



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

FEBRUARY 28, 2007

VOLUME 55, ISSUE 4

FREE



Photo by Cpl Tom Trainor

Photo by Cpl Tom Trainor

Home From The Front

Troops from Shilo returned home to their loved ones late Valentine's night via Winnipeg, where the 17 Wing AMS coordinated their landing at Hangar 10 before the last leg of their journey to CFB/ASU Shilo. There were 150 personnel returning to Canada, half to Shilo and the rest to bases in eastern Canada. (above) MGen Charlie

Bouchard, Comd 1 Cdn Air Div, and CWO Skip Sacco, CWO 1 Cdn Air Div, greet Cpl Fred Hill, on his way home to 14 Wing Greenwood. The Air Command Band was on hand to entertain the crowd, who waited eagerly to see the soldiers after their long months away in Afghanistan. Welcome home!

In This Issue:

Lee Ann's Wish - Military Family Supported by Community Foundationpg.3

17 Wing Teams Rule The Rinkpg.5

New RSM For Royal Winnipeg Riflespg.8

Jumping Into Darkness - SAR Techs Rescue Stranded Hunterpg.9

17 Wing Hosts Manitoba Lifeguarding Championshipspg.10

DOMENICA'S FLORAL DESIGN

2255-G Ness Avenue (at Whytewold Rd.)
Ph.: 885-3665 or 832-6978

Send flowers to your loved one
Around the world or in the city

DAILY SPECIALS

Free Delivery to both North & South Base Locations

Millennium Auto Service Ltd.



- Complete Auto Service
- Computer Diagnostics
- Government Inspections
- Evening Hours

3797 Portage Avenue (Portage at St. Charles St.) Phone: 885-2690 or 632-8909 Fax: 885-2705

Home From The Front Continued from page 1



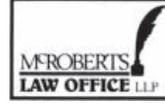
LCol Sam Ness greets a soldier at 10 Hanger who just finished a tour in Afghanistan.

Photo by Cpl Tom Trantor



Gary Stern,
B.A., LL.B.

Immigration Law • Family Law
Collections • Wills and Estates • Real Estate



Madison Square
(1 block west of Polo Park)
200-1630 Ness Avenue

(204) 944-2075

Cell: (204) 294-4894 • Fax: (204) 772-1684
e-mail: gstern@mrobertslawoffice.com

Cinéma/Theatre

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

8:00pm Showtimes

More movie listings can be found on the DIN.

888-6290 (Recording)

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

8:00pm FRI-MON MARCH 16-19 167mins

the good shepherd

Matt Damon Angelina Jolie Robert De Niro

the good shepherd

UNIVERSAL

Violence (14A)
Not Recommended For Children

8:00pm FRI-MON MARCH 23-26 146mins

BLOOD DIAMOND

LEONARDO DICAPRIO JENNIFER CONNELLY DJIMON HOUNSOU

FROM THE DIRECTOR OF THE LAST SAMBAZI

UNIVERSAL

Violence (14A)
Disturbing Content

THE BEST THINGS IN LIFE COME WITH
LOW PURCHASE FINANCING.



2006 Best New Family Car Under \$35K



Most Fuel-Efficient Full-Size Car

HIGHEST POSSIBLE
★★★★★
SAFETY RATING*

2007 SONATA GL



- 2.4L, DOHC, 162 HP engine
- Automatic transmission w/ SHIFTRONIC™
- 6 standard airbags
- Cruise control
- Air conditioning
- Power door locks, windows & heated mirrors

MSRP \$23,595** for GL • GLS model shown

lease from
\$317* @ **2.8%**
per mo./60 mos. \$0 Down Payment
Delivery and Destination incl.

0%
Purchase Financing
for 60 months

5 YEAR WARRANTY

5 YEAR /100,000 KM
COMPREHENSIVE LIMITED WARRANTY**
ALL HYUNDAI WARRANTIES HAVE NO DEDUCTIBLE.

ALL HYUNDAI VEHICLES INCLUDE FLOOR MATS AND A FULL TANK OF GAS.
All trade marks owned by Hyundai Auto Canada Corp.*

Dealer Permit #7639

Winnipeg HYUNDAI

3680 Portage Ave.
1-888-473-1144
www.winnipeg.hyundai.ca

PHOTO: HONDA

VOXAIR

FEBRUARY 28, 2007
VOLUME 55, ISSUE 4

Deadline for next issue: 2 MAR 07

OFFICE HOURS

Monday to Thursday,
0830 - 1600 hrs

CONTACT

Ad Sales/Main Office
204.833.2500 ext 4120

Accounting
204.833.2500 ext 4121

Submissions/Reporter
204.833.2500 ext 6976
voxair@mts.net
+VOXAIR@PersSvcos@Winnipeg

VOXAIR STAFF

LCol P. Conway
Editor-in-Chief
204 833-2500 ext 5281

Rick Harris
Managing Editor
204 833-2500 ext 4299

Maureen Walls
Office Supervisor
Sales Manager

Andrew Hughesman
Production Coordinator/
Layout

Misra Yakut
Accounting

Avery Wolaniuk
Journalist/Photographer

Traci Wright
Proofreading

Jim Holland
Advertising Sales
204 832-0115

Printed By
The Daily Graphic
1.204.857.3427

Visit Us Online: www.voxair.ca

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, LCol Sam Ness. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or third party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.

Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn forces
Winnipeg, MB R3J 3Y5
This newspaper is printed using environmentally safe inks.
Publications Mail Agreement No. 1482823

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included. (Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in The Voxair Newspaper of products and/or services for exchange in donations.

Lee-Ann's Wish

Military Family Supported by Community Foundation

By Avery Wolaniuk

As he held his daughter in his arms while fireworks burst over Cinderella's castle, CWO Charly Stewart recognized the symbolism of the moment.

He'd held his daughter many times before, but for the past two years it had too often been holding her still so that nurses and doctors could take blood, insert feeding tubes, IVs, and medication. "It's a privilege, I'm holding her now, and she's enjoying this," he thought. "Two years ago I was holding her so that I could hold her today."

Lee-Ann was diagnosed with Acute Lymphoblastic Leukemia (ALL) in the summer of 2004. She was just past her fourth birthday. "And we didn't think there was anything cute about it," said CWO Stewart, making light of the difficulties his family has endured for the past couple of years. The family was able to celebrate Lee-Ann's remission in Disney World at the beginning of the month, thanks to the fundraising efforts of Warehouse One The Jeans Store, who raised \$14 000 for the Children's Wish Foundation this holiday season with the sale of gift boxes.

It is the Chief's way to stay positive in the face of adversity. He speaks of Lee-Ann's attitude as a blessing, being able to go through her treatments and not hold a grudge. "What got me through was knowing that the pill is not worse than the cure," he said.

In the spring of 2004, Lee-Ann was out of sorts, complaining more often and not wanting to play the way you would expect a four-year-old would. Her parents started noticing bruises around her birthday that took a long time to heal. They went to the doctor, and Lee-Ann was started on anti-biotics. "I can remember looking at her in the bathtub and thinking 'you're dying on me, aren't you?' because she was just pale, with the big eyes and the face all sunken," said CWO Stewart. In August, when Lee-Ann bit her lip while playing at the park, it took her dad 15 minutes to get it to stop bleeding. The next day, they went back to the hospital.

Tests soon revealed that Lee-Ann had leukemia, and the doctors laid out a 26-month plan of action for the family, which included chemotherapy, intensive drug treatments, and endless bottles of pills. CWO Stewart's mother-in-law was also battling cancer at the same time, so the couple decided Charly would move in to the hospital with Lee-Ann. They were there for a month, and after that it was regular trips (weekly, then monthly) from Greenwood where



Neil Armstrong, Chief Operations & Financial Officer of Warehouse One The Jeans Store, presents a cheque for \$14 000 to Maria Toscano, Director of The Children's Wish Foundation Manitoba Nunavut Chapter, with the family who received the Wish. Chief Warrant Officer Charly Stewart, his wife Debbie (right), Lee-Ann and her sister, Elizabeth, just returned from their Wish-funded vacation in Disney World celebrating the end of Lee-Ann's treatment.

CWO Stewart was stationed, to IWK in Halifax, where Lee-Ann received treatment regularly.

Two years later, in August 2006, CWO Stewart was transferred to Winnipeg as the new CWO at 435 Sqn. Lee-Ann was visiting the hospital once every three months to monitor her health and taking medication at home. In October, her drug treatment was officially over.

The Children's Wish Foundation granted Lee-Ann's wish to go see Mickey and the gang with her mom and dad and adult sister, Elizabeth. The family decided to make the trip a celebration and a milestone, marking the end of that treatment time. On 3 February, they loaded on to a plane and headed to warmer places, staying at the Give Kids the World Village in Florida, about 20 minutes from all the big attractions. The family did Disney World, Sea World, and Universal Studios the week they were there.

