



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

June 11, 2008

VOLUME 56, ISSUE 11

FREE



## Ready, set, go!

More than 900 people participated in the inaugural WComd 5Km Challenge. The event, held on Wednesday, 4 June, was part of the CF National Run Week, to promote health and physical fitness for life. The participants were also able to count the kilometres they ran, walked, biked or rollerbladed toward the Air Force Run to Afghanistan, to show support for the Air Force personnel deployed or preparing to deploy to Afghanistan.

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# Air Cadets in Thompson have a special visitor

By Maj Bruce Gundling

On 26 May 2008, the Wing Commander, Colonel Scott Howden travelled to Thompson, Manitoba to act as the Reviewing Officer for the Annual Ceremonial Review (ACR) for 737 Royal Canadian Air Cadet Squadron.

This year is significant in that it marks the 45th anniversary of the Air Cadets in this remote northern community.

The parade was conducted at Branch 244 Royal Canadian Legion attended by family and friends and notable dignitaries, the Mayor of Thompson, His Worship Tim Johnston and the Legion president, Mrs Barb Ellis.

Also in attendance was the RCMP representative, Constable Lois Cormier, and

the Cadet Detachment Winnipeg representative, Capt F. Galway.

This unit has struggled over the last number of years, but as the Wing Commander noted during his speech, the squadron has had a turn-around with cadet recruiting up and recent staff additions. The future looks bright and the proud cadets displayed excellent drill, while their uniforms were of the highest standard, highlighting their pride in both themselves and their unit.

The Commanding Officer of 737 RCACS, Capt Lydia Blais and her staff: Const M. Leben and Mrs T. Jenkins have provided unwavering support to the cadets and the cadet program in this remote community. As noted by Col



Wing Commander Col Howden inspects the Cadets of 737 RCACS Thompson, Manitoba.

Howden and recognized by the Cadet Detachment Winnipeg in a certificate presented at the parade, Capt Lydia Blais has demonstrated an exceptional level of dedication and support to the Air Cadet program.

As part of his day spent in Thompson, the WComd visited the local museum as well as participated on a tour of the working portion of the INCO mine. Thank you to Capt Blais for making these arrangements. Also, thank you to Joe Dobbins for sup-

porting the tour and to Peter Bennett for coming in on his day off to be our tour guide. I believe Col Howden truly enjoyed the bumpy ride down to level 3800', it really was an experience.

The Wing Commander was thoroughly impressed by the turnout of the Cadets and impressed with the dedication of the Cadet Staff of 737 RCACS Thompson, Manitoba. He was honoured to be the Reviewing Officer for the ACR and congratulates the unit on its 45th anniversary.



737 RCACS Commanding Officer, Capt Lydia Blais, receives the Cadet Detachment Commander's Certificate of Recognition from Col Howden.



Most Proficient Senior Cadet, Cadet L. Beatty, receives a trophy from Col Howden.



Most Proficient Junior Cadet, Cadet Kesteris, receives a trophy from Col Howden.

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**The Daily Graphic**  
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**The Voxair**  
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PO Box 17000 Stn forces  
Winnipeg, MB R3J 3Y5  
This newspaper is printed using  
environmentally safe inks.  
Publications Mail Agreement No. 1482823

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# Learning about space travel from an expert

By Karen Christiuk

“A space walk is very careful choreography,” said retired astronaut Dr. Dave Williams. “It’s important that everything be done in sequence.”

This is just one of the many learning experiences that Williams shared during his presentation on May 21 to participants of the Canadian Forces Operational Aerospace Medicine Conference 2008, organized by 1 Canadian Air Division/Canadian NORAD Region Headquarters.

Williams spoke about his experiences aboard the Space Shuttle Columbia in 1998 and Endeavour in 2007.

In preparation for his last space mission, he trained underwater, used virtual reality, and also trained in a pogo (a device that has the astronaut suspended from a ceiling).

Additionally, Williams said he used mental imagery and constantly rehearsed



Dr. Dave Williams detailed his experiences aboard the space shuttles Columbia and Endeavour each procedure.

“If you can’t do it in your head, you can’t do it for real. When you get good at this you can do a six hour space walk in a half an hour.”

His space walks during his last mission also brought on some intense emotions.

“You feel insignificant compared to the vastness of our solar system,” admitted Williams.

He also mentioned some of Canada’s contributions to the space program and said, “Riding on the end of the Canadarm in space was one of the proudest moments of my life.”

When asked about what makes a good astronaut, Williams said that a skill set that includes “operational creativity” seems to help.

“We look for high levels of technical competency with a low maintenance personality.”

Williams ended his presentation by pointing out that, “The lessons for the future are written in the past.” Consequently, he often encourages anyone who is interested in space exploration to also examine the history and writings of explorers such as Christopher Columbus and Ernest Shackleton.

# Program gives students a new outlook on life

By A/SLt Greg Menzies

On May 20, students from R.B. Russell Vocational High School in Winnipeg graduated from the Learn To Earn Program during a ceremony held at the 17 Wing Fitness and Recreation Centre.

The Learn To Earn Program allowed 54 students to gain exposure to the various trades practiced by military

and civilian personnel at 17 Wing and lodger units from 11 February to 15 May.

“Programs such as this one allow us to give something back to the community,” stated Col Scott Howden, Commander of 17 Wing.

“You are the messengers to ensure this program is sustainable for future students.”

Mike Bowman, one of the program participants said, “this program has changed

our lives and taught us to stay in school and be a successful part of society.”

The Career Exposure Project was developed as a joint partnership with various institutions and organizations. It is intended to provide inner city youth, primarily First Nations, with opportunities to participate in and experience different trades.



LCol Brodeur, left, Kristine McGhee and Col Howden presents a Learn and Earn Certificate to Aleasha Folster, second from right.

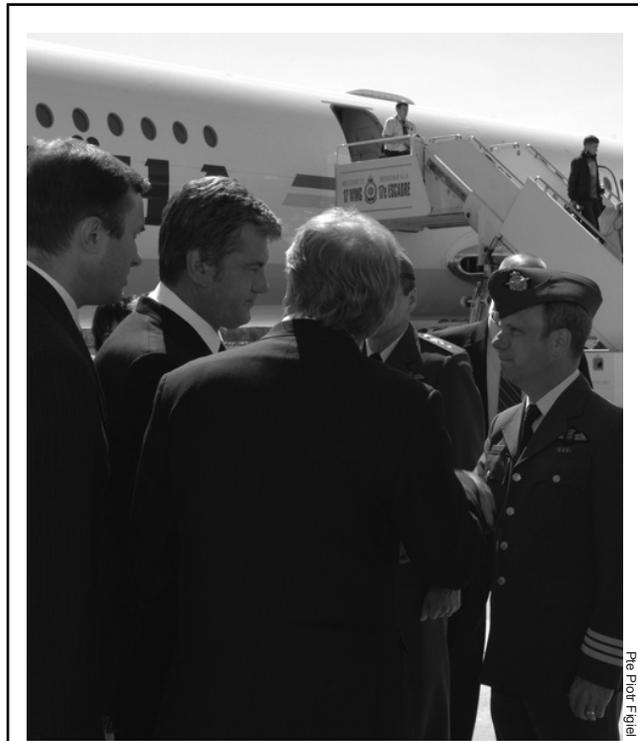


Photo: Figini

## Presidential visit

LCol Marc Ferron, A/WComd, 17 Wing, greets the President of Ukraine, Viktor Yushchenko, second from left, at his arrival at 17 Wing Winnipeg. On Tuesday, 27 May, 2008, President Yushchenko, along with his entourage visited Winnipeg during state visit.

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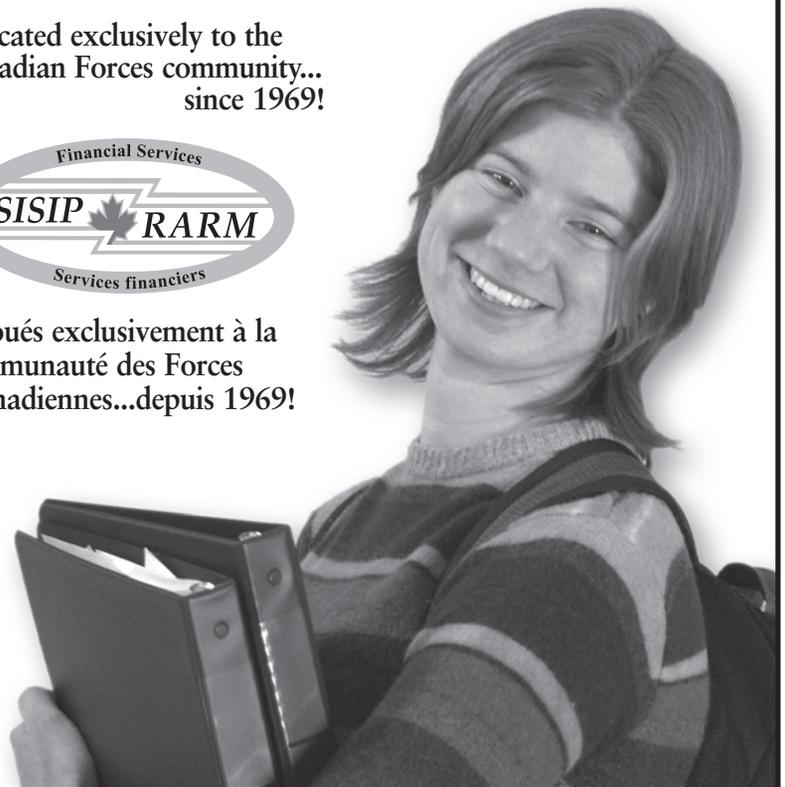
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# Manitoba Air Cadets converge on Shilo for competition



Cadets fire air rifles during a mini-biathlon. The event was scored by the number of targets hit as well as the overall time the team took to complete the event. Each cadet had to complete three runs, with a series of targets between the runs.

