Murray McCauley 1 Royal Canadian Horse Artillery. "But we really need to get out there and let them know exactly what we do. What each trade does."

In mid September, 1 Royal Canadian Horse Artillery (1 RCHA) deployed to the Shilo training area for Exercise Limber Gunner. During the exercise two student journalists from Edmonton were embedded as media for two days. The students were guided by Lieutenant (Navy) Melanie Graham, 1 Canadian Mechanized Brigade Group (1 CMBG) Public Affairs Officer.

"It's a Brigade driven program right now," said Lt(N) Graham. "We are basically testing out the process and coming out with both an administrative and operational process that can be sustained and standardized to make it easier for units across Canada – whether they are Land, Sea or Air – to work with journalism and multi-media students."

The students arrived in Shilo and were kitted out with flak jackets, tactical vests, helmets and ballistic eye wear. After a tour of 1 RCHA they were each assigned a Battery to cover and then departed from call sign 8 for their first ride in a military vehicle. For one student that transport was a nice ride in a G-Wagon, and for the other student it was a dust covered ride in the back of a Heavy Logistic Vehicle Wheeled.

Aspen Gainer, who was one of the journalism students, was assigned to B Battery and spent the next two days with Sgt McCauley's LG1 gun crew.

"It's been really awesome," said Ms. Gainer. "This has been way beyond anything I could possibly have imagined."

"I learned basically what it's like to be on the other side – in the military I mean. I know it's not even close to really being in the military, but I got to spend basically a day out here, living the life, jumping in and out of the truck at a moments notice and eating from a flying kitchen."

During his tour of Afghanistan in 2006, Sgt McCauley dealt with embedded media so he was used to having journalists around; however, for the other members of his gun it was something new.

"It should be a good experience for them," said Sgt McCauley. "It's good for them to get to understand how we have to deal with media right from the beginning, right from gunners or privates."

All members of the Canadian Forces receive media awareness training throughout their career. Embedding student journalists is one way to test the effectiveness of the training.

"I have done media training," said Master Bombardier Adam Wienenga from 1 RCHA after being interviewed by Ms. Gainer. "My regiment does a pretty good job of keeping us up to date with that."

"I thought it went pretty good, she asked some pretty good questions. I was prepared with the answers for the most part."

Lt(N) Graham will continue this project by involving students in other exercises such as Maple Guardian.

"My ultimate goal is to do a real connection between some of the youth in Canada who are studying journalism, multimedia, broadcasting and the military," said Lt(N) Graham. "So that there is a better appreciation of the role the military plays in defining Canada."



Aspen Gainer talks to Gunner Nicole Ker about the exercise. Gnr Ker is with 1 Royal Canadian Horse Artillery. Photo: Cpl Bill Gomm

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Communication: The Language of Leadership

Primrose Knazan
Learning Assistant

Lack of communication in any workplace can lead to misconceptions, confusion and chaos. When our leaders convey poor communication, we may lose confidence in their leadership and their position of power may become compromised. Supervisors, managers and executives may have the right intentions, however without effective communication skills, the message may become lost.

The Learning and Career Centre offers several courses to aid in effective communication such as Communication for Leadership as part of the Leadership for Supervisors series. The next session is scheduled for December 2 & 3, 2010.

Communication for Leadership enables participants to develop their leadership skills in the areas of group presentations

and carrying out difficult conversations. Course objectives include becoming more authentic and effective communicators while acquiring a variety of insights in order to address challenging one-on-one situations.

Come prepared to speak! Participants

“Communication is the real work of leadership.”

- *Nitin Nohria, Dean of Harvard Business School*

practice their presentation skills in front of the group. Many people choose to attend this course solely for the purposes of gaining confidence and learning more about public speaking.

Participants also acquire hands-on prac-

tice giving and receiving feedback. After all, a good communicator should also be a good listener.

If you are looking for additional ways to improve your presentation skills and speaking abilities, the 17 Wing Westwinners Toastmasters Club meets weekly on

Thursdays at the Westwin Community Centre. Contact Thea Haut at 5958 or Capt Amy Campbell at 5137 for more information.

The LCC also offers other courses to aid employees and supervisors with their communication skills. Assertive Communica-

tion focuses on how to express your needs or opinions while respecting the rights of others. Writing Skills focuses on grammar, clarity and tone. Other courses in the Leadership for Supervisors series include Building Excellence in Teams and Understanding My Leadership Style.