The Village works with the Children's Wish Foundation. The Foundation took care of all the travel details getting the Stewart's to Florida (plane tickets, rental car, etc). "The Children's Wish Foundation ministers to the whole family, not just the child. So all the stresses of a vacation



Lee-Ann all decked out as Princess Aurora at Disney World.

are removed, that's the concept."

And then there's what happens when you get there. The Village is geared entirely towards the children arriving, which means everything from showers big enough for wheelchairs, to the always-open ice cream parlour, to the carousel, and Mayor Clayton, the rabbit, to the waffle station in the Gingerbread house mess hall. "Lee-Ann loves this whipping cream on the waffles, so one morning she decided, 'Why should I have the waffle?' and asked, 'May I have a plate of whipping cream, please?' Well, you certainly can," said CWO Stewart with

a chuckle. For a kid who weighed about 28 pounds on her fifth birthday, and is now working to gain weight, what's a little whipping cream?

For the Chief, absolutely the best part was watching his little girl laugh while she was whirling in the teacups and feeding the dolphins. He also expressed his deep appreciation that his family have for the leadership of the CF. "Without their support the treatment of Lee-Ann would have been much more difficult than it was. They allowed me to be with my family, and especially Lee-Ann, when I needed to be."

TRENTON?

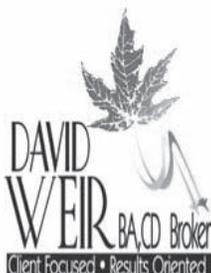
Are you, or someone you know transferred to Trenton in 2007? If so, all you need to know is at www.davidweir.com or call David at 1-800-263-2177

- links to local listings ... better than MLS.ca
- free location package sent via courier
- local business discounts
- school information
- best map of the area ... better than Google
- HHT checklist
- bilingual service available
- excellent mortgage rates ... received by phone at your convenience

#1 Office Broker, 2003 - 2006
Top 1% in Royal LePage Canada, 2005 - 2006

Royal LePage ProAlliance Realty, Brokerage
Independently Owned and Operated
253 Dundas Street East, Trenton, ON K8V 1M1

Toll Free: 1-800-263-2177
Cell: 613-848-0615
FAX: 613-394-2897
Email: david@davidweir.com
Web: www.davidweir.com



Thanks!!

The Annual Valentine's Day Appeal for the 17 Wing Care and Share benevolent fund, "Toonies from The Heart" took place this past Wednesday morning at the gates. People of 17 Wing and 1 Cdn Air Div HQ, with warm hearts on a coold morning, donated \$1,322.50!! to help those among us who unexpectedly encounter an emergency need for financial or commodity assistance. Many thanks to you all, and to the members of the Care and Share team for braving the coold, and helping on that morning. God bless you all.

— Padre Lance Magdziak



Sgt Dave Lloyd receives his promotion to Acting Warrant Officer from LCol Milligan, CO RCSU(Pra). The promotion was effective 15 January 2007.

Canadian Forces Air Navigation School

By Capt Martin Jutras, CFANS

A lot of people, when discovering I work at CFANS, have asked me what we do and what is our purpose. I was quite surprised to realize how little people know of what we accomplish at our school. CFANS is a dynamic environment that sees a lot of changes on a yearly basis. From courses, deployments and postings, the staff is always challenged to keep up with the pace of aircrew training.

CFANS is where all basic navigator and basic airborne electronic sensor operator (AESOP) training takes place. The work of an officer navigator includes the traditional role of determining such things as the aircraft's position, required heading, estimated time to destination, planning missions, and directing tactical missions. Use of navigation computers, radar and electronic fixing aids are tools used by students. Training also encompasses mission management, equipment monitoring, communications, and crew and aircraft direction. AESOP, on the other end, is an NCM trade that is available under the Continuous Occupation Transfer Plan (COTP) to Regular Forces personnel. Students are taught basic navigation, visual recce, radar, electro-optics/infra-red and electronic support measures. After completion of training at CFANS, navigators can be posted to the Transport world where they will fly Hercules or Buffalo aircrafts. If posted to the Maritime world, they will be joined by AESOPs to fly CP-140 Auroras or CH-124 Sea King aircraft. All CFANS training is done with the support of 402 Sqn, who provides pilots and aircraft maintenance for the mighty Gonzo CT-142 (Dash-8).

CFANS has been recognized for many years as the world leader in military air navigation training. The school has been training students from abroad for over 15 years. We presently train students from New Zealand and Norway. Students from Australia, Germany, North Korea, and Singapore are others who have passed through the halls of CFANS. The school is expecting four Portuguese students in the near future. As a matter of fact, the school also utilizes instructors from abroad. In the past year we welcomed Flt Lt Brownlee from New Zealand and Lt(N) Roberts from the United Kingdom as our new exchange instructors.

The military environment is always a dynamic one and CFANS is no exception to its effects. In this last year two of our exchange instructors were posted back to their home countries. Flt Lt Vanders from Australia and Flt Lt Cronin from New Zealand left us to return south of the equator. On the Canadian side of the house, besides the yearly change of personnel in the posting cycle, Capt Brooks was recently deployed to Camp Mirage for six months; he will be returning to work very shortly. Capt Swedersky will leave us soon for a six-month tour in Sudan. Our Commandant, LCol Ness, was deployed to Florida for a six-month tour of duty in 2006. He eventually came back just in time to take the reigns of the base as Wing Commander last December, replacing Col O'Brien. He left the school in the capable hands of Major Lawrie, who assumed the duties of acting commandant until LCol Ness's replacement arrives sometime in the spring.

We hosted again our traditional staff/student annual hockey game challenge in December. Once again old age and treachery dominated over youth and skill. The instruc-



Past CFANS commandants presenting Manitoba painting to Ret HCol Cheffins. (L-R) Col Reid, LCol (Ret'd) Cameron, Ret HCol Cheffins and LCol Ness.

tors, still undefeated after fifteen years, dealt the students another crushing defeat, although the students gave us a run for our money in the first and second period. This is truly an enjoyable event (if you're an instructor!) Although games are for fun, our real business is, of course, graduating students and sending them to their first operational unit. We just graduated Basic Air Nav Course (BANC) 0504 and 0505 a short time ago. BANC 0506 and 0601 graduation is fast approaching in February and April respectively. Basic AESOP Course (BAC) 0602 is scheduled to graduate in April at the same time as BANC 0601.

Our Honourary Col Cheffins was a constant presence at the school over the last seven-plus years. Retirement finally caught up with our most senior and respected member. Col Cheffins' military service stretches from World War II, where he flew Lancasters, until his initial retirement from the Reserves in 1976, to his retirement as our Honourary Colonel. Throughout his working life he contributed to a large number of military and civilian associations and helped to develop a better community. He remained active with the military, returning frequently as a guest speaker at the Canadian Forces School of Aerospace Studies. Now, his last tour of duty has come to a close leaving the CFANS Honourary Colonel position after years of outstanding service. A luncheon in his honour was held in February celebrating his contribution to CFANS. It is with sadness we see him leaving us. We wish him clear skies and fair winds for his new adventures. He will be missed.

Once again it has been a busy year with courses graduating and new ones coming in. Posting season brought us a new perspective from abroad and deployments have gained some of us new knowledge and exciting experiences. This coming year will certainly again be filled with many challenges. Until next time: So long!

Posted to Kingston in 2007?

Don Wyld CD Military Authorized Realtor



Please call or write:
Don Wyld, CD, Sales Rep.
#1 Barrielfield Centre,
Kingston, Ontario,
Canada K7L 5H6

Fax 1-613-545-1101 or
613-545-3333 office
Toll Free 1-800-438-9953

Visit the Canadian Military
Relocation Network Website at
www.interbaserealestate.com
OR Email: donwyld@kos.net
*subject to certain conditions

Automatic Buyer Representation

If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call at the "TOLL FREE" number below and I will send you a "Worry-Enders Kit of Kingston" (with video) containing maps, home prices, school information, shopping facilities, transportation and more.

NEW HOMES BY "CARACO"

Get a complete information package of new homes being built in Greenwood Park, minutes from CFB Kingston and RMC, and Cobblestone Ridge in West End Kingston. See the whole package at www.c21wyld.com

1,000 AIR MILES
when you buy or sell
a home with me!*

Century 21 TOWN & COUNTRY REALTY INC.

NATASHA KOUK



Reliable
Resourceful
Referred

Thinking of buying or selling, call Natasha today.

Office Top Producer
453-7653

E-mail: natashakouk@mts.net

Century 21
Bachman & Associates



Your Military Expert

Professional & Business Directory

RUTLEDGE LAW OFFICE

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

COUNTRY CLUB PLAZA

310-3025 Portage Ave.

Phone: 987-7575 Fax: 837-3638

BALDWINSON AGENCIES

Rec Centre (Whytefold Rd.)