By OCdt Dennis Power

Close to 350 Air Cadets, and dozens of volunteers converged on Shilo during the May Long Weekend for Exercise GOLDEN FALCON, an annual competition focusing on sports and drill.

Cadets arrived by bus from all parts of Manitoba on Friday, May 16.

For some cadets, like Squadron 303 from The Pas, it was a seven-hour ride, but everyone arrived full of energy anticipating a weekend of fun. Saturday and Sunday were the main event days with each Squadron competing in a variety of events, including a mini-biathlon, baseball, soccer, floor hockey, volleyball, and water polo.

Over the two days, each Squadron would complete 20 rotations, spending roughly one hour each time they arrived at an event.

The signature event was a drill competition for the

Glen Elwood Trophy, won by 82 Squadron of Brandon for the third year in a row. 50 Squadron of Dauphin dominated the sporting events, and took the trophy for overall winner of the weekend. Although there were dozens of volunteers on hand to keep the weekend moving, most of the planning and preparation was done in advance by two local soldiers who assist with Air Cadets in Brandon during their free time.

Sgt's Leigh Joiner (1 RCHA) and Mike McKay (2 PPCLI/deployed) have spent the better part of a year organising the event from the ground up. A large part of the success of the weekend is due to their efforts, and the support given by the base in hosting the event. On Monday morning, the 19th, the buses began pulling out loaded with cadets returning to all parts of Manitoba. Every cadet asked said it was a great weekend, and is looking forward to doing it again next year.



Cadets of 50 Squadron, Dauphin, were the overall winners of a weekend of drill and sports competitions held in Shilo during the May long weekend.



Cadets from 303 Squadron (The Pas) march past Base HQ in Shilo on the way to the Awards Banquet during Exercise GOLDEN FALCON.



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*Thank you.*

# Second language testing has gone through changes

## WPSO Corner

By Capt Adeline Rozak  
Coordinator of Official Languages

“How soon can I get a second language test? I need to be tested now because they need the results next week for the merit board.” Oh, how often the staff at the Language Training Centre has heard those words. Callers often think that testing can be done on short notice with official results provided the next day. O’ woe are they when informed that due to local staffing situations and Public Service Commission rules and recent changes that test administration and test results are not instantaneous.

This article will explain all three tests, the process and the recent changes, and the reasons in second language testing.

First, the official name of the test is the Public Service Commission (PSC) – Second Language Evaluation (SLE) Test. It is comprised

of three separate exams: Reading Comprehension, Written Expression and Oral Interaction (OI). Candidate information and sample questions for all three current tests may be found at: [http://www.psc-cfp.gc.ca/ppc/sle\\_pg\\_01a\\_e.htm](http://www.psc-cfp.gc.ca/ppc/sle_pg_01a_e.htm). The owner of the test is the PSC therefore we, DND, can only administer the tests in accordance with the Memorandum of Understanding between PSC and DND.

The Reading and Writing tests are administered locally but are sent to Ottawa for correction. Testing is administered only every second week.

The Oral Interaction can only be requested after a candidate has obtained the minimal result of A on the previous two tests.

The Reading Comprehension assesses your reading proficiency in your second official language. It has 65 multiple-choice questions, worth one point each, to be completed in 90 minutes and consists of two types of questions: Type I - a text followed by an incom-

plete sentence: Select the answer choice that best corresponds to the information in the text and Type II - a text followed by four answer choices: Select the sentence that best describes the text.

The Written Expression test, amended 02 Jun 08, assesses knowledge of grammar, structure, usage, and other aspects of written expression. In this 90 minute test, you are presented with a number of texts (e.g., e-mail, notes, memoranda, letters, etc) and then there are 65 multiple-choice questions of three different types: fill in the blank; error identification and correction; and editing the text.

The most recent change is that oral interaction tests will only be done only on an extremely limited basis from 02 Jul to 30 Sep 08.

Expired language profiles and merit board requests will not be sufficient reasons for requesting the Oral Interaction testing during this period. The Oral Interaction can only be requested after a candidate has obtained the minimal result of A on the

previous two tests because the OI test comes at a cost to DND and only those personnel who have demonstrated ability in reading and writing will be given the opportunity to take the OI portion.

Currently the OI test consists of three phases; a warm-up phase at the beginning of the test, an interview, and a wind-down phase at the end of the test. Your oral proficiency is assessed only in the interview phase of the test.

The warm-up phase of the test is simply an occasion for you to get used to speaking in your second official language and to adjust to the assessor and the testing environment.

The current interview itself consists of question-and-answer exchanges and one or more direct dialogue situations on topics that relate to your work or working environment. You may be asked to talk about an event that has taken place, give explanations, or express an opinion or you may be placed in a simulated situation (role play) in which the assessor

will take on a role. The assessor is not evaluating the content of your response, or your knowledge of a topic, but rather how clearly you can communicate when you respond.

Even though consistent standards are applied during this test, the current OI is, in reality, a new test each time because it depends on the interaction between the candidate and the tester.

Now for the big change – OI tests will only be conducted on an extremely limited basis between 02 Jul and 30 Sep 08. During this period testing will be limited to only the executive leadership cadre (Col, Gen Flag officers, and CWO in senior appointments) and to members who have completed second language training where the SLE is part of the end course testing. This is bad news for those who want to update their profile for the purposes of merit boards as they will only be tested on an exceptional basis, after receiving approval from the Canadian Defence Academy HQ.

Now for the explanation. In the main portion of the new OI test, the candidate will listen to a pre-recorded conversation between two individuals and then will answer questions based on the scenario.

The Canadian Defence Academy has deemed that the new scenario does not reflect the reality of CF employment therefore a project team of DND and PSC language testers will be working together from 02 Jul to 30 Sep to develop a new CF specific Test of Oral Proficiency (TOP) for both English and French versions.

The outcome of this initiative will be to create CF specific dialogues and test topics that will be a better fit with CF members’ work experience. In the meanwhile, for those who can be tested during this period, your patience and understanding is appreciated as only two language testers will be available for all of DND from 02 Jul to 30 Sep 08.

We will keep you updated as the situation progresses.

## A CCSS Duty Tech’s day can be extremely long and hard

By Cpl Paralovos  
ATIS Tech

Another Manitoba morning greets this CCSS Duty Tech at 0430 hrs. I quietly move about the house, gather my things and prepare to head out into the windy morning air.

Bright lights and an alert commissionaire greet me at the Wing gate around 0550 hrs.

I move through the halls and rooms of 1Cdn Air Div that require my attention and exchange a few words of greeting with a couple of the shift workers. By 0700 hrs, daily inspections are completed. All systems are in

the green. The shop is coming to life. Regular business is starting to take shape.

First trouble call of the day arrives.

Co-workers, both military and civilian, are at the ready. Some of us move about 1Cdn Air Div and the Wing accomplishing our scheduled tasks for that day, some are answering the various trouble calls.

What seems like only a couple of hours have passed. I look up and it is 1300 hrs. Time to move about the same halls and rooms from the morning performing my second round of daily inspections, only this time the halls are buzzing with people. All

systems are in the green. I tidy up and prepare for the trek home. A co-worker mentions some information that may affect my duty as I pass by extending my usual “See you tomorrow.” As I leave, I glance at the clock reading 1430 hrs.

The Perimeter Highway is busier then it was in the morning.

I arrive home and join in the afternoon playtime with my children.

I get changed and help my wife with dinner preparations and get the kids all to the table for 1700 hrs.

I laugh and smile at the stories told by my children and exchange tales of daily events with my wife.

The duty cell phone rings at 1800 hrs. There is a problem. I let them know I am on my way. I nois-

ily move through the house with a child or two wrestling with my legs as I gather my things and prepare to head out.

I am greeted at the Wing gate by bright lights and an alert commissionaire. It is 1900 hrs. I call the person I am here to help and let them know that I will be there soon.

They inform me the other people involved are already on the ground and at another building. I make my way to meet them, another duty tech from another flight and a contractor from a local company. Three buildings and multiple conference calls later, we are narrowing the scope of the problem when my duty cell rings again.

It is now 2300 hrs. Another problem. We wrap up

our existing work, deciding we have accomplished all that we can do tonight.

I thank the people working with me and head back to 1Cdn Air Div to work on the second problem of the night.

Systems checks and reference documents are researched, discussions with third parties in other cities take place to narrow the scope of the issue at hand.

After assessing the problem and information in hand, it’s time to call in the supervisor.

Between the two of us and the affected user in another time zone, it’s either 0100 or 0200 hrs. By 0500 hrs we had solved the problem and it was time to pack up and head home.

I quietly enter my home and silently change clothes. I quickly check the kids rooms at 0600 hrs and all are sound asleep except one. “Daddy? Where were you?” “Shhh...I was helping people talk to each other... now, go to sleep.” “Ok, love you.” “Love you too, good night.”



Cpl Paralovos is among the CCSS Duty Techs at 17 Wing.