In response to the popularity of the Communication for Leadership course and the requests for presentation and instructional skills training, the LCC is currently working on developing a course on presentation skills. Stay tuned!

To register or get more information about Communication for Leadership or any of the communication or Leadership for Supervisors series of courses, please contact the Learning and Career Centre at local 4636, e-mail LCCshare@forces.gc.ca or visit our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

3CFFTS welcomes new Honourary Colonel



Honourary Colonel Orville Wagner enjoyed putting on the uniform again which according to him, had changed quite a bit from when he retired as lieutenant in 1962. The extra stripes were definitely a welcomed addition. Photo: Cpl Archambault

3 Canadian Forces Flying Training School welcomed their new Honourary Colonel, Mr. Orville Wagner, Wednesday October 27th 2010. During the ceremony held at the Officer's Mess, Canada Wings Aviation Training Center in Southport MB, 3 CFFTS Commandant, Lieutenant-Colonel Rob Kamphuis, also thanked the outgoing Honourary Colonel Hayden Henwood for his tremendous work during his tenure.

Mr. Wagner, a former pharmacist and Canadian Forces Officer, is no stranger to the Portage la Prairie community in which he has been deeply involved for many years. He played a key role in the formation of Southport Aerospace when CFB Portage closed and until very recently held a seat on the city council. "This is a bittersweet moment for us," said Lieutenant-Colonel Kamphuis during his address. "While we welcome a fantastic individual into our family, we also have to say goodbye to Hayden Henwood who has been nothing short of extraordinary during his time as Honou-

rary Colonel."

Approximately 60 people gathered in the Officer's mess for the 45 minute ceremony during which the impressive achievements of these two individuals were read. "I am really happy and looking forward to serve 3 CFFTS" said Honourary Colonel Wagner who was visibly moved by the appointment. Honourary Colonel Henwood got a good laugh from the crowd when he said: "I thought I had done a lot of things until I heard Orville (Wagner)'s biography!"

Honourary Colonels work behind the scenes and provide a much needed connection between the community and the Canadian Forces. Each unit decides who they want as an Honourary Colonel. On the recommendation of the Chief of the Defence Staff, the Minister of National Defence approves all honorary appointments. These unpaid positions are usually for tenures of three years, but they are renewable.

- Submitted

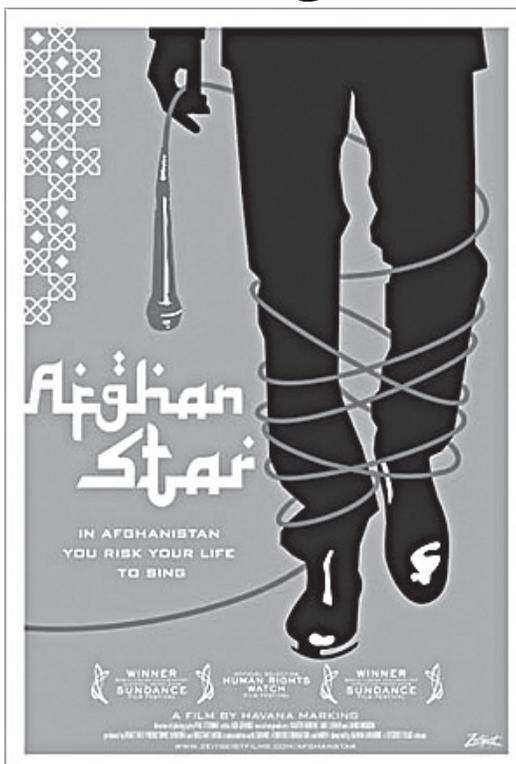
Afghanistan film fest at 17 Wing

The Afghanistan Film Fest to be held on Saturday, November 27 at 7 p.m. in 17 Wing Theatre is your opportunity to take a look inside Afghanistan at the people and culture in a way that is both entertaining and enlightening. The two documentaries being shown are *The Beauty Academy of Kabul* and *Afghan Star*, award winner at the 2009 Sundance Film Festival.

The Film Fest is sponsored by the Canadian Women for Women of Afghanistan. CW4WA is a volunteer-based non-profit organization founded in 1996. Members from more than 10 chapters and affiliated groups across Canada are committed to raising awareness of the urgent need to secure human rights for Afghan women and their families. All of fundraising proceeds go toward women-centered projects in Afghanistan. For more information, please go to the website www.w4wafghan.ca.

Before the first film and during the intermission, members of the Manitoba Chapter of CW4WA will be selling products hand crafted by Afghan women. As well, Afghan chai and dessert will be available for purchase. All proceeds from the Film Fest will go to support the Omid-e-Mirmun orphanage in Kabul.