Autopac 889-2204

It's Tradition Now *Military Appreciation Night At The Moose Will Honour The Fallen*

By Avery Wolaniuk

They said it would get bigger and better. And that is exactly the plan for the second annual Military Appreciation Night at the Manitoba Moose.

Wing Fund has purchased 1500 tickets that will be distributed for the 10 March evening match against the Iowa Stars. In return, organizers are asking people to drop off a tin or two of food for Winnipeg Harvest when they pick up their tickets.

"We're asking people, in lieu of paying for the tickets, they bring a donation for Winnipeg Harvest," says Maj Paddy Douglass, one of the event organizers. "In this time when we all have so much, when we're going to a luxury like a hockey game, what a wonderful gesture to give something to somebody who doesn't have near so much."

Almost 40 000 people rely on Winnipeg Harvest for meals every month; 47% of them are children. Volunteers book an average of 500 food bank appointments a day. Harvest does not operate as a free grocery store, but as an emergency relief measure. Clients can visit the food bank twice a month, and food kits supply two days worth of food. On a recent trip to the warehouse, Maj Douglass found out that the crew from HMCS Winnipeg volunteers there every year on their visit back to their home city. "I mean, we can't let the Navy beat us," he says with a determined grin.

Partnering with the team led by Capt Chuck Cadick at the Canadian Forces Recruiting Centre (CFRC), the Moose have dedicated the evening to recognizing the contribution and sacri-

ifice that military members make daily. It's a sequel to last year's event, which was deemed a huge success by all involved.

The first annual night out at the MTS Centre came together at rapid-fire pace. This year, with more lead-time, the plan for the evening has been changed up a little. "This one is more focussed. It's a tribute to the fallen soldiers in Afghanistan," said Jeff Mager, Director of Ticket Sales for the Manitoba Moose. "I think this one is going to be different than last year, a little more emotional." Highlights will include a rappelling team during the opening ceremonies organized by PO2 Brad Gillespie, with the Air Command Band on ice to play the national anthems, messages from soldiers deployed overseas throughout the night, and a video tribute to the soldiers in Afghanistan following the game.

And while last time there was only enough time to get the jersey change cleared for warm up, this year the Moose will be playing the entire game in the camouflage uniforms. Each jersey will also sport a crest with the name of fallen soldiers. "We just think it's important to show our support to not only the troops themselves, but to the families left behind," said Jeff Mager of the Moose.

Tickets are available to CF members, and DND, CFPSA and NPF employees and their immediate families. The upper bowl will be closed off that night, meaning that all the seats will be at the 200 level. Those interested can request tickets through their respective unit OPI by February 26. Donations to Winnipeg Harvest will be collected when tickets are picked up from the distribution point at Building 90.

Winnipeg Harvest Top 10

1. **CANNED FISH and POULTRY**
 - tuna and salmon packed in water
 - chicken or turkey
2. **BABY FOOD and FORMULA**
 - iron-enriched formula
 - baby food jars of vegetables, fruit or meat
 - infant cereal such as oatmeal, barley or rice
3. **CANNED VEGETABLES or FRUIT packed in own juice**
4. **CANNED STEW, CHILI, BROWN BEANS**
5. **PEANUT BUTTER – LIGHT**
6. **DRY PASTA**
7. **RICE –plain, brown, converted or parboiled**
8. **CANNED SPAGHETTI SAUCE**
9. **CEREAL – plain, fiber, non-sugar coated**
10. **CANNED SOUP – vegetable, tomato, lentil, pea**

These food items have been selected to reflect recommendations in Canada's food guide.

17 Wing Teams Rule The Rink

Old Timer's Beat Cold Lake

By LCol Whitburn

The Wing Old Timers Hockey Team competed in the Regional Tournament from 5-9 February, at CFB Shilo, and was victorious, defeating Cold Lake 5-4 in overtime to take the top prize.

Throughout the week, the team competed against Shilo, Edmonton, and Cold Lake in round-robin play, experiencing only one (2-0) loss, to Cold Lake. The semi-final game resulted in a 6-2 win over Edmonton, to earn the right to face Cold Lake in the final.

The final game was a hard fought battle, with 17 Wing holding a 3-1 lead going into the second period, but falling behind 4-3 going into the third period. A goal by Jamie Munn at 10:25 of the third period tied the game for Winnipeg and sent it into overtime.

The overtime was exciting and fast paced, with both teams pulling out all the stops. Jamie Munn scored the winning goal at 4:54 of OT, assisted by Mark Thietke. Jamie had a great game, and was named game MVP, scoring three goals and assisting on two others for the 5-4 win. Mark finished with two goals and an assist, and those contributions in addition to three assists from Shawn Fletcher, and stellar goal tending from Kelly Schwartz cinched the win. It earned the team the honour of representing the Prairie Region at the National Championship scheduled for CFB Borden, from 17

to 23 March.

Relatively speaking, 17 Wing has a very strong roster of players, and has an excellent chance of winning the National Championship with this line up. The goal-tending duties are handled by Corey Smith and Kelly Schwartz, two of the 'best in the business,' and with 100% effort from the remaining skaters, success is certainly achievable.

Finally, the Team would like to express its thanks to the PSP Staff, James Follette, Rick Phillips, and Al Brazeau, as well as to the individual COs and Supervisors who have supported the Wing Hockey program in such sterling fashion. Many thanks to all.

Regional Champs

By John Kamperman

The 17 Wing Men's Hockey Team took home the gold from the Regional Hockey Tournament, which was held in Shilo, 5-9 February 07. Winnipeg defeated CFB Edmonton 4-3 in overtime to win the championship.

Only three teams participated in the tournament, Shilo, Edmonton and Winnipeg. Cold Lake was unable to send a team to the Regionals. Each team had a win and a loss at the end of round robin play. Positioning of teams was done by goals for and against. Winnipeg ended up in first place and got a direct bye into the final game. Shilo ended up in second place and Edmonton was third. In the semi-final game Edmonton defeated Shilo 10-4.

The final game between Winnipeg and Edmonton took place on Friday morning. The game was a hard fought match in which all the players from both teams battled hard. In the first period Edmonton outplayed and out shot Winnipeg and took an early 1-0 lead. The score at the end of one could easily have been 5-0, if it wasn't for the stellar play of goal tender Capt Todd Batt. In the second period Cpl Corey Pratte was set up by Lt James Murdock to tie the game up at 1-1 and at 19:15 of the period Pte Mike Dalton gave us a 2-1 lead with assists going to Cpl Lance Browne and 2Lt Adrian Hartley. Midway in the third period Edmonton tied the game up at 2-2. At 17:39 of the period on a set up from Capt Kevin Miller and Mike Dalton, Adrian Hartley gave us what was thought to be the winning goal for a 3-2 lead, but Edmonton battled back to score and tied the game at 3-3 at 18:43 of the third period. The stage was set for an exciting sudden death overtime period. The play went back and forth at a fast pace with good scoring changes at both ends. Corey Pratte scored the winning goal at 3:51 of the overtime period.

Todd Batt was chosen the game MVP as he made numerous great saves throughout the game. Lance Browne was named the tournament MVP as he was the dominant player in all three games. 17 Wing Winnipeg will represent the Prairie Region at the National Championship scheduled for CFB Borden, from 03 to 09 March. This was the first time that 17 Wing Winnipeg has won both the Old-timers and Men's Hockey Regional Championship in the same season.

The Team would like to thank the CFB Shilo for being an excellent host and a special thanks to Mr. Dan Hamilton who went out of his way to try and accommodate the needs of every team. The team would also like to thank our own PSP Staff, James Follette, Rick Phillips, and Al Brazeau, and especially COs and Supervisors who continuously support the Wing Hockey program.



Grant Nordman
City Councillor
St. Charles Ward

Main Floor, Council Building
510 Main Street
Winnipeg, Manitoba R3B 1B9
Tel: 204-986-5920
Fax: 204-986-7359
Email: gnordman@winnipeg.ca

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

Steven Fletcher, Member of Parliament
Working for You

PROUD OF OUR PAST



PROTECTING OUR FUTURE
Welcome...

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

Bingo
Sat 6:30 pm

Line Dancing
Every Tues & Wed
8:00 - 10:00 pm

Dancing To Live Bands
Fri & Sat
9:00 pm - 1:00 am

Meat Draws
Every Fri 5 pm - 7 pm
Every Sat 2 - 4 pm



Photo by Cpl Steven Bogue

The Warrant Officers' and Sergeant's Mess present the HMCS Winnipeg Bell to the HMCS Chippawa Museum. In return the HMCS Chippawa gave them a new bell.

(L-R) Cdr Claude Michon, Chairman of the Manitoba Naval Museum, and LCdr Heather Heuthorst, CO HMCS Chippawa, with MWO Smith and WCWO Glenn Wallace.