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# Preparing for the toughest two minutes in sport

By Lt Jeff Noel

Dubbed the toughest two minutes in sports by sports media across North America, seven firefighters from 17 Wing and the Winnipeg Airports Authority (WAA) have formed a joint

team to compete in the 2008 Scott Firefit Championships being held in Quinte West, Ont., this September.

“Over the past several months we have used an elaborate physical conditioning training program developed by the Canadian Forces

Fire Marshall (CFFM) to raise each member’s fitness to a superior level,” said 17 Wing-WAA team captain Cpl Yves Lacasse.

Using this same program last year the CFFM’s national team finished in the top five at the national championships in Halifax and were semi-finalists at the world championships in Las Vegas, Nevada where two of their members finished in the top 40 from a field of 3,317 participants.

“With this experience and the collaboration of our Personnel Support Program Staff here at the Wing,” stated Cpl Lacasse. “We were able to build a team that we feel will represent 17 Wing and the WAA quite well.”

To train for the upcoming championships, the firefighters practice two to three times a week in one of the Wings hangars. To simulate the 40 feet high tower they will encounter during the competition they utilize one of the hangars stairwells. Other training aids include a



Wade Forster, firefighter with Winnipeg Airport Authority Fire Department, performs a rescue simulation during the Fire Fighters’ Combat Challenge Team demo. The demo was performed as part of the training for the Scott Firefit Championships. Cpl Yves Lacasse timed the rescue.

homemade Keiser machine used to simulate forcible entry and Rescue Randy, a 68 kilo mannequin used by the team to simulate an unconscious person.

The first competition on the schedule for the Winnipeg team will take place June 14 in Prince Albert, Saskatchewan.

“Our goal in this our

inaugural year is to have as many of our members as possible complete the individual relay with a time under two minutes,” said Cpl Lacasse.

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## Tips for healthy gardening



Proper movements and tools will extend your gardening season.

The secret to a healthy garden is a healthy gardener. Gardening is an active pursuit that can cause muscle strain to the lower back, shoulders, knees and arms, especially if you are out of shape and do not move properly.

A warm up before you start your gardening work-out helps to reduce muscle strain, injury and fatigue.

Do some shoulder circles, trunk rotation, and heel/toe standing.

You might even rehearse movements, like raking, as part of your warm-up.

Take a few minutes to do the following stretches, and repeat them again at the end of your gardening activity.

If you begin to feel a bit stiff while gardening, pause and do more stretches.

Raking or hoeing:

- Keep your tools close

to your body and your back straight to reduce strain.

- Use your arms and avoid twisting your trunk.
- Use long-handled tools suited to your height.

Weeding or planting

- Do not bend from the waist. Squat or kneel on a kneeling pad.

Give your back, legs and knees a break from stooping and kneeling by using tools with long handles to help with the weeding.

- Squat or sit on the ground to trowel, rather than bending over.

Digging or shovelling:

Insert the head of the shovel vertically into the ground and step on the blade. Lift small amounts at a time. Keep your back straight and bend at the knees. Avoid twisting. Use a wheelbarrow to move big or heavy loads.

- Choose a shovel with a weight and handle length that is appropriate for your size and for the job you are doing. Give your back a break by using a smaller

shovel, reducing the temptation to lift large amounts of soil.

- Spread heavy lifting and digging tasks over a week rather than a weekend, and spread major projects throughout the seasons. Take time to recover between them.

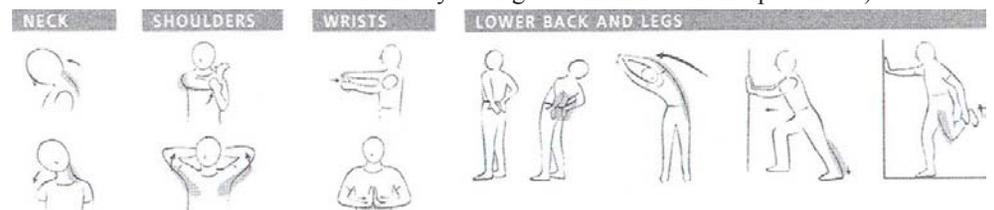
Pruning or trimming:

Get as close to your work as possible. Don’t stretch beyond your reach or past your stable footing. Rehearse the movement as a stretch first to test your ability and positioning.

Match the size of the gardening tool handle to the size of your hand. Choose tools that you can hold so that your hand remains positioned in line with your forearm.

Hold your tools in a loose comfortable grip. Holding too tightly may cause injury.

Pad the handles of your gardening tools. Wrap a slippery handle with tape to improve your grip (hockey stick tape will do).



# Mennonite student learns about Army life

By Jolene Bergen  
RRC Creative Communications



Jolene Bergen takes a break on a cot in the media tent. Bergen is a Creative Communication student at RRC and was embedded into Exercise PRAIRIE DEFENDER as media.

Nothing can prepare a Mennonite prairie farm girl for the sights and sounds of over 600 uniformed, trained soldiers, each armed with a rifle. Even the sea of green camouflage couldn't disguise this scary sight.

Shortly after arriving at base, my fellow student journalists and I moved with a convoy of G-wagons and Medium Lift Vehicle Wheeled (MLVW) to the Forward Operating Base (FOB), our home for the next seven days. However, my fears only escalated as I jumped into my transfer vehicle and met my military escort.

After a quick explanation of how and why the convoy operates, an emergency tutorial began. Just like the tradition safety procedures on an airplane take-off.

Unlike on an airplane, my escort used phrases like, "shoot to kill," "in the event of casualties," and "armed protection." Never before have these phrases been used in any seriousness in my presence.

I was informed of emergency contact information, instructed on how to cock and fire both the pistol and the rifle onboard, and told to fire at the enemy until help arrives. I've never been within 10 feet of a weapon and now they're surrounding me from all sides.

Fortunately, the convoy reached the FOB without incident and my heart – and blood pressure – could relax. We found our modular tent, set up our cots and made ourselves at home. Before

nightfall, I was equipped with a helmet and flak jacket, and had held a C7 rifle.

It wasn't only the freezing temperatures and cold toes that kept me awake the first night. Images of weapons, soldiers scurrying at full speed, and armed vehicles ran through my head. The slightest bump in the night perpetuated my fears.

That night I learned an important fact about the CF: proper equipment is critical. From the Gortex boots to the down-filled three-tiered sleeping bags, our troops are prepared for any conditions.

I've also found comfort in the priority the CF gives to safety. All personnel stress safety as the primary concern in all circumstances, on and off the FOB.

Our visit to the Section Live Fire exercise is a prime example. We, as civilians, were kept at safe distance from the bullets flying across the range. Safety is integrated into the exercise – specially designated soldiers measured the angles of the advancing troops, to ensure soldiers were within a safe arc when unloading their weapons.

The first few days of this

exercise have been an adventure. As I interact with more troops, their determination, experience and dedication to safety and service ease my fears. I'm learning to exhale around the rifles, and thanks to Petty Officer First Class Doug Hepburn, am now adapting to the lifestyle with a military-issue sleeping bag.

Next – the Northern Operating Base for live range artillery training exercises to see the big guns fired; another exciting adventure to write home about.

# Aboriginal Awareness Week celebrates diversity

Aboriginal Awareness Week was celebrated at 17 Wing on May 22.

Aboriginal Awareness Week is a Public Service-wide initiative that gives all federal employees a chance to learn about issues facing Aboriginal peoples. It also provides a forum for Aboriginal guest speakers to discuss current issues.

Aboriginal Awareness Week was first created in 1992 so that federal gov-

ernment employees could celebrate and discover the realities of Canada's First Nations, Inuit and Métis through their cultures, traditions and values. Every year since then, departments and regions have made a point of celebrating this event with their employees.

The Asham Stompers performed for the second time at 17 Wing with an hour of Métis traditional dance at the Wing Logistics Building.

In 2002, Arnold Asham formed the Métis dance troupe dedicated to showcasing the Red River Jig and the music that drives it.

The Stompers quickly established themselves as a showpiece for the Métis culture.

The mission of the Asham Stompers is to help recapture and preserve the history of the Métis people through the traditional dancing of the Red River Jig.



The Asham Stompers perform during Aboriginal Awareness Week.



## Teddy surgery

Cpl Steve Kulbaba works on an injured teddy bear as Keegan Boileau and his dad Pete observe. Soldiers from 17 (Winnipeg) Field Ambulance took part in the annual Teddy Bear picnic at Assiniboine Park 25 May in support of the Children's Hospital Foundation. Leading up to the picnic, 17 Fd Amb held its annual Teddy Bear MASH which took them to schools around Winnipeg where they averaged \$300 a day in donations.

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# HRH Prince Edward meets with military families

By Cpl Bill Gomm

"I want you to know how much the service and the role that the Canadian Forces play," said His Royal Highness Prince Edward, The Earl of Wessex. "How much they are appreciated by the other countries serving in Afghanistan."

His Royal Highness Prince Edward, and Premier Gary Doer hosted a reception for military families that currently have loved ones serving overseas. The reception was held at the Provincial Legislature 2 June 2008.

"We are certainly very proud of the work of our reserves. We are very proud of the soldiers and families in the Princess Patricia's Canadian Light Infantry in Shilo and in Winnipeg, and of course, Air Command

and 17 Wing," said Premier Doer.

"We are very very proud of your sacrifice the bravery of the soldiers serving in Afghanistan on our behalf."

After speaking, the Premier called upon two children who have parents overseas to present the Prince with two plush polar bears, which represented polar bears that the Prince observed on his trip to Churchill in 1990.