Tickets for the Film Fest are \$10 and may be purchased from the Winnipeg MFRC and at the door.



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Do You Know: What is an Addiction Free “Internet Lifestyle”?

The word addiction gets thrown around sometimes with out a clear understanding of what people are talking about. For some of us, images can come up of people needing to drink in the morning to take the edge off, or living on the streets searching for the next fix. But how does that relate to internet?

Addiction is a broad term that often gets confused with physical dependency (the body needing a fix). However, there are psychological or behavioural addictions as well. Looking at the internet and technology as an area of concern is still a relatively new field of study so there is not a set language yet on how to describe it. For the purpose of this article, we will just refer to it has a concern with internet.

Concerns with internet can be broken down into 3 distinct groups; excessive gaming, sexual preoccupations and e-mail/text-messaging. In this day and age it is not like you can just avoid the internet completely and, really, not all internet or technology usage is bad. So, here is a guideline to help you decide if your or someone else’s internet use is a ‘concern’.

There are four main areas to look at when you are considering your use of internet and other technologies.

First, is looking at the concept of time. Some questions you could ask yourself are;

Are you staying online longer than you originally intended?

Do you find that you get so engrossed that you lose track of time?

Are you neglecting other responsibilities, either at work or home, because of the amount of time online?

Second, is the concept of withdrawal. I know sometimes people wonder how you can have withdrawal symptoms when it is not a physical dependency; but it does happen. Mind you, the idea of phantom vibrating syndrome is widely reported (when you feel your phone go off and it hasn’t), which shows some connection between our body and our technology. Some questions you could ask yourself are;

Do you feel nervous, anxious, or at a loss when you are without a piece of technology?

If a piece of technology (i.e. phone, computer, MP3, gaming systems) were to break or be out of service would you become tense, also would you feel great relief when you were able to access it again?

Do you feel anxious, depressed and/or frustrated when internet and/or text messaging services is not accessible?

The third area looks at the concept of tolerance; it includes the need for continuously better technology and/or more hours of use. Some questions you could ask yourself are;

Are you spending more money then you can afford in order to get the newest technology?

Is being online affecting the amount of sleep you are getting?

Lastly, is concept of possible negative social repercussions. Some questions you could ask yourself are;

Have you decreased the amount of time you spend with family/friends, in order to be online?

Has staying connected online, kept you from socializing with

people in your local area?

Are your hobbies and interests limited to online activities?

Have you ever been criticized by someone close to you for the amount of time you spend connected to technology?

Do you, on a regular basis, go online or message someone else while in a social situation?

These questions are just meant to be used to guide you to explore your internet and technology use or share with someone that you might be worried about. If you think that things are starting to be a concern, you can find out where help is available through your Local Health Promotion Office or on our websites: www.forces.gc.ca/know-sais and <http://hr.ottawa-hull.mil.ca/health-sante/ps/hpp-pps/aap-sdp/aaaw-asst-eng.asp>.