HMCS Winnipeg Bell

By Cdr Claude Michon, Naval Museum of Manitoba

For over two decades, the Warrant Officer's and Sergeant's Mess at 17 Wing Winnipeg have been preserving and displaying some of our naval heritage including the ship's bell from HMCS Winnipeg.

In a ceremony on 31 January, 2007, the PMC of the Warrant Officer's and Sergeant's Mess, MWO Smith, presented the bell from HMCS Winnipeg to the Chairman of the Naval Museum of Manitoba, Commander Claude Michon. This bell will now be on permanent display with several other ship's bells in the "Ship's of Manitoba" display at the Naval Museum of Manitoba. The display currently includes bells from HMC Ship's Assiniboine, Portage, St Boniface, Sioux, Dauphin, Churchill etc..

Commander Michon explained that bells have a centuries-long tradition of varied use in the navies and merchant fleets of the world. They have been used for signaling, keeping time, and providing alarm. Their functional and ceremonial uses have made them a symbol of considerable significance to the Canadian Navy.

In today's Canadian Navy the ship's bell finds limited use in a ceremonial role at Colours, and at times of Remembrance. One of the most memorable traditions for sailors and their families involves the use of ship's bells as baptismal fonts for shipboard christenings. Children of the ship's company

baptized according to this custom can also have their names inscribed on the ship's bell. Since the shipboard bell is considered such a significant part of the ship's equipment and history, this is both an honour and a privilege. Since a ship's bell is among its most significant and prized artifacts, when a ship decommissions, there is demand from many quarters for them. Bells may go to naval and civilian museums for safe-keeping and display until needed. In the case of Canadian ships named for towns and cities, the 'home' community sometimes receives the bell.

Naval ship's do not have 'colours' as do Air Force Squadrons and Army Regiments. However there are two articles that present the same symbolism. They are the ship's bell, the ship's battle honour board. When a ship is "paid-off" (the proper naval term for what is often referred to as de-commissioning), the ship's bell and the battle honour board are retained as official artifacts. On several occasions the Navy has commissioned a new ship with same name. This new ship then carries the original battle honour board and the original Ship's bell if it can be located.

We all know the traditions surrounding the 'bell' at a Mess and every mess isn't complete without having one. Commander Michon presented MWO Smith, PMC of the Warrant Officer's and Sergeant's Mess with a bell engraved with 17 Wing Crest to carry on the traditions in the mess.



Dancing In Belgium

By Alf Brooks

In November Belgian Post issued five stamps illustrating five popular

dances: Rock-n-roll, Waltz (the first waltz tune, dating from 1770, was "Ach du Lieber Augustin;" I am sure some reading this can

sing that.), Tango, Cha-cha-cha and Samba. A set of five comic and colourful stamps.



We're number one! The RCSU (Pra) curling team clinched first place at the 17 Wing Curling Playdowns 21 Nov 2006. This is the second year this avid group of curlers have won top honours at the Wing event. RCSU (Pra) will be representing 17 Wing at the Regional Curling Championships at 4 Wing Cold Lake 23-29 Mar 2007. (back L-R) Capt Brent Cook, Capt Kevin Peters, MWO Ron Elson. (front L-R) Lt(N) Elaine Ashley, Lt(N) Shellagh Knight



SENTINEL SELF-STORAGE

Western Canada's Largest storage
company is proud to offer

694-9578
Keewatin & Inkster

15% off
to military personnel

269-8800
Pembina & Perimeter

INTERNATIONAL WOMEN'S WEEK
MARCH 4-10, 2007

2007 marks the 30th anniversary of International Women's Day. Established in 1977 by the United Nations, this important day provides an opportunity to celebrate the progress made to advance women's rights and to assess the challenges that remain. International Women's Day (IWD) encourages us to consider steps to bring about equality for women and girls in all their diversity and to celebrate the collective power of women past, present and future.

This year, Canadians will celebrate International Women's Week (IWW) from Sunday, March 4, to Saturday, March 10, with the highlight being International Women's Day on March 8

THEME

Ending Violence Against Women: Action for Real Results is Canada's theme for International Women's Day (IWD) 2007. This theme reflects Canada's approach to addressing gender-based violence.

IWD 2007 provides an opportunity to focus our collective attention on violence against women and girls in Canadian society and to consider concrete measures to end this social problem.

Now more than ever, we must take action to end violence so that women and girls are able to participate fully in society.

This year, as we affirm our commitment to ending violence against women, let us also celebrate the women of Canada, past and present, and their vital role in making this one of the greatest countries in the world. IWW 2007 is a perfect time to celebrate Canada, where women and men enjoy equal rights in all aspects of life.

As the IWD 2007 theme underscores, when we work together, we can achieve tremendous results.

1 CDN AIR DIV HQ & 17 WING are proud to present the International

Women's Association of Manitoba (IWAM). IWAM will provide awareness on the various challenges immigrant women of Manitoba experience. The women will be happy to talk to you about their culture and experiences in Canada.

Wednesday, 14 March 2007

Two - Come & Go events

1100 - 1300 hrs

1 Cdn Air Div HQ - Mynarski Hall

17 Wing - 17 Wing HQ Bldg 137

For more information please contact Flo Bambenek @ 5251

Experiences From A Reserve Lineman

By Cpl CJ MacLean

Many of the tasks we do as linemen go unseen and unnoticed by the users of the telecommunication systems employed here at 17 Wing. The jobs and maintenance we do are essential to keep the information systems operating.

My name is Cpl MacLean, and I am a Lineman with 725 Reserve COMM Sqn in Glace Bay N.S. I arrived at 17 Wing on 12 May 06 as part of a Class B contract with WTISS to back-fill while the MSS was deployed. Now that they're starting to come back and my contract comes to an end, I would like to share with you some of the line tasks performed during my time here.

It didn't take long to be put to work at WTISS. I started doing odd jobs like installing stop and one way signs around the WTISS building, but that only lasted a couple of days until I started my real job. For most of the first month the line section did a lot of cable locates for Wing CE to ensure none of the buried telecom cables were hit during any of the summer's construction. Then I became involved in installing and terminating new fibre optic cable for Bldg 63 and 74 for some new IT circuits. We then started with our annual manhole inspections.

This is the dirtiest job I have to do as a lineman. This job can only be done during the warm spring and summer months as most of the manholes fill with dirt and water/ice. The



Cpl Maclean, from Nova Scotia, arrived in Winnipeg to ease the burden on WTISS when the MSS was formed in Spring 06.

first step in manhole inspections is ensuring the air inside is okay to breathe. This involves testing the air for poisonous gases with a gas monitor called a PHD Ultra. When the air is safe we then check to see if the manhole has ground water in it, and if it does we have to pump it out. After pumping it out we sweep and shovel all the eroded dirt from the bottom of the manhole. We check to ensure the manhole physically matches the drawings. When we are

confident the drawing and the manhole are in order, we start to inspect the ground rods, connectors and wires to see if they are rusted, corroded, or damaged from years of being down in the manhole.

Now that all that is finished, it's on to the final inspection, the splice closures. The splice closures are one of the most important inspec-

tions we do. These splice closures must be airtight. We check for leaks by putting compressed air into it and brushing soapy liquid around it. If everything is good we torque it down and we're finished the manhole inspection. This job can be very time consuming when there are over 20 manholes to inspect.

Another of my jobs during my time here involved fault finding the connections for the Wing's fire alarm. These faults are very time consuming. Some of the time the problem occurs because the pedestals have gone bad from years of being outside and the cable had water in them. To repair this particular fault, we had to dig a splice pit about 5 feet deep, then splice the cable and install a closure. After all this was done we tested it and everything was in good working order. Now my work is not yet done, because after that job we had to start installing cable racking for Building 25. This is a lot less stressful than digging splice pits and cleaning manholes. Now that it is November, the ground is starting to freeze, and we are starting a new job which involves pulling and terminating fibre in three buildings. This job took us up to the Christmas break. The new year brought the MSS back but they're still on leave so I'm busy doing inside inspection, fault finding and repairing obstruction lights on 100' towers. By time this article is published, I'll be back home in N.S. Then I'll see what's next in store for this reservist lineman.

Sun At The Officers' Mess



By 2Lt Alexandre Cadieux

We found a little place in sun in this inclement Winnipeg weather when the Officers' Mess hosted a Caribbean Night on 27 January. Limbo, dance and a Hula Hoop contest were among the many activities put together by our very dedicated Entertainment committee. But the highlight of the night was without a doubt the draw for a \$2,000 travel voucher.

I am happy to report that the lucky winner of this extraordinary prize was a life-long member of the Mess. A man that never missed out on any of the Mess' activities and parties. A brilliant pool player, even though his friends would probably argue otherwise. This man is Mr. Paul Kowal.