"I would like to call upon Alec and Lexie to present to your Royal Highness two polar bears that are a little more friendly than the polar bears that would be in Churchill," said Doer.

"It was pretty exciting, an honour to meet the Prince" said Alec Ricard after giving one of the polar bears.

"There are three Reserve

units that I have a connection with one of which is the Saskatchewan Dragoons, who are not very far away and part of the same Brigade, and I have a very close association with The Royal Winnipeg Rifles," said the Prince.

"I know there are many of those serving in Afghanistan like the R Wpg Rif and I know there are members of the Sask D's currently serving in Afghanistan. So I know very much what some of the feelings you're going through currently as families and concerns you have."

After speaking to the assembled guests, Prince Edward took time to meet with the assembled families and military guests, stopping to talk with as many people as he could.



His Royal Highness Prince Edward The Earl of Wessex stops to talk with LCol Tim McManus, Maj Brett Takeuchi and CWO George Romick during his walk after speaking. LCol McManus is the Commanding Officer of The Winnipeg Infantry Tactical Group, Maj Takeuchi is the Deputy Commanding Officer of the Wpg Tac Gp and CWO Romick is the Regimental Sergeant Major of the Lake Superior Scottish Regiment.

## 1 Cdn Air Div/CANR HQ mark NORAD 50th anniversary

By Capt Steve Neta  
1 Cdn Air Div/CANR Public Affairs

The Premier of Manitoba, Gary Doer, and US Ambassador to Canada, David Wilkins, were among the hundreds who helped celebrate the 50th anniversary of the North American Aerospace Defence Command in Winnipeg.

On May 30, members from 1 Canadian Air Division and the Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR HQ) formed a military parade on the grounds at the Manitoba Legislature. Marked with flypasts by the Snowbirds and two CF-18 Hornets, the parade was symbolic of the rich bi-national partnership shared in NORAD.

In a city just miles from the American border, a colour party with Canadian and US flags stood proudly, flanked by military members from both countries. The US Ambassador referred to NORAD as the single most profound example of partnership between the two countries, adding, "No other countries can boast of a similar relation-

ship."

MGen Marcel Duval, Commander of the Canadian NORAD Region, elaborated on the unique bi-national organization. "These American servicemen and women

established in Winnipeg in 1997.

"At the HQ of the Canadian NORAD Region, we have a solid US community working side-by-side with their Canadian counterparts, per-

of NORAD, headquartered at Peterson Air Force Base in Colorado Springs, Colorado. "[NORAD] is about the evolution of a unique relationship that has developed and matured over half a century," he

confidence came in the wake of the tragic events of September 11, 2001. At a time when all air traffic in North America was being ordered to the ground, a Canadian officer was in the command chair at NORAD headquarters. LGen Eric Findley, was Bouchard's predecessor and was the key decision maker at NORAD that day.

LGen Bouchard used this example to highlight the relationship, which has lasted half a century, "Under what other agreements would you imagine one country letting an officer from another country make key decisions about its own national security."

The celebration at the Manitoba Legislature was a fitting tribute to the bi-national command's golden jubilee. More fittingly, it was held in a city where strong Canadian and US relations remain a focal point and where CANR is headquartered.

Although NORAD was created in 1957, May, 12, 1958 is recognized as the date when the formal NORAD agreement was signed by Canada and the U.S. Origin-

nally know as the North American Air Defense Command, NORAD underwent a name change in 1981 in order to reflect the growing importance of space defence and missile warning.

NORAD continues the Golden Jubilee celebration throughout 2008.

Aside from the celebrations it has held in Colorado Springs and Winnipeg, there will be many more opportunities to celebrate.

The CF-18 National Demonstration Team bears a NORAD 50th Anniversary paint theme on its tail.

This jet will be dazzling audiences across North America throughout the 2008 air show season.

A NORAD 50th Anniversary display will also appear at various events throughout the year. Show locations and dates for the CF-18 National Demonstration Team can be found at [www.airforce.forces.gc.ca](http://www.airforce.forces.gc.ca).

For additional information about the NORAD 50th anniversary and special events, visit [www.norad.mil/50](http://www.norad.mil/50).



LGen Bouchard addresses the assembled guests at the NORAD 50th anniversary celebration.

have been part of the Winnipeg population since the day we established the Canadian NORAD Region," he said. 1 Cdn Air Div/CANR HQ was

forming the same functions, protecting the same people," MGen Duval continued.

LGen Charlie Bouchard is the Deputy Commander

said. "It is about a culture of cooperation. It is about trust, respect and confidence."

Perhaps the best example of that trust, respect and con-

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

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Terry Hashimoto 470.6963

# Haji Beach is a postcard image, complete with Army equipment

By MCpl Travis Good  
6 Platoon, B Company, 2 PPCLI  
Battle Group

Haji Beach: what more can a soldier say? Muslim prayers boast over loud speakers from the local mosque. Soldiers wearily wipe the sleep from their eyes, and through the air, unseen roosters croon. The sun begins to peek its head over the distant mountain range. One thinks to oneself: "This wouldn't be such a bad place if bad guys weren't lurking around every corner."

Waking up to the smell of bacon tricks the tired mind into thinking you are at home. The smell of marijuana fields and the soldiers' sweat reminds you that you are in Afghanistan. The banks of the Arghandab River are less than 200 meters away; the fast-flowing, cool water appeals to the sorest parts of the body. The stifling heat begs you to jump in; the landmines, explosives, and fear of Taliban ambush begs you not to.

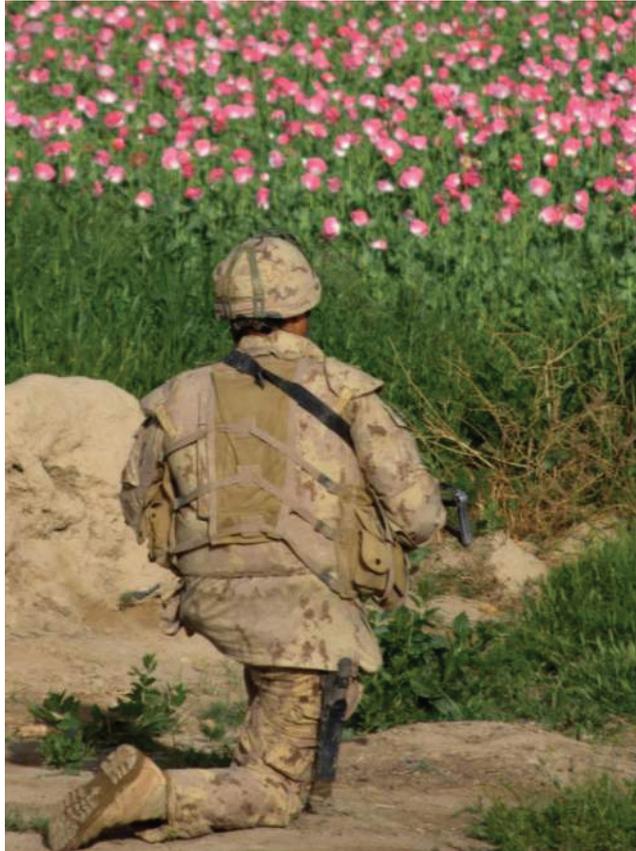
Picture in your mind a postcard of green trees, clear skies, and crystal blue water. Army it up a bit with some sandbags and barb wire: that is Haji Beach. Cots are strewn about in what would appear to be a haphazard manner; in reality, the lack of space necessitates it. Hesco-Bastion walls protect the troops who call the small combat out-post home. The Afghan National Police (ANP) adds a little local flavour to the camp.

Long patrols throughout

varying hours of the day and night add excitement to what would otherwise be a lacklustre routine of security. A group of Canadians, led by the ANP, trudge through the side roads and wadis, cursing the heat under their breaths. Their local counterparts, however, take no notice of the heat, complete with their toques and thick cotton uniforms. Upon return, debriefs take place to share perspectives on anything that could be justified as intelligence.

As night approaches, tired bodies with a belly full of rations start the familiar trek to their bunks to get some well-deserved rack for the evening. Familiar routines of the nightly spider check are carried out before decent shuteye can be obtained. Flashlights are turned on, almost in unison, as the moonbeams dance across cots and ceilings, hoping to catch the spiders before they descend into our sleeping bags. Sandals at the ready, smaller troops on the shoulders of larger troops swing wildly at the arachnids, as the eyes of others watch intently before shutting down their senses for the night.

Those not on shift snore the night away, while others tip-toe cautiously around the limbs, making their way to the tower for a shift on observation post (OP). Familiar rustling sounds emit from the kitchen area. Our local celebrity, Sonic the Hedgehog, takes advantage of the quiet night to feast on Cheerios that have been left



Cpl James Anderson watches his arcs during a routine security patrol amidst the area's poppy fields.

out for him. Local music plays in the sea can the ANP have made home. The smells of chai and barbequed goat fill the air amid full conversation and laughter. The shadows of the ANP dance on the walls as they horse around and joke with each other until the wee hours of morning. Do these people ever sleep?

The sun begins to rise,

signalling the start of a new day at Haji. The process of food, work and rest begins anew. Patrols depart for new places to meet with new locals. New scents of breakfast waft from the mess. Cheerios are added to the hedgehog's dish. Cigarettes smoked and coffee drank, the day at last begins. Maybe today, we will get re-supplied.