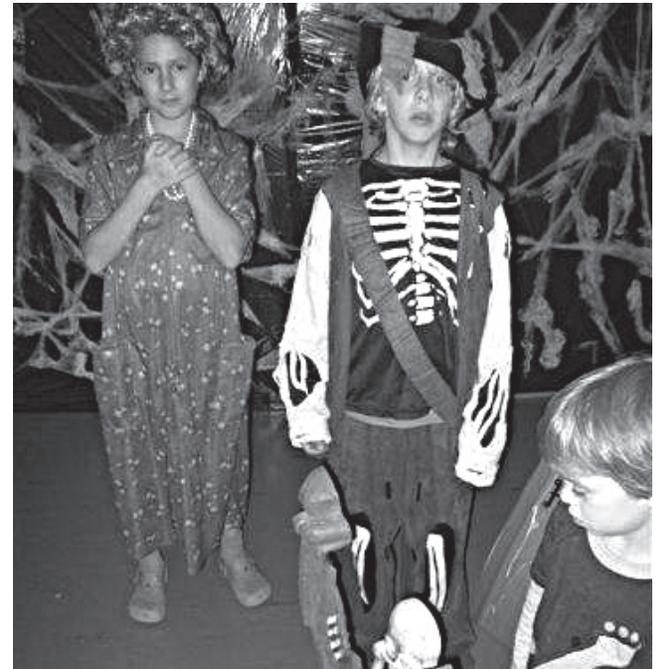
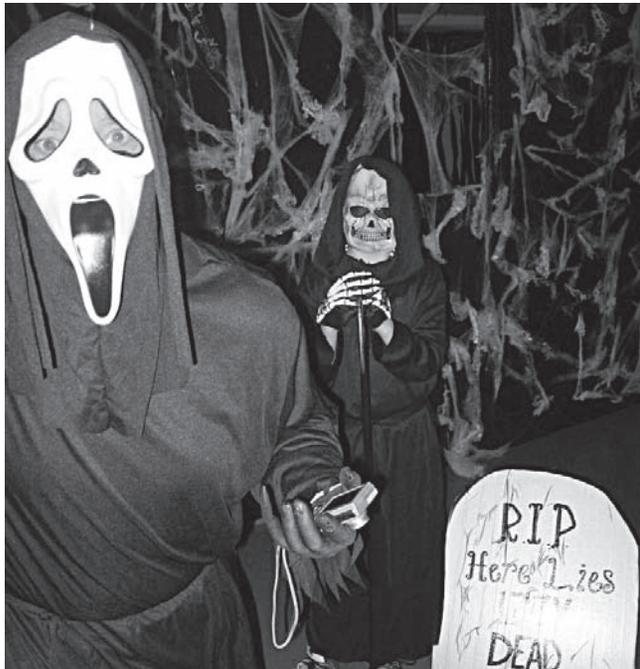
Addictions Awareness Week runs 14-20 November. Please visit the above websites for more information on this and other related topics as well as to enter the online contest.

For more information please contact Health Promotion @ 17 Wing Winnipeg. (204) 833-2500 local 4150/4160.

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Photos from the Community Recreation Haunted House



Photos submitted by: Tina Bailey, Community Recreations Director

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Reading with your child is important to develop literacy skills



Learning to read is an exciting time in any child's life. However, the ability to read does not magically happen as the child reaches school age. Literacy skills are developed from a very early age.

Children who are frequently spoken to as babies have an easier time developing oral skills which increases vocabulary and helps in word recognition and understanding.

Singing songs, reciting nursery rhymes, playing Peek-a-Boo and Patty-Cake all assist the child to absorb the patterning and sounds of words.

One of the best ways to get children interested in the written word is to read aloud to them. Reading to a child helps to develop concentration skills, increases attention span and assists a child in learning social and emotional skills through the characters of the book. People with

strong language skills often find it easier to express their thoughts and feelings.

Plus, it's just a really good time to cuddle with your child and share a fun experience together. Set aside a special time each day to settle down with your child in a quiet comfortable area. Make sure you have given yourself enough time, enjoy, read slowly, adopt silly voices for different characters, help your child to form a mental picture of the story.

Before a child learns to read they should learn technical skills such as holding a book, turning its pages, interpreting the pictures, and scanning the page from left to right.

This will all be of great benefit as they graduate from adopting the role of reader to becoming the reader.

Children will want to learn these skills if they are included in the process. Let them pick out the books for story time, go to the library and take out books together, have a fun day looking at all the children's books and deciding on one special book to purchase. Encourage grandparents to give books as Birthday and Christmas gifts and encourage your child to give books as birthday presents to their friends.

Listed below are the stages of reading. Each stage has recognizable markers or milestones to identify where your child is on the exciting road to reading.

Pre-reading (0 – 3 years)

Enjoys looking at books and being read to
Starts to behave like a reader by holding books and pretending to read them

Likes playing with letters and words such as alphabet blocks and magnetic letters.

Can identify how a book works – for example, where a story starts and finishes and that the print moves left to right

Tells and re-tells stories using pictures and memory

Emergent reading (2 – 6 years)

Understands that letters and words are ways of telling a story or communicating information

Can match some written words with spoken words and sound out certain letters

Can identify certain logos, such as that for their favorite toy or television program

Experiments with sounding out words while reading simple books or stories

Looks for clues to a story in a book's illustrations and understand that the words in a book correspond to the pictures.

Early reading (4 – 8 years)

-Feels confident about reading and experiments with different methods (sounding out words, memorizing words, etc) to identify words in a text

- Recognizes and can read many words and word clusters

- Experiments with writing

- Knows about books and can identify types of books based on visual and verbal cues (cover art, titles, etc)

Fluent reading (8 years onward)

- Reads silently and independently

- Identifies most words and their meanings without struggle

- is able to read different kinds of books, including those without illustrations and predict events in a story,

- Relates the meaning in a book to his or her own experience and knowledge

- Asks questions or acts independently to discover the meanings of unfamiliar words.