Mr. Kowal joined the Canadian Military during the Second World War and was trained as a reconnaissance navigator. After the war was over, he was discharged and returned to his University degree. He completed a Bache-

lor's degree in science from the University of Manitoba and with a specialization course at University of Toronto, he rejoined the Service as a meteorologist.

For the following 36 years, Mr. Kowal loyally served the Canadian Forces in many positions of command, among which include 16 years as a senior weather officer in many weather offices across the country. For four years, Mr. Kowal was also in charge of the weather office at 3 Fighter Wing in Zweibrücken in Germany, and three years as a Meteorology Staff Officer at Command Headquarter (now 1 Canadian Air Division). He finally completed his brilliant career in 1986 as Commandant of the School of Meteorology right here in Winnipeg.

Mr. Paul Kowal and his wife Mrs. Olive Kowal have been happily married for 61 year. They will be enjoying this well deserved trip either on the East or the West Coast...talk about patriotism.

Maximize your potential

Thompson Rivers University is proud to provide the Canadian Forces with a comprehensive range of programs offered through online and distance education.

- > Choose flexible start and completion times.
- > Graduate from a program or complete one course.
- > Ladder previous education into TRU credits.
- > Earn credit for work experience and military training with prior learning assessment.
- > Achieve a university education sooner than you think.

TRU is a member of the Association of Universities and Colleges of Canada.

www.tru.ca/distance

1.888.828.1121

THOMPSON RIVERS UNIVERSITY



OPEN LEARNING

New RSM For Royal Winnipeg Rifles



Honourary Colonel Ray McFeetor presents the Regimental Sergeants Major sword to Master Warrant Officer Brian Boyd, the new RSM of The Royal Winnipeg Rifles.

By Cpl Bill Gomm

WINNIPEG, Mb— As the sounds of blank ammunition reverberated through the Armoury from the C7's of The Royal Winnipeg Rifles (R Wpg Rif) Skirmishers, the parade that would see Master Warrant Officer Brian Boyd take over as Regimental Sergeant Major began.

The R Wpg Rif held a change of RSM parade on 13 February 2007. MWO Rick DesJardins relinquished his duties as RSM to MWO Boyd before a parade of R Wpg Rif soldiers and cadets.

Honourary Colonel Ray McFeetors reviewed the parade and with the help of Commanding Officer, Lieutenant Colonel Tim McManus, directed the signing of the official documents signifying the change of RSM.

"You turned out very well," said Hon Col McFeetors as he addressed the parade. "Even the cadets are very well turned out."

"You may have noticed we have a special guest here today, WO1 Redshaw," said Hon Col McFeetors. "WO1 Redshaw is the last serving RSM with World War Two duties."

During the parade, Brigadier General Dennis Tabbernor presented a mug to Master Corporal Brent Mason. The mug was made from a French artillery shell. On the shell, a

Rifleman had etched the Regimental Cypher and the words – "FLANDERS 1917".

"One of the officers who works for me in Ottawa acquired the piece. She and her husband decided it needed to be at home in the Regiment," said BGen Tabbernor. "I decided it should be presented to the soldiers as a link from the present day soldiers to those who served before us in WW 1."

MCpl Mason is the President of the Mess Committee (PMC) for the R Wpg Rif and placed the mug in the Junior Ranks Club.

Posted to Halifax or Shearwater?

Trust those who have gone before you.

Visit www.LisaWhite.ca

for testimonials from Lisa's many satisfied military clients and become one today.

**RELO
PRO**
Registered Relocation Professional

**ROYAL LEPAGE
Atlantic**



(902) 430-9988 • lisa@lisawhite.ca • www.LisaWhite.ca

Not intended to solicit buyers currently under agency contract



Warrant Officer One (WO1), Ken Redshaw, is The Royal Winnipeg Rifles' eldest living Regimental Sergeant Major who had duties during the Second World War.

Special Offer for the Canadian Forces Community!

Home Security System From \$99.00*

Includes:

6 Month Guarantee
Relocation Certificate
Theft-Protection Guarantee
Lifetime Warranty
Up to 20% Discount on Homeowner's Insurance

ADT®



Pippa Watt Security Consultant

Direct Line: 204-833-2328

Email: pwatt@adt.ca Toll Free: 1-888-253-7888

*Not valid with any other offers or discounts. Offer is subject to change without notice. Based upon signing a 36 month agreement. Certain restrictions may apply. Copyright 2007 ADT Security Services Canada Inc.

The Manitoba Military Aviation Museum is currently recruiting volunteers for the following areas:

Gift Shop - Tours
Exhibits - Library

A keen interest in Aviation History is an asset along with a positive and can do attitude! If this sounds like you please contact Anrea Zaslov the Volunteer Supervisor at local 4739. Why not get involved and have some fun!

THE DAN VERMETTE

Home Selling **TEAM**

www.danvermette.com

Service en Francais

255-4204

RE/MAX performance



Jumping Into Darkness SAR Techs Rescue Stranded Hunter

By Avery Wolaniuk

Two SAR Techs spent a cold night on an ice floe in the arctic waters of a bay in the North West Territories last weekend. They parachuted into the rescue site hours after receiving a call about a hunting guide in distress.

On Friday 16 Feb, the call went out to the crew at 435 Sqn from the Joint Rescue Co-ordination Centre (JRCC) in Trenton, Ont. Bill Wolki, an experienced guide nine days into a 14-day polar bear hunt, was stranded alone on an ice floe in Darnley Bay, about 300 kilometres east of Tuktoyaktuk. SAR Techs MCpl Dwayne Guay and Sgt David Cooper were on the CC-130 Hercules that went looking for him, searching alongside teams in two twin-engine Otters from Resolute Bay and Yellowknife.

Heinous weather conditions, with icy winds and temperatures dipping below -50 C, impaired the crew's search. After powerful flares were dropped from the Herc, one of the smaller planes started making low-altitude passes over the search area and spotted the site. Wolki was sheltering himself from the frigid weather under his 16-foot aluminium fishing boat.

The experienced hunter from Paulatuk was accompanying an American tourist on a polar bear hunt with his wife, Frances. On Friday afternoon Wolki tied a rope to shore and headed out through the broken ice and freezing water to retrieve a seal he'd killed. But when the rope snapped, he couldn't pull himself back. Then the ice floe broke away from shore and he was in trouble. His wife used a satellite phone to call for help, a message that was relayed to the JRCC, and the SAR Techs were called. 435 Sqn provides primary search and rescue response for the largest area of responsibility in Canada, from Quebec City to the British Columbia/Alberta border, and from the Canada/United States border to the North Pole.

After supplies were dropped from the Herc, the SAR Techs made the jump into darkness. With winds at more than 50 km/hour, the two had to jump over open water and drift to their landing zone on the huge ice floe. "If there was even the smallest malfunction or problem, we'd be in big trouble," MCpl Guay said to a local newspaper after returning to 17 Wing. "It would have made us casualties for sure."

The inclement weather prevented pick-up for almost 24 hours. At 0130 hrs on Sunday, a Cormorant helicopter from 442 Sqn out of Comox B.C. was able to rescue the three men. Wolki, in good condition, was dropped off at the base camp before returning to Darnley Bay to finish off the hunt. The SAR Techs were flown to Inuvik before returning to Winnipeg.



Sgt David Cooper (right) and MCpl Dwayne Guay spent more than 24 hours on the ice floe with stranded hunter Bill Wolki. The trio endured high winds and bone-chilling temperatures before a helicopter could get through the bad weather and airlift them out.

The 435 Sqn crew return to 17 Wing. Crew for the rescue mission included 435 CO Maj Kelly Freitag, First Officer Capt Kevin Judd, Navigator Capt David Burneau, Flight Engineer Sgt Al Bugden, Loadmaster Sgt Claude Dasyva, and Search and Rescue technicians Sgt David Cooper and MCpl Dwayne Guay.

Photo by Sgt Denis Gauthier

WSupply & Food Services Squadron - Celebrating the Logistics' Branch Birthday

By 2Lt Rod Chongva

Happy 39th Logistics! Here's one celebrant that's actually 39. The Logistics Branch was formed on 01 Feb 1968 when the Canadian Forces Reorganization Act was proclaimed, incorporating the RCN Supply Branch, Royal Canadian Army Service Corps, Royal Canadian Ordnance Corps, Royal Canadian Army Pay Corps, RCAF Mobile Support Equipment Branch, RCAF Supply Branch, RCAF Finance Branch, and RCAF Food Services Branch. This combined transportation, supply, finance and food services under one identity, which continues today. Within the Log Branch are seven separate NAME occupations: Resource Management Support, Cook, Postal, Supply, Ammunition, Traffic, and Mobile Support Equipment, and one officer trade that specializes under transportation, supply chain manage-



ment, financial management, human resource management, or food services support.