## Commander's update

By LCol Dave Corbould  
2 PPCLI Battle Group Commander

Another very busy and successful month has passed as the 2 PPCLI Battle Group continues its operations in southern Afghanistan. Now in our third month, it's safe to say we have become very accustomed to life here.

We continue to see tangible results of our presence in Kandahar Province. More and more locals are interacting with us and raising their concerns in their communities.

From irrigation to security, many people are using the Joint District Coordination Centres to identify specific areas of concern, demonstrating their increasing faith in the ability of local community leaders and police to improve stability and development throughout the different districts in which we operate. Progress is slow, but we're moving forward together.

Of course, there are risks that should not be understated.

We recently lost Cpl Mike Starker from 15 Field Ambulance, and a former Patricia, who made the ultimate sacrifice while doing what he loved and did best: helping fellow soldiers and Afghan citizens. Our hearts and thoughts go out to Mike's loved ones as we

continue our mission in his memory and the memory of our comrades who have gone before him.

We have had a number of important visitors lately and all have come with the same message; that we are all doing a very important job well, and under harsh circumstances.

I believe that ordinary Canadians would be surprised at the amount of effort many government departments have invested in our mission.

We work closely with the RCMP, Correctional Services, the Department of Foreign Affairs and International Trade and a host of other Canadian and international agencies in a coordinated effort to help Afghans find solutions. The leave plan is in full swing now so many of you will have had the opportunity to meet with your loved ones at home or on vacation elsewhere.

The support of our friends and family is tremendously important and we have every confidence in our Deployed Support Centres and Rear Party, all part of the wider team that is making an essential and national contribution to the lives of ordinary Afghans.

From all of us, thank you for your hard work and continued support.



Sgt Tim Fletcher and Pte Dennis Bray maintain their vigilance while patrolling an area near their combat outpost.



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### CFSMET top students

Cpl Stéphane Mercier received the certificate of achievement on NQ3 0801 for the highest academic mark of the course, presented by MWO Yves Cinq-Mars, MWO Standards CFSMET.



Sgt Joe Cleary receives the certificate of achievement awarded on QL6B 0801 for the highest academic mark of the course. The award was presented by Louis Richard, CFSMET Standards Officer.

# Events for Public Service Week 2008

By Debra Woodgate  
Civil Service Commissioner

It's hard to believe that another year has gone by and it's time to once again celebrate Manitoba Public Service Week. This year's theme is Recognizing Our History While Building Our Tomorrow.

Public Service Week is our opportunity to take pride in the work we do. Our actions, whether directly or indirectly, touch the lives of all Manitobans on a daily basis.

We hold a unique position of trust as public servants. By delivering a wide range of services that benefit Manitobans we make a positive contribution to the quality of life of everyone in Manitoba.

There is an impressive week-long list of program activities this year and I encourage you to take in as many events as you can. For more information, click on the Events and Registration link for a full listing of all the events happening around our great province.

Join the celebration, expand your potential and learn more about your public service!

2008 Public Service Week events will run from June 15 to June 21. Visit [www.gov.mb.ca/csc/psw](http://www.gov.mb.ca/csc/psw) for information and to register for these events.

#### Monday, June 16

- Public Service Week Kick-Off at Old Market Square – Bannatyne & King. All public servants invited; Musical entertainment provided. First 300 to register receive a FREE lunch. Runs from 11:30 a.m. to 1 p.m. Register at: <http://www2.gov.mb.ca/survey/surveys/3T79NX>

- Blood Donor Clinics – Celebrate by Sharing the Gift of Blood: Canadian Blood Services, 777 William Avenue. Transportation is provided departing from 215 Garry St. Call Dean Grant @ 945-8618 to book your place. Call 1 888 2 DONATE (1 888 236 6283) to book your appointment.

Call 1 888 2 DONATE (1 888 236 6283) or visit [www.blood.ca](http://www.blood.ca) for clinic listings

#### Tuesday, June 17

- Leadership learning event – Winnipeg Convention Centre, presented by IPAC and the National Managers' Community - Manitoba Region. Proudly Moving For-

ward - panel discussion with senior managers from three levels of government. Runs from 8:30 a.m. to 12 p.m. Register at: <http://www2.gov.mb.ca/survey/surveys/FKTHED>

- Learning Event (En Français) – Winnipeg Convention Centre, Du jambalaya au travail - Découvrez la variété et les combinaisons de personnalités, de valeurs personnelles, d'intérêts, de tangents et des caractères forts dans le milieu de travail.

The workshop is presented in French - open to all public service employees from 1 p.m. to 3:30 p.m. Register at: <http://www2.gov.mb.ca/survey/surveys/CSZEAN>.

- Department tours. Tour federal, provincial or civic government workplaces, including North End Water Pollution Control Facility, Headingley Correctional Centre and Citizenship & Immigration Canada – Citizenship Ceremony. Register at: <http://www2.gov.mb.ca/survey/surveys/N22YQZ>.

#### Wednesday, June 18

- Learning Day – Winnipeg Convention Centre. Free half-day seminar – event open to all public servants. Sustainable Development - the Next Generation, Two identical half-day sessions. Session 1 – 8:30 a.m. to 12 p.m., session 2 – 12:30 p.m. to 4 p.m. Register at: <http://www2.gov.mb.ca/survey/surveys/MKEKHT>.

#### Thursday, June 19

- Tour federal, provincial or civic government workplaces including the Manitoba Legislature, Royal Canadian Mint, and Winnipeg Archives. Register at: <http://www2.gov.mb.ca/survey/surveys/N22YQZ>.

#### Blood Donor Clinics.

Celebrate by Sharing the Gift of Blood, Canadian Blood Services, 777 William Avenue. Transportation is provided departing from 510 Main St. Call Jane Dick @ 986-4624 to book your place. Call 1 888 2 DONATE (1 888 236 6283) to book your appointment.

#### Friday, June 20

Manitoba Service Excellence Awards Luncheon – Winnipeg Convention Centre. Open to all public servants, 12 to 2 p.m. Tickets \$30 + GST. Provincial government employees register online, non-provincial government employees please email Heather.Tisdale@gov.mb.ca to register.

## Stamps portray Canadians in Hollywood

By Alf Brooks

Last year, Canada Post issued four stamps and a souvenir sheet picturing performers born in Canada: Fay Wray, Mary Pickford, Lorne Greene and John Candy.

This year the series continues with stamps and a souvenir sheet with four more Canadians who starred in Hollywood.

The souvenir sheet shown here pictures Norma Shearer, Chief Dan George, Marie Dressler and Raymond Burr.



## Community Recreation

**MFRC and Community Recreation Present:  
Red River EX - June 20 6 pm - 11 pm**

You can ride the midway, or watch a show.

We are taking the YAC and teens to the EX to celebrate the beginning of Summer. We will be traveling by City Transit to this event. Cost is \$5 per person.

Phone Diane at 833-2500 ext. 4508 or Dan at ext. 2057 to register.

## Swim Lessons

Registration begins June 23, 2008. Contact Brianna Fay, Aquatic Supervisor at 833-2500 ext.7013 to register. Swim lessons run Monday to Friday.

Session 1: July 14-July 25, Session 2: August 11-22.  
Schedules are available at building 90 or on the DIN.  
1700-1730: Sea Turtle/Salamander, Crocodile/Whale,  
Swim Kids 4

1730-1800: Sunfish, Swim Kids 3, Swim Kids 5/6  
1800-1845: Swim kids 7/8  
1845-1930: Swim Kids 9/10

## Summer Sport Camp

The 2008 Summer Sport Camp guide and registration form is available at the front desk in Building 90. The camp guide is also available on the DIN or [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca).

For more information, contact Dan at local 2057 or Ann at ext 5976.

## Fitness & Recreation Summer Hours Effective 2 June - 2 September

Monday - Friday:  
0600 - 2100 hrs

Saturday/Sunday/Holiday:  
0900 - 1800 hrs

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

Community Recreation Director, Lori-Ann Mundt, ext 2059  
Community Recreation Assistant, Daniel Gerson, ext 2057  
Community Recreation Administrative Assistant, Ann Gibson, ext 5976  
Aquatic Supervisor, Bri Fay, ext 7013  
Community Library, ext 2490

# Some things to keep in mind when relocating

Submitted by Furniture and Effects

You're moving into your first PMQ after buying an overstuffed couch. The movers show up with your furniture and some bad news. "Your dream couch ain't gonna fit."

Should you have asked yourself, "Do I really need it?"

In other words, think about moving it, before you buy it. Here are some tips to consider when making these all-important purchases.

## Appliances

- Front-Load Washers require a specific blocking kit, when shipping, to prevent damage. Appliance companies usually remove this kit from the washer upon delivery, not realizing you will be moving again and again. It is your responsibility to provide this blocking kit to the movers, so they can block the drum. If you don't keep, it they can cost up \$100 to replace and usually have to be ordered in advance.

- Stainless Steel Appliances are pretty to look at but they scratch very easily and if dented cannot be repaired. Not a practical item to move around on postings.

- Double door fridge/freezers are so wide they may not fit through the door of every house you may live in, especially PMQs. Try to stick to standard size appliances.

## Furniture

- Oversized furniture may not fit in every house you live in. Especially some PMQs which have small openings, doorways and sharp corners. This is not the movers' fault nor Base Housing's. If it doesn't fit through the door, the movers will leave it on the front lawn or in the garage. Sometimes, a window can be removed to hoist something through, but this is at the member's expense, even if it is a PMQ. Some sofas are made so they come apart. These would work better, but keep the instructions.