MFRC upcoming events

For more information on these activities, visit www.mfrc.mb.ca to check out the latest newsletter. If you'd like to receive the newsletter by email, please email wpgmfrc@autobahn.mb.ca

Usborne Book Fair

MFRC Child Care Centre school-age room
Monday, November 22 3 to 5:30 p.m.

Munch around Manitoba

November 24 6 p.m.

Register by November 19

Come join us for an evening out at Alycia's and sample some of the best Ukrainian dishes Winnipeg has to offer. It's fun for the whole family.

Participants pay for their own meals.

Peer Deployment Support with Dessert

Tuesday, November 23, 7:30 p.m. at Baked Expectations

Register by November 19

This meeting is for partners, parents and spouses of deployed military or civilian personnel. This is a casual get together meant to give each participant an opportunity to chat with others in similar circumstances. Participants pay for their own dessert.

Reunion Briefing

Thursday, November 18, 7 p.m.

Register by November 16

If your loved one has just returned home from a deployment, or will be shortly, please consider attending this briefing. Topics covered will include how to handle reintegration stress, and what to expect from your loved one.

Newcomer event - Manitoba Museum Tour

Saturday, November 27, 1 p.m.

Register by November 19

\$5 per person

Embark on an afternoon of exploration at the Manitoba Museum (190 Rupert Ave) with us. We'll have a guided tour of the museum and visit the exciting exhibits.

Casual Care for Christmas Shopping

Wednesday, November 24

4 to 8 p.m.

\$10 per family

Register by November 22

Do you need time to get ready for the holidays? Drop off your children ages 1 to 6 at the Westwin Children Centre and your school age children at the North Side Youth Centre and use this occasion to do some Christmas shopping. You must send a peanut-free bagged dinner for each child and diapers if needed and must reserve your spot by calling 833-2500 ext. 2491.

Activités à venir du Groupe de femmes francophones

21 Novembre à 13h00 au CRFM

Atelier scrapbooking « Confection de cartes de Noël »

Si vous êtes intéressées à vous joindre à l'une de ces activités, contactez Mélanie Lyrette au 833-2500 poste 4515 ou melanie.lyrette@forces.gc.ca

Halloween Party



Christine Morris and her son Cole play a game during the Westwin Nursery School Halloween party on October 28.

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

Chaplain's Corner

A Post Remembrance Day Reflection



"Wherever you go I will be there also."

In 2008, the day before a ramp ceremony, the Padre scrambled to find his stole. A Stole is a sign of a Priest's office. He or she will wear it when they provide prayers and during services. Unavoidably, or avoidably, he forgot it. He ran out and bought a brand, spanking, new one. It had beautiful colours with gold and green Celtic symbols. These continue to be the symbols of an eternal hope in a merciful Creator.

Later that same night, in a small room, several family members gathered. On a whim the Padre brought his Stole. Sometimes these ornaments of the Church are blessed by a Bishop or other Church leader. This night he would have the family "bless" it. The family came from an assortment of different beliefs. One person held to a "first nations" spiritual path. Another was a Christian and many were Buddhist. Each person spoke of their wishes, their dreams

and their successes concerning the soldier that died.

Every time I place that Stole around my neck, I believe I put on those same dreams and hopes. I put on their sorrows. I address a spiritual longing for hope in a new time and a new day.

On Nov. 11th, I shared this same story to commemorate the remembrance of those that have died. Their loss is not a hollow one. Their service is full. Many people are showing up to participate in the Remembrance day event because it signifies how we are much more because of our serving members. I say again, giving yourself to something greater than oneself, is not hollow service.

- Will Hubbard



Together in Church

CATHOLIC

CHAPLAINS

Padre R. Laudenorio

Roman Catholic Office 833-2500 ext. 5272

Padre Mark Mawson

Roman Catholic Office 833-2500 ext 5956

Masses (English only)

Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Bonnie Mason

(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm

(Mennonite Brethren) Office 833-2500 ext 4277

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Curtis Duclos (Baptist)

Det Dundurn Office (306) 492-2135 ext 4299

Sunday Services (English Only) 0900 hrs

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

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

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

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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

INTERFAITH PRAYER ROOM

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



CLASSIFIEDS

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

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

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

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

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

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

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

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Taroscopes

BY NANCY

Aries (March 21 - April 19):
 You're ready to try anything at this point but it's important to be patient. Immediate success may not be the result. In general though, things do improve when you take risks. It just might not be obvious at first. The perfect solution is waiting to be discovered. Keep your eyes open.