The Logistics Branch supports those who sail ships, fire weapons, and fly aircraft by providing members capable of effectively supporting naval, army and air force operations across the spectrum of conflict. Many thanks to Cpl Desmond Rowe

from Wing Supply & Food Services Squadron for taking the time and initiative to mark this milestone. Since exercising his creativity, Cpl Rowe has recently departed the Wing for warmer climate on his pre-deployment training with 5 Svc BN to Fort Bliss, TX for two weeks. Good luck on the Exercise and your follow-on deployment to Kandahar.

Garry Parkes & Associates

Winnipeg



Serving the real estate needs of Winnipeg's Military community since 1977.

Specializing in all areas of Residential and Condominium Real Estate.

We treat all our clients like family.

Service à la clientèle en français.

204-989-5000

Toll Free: 877-800-5066
garry@parkesrealestate.mb.ca
www.parkesrealestate.mb.ca

A NAME YOU CAN TRUST



GARRY PARKES



BECKY PARKES



SEAN KIRADY

17 Wing Hosts Manitoba Lifeguarding Championships

By Avery Wolaniuk

17 Wing Winnipeg hosted the Manitoba Lifeguard Championships for the first time on 2-3 Feb. Ten teams from Saskatchewan and Manitoba, including a first time entry from the Wing, entered the event, now in its 30th year.

"The competition went extremely well. It's a great event," said 17 Wing Aquatics Supervisor Brianna Fay, who coached the team. "It's a chance for lifeguards to practice their skills in a safe environment where making a mistake won't have any further repercussions."

On Friday, teams competed in the speed elements, including mannequin drags, relay swims, and swimming with a "victim." The next day was the First Aid portion of the competition, where teams reacted to scenarios simulating real emergencies, both in water and on land. One scenario had teams responding to screams coming from the theatre, where a movie was playing.

The 17 Wing team was made up of PSP employees who work out of Building 90. James Follette (Sports Coordinator), Lindsay Chmilinsky (Com Rec Assistant Director), Kim Plett (Fitness Instructor), and Karrie Vargscarr (Lifeguard) came together as a team for the first time.

"With this being my first time competing in the lifeguard championships, it was definitely a lot different than I expected. The level of camaraderie between all the teams was great," said Lindsay Chmilinsky. "It gave me a chance to practice and use the skills that I have attained throughout all my lifeguard training and I would not hesitate to take part in the competition again."

"It gave me a chance to work with people within our organization on another level," said James Follette, who joined the team just two days before the competition. "I got to work with them in a different environment, and see how



Members of the 17 Wing team Kim Plett and Karrie Vargscarr respond to an unconscious victim in the hot tub during the Water Rescue part of the competition. Karrie Vargscarr placed 4th out of 22 competitors in the Women's Line Throw that weekend.

they react with one another. It was a little esprit de corps outside of the workplace." For him, it was also chance to get back in action after his first few months with a new view at a desk. "Since I've been doing this job now I've been out of

my element for four or five months. It took me a bit of time to just transition from a desk job back to a 'you're going to have to react.' It was awesome — it gave me a good change of pace."

NATO: History Of The Organization

By 2Lt Alexandre Cadieux

Over the past years, Canada has been increasingly active in stabilization operations and peacekeeping (or peace-making) through the North Atlantic Treaty Organization (NATO). Looking back on all of the areas of the world where Canada has sent troops has made me reflect on the new nature of the organization since Afghanistan is, at least for me, pretty far from the North Atlantic.

Also, I had the chance to attend, from 31 January to 2 February, the University of Manitoba Political Studies Students' Conference entitled: NATO's New Agenda, From Regional to Global Actor. During this three-day conference, I had the chance to hear from senior officials and scholars that have worked with NATO on many projects and theatres of operation. Among them, Commodore Denis Rouleau talked about his experience as the Commander of the Standing NATO Maritime Group 1.

Therefore, I thought it could be of some interest to you, members of 17 Wing, to know: what NATO is, how involved are we exactly in that organization, and finally, what is NATO planning on doing in the future. Understanding that everybody does not have the same knowledge on such subject (I had to look up many acronyms myself after each day of the conference), I will start by how NATO was formed and under what legitimacy we used, and are still using, armed forces in foreign countries.

First, NATO was created as a result of talks, initiated by our very own Lester B. Pearson, in order to create a joint military organization that could guarantee peace in Europe and safeguard North America from Soviet expansion. The reasons for such negotiations at the time, and this is my speculation based on my understanding and readings, were on one hand to extend the American nuclear umbrella to its allies in Europe and, to ensure a nuclear monopoly for the United States.

The founding countries of this collective military orga-

nization were: Canada, the United States of America, Belgium, the Netherlands, Luxembourg, France, the United Kingdom, Portugal, Italy, Norway, Denmark and Iceland. But it was only when NATO incorporated West Germany on 9 May 1955 that the Soviet Union reacted by creating its own organization: the Warsaw Pact Organization. It was the start of the confrontation between the two massive players of the Cold War.

Despite both organizations intent, NATO and the Warsaw Pact Organization never faced each other on the battlefield. Battles of influence were fought through third parties, usually non-members. Peace was maintained by the largest arms race in History. The Mutual Assured Destruction (MAD...go figure) theory stated that war was rendered impossible due to the speed of response from the two actors and the escalation of violence in case of war. Basically, to start an open war against your enemy was crazy because it would undoubtedly lead to the deployment of both nuclear arsenal and cause reciprocal destruction.

NATO is functioning under the North Atlantic Charter that was ratified by all member nations. The idea of a collective defence is embodied by the Article 5 of the charter stating that each country has a right to self-defence under Article 51 of the United Nations Charter, that an attack on one of the members would be considered as an attack on all of the members and that the members would assist the attacked party with, if deemed necessary, armed force. Surprisingly, Article 5 was invoked for the first time on 12 September 2001 after the terrorist attack on the United States. The first two examples of military actions under Article 5 were Operation Eagle Assist and Operation Active Endeavour.

This was not NATO's initial step in a theatre of operation. The first time the organization flexed his military muscle was on 28 February 1994, when NATO shot down a Bosnian Serb aircraft violating a UN-mandated no-fly zone over central Bosnia and Herzegovina. The conflict in the Balkan regions was the stepping-stone for NATO and its

military aspiration.

In the more recent past, Article 5 has become somewhat outdated because no attack has been made on one of NATO's members since 9/11. Actually this is not entirely true, since there have been more terrorist attacks, but no one has used it as a reason to invoke Article 5.

A combination of Article 5 and Article 2 of the Charter will lead future NATO operations in my opinion. Article 2 states:

The Parties will contribute toward the further development of peaceful and friendly international relations by strengthening their free institutions, by bringing about a better understanding of the principles upon which these institutions are founded, and by promoting conditions of stability and well-being. They will seek to eliminate conflict in their international economic policies and will encourage economic collaboration between any or all of them.

Understand: Promote democracy and free market.

To conclude this short article, I want to apologize for the brevity of the history that I have made of the North Atlantic Treaty Organization, but I did not want to overwhelm the potential readers with dates and facts that are unnecessary to understand what NATO is and where it comes from. Hopefully I have helped some to know more about an organization in which we are actively participating and that you will read my next articles about other aspects of NATO. To come:

- Canada and NATO: There Since the Beginning
- NATO patrolling the Mediterranean: Operation Active Endeavour
- NATO going Global: Spreading to the Middle East

For more information on NATO, visit the official website at <http://www.nato.int/>

Maintainers In Turkey — Intermediate Staging Team

By MCpl PE Heise

An Intermediate Staging Base (ISB) is part of the support pipeline between Canada and Afghanistan through which Canadian Operational Support Command (CANOSCOM) moves military vehicles and equipment in and out of Joint Task Force Afghanistan (JTF-AFG). The purpose of an ISB is to rotate vehicles and equipment into and out of a theatre of operations.

ISBs are used to provide a cost efficient solution for the transport of Canadian Forces equipment between Canada and Afghanistan. The ISB operation currently established in Turkey is referred to as the Intermediate Staging Team (IST) to eliminate the perception that Canada is establishing a permanent base in Turkey.

The IST is an ad-hoc unit established by CANOSCOM comprised of 31 personnel from various bases, wings and units across Canada. The IST manages a complicated transportation hub that moves vehicles and equipment between Canada and JTF-AFG. Equipment destined for Canada is loaded on an aircraft in JTF-AFG and is transported to Sabiha Gokcen International Airport, near Istanbul, a few hours later. While the aircraft is on route, JTF-AFG informs the IST of any defects or special instructions to enable the IST to prepare for the incoming load of vehicles. Once all of the vehicles are



Left to Right: MCpl Prowse, Cpl Jenkins, Maj Jeffrey, Cpl O'Leary, MCpl Heise. ASU Kingston Maintenance kindly supplied the IST Turkey with EME flag, which is proudly displayed. Absent from Photo: MCpl Anderson

unloaded from the aircraft they are transported to the Derince Seaport, located in Izmit, where they are loaded on a ship for onward movement to Montréal. Vehicles from Canada destined for JTF-AFG traveled via the exact reverse process and commenced with the loading of the vehicles on the ship MV Beluga Fusion in Montréal on 15 November 2006.