- German shrank or large wall units must be disassembled before shipping. It is your responsibility to provide the instructions and/or assist the movers on loading day.

- Queen/king size box springs may not fit through all doors or upstairs through narrow passageways, especially in smaller PMQs or

older homes. If you can, purchase ones that come in two pieces.

- Particleboard furniture will not withstand the rigors of transportation, in its assembled state. So, the movers will take them apart. You are to provide the movers with the instructions. However, this type of furniture is made to be assembled only once and may no longer be as stable after multiple moves. Instability of furniture disassembled and reassembled is not claimable as damage.

- Lacquer finished furniture does not move well in colder temperature; they can crack at temperatures below -5 C. This would not be the mover's fault and therefore, is not claimable.

## Electronics

- Big Screen TVs such as plasma, LCD and the new OLED are very delicate and not meant to move around a lot. So, if you must have one, keep the box and all the packing material, and have the movers pack it for you. That is the only way they can be moved safely.

- Other electronics will also move safer in their original packaging. Keep boxes for computers, printers, stereos, monitors, etc. For

insurance purposes, let the movers pack them for you.

## Recreation

- Exercise equipment requires dismantling before shipping. It is your responsibility to provide the movers with instructions on how to disassemble and reassemble. So when buying stair climbers, elliptical trainers, tread mills, etc, keep the manual and all the instructions.

- Hot tubs are meant to be installed only once and stay there; they are not meant to be moved around. If you plan to purchase one and move it with each posting, make sure it is a strong one that will withstand multiple moves. Also, keep in mind that the contract with the movers is curb-to-curb service for hot tubs. Meaning, it is your responsibility to bring it from the backyard or basement to the curb. Sometimes this may require a crane and can be very costly. Servicing and preparation of the hot tub is also your responsibility.

- Wooden play structures/swing sets can only be shipped if made with treated wood and is your responsibility to disassemble/reassemble. Keep the instructions. The treated wood must also be cleaned and bug free.

Bugs in wood can easily infest your shipment or other shipments in the truck.

- Pool Tables – are your responsibility to have disassembled/reassembled, which usually requires a third party. All costs are at your expense. Slate requires crating, usually covered by the movers.

## Miscellaneous

- Major brand names or major stores usually provide service at most postings, better than unknown or smaller companies. Try to stick to major brands or major stores when purchasing items like computers, major appliances, stereos, etc. If posted to smaller communities like Moose Jaw or Cold Lake, you may experience difficulty servicing some items.

- Non-admissible items is a list of items that the movers cannot take. Check this list out before purchasing items like fences, dog runs, outdoor brick fireplace, etc. You can find this list in the booklet provided by the movers or can be viewed on the DIN/WEB at the following sites under Relocation Guidance, then Information Packages: DIN: [http://hr.ottawa-hull.mil.ca/dgmc/engraph/relocation\\_management\\_e.asp](http://hr.ottawa-hull.mil.ca/dgmc/engraph/relocation_management_e.asp)

ment\_e.asp

Web: [http://www.forces.gc.ca/admmat/j4mat-dglog/dtm/dtm\\_4/index.htm](http://www.forces.gc.ca/admmat/j4mat-dglog/dtm/dtm_4/index.htm)

## Loss/Damage Claims

Moving claims can also be just as stressful as the move itself. To try and make it easier, here are a few tips that may help a future damage/loss claim caused by a move of your furniture and effects.

- DVD & CD collections: Make a list of all DVDs and CDs you own before moving, in case that box happens to go missing. Better yet, make a video of them showing the cases as proof of ownership.

- Inventory your house: make an inventory of your entire household and keep it updated. Even a video of your house contents can help with proof of ownership in case of total loss/damage. A picture is worth 1,000 words, or in this case maybe \$1,000.

- High value inventory: The movers still use this form and is a good tool to list all the collections and valuables that you have.

- Paperwork: Throughout your career, keep all receipts, manuals, instruc-

tions, appraisals for all major items you purchase (i.e. furniture, electronics, major appliances, art work, etc). Keep all this information in a booklet/box and take it with you on your posting in case of a claim for major damage or loss.

- Pre-move information package: This is provided by the movers during their first visit to your home for the estimate. READ IT! That is all I have to say about that. This information packages can also be found on the web sites listed above.

The best advice I can give you is when in doubt, check it out. Just contact your Furniture & Effects Section with any questions, even if you are not moving yet. It is better to be safe than sorry, before spending a lot of money on something you may not be able to move later.

**Having a garage sale? Advertise it in Voxair.**

*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)

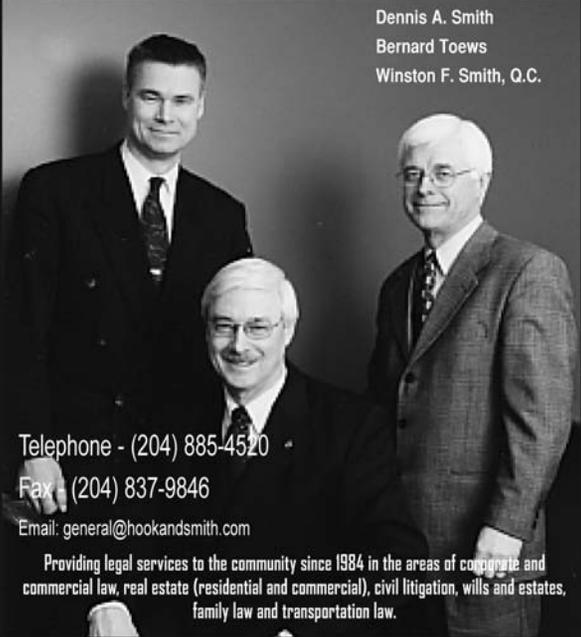


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# A and B side intersection hockey champs crowned

On 17 April 08, members from the CFANS and 16 Hgr I/S Hockey teams took over the MTS Centre to play the I/S A hockey championship final. The championship series was deadlocked at one game each and the third game would determine which team would be crowned I/S hockey champions. There was excitement in the air as players took the turns entering the ice surface and circling the ice at the MTS Centre for the warm-up. Both teams lined up on their blue lines as Sgt Auday from the Air Command Band sang the Canadian anthem. Once the game commenced, the pace was fast and furious as both teams were eager to score the all important first goal. At 52.94 Sgt Dave Hight from CFANS received a clever pass from Capt Stephane Morency and scored the

first goal of the game that beat the 16 Hgr goaltender, 2Lt Craig Bradshaw low to the stick side. Four minutes later, defenceman, 2Lt Dan Ennis of CFANS spotted MWO Jim McKenzie speeding down the wing and delivered a perfect pass that sent him in all alone on the 16 Hgr goaltender. He faked a shot high and then deked out the goaltender to score the second goal of the game for CFANS. 16 Hgr stepped up the pace and were relentless in their pursuit of a goal but could not put the puck past the CFANS goaltender, Capt Todd Batt, who was stellar on his last game in Winnipeg. CFANS scored two more goals in eight minutes to stretch their lead to 4-0 and never looked back. Capt Kevin Miller and MWO McKenzie closed out the scoring as CFANS became the 2007-2008 I/S A hockey

champions. Congratulations to both teams on a very well played final. Special thanks for our score keepers, Kelley Deschenes and Sgt Devin Beaudry and to the MTS Centre. It was a great opportunity for some of the best hockey players at 17 Wing to display their talents in a great facility. MWO Jim McKenzie was named player of the game for the I/S A Hockey final.

The I/S hockey B division championship was scheduled between the WCE Beavers and the upstart Geriatric Jets hockey team who have been on fire since the playoffs started. The fifth ranked Geriatric Jets defeated every team they faced in the playoffs, including the upset of the #1 ranked WTEME hockey team. The WCE Beavers won the B division of the WComd hockey championships and would like to finish off the season by also claiming the I/S hockey B division championship crown. The Beavers were the first on the scoreboard as the speedy Dave Hopwood dented the twine behind the Jets goaltender, LCol Sam Marcotte, who has been superb throughout the playoffs. The Geriatric Jets quickly responded with



Congratulations to the CFANS hockey team, A division hockey champions.

one of their own as Randy Bird received a beautiful pass from Chris Kelly and beat the Beavers goaltender low on the stick side. The Jets went ahead three minutes later on a hard wrist shot from Carlson and the Jets looked like they were on their way to another upset. The WCE Beavers were far from surrendering and continued to pepper the Jets with a barrage of shots. It paid off as Sgt Dave Tower scored the equalizer at 42:41 with the assist from Dave Hopwood. Both teams went end to end trying to score the go ahead goal and then at the high way mark of the game Sgt Tower streaked down the wing and blasted a slap



Congratulations to the B division hockey champions, WCE Beavers.

shot that the goalie couldn't handle. This seemed to take the wind out of the sails of the Jets players and the WCE Beavers scored two more goals to cruise to a 5-2 victory and the 2007-08

I/S hockey B championship. Sgt Tower was named MVP of the game for his two goal and one assist performance. Congratulations to all the teams that played in the I/S hockey season this year.



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## 2008 Wing Chief Slo-Pitch Tournament

**Friday, 20 June**  
**0800-1200 hrs**

Register by:  
13 June, 1600 hrs

Contact:  
Sports Coordinator Chris Merrithew  
833-2500 local 5511  
Merrithew.CGJ@forces.gc.ca

**Lots of prizes!**  
**Free BBQ!**



## A6 takes tournament

The A6 volleyball team came out on top after defeating the PSP F&S team in the Wing Commander's volleyball tournament on Friday 25 Apr 08. The WComd volleyball tournament officially opened with the Wcomd, Col Howden and the WChief, CWO Wallace serving the first balls.