Taurus (April 20 - May 20):
 Consider being less structured. Allow for a bit of the unknown to surface. In fact unexpected events may even be blessings in disguise. Things aren't always obvious at first. Have faith that making the effort will be worth it. Do your best even if there is no guarantee of a reward.

Gemini (May 21 - June 21):
 Your success is delayed but it's on the way. You're slowly getting past what held you back. It's natural for things to go slowly when you're attempting great change. Don't share your plans with those you suspect might try to dissuade you or those who would sabotage your efforts.

Cancer (June 22 - July 22):
 Angry words could be used to manipulate you or to keep you in your place. Being a gentle soul doesn't mean you have to absorb everything without consideration. You are smarter than that. Learn to keep boundaries in place. If you have to change to fit in, find another crowd.

Leo (July 23 - August 22):
 Your charisma isn't working like it used to. Though you might think there are easier options, it's best to really work to make things happen. Use logic and rely on what you've learned in the past instead of trying to "baffle them with bullshit" and work an angle to get what you want.

Virgo (August 23 - September 22):
 What you've accomplished might not look like what you expected it to but it's good none the less. You're unique and your environment must reflect this. You can now see all that you want and how to get it. And you now have the energy to make a final push for it.

Libra (September 23 - October 23):
 Your sense of purpose may be connected to helping others and speaking on their behalf; however, it's time to step into a new role. There are opportunities ahead that need your attention in order to get off the ground. Put your own hopes and dreams first right now.

Scorpio (October 24 - November 21):
 Things seem to fall effortlessly into place. This isn't just luck though. Your hard work has made the difference. Use your talents; step into the spotlight. Don't hold back. It may seem chaotic at first but believing in yourself and following your heart is hugely rewarding.

Sagittarius (November 22 - December 21):
 If what you're looking for doesn't seem to exist, consider your assumptions. Do a reality check. Have you been overly influenced by the media or are you missing the obvious? For some things, the beauty is in the sum of the parts, not the individual components.

Capricorn (December 22 - January 19):
 Like a sleepwalker waking up you may be surprised to see where you are at this stage in life. Regain some "life balance." You can reach your goals while being mindful of the needs of others. If you've had a falling out with someone you care about make the effort to reconnect.

Aquarius (January 20 - February 18):
 You can feel like a mix of extreme opposites (sad but happy; confident yet cautious). Don't use distractions to avoid what you should address. Greater inner awareness is a worthwhile acquisition. Minimize stress by preparing for the unexpected at the onset of a venture.

Pisces (February 19 - March 20):
 Don't tell everyone your plans just yet for those who want to make life difficult for you will use this information. Stand up for yourself if challenged but don't let confrontations distract you. Stay focused on what you want to achieve. Your dreams are within reach.

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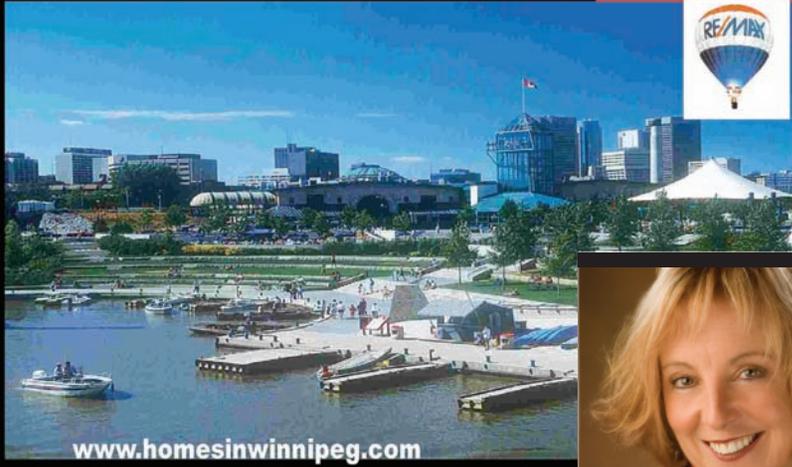
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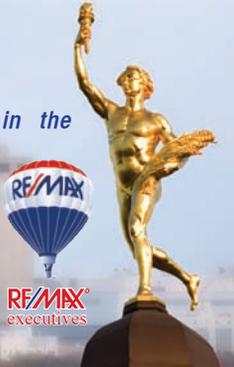


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