The IST Maintenance section has faced a number of challenges in support of IST Turkey activities that we overcame through a combination of hard work, determination and good luck. Some of the vehicles had battery problems or other mechanical faults that resulted from sitting for a few months either in Canada or in JTF-AFG. In addition, the frequent rain and/or snow in Turkey often made the loading ramp so slick that we required the winch on the aircraft to load the equipment.

The IST Maintenance Section comprises of four Maintainers force generated from across the Canadian Forces, crewing a HLWV Wrecker, and a LSVW MRT. MCpl Prowse and Cpl Jenkins from 4 Wing Cold Lake, Cpl O'Leary from 8 Wing Trenton and myself, MCpl Heise from 17 Wing Winnipeg, formed the Maintenance Section. MCpl Anderson, from CFB Halifax, was tasked to be one of the ship escorts aboard MV Beluga Fusion during the voyage from Montreal to Turkey.

Photo by Cpl Pearson, CFJSR, Kingston



You could **WIN*** your choice of a
 Vous pourriez **GAGNER*** le prix
 de votre choix

can-am 

Renegade or/ou Outlander



or/ou

\$ 15 000 \$

cash/comptant

1 888 476-8737

Visit www.canex.thepersonal.com
 Visitez www.canex.lapersonnelle.com

ULTIMATE RUSH

Get a quote from The Personal Insurance Company for your chance to Win!

SENSATIONS FORTES

Demandez une soumission à La Personnelle pour courir la chance de gagner !



thePersonal
Home and Auto Group Insurance



Together for over 20 years! - Partenaires depuis plus de 20 ans !



laPersonnelle
Assurance de groupe auto et habitation

* Contest closes Dec. 31, 2007. Auto insurance not available in Manitoba, Saskatchewan or British Columbia due to government-run plans.

* Le concours se termine le 31 décembre 2007. L'assurance automobile n'est pas offerte au Manitoba, en Saskatchewan ni en Colombie-Britannique, où il existe des régimes d'assurance gouvernementaux.

Canadian Pilot Inducted Into The Women In Aviation Hall Of Fame

By Jenn Gearey, Canadian Air Force

Last year, Major Dee Brasseur sat in the audience of The Women in Aviation, International Pioneer Hall of Fame, in awe of the people around her.

"I was at the conference last year and there were over 3,000 women who attended, from very young to very senior-people that span across many generations and aviation history," says Maj Brasseur. "There was such a mutual admiration between us all!"

This year, Maj Brasseur herself will be inducted into the 2007 in The Women in Aviation, International Pioneer Hall of Fame Orlando, Florida on February 17th. She found out that she was going to receive the induction one day in the middle of renovating her kitchen; her roommate had secretly nominated her.

Maj Brasseur has become a staple name in Canada's Air Force, and her roommate thought it she was due to have her name out there world-wide as one of the great contributors to women in aviation.

In 1981, Maj Brasseur went from military office clerk to one of the first two female pilots in the world to first fly a CF-18 Hornet. As one of Canada's first military pilots and the first female jet aircraft accident investigator, Maj Brasseur paved the way for women after her to endeavor any career in aviation they chose.

"I remember flying solo for the first time in an F-18 in 1989," says Maj Brasseur. "I still remember taxiing out, the canopy was open and my arms were outside the airplane. The kid in me was going 'wow, this is unreal'."

"It had been a dream for so long, and when I did it, it still felt like a dream," says Maj Brasseur. "I looked back after flying and couldn't believe that I had flown that airplane. I didn't walk for days, just kind of floated a foot off the ground."

In contrast, Maj Brasseur thinks back to a day that genuinely challenged her; when she was nowhere close to cloud nine.

"A bird had flown into my engine and I lost engine power," says Maj Brasseur. "My mind went into emergency mode but we practiced emergency procedures daily so the steps just came naturally-plus you have to trust your instincts. Still, you think: 'Am I going to make it, am I going to have to eject?' I told the



Major Dee Brasseur during her flying days in front of a CF-18.

student beside me to prepare to bail, and called the tower to Mayday...In the end we were all right, we made it."

Not only did Maj Brasseur and her student make it back alive with the Tudor aircraft, but she later won a flight safety award for her quick, strategic thinking.

Over the years, Maj Brasseur has gotten letters from women who voice their admiration, mothers who've said 'thank you' for paving the aviation path for their daughters, and keen

young girls with ambitions of flying.

"You never know how much influence you'll have on someone," says Maj Brasseur.

But Maj Brasseur knows that the doors to the aviation world weren't always open for girls with the ambition of acquiring wings one day.

"The acceptance level is very different now," says Maj Brasseur. "There's no resemblance whatsoever between today's military and the military I joined in 1972. Back then there was a hard ceiling that only allowed 1,600 women in limited occupations out of a total of more than 83,000 Regular Force personnel."

Regardless of gender however, Maj Brasseur says that being a fighter pilot is the hardest thing any woman or man could do in their lifetime.

"It's the most physically and mentally taxing training," says Maj Brasseur. "I don't like saying that I had to make sacrifices to do it, but I had to make some hard choices...I have no regrets."

Spanning her career, Maj Brasseur banked over 2,500 hours of extensive flying throughout North America and Europe. Today, she works in the Directorate of Air Strategic Planning and is military co-chair of the Defence Women's Advisory Organization in Ottawa.

"Now I fly a mahogany bomber," says Maj Brasseur. When asked what that is, she replies with a smile.

"It's my desk!" she says. "Flying is a young person's game-the dedication, the physical conditioning-the 25 to 35 year age bracket is when you're at the top of your game."

While she cherishes her memories of flying, she says it's time to give other women a turn; she's happy with reflecting on all her adventures. So are we.

Lenten And Easter Services Roman Catholic And Protestant

Throughout this holy time of year services will be held in the Wing Community Chapel, 2235 Silver Avenue (Bldg 94, off Whytefold), as follows:

Roman Catholic In English only

Ash Wednesday – 21 Feb, 1900 Hrs
Mass, with distribution of ashes, followed by discussion, coffee

Sundays: 25 Feb – 25 Mar, 1100 hrs

Wednesdays: 28 Feb – 28 Mar, 1900 hrs
Mass, Stations of the Cross, followed by discussion, coffee

Passion Sunday – 1 Apr, 1100 hrs

Maundy Thursday – 5 Apr, 1900 hrs
Mass of the Lord's Supper/Reposition and 1 hour Adoration

Good Friday – 6 Apr, 1200 hrs
Passion and Death of the Lord, followed by "poor man's lunch"

Saturday – 7 Apr, 2000 hrs
Easter Vigil

Easter Sunday – 8 Apr, 1100 hrs
Resurrection of the Lord, followed by brunch

Protestant. In English Only

Sundays: 25 Feb – 25 Mar, 0900 hrs

Palm Sunday – 1 Apr, 0900 hrs
Holy Communion

Good Friday – 6 Apr, 0900 hrs
Holy Communion

Easter Sunday – 8 Apr, 0800 hrs
Holy Communion followed by breakfast

Ecumenical Service. In English Only

Maundy Thursday – 5 Apr, 1700 hrs
Readings, in conjunction with pot-luck supper

STRENGTHENING
ENERGISES THE
FORCES



(above) PO2 Mark Lance stops by the Health Promotion booth outside the combined mess on 13 Feb for information about the "March 1st I Quit" contest from Christa Zappitelli and Penny Wawrzyniak.

The deadline for the "March 1st I Quit" contest closes at midnight, 28 February. Last minute entries can sign up online at www.cfpsa.com/health. Cash prizes will be awarded to individuals who quit smoking for the month and to their sponsors, individuals committed to supporting their efforts. Prizes will be announced in the second week of April.

Penny Wawrzyniak (4150) and Christa Zappitelli (4160) at Health Promotions are available for support to everyone participating in the program all month long. Good luck to everybody taking the challenge!



Communicating With Your Children

Could you use some new tools to help you with talking to your children? If so, this workshop could be just what you are looking for.

DATE: 1 MARCH 07

TIME: 1900 – 2030 HRS.

PLACE: MFRC – 102 COMET STREET

Health Promotion in partnership with the MFRC are offering this program, focusing on how to communicate effectively with children between the ages of 10 – 18 and how to listen to what your children are really saying.

Free childcare provided.