The teams were the top two of 10 in the tournament

with other teams coming out from A4 Log, MP, WSUP, WCE, 23 Hlth Svcs, and WTISS.

There were two divisions of five teams with the top two teams in each division advancing to the semi-finals.

PSP F&S defeated WCE in a very close semi-final and A6 defeated the Spider Monkeys in the other semi-final.

The PSP F&S staff put in a valiant effort in the championship final but could not match the play of the A6 volleyball team.

MWO Matt Scott of A6 won the skills competition and Pte Kim Robichaud of Spider Monkeys came in second.

Congratulations to A6 and thanks for all the teams that came out to participate in this event.



The 2008 WComd volleyball tournament champions from A6- Dean Derkatch, Allen Hamilton, Gil Vargas, MWO Matt Scott, Kurt Hiebert, Maj Harold Dour, Capt Trevor Ludtke.



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

**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

**Military Families: Strength Behind The Uniform**

*Annual General Meeting*

The MFRC's Annual General Meeting is going to be held on Wednesday, June 25, 2008 at 7pm at the MFRC, 102 Comet Street. All family members of military personnel are invited to attend. Child care is available beginning at 6:30 pm.

*Join the Fun Run and Walk*

Join the Winnipeg Military Family Resource Centre at Assiniboine Park on June 28 for the inaugural Support Our Forces 5 km Fun Run and Walk. Register today at the MFRC located at 102 Comet St. All registrants will receive a free t-shirt. Contact 833-2500 ext 4506 or 4507 for more information.

*It's BBQ time*

The MFRC is firing up its barbecue. Join us for the first BBQ of the season on Thursday June 12 starting at 1130 hrs. This year our BBQs will take place every Thursday except for the first Thursday of the month when everyone is invited to attend Coffee Break from 1000 - 1100 hrs.



*Spring makeover winners*

Front row from left, Helen Delacretaz, Connie Duggan, Coralea Courtland. Back row from left to right: Kalynn Warren, Cindy Onsowich, Marge Wiebe and Shauna Sutherland.

On behalf of Shauna Sutherland, Cindy Onsowich, Kalynn Warren, Marge Wiebe, Helen Delacretaz, the five lucky winners of the Spring Makeover Contest, thank you to Connie Duggan and Coralea Courtland of Waverley Hair Design for a special day. Also, thank you to Ray Louie and his staff at The Gates On Roblin for treating the ladies to a wonderful Sunday Brunch and transporting them in style.

*Nursery School registration*

Will your child be 3 or 4 years old by Dec 31? Perhaps they would be interested in Nursery School. We offer both English and French Immersion classes. Both are taught by caring qualified teachers in well equipped licensed classrooms. The program is developmentally appropriate, fun and stimulating. Registration for fall 2008 is now being accepted. Please call Shannon at 833-2500 ext 2491.

Westwin Nursery School 684 Whytefold Rd fee: \$75/month  
English class: Monday, Wednesday and Friday: 9:00-11:30 am  
French Immersion: Monday, Wednesday and Friday: 1:00-3:30pm  
MFRC South Nursery School 2300 Corydon fee: \$60/month  
Tuesday and Thursday: 1:00-3:30 pm

*Comments/questions put to spouses of deployed members:  
(Actual questions and answers)*

*"I don't know how you manage. I don't think I could do it."*

This comment is intended to be a compliment, though, it's just a little annoying and here's why. It's not like all of us military wives have been dreaming since childhood of the day we'd get to be anxious single moms who carry cell phones with us to the bathroom and in the shower. We're not made of some mysterious matter that makes us more capable, we just got asked to take on a challenging job. So we rose to the challenge and found the strength to make sacrifices.

*"What are you going to do to keep yourself busy while he's gone?"*

The short answer: Try to keep our sanity! Maybe there's a military wife out there who gets bored when her husband leaves, but I have yet to meet her. For the rest of us, those with and without children, we find ourselves having to be two people. That keeps us plenty busy. We do get lonely, but we don't get bored, and drinking massive amounts of wine always helps keep me busy!

*"Do you think he'll get to come home for Christmas/anniversary/birthday/birth of a child/wedding/family reunion, etc?"*

Don't you watch the news? No! They don't get to come home for any of these things. And please don't ask again.

*"This deployment shouldn't be so bad, now that you're used to it."*

Sure, we do learn coping skills and it's true the more deployments you've gone through, the easier dealing with it becomes. And we figure out ways to make life go smoother while the guys are gone. But it never gets 'easy' just because they've been there before. The worry never goes away.

*"Wow you must miss him?"*

This one also gets another big 'duh'. Of course we miss our men. There are some wives who do not, and they're now divorced.

*"Oh, that's horrible...I'm so sorry!"*

Don't be sorry, he's doing his job. Be appreciative and please take a moment out of your comfortable lives to realize that our soldiers fight the wars abroad so those wars stay abroad. If you want to say anything, just say thank you.

# New chaplain ready to take on military life

By Padre Kenneth MacRae  
Chaplain

“So I take it the Boy Scout Salute wouldn’t be appropriate here on base?” As a new military chaplain I asked this question jokingly to a kind-hearted person, living in my residence, who agreed to teach the new kid on the block how to salute properly.

As a military chaplain, we come in fully qualified for our trade but untrained for military life. I have been a minister for 17 years. Preaching, teaching, and pastoral care is not new to me. It is the military component that I am unfamiliar with.

Our basic training doesn’t begin until September so until then I will wear my shiny new uniform... without a name tag yet... and pray that whenever I am walking down the sidewalks

I can recognize the camouflaged insignia on a person far enough in advance to determine whether I have to salute first or not.

While it is a little scary to enter into a new situation, our faith in God can help us to take a new journey in life with some confidence.

Psalm 46:1 reads, “God is our refuge and strength, a very present help in trouble.”

What does this verse mean to one who is preparing for deployment, or to one who is worried about taking a new trade?

For some people this verse may seem like mere words.

The good news is that I have personally seen God help people in many different and wonderful ways.

This verse doesn’t mean that God will never allow

heartache to come our way. Nor does this verse mean that God will always answer our prayers the way we like them answered.

This verse means that when trouble, heartache or new situations come our way God will be there with us.

Miracles can still happen and troubles can disappear.

At other times, God may send to us people who can help guide us and encourage us through the rough moments in our life.

Often God will give us enough peace of mind to take a breath during a time of panic to determine what is the best course of action we need to take in our life.

Whether we are new or not-so-new to the military, I pray that everyone will find the strength and the assurance from God who is a very present help.

# NCMPDC marks five years

By CWO K. West, CD  
CWO Responsible for the NCMPDC

The NCMPDC has been dedicated to the education of non-commissioned members (NCM) ever since its inception in April of 2003. Placed under the aegis of the Canadian Defence Academy (CDA), the NCMPDC celebrates its fifth anniversary! Since 1 January 2008, it is a constituting institution of the Royal Military College Saint-Jean. The NCMPDC’s civilian and military instructors would like to take this opportunity to make the activities and innovative nature of this Center better known among other institutions and members of the Canadian Defence community.

## Origins of the NCMPDC

The creation of this institution is the consequence of the implementation of the reform strategy formulated in The Canadian Forces Non-Commissioned Member in the 21st century (NCM Corps 2020). The courses offered by the NCMPDC contribute to the development of intellectual and critical thinking resources that are now essential because of the range of tasks and the new responsibilities devolved to NCMs, especially for those in positions of leadership. NCMs are now asked to deal with more uncertainty than

ever. This requires a global comprehension of the world and of the various theatres of operations in which they are called to operate. Moreover, the Canadian Forces themselves are in the midst of becoming a learning organization. Thus, this context led to the creation of the NCMPDC in 2003. In 2007, for the first time, the responsibility of the NCMPDC was given to an NCM.

## Course Offering

At the time of its creation in 2003, only one course was offered at the NCMPDC; the Intermediate Leadership Qualification (ILQ) course, aimed at those being promoted to the rank of PO1/WO. Since 2005, two other courses have been added to the curriculum; the Advanced Leadership Qualification (ALQ) course, aimed at those being promoted to the rank of Chief Petty Officer Second Class/Master Warrant Officer and the Chief Qualification (CPO1/CWO) course, aimed at those being promoted to the rank of Chief Petty Officer First Class/Chief Warrant Officer.

The courses at the NCMPDC are divided in two parts. In the first part, candidates participate in (on average) nine-week long distance-learning activities under the supervision of civilian teachers, which pertain to issues

of Canadian military history, political science, international relations, as well as matters of ethics and leadership. Once this part completed, they come to the NCMPDC for a three-week residential course, under the supervision of military personnel. This portion of the course addresses practical matters of leadership such as decision-making process. Through seminars and lectures, they learn more about the general system of war and conflict, communications, military justice, ceremonial as well as management of equipment and of human and financial resources. To this day more than 6500 candidates have completed at least one of the NCMPDC courses.

## A Source of Inspiration and Innovation

Since its creation, the NCMPDC has demonstrated a high-level of expertise and has been cited as an example for the implementation of NCM education programs in other armed forces of the Commonwealth. All the while encouraging civilian-military cooperation, as well as cooperation between the different elements, the NCMPDC is truly a centre of excellence in matters of education and professional development. Its contribution to a life-long learning and training program for NCMs is significant.

## 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 4035

**Padre Kenneth MacRae**

(Presbyterian) Office 833-2500 ext 5785

**Padre David Stewart**

(Presbyterian) Office 833-2500 ext 5349

**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 counseling 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 WO's 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.



# CPPMR fête ses 5 ans

Par Adjud. K. West, CD  
Adjud Responsable du CPPMR

Le CPPMR se consacre à l'éducation des militaires du rang depuis sa création en avril 2003. Placé sous l'égide de l'Académie canadienne de la Défense, le CPPMR célèbre cette année son cinquième anniversaire! Depuis le 1er janvier 2008, il est une des organisations constituantes du Collège militaire royal de Saint-Jean. Les employés civils et militaires du CPPMR profitent de cette occasion pour promouvoir cette institution novatrice auprès des employés du ministère de la Défense nationale et des militaires des Forces canadiennes (FC).

## Origines du CPPMR

La création du CPPMR découle de la stratégie de réforme décrite dans le document intitulé Le militaire du rang des Forces canadiennes au XXIe siècle (Corps des MR en 2020). Les cours offerts par le CPPMR contribuent à l'éducation nécessaire au développement de capacités intellectuelles et critiques essentielles à l'élargissement

des tâches et des responsabilités attribuées aux militaires du rang. Dorénavant, ils sont appelés à réagir à la fois à des situations prévisibles et imprévisibles nécessitant une compréhension globale du monde et de l'environnement opérationnel dans lesquels ils interviennent. Les FC sont appelées à se transformer en une organisation apprenante. C'est dans ce contexte que le CPPMR a été créé en 2003. En 2007, on octroyait pour la première fois la responsabilité du CPPMR à un militaire du rang.

## Cours offerts au CPPMR

Lors de la création du CPPMR en 2003, un seul cours y était dispensé : le cours de Qualification intermédiaire en leadership (QIL), destiné aux candidats à la promotion au rang de maître de première classe/adjudant.

Depuis 2005, deux autres cours se sont ajoutés au cursus : le cours de Qualification avancée en leadership (QAL), destiné aux candidats à la promotion au rang de premier maître de deuxième classe/adjudant-maître et le cours de Qualification premier maître

de première classe/adjudant-chef (PM1/Adjud), destiné aux candidats à la promotion au rang PM1/Adjud.

L'enseignement offert au CPPMR se divise en deux volets. Dans un premier temps, les militaires du rang suivent une formation à distance, d'une durée moyenne de neuf semaines, dispensée par des enseignants civils portant sur l'histoire militaire canadienne, la science politique, les relations internationales et les questions d'éthique et de leadership.

Une fois cette étape complétée, les militaires du rang suivent une formation en résidence d'une durée de trois semaines au CPPMR.

Cette étape, administrée par du personnel militaire, porte sur des aspects plus pratiques du leadership, tels que le processus de prise de décisions. Via des séminaires et des conférences les candidats sont exposés entre autres au système général de la guerre et des conflits, aux communications, à la justice militaire, au cérémonial ainsi

# CPPMR continu

qu'à la gestion des ressources humaines, financières et des équipements. Jusqu'à ce jour, plus de 6 500 militaires ont complété un ou plusieurs cours offerts par le Centre.

**Le CPPMR : une source d'inspiration et d'innovation**

Depuis sa création, le CPPMR offre un haut niveau d'expertise servant d'exemple à l'élaboration de programmes d'éducation des militaires du

rang au sein d'autres forces armées du Commonwealth. Tout en favorisant la coopération entre les employés civils et militaires, de même que la collaboration entre les militaires des différents éléments, le CPPMR est un centre d'excellence en matière d'éducation et de perfectionnement professionnel qui contribue de manière significative à la formation continue des militaires du rang.

## Classifieds

### For sale

**Kenmore fridge and self-cleaning stove** purchased from Sears August 1, 2006. Asking \$700 for the pair. Must be picked up the week of June 23. Spotless condition. Phone 896-7130 or 833-2500 ext 4035

**18 x 34 Above ground pool.** Heater, Filter, Pump, and other accessories. Pool toys. Remaining chemicals. As is. Offers. 897-4862

**10 ft. Jayco tent trailer 1998.** Mint condition, never cooked in. 10 ft. add a room included 1 King Bed/ 1 double, room for 6 to sleep many extra's included. \$6000. Call Glen 488-3272

**Brand New 2005 Custom Harley Davidson XL 1200CC** - only 1km includes black exterior, custom handle bar upgrade, quick detach backrest, upgraded custom riding seats, Harley Davidson saddle bags, factory security system. \$10,200 obo. Safety included. Private sale, Call 204-582-5575 or 204-232-5985

**For sale due to posting:** a dining room table with two leaves and six chairs (one is an armchair), good condition - \$250. A metal-framed futon, good condition - \$45. A 10-speed racing bike, good condition (needs air in the tires) - \$20. A 1997 BMW 540i V8 auto, dark green with beige leather (premium pkg), 79,500 miles - \$10,900. Call local 4209 or 282-1800.

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



**Yard Sale**

**D'Arcy's A.R.C.**  
(Animal Rescue Centre)  
1793 Portage Ave

Sat, June 14, 9pm-4pm  
Sun June 15, 9am-3pm.

Rain or shine!

**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

# TAROSCOPES

BY NANCY

**Aries (March 21 - April 19):** Life is for enjoying. You know what you want. Still some of your habits and activities need to be reconsidered especially in relation to others. Be honest. Become aware of the feelings and priorities of key people in your life. When you work to improve communications it shows you care.

**Taurus (April 20 - May 20):** There are many versions of the truth going round and layers of intrigue to work through. Betrayal is hard to accept but it happens. A wise choice is to leave mean, small-minded people and martyrs behind. Spend your time with caring people then you won't have to be so guarded.

**Gemini (May 21 - June 21):** You'll be connecting with many new people. One dynamic individual stands out. You bring great joy into each other lives. Don't ask yourself why - just appreciate the mutual attraction. A shift in how you feel inside allows you to give and receive equally in relationships.

**Cancer (June 22 - July 22):** If you take on too much you'll not finish everything. Distractions keep popping up and you can't seem to work quickly at this time. Delegate and be flexible. Your health can suffer if you don't deal with stresses and concerns constructively - exercise works best right now.

**Leo (July 23 - August 22):** Consider how you approach each day. If doubts and fears surface they are there to teach you what you really need to focus on. The sense of wellbeing and contentment that results from changes you make will be worth the angst and aggravation of challenging your usual assumptions.

**Virgo (August 23 - September 22):** Look at how you can better care for yourself - financially and physically. Learn from your mistakes and plan more successfully for the future. Anticipate possible needs as well as current requirements. Stop moaning and get moving. Friends will support and assist you.

**Libra (September 23 - October 23):** Right now you find humor in the mind games of others. You are enjoying life and let bygones be bygones. Still, you are not a pushover; once someone loses your respect they won't regain it. But, being diplomatic you won't burn bridges either. This is a very effective strategy.

**Scorpio (October 24 - November 21):** Your innate wisdom draws people to you. Still you aren't compatible with everyone. Be discerning. Observe others - their actions and reactions. Watch for those who use words to manipulate. These people repeat things out of context to alter the impact and outcomes.

**Sagittarius (November 22 - December 21):** Look at your finances and physical wellbeing from a proactive perspective. Something you've kept inside, surfaces in an unexpected way. Accept how you feel. Consider ways to adjust your lifestyle to accommodate what you now know then "just do it."

**Capricorn (December 22 - January 19):** Set your sights on a goal to get yourself out of a rut. Motivation and action are all that's required. Stand behind your convictions and hold fast against those who underestimate you. If you don't deal with a problem, you may lose the chance to fix things your way.

**Aquarius (January 20 - February 18):** Cut connections and change patterns that keep you involved in dramas. There will be new opportunity for excitement soon. You have all you need to succeed. Let yourself shine. Give birth to the next phase of your life. Let go of the past once and for all.

**Pisces (February 19 - March 20):** Enjoying physical comfort is not counter to being philosophical. You're trying new things and meeting new people. Don't worry about being fooled; you are able to get the measure of someone very quickly. This is a luscious time for you - enjoy, be lazy, relax, have fun.

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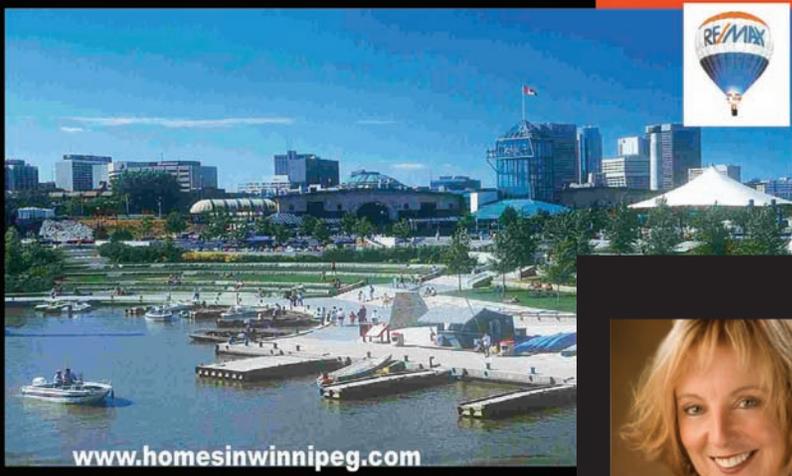
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