For additional information and to register contact Health Promotion @ local 4150 or 4160

Relationship Enhancement Workshop

The MFRC in partnership with Health Promotion is offering this one evening workshop for individuals wishing to

Enhance Communication Skills
Learn To Become An Active Listener
Spark/Re-spark Your Relationship
Communicate Effectively



The Galsteins were experiencing some serious communication problems.

DATE: 7 MARCH 07
TIME: 6:30 P.M. – 8:30 P.M.
LOCATION: MFRC – 102 COMET STREET

For additional information and to register contact Health Promotion @ local 4150 or 4160. At time of registration indicate your need for free childcare. Refreshments provided.



WWW.MFRC-MB.CA



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 Family Resource Centre

On The Move....

It is that time of year again when posting messages are flying off the printer. Wherever your new job takes you the MFRC can make the move stress free.

Get the low down on your next base with

- ✓ Posting information packages ...a comprehensive welcome package from each CF base/Wing you can borrow.

Read the CF newspaper from your future posting

- ✓ <http://www.voxair.ca/newspapers.php>

Check out the school systems at your new home

- ✓ Links to all other MFRC's <http://www.cfpsa.com/en/psp/dmfs/mfrccontact/index.asp#>

Call MFRC Employment and education services at 4511

- ✓ Spruce up your resume and gather your reference letters
- ✓ Link up with employment counsellors before your move



*On-line
links to a smooth move...*

- | | |
|--|--|
| www.mfrc.mb.ca | www.movingincanada.com |
| www.homedepotmoving.com | www.mls.ca – for house hunters |
| www.movingto.com | www.relocatecanada.com |
| www.upack.com | www.homefair.com |

Programs for Adults

All Aboard For... Ladies Cruise Night

In celebration of Women's Day, the MFRC is hosting a Spa Evening just for the ladies. The cost is \$25.00 per person and includes refreshments, a gift and pampering. Childcare is available. Registration information is available on the DIN and at the MFRC Administration Building. Space is limited so please register early.



"Cravings" Dinner Club

Join us every month to visit a different Winnipeg Restaurant for fun, good eats and new friends. Participants are responsible for the cost of their meals and beverages. Please register at least one week in advance at ext. 4506.

- ✓ Next gathering @ Silver Heights Restaurant (famous for Ribs!) 2169 Portage Ave.

Divas, Diapers, and Drama

Join us at the Wing Theatre each month to watch a movie and relax. Casual Child Care is open at Westwin Community Centre for your older children. Little ones (under 18 months) are welcomed to stay and rest or play with us.

- ✓ @ Wing Theatre in Bldg 90 Upcoming screening- Thursday 15 March 1:30

Good Company

Would you like to take a break? Would you like to meet with friends over a cup of coffee? This is an informal, relaxed group who meet three times monthly. All are welcome. Young children are welcome to stay and mingle with the adults while on-site child care is provided for children over 18 months.



- ✓ @ 102 Comet St. 2nd, 16,& 23 March 10 am to noon

Programs for Kids

Babysitting Course:

The MFRC is please to offer the Red Cross Babysitting Course on March 26 & 27. This course provides teens with the tools to be competent care givers of children. Course material covers skills for caring & getting along, first aid and fire safety. Students are required to attend all sessions and complete a home assignment before certification. Youth must be at least 12 years of age. Cost \$15.00

- ✓ @ 102 Comet Street March 26&27 10:00 – 3:00pm (lunch required) Registration required at ext. 4508

Sleepover at the Manitoba Museum

Mark your calendars! On April 13 the MFRC is planning a sleepover at the Manitoba Museum! The fun starts at 6:30 on Friday night. Pick up is 8:30 Saturday morning. The sleepover is a unique opportunity to explore the museum after hours. There is storytelling, a tour of the Nonsuch, a planetarium show and time in the science centre. The night is capped off with a flashlight tour of the museum. Ages: 5 years & Up. Cost:\$30.00 per person Youth Centre members receive a \$5.00 discount

- ✓ @ Manitoba Museum 190 Rupert St. Registration Deadline: March 30 at ext. 4508

Creative Tot Shop

This program is the first step towards nursery school. It provides the opportunity for parents and young children to come together to create and play. The toddler or preschooler can explore the world of art, music, movement and story. Parent participation is required. Many families come to this program with two or more children of different ages. Registration is not required. Feel free to drop in. It's a great opportunity to meet other parents and make friends.



- ✓ @ Westwin Children's Centre Tuesday mornings from 9:30am to 11:00am

The program is free. The St. James- Assiniboia Parent Child Coalition sponsors the program. Please bring a snack for your child.

Casual Child Care

We provide care for children from 18 months to 6 years twice a week under our nursery school license. Please call ahead as often spaces are full. Cost: \$8.00 per child or \$12.00 per family

- ✓ @ Westwin Children's Centre – 684 Whytefold Road Wed: 1:00pm to 3:30pm / Thurs: 9:30am to 12:00pm Please call 833-2500 ext. 2491 to register.

Nursery School Programs

Our nursery schools offer the opportunity for the preschool child to develop emotionally, socially, physically and intellectually in a happy stimulating environment where children can develop and learn through a play based curriculum. Children are free to choose from various activities including learning centres, stories, music and movement, arts and crafts, games, drama and free play. Children must be three by the end of December to start nursery school in the fall. Cost: \$75.00 per month. Annual registration fee: \$15.00

- ✓ @Westwin Children's Centre - 684 Whytefold Road Mon., Wed. & Fri. 9:00a.m. to 11:30a.m.

French Immersion Nursery Programs

This program will help prepare your child for a French Immersion kindergarten. It will give your child the unique opportunity to be exposed to a French environment during our nursery program. Cost:\$60.00

- ✓ @Westwin Children's Centre - 684 Whytefold Road Mon, Wed and Fri 1:00pm to 3:30pm.
- ✓ MFRC South Nursery School @ Ecole Tuxedo on Corydon Tues and Thurs 1:00pm to 3:30pm Please call 833-2500 ext. 2491 for information.

Together in Church



CATHOLIC

Chaplains

Padre Lance Magdziak
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 on registration.

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 Bruce MacKenzie
(United Church)
Office 833-2500 ext 5417

Padre Bob Brinn
(United Church)
Office 833-2500 ext 5349

Padre Paul Southen
(United Church)
Office 833-2500 ext 4277

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Sunday Services
(English Only) 0900 hrs

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

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

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

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

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

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

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

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

Mardi Gras And The Season Of Lent

By Jenn Gearey, Canadian Air Force

As I write this, it is Ash Wednesday, the first day of Lent. Originating in the fourth century of the church, the season of Lent spans 40 weekdays (Sundays are not counted) building up to the celebrations of Maundy Thursday and Good Friday, and ending on Holy Saturday (the Saturday before Easter Sunday). Originally, Lent was the time of preparation for those who were to be baptized into the Christian Church; a time of concentrated study and prayer before their baptism at the Easter Vigil, the celebration of the Resurrection of the Lord early on Easter Sunday. But since these new members were to be received into a living community of Faith, the entire community was called to preparation. Also, this was the time when those who had been separated from the Church would prepare to rejoin the community.

Again, as I write this, yesterday was "Pancake" Tuesday, or "Shrove" (meaning "to repent" or "to get rid of") Tuesday, or most famously, as they say en francais, "Mardi Gras" – "Fat Tuesday." Traditionally, it is supposed to be the last big "blow out" before Lent. During Lent, many Christians fasted, or ate "plain" food i.e. without much fat or sugar in it. Hence, having pancakes with syrup (high in both fat and sugar) was a way of having "one last hurrah" before the season of Lent, with the aim of using up all of these ingredients in your house. Some churches today still observe a rigid schedule of fasting on certain days during Lent, especially the giving up of sweets, alcohol, and other types of food, in particular, meat. "Carnival," which comes from a Latin phrase meaning "removal of meat," is the three day period preceding the beginning of Lent; the Sunday, Monday, and Tuesday immediately before Ash Wednesday. (The name Mardi Gras has also come to be applied to this whole three day period).

Other traditions, and perhaps your own is one of these, do not place as great an emphasis on fasting during Lent, but focus on charitable deeds, especially helping those in physical need with food and clothing, or simply the giving of money to charities. Nevertheless, most Christian denominations that observe Lent at all see it also as a time of prayer, especially penance, repenting for our personal and collective failures and sins as a way to focus on the need for God's grace in our lives and world. By reflecting upon our human shortcomings, we prepare our hearts to celebrate, by contrast, God's marvelous redemption of humanity at Easter - and the "resurrected" life that we now live in this world, plus our hope for continuing life in the next world.

So, despite the sometimes sombre mood of Lent, we nevertheless live in the light and joy of the resurrection; on this side of the cross and grave. Therefore, we are right to always have a "Mardi Gras" celebration happening inside us. We are redeemed, loved, and forever free! PARTY ON!!

World Day Of Prayer A Global Ecumenical Movement Of Informed Prayer, And Prayerful Action

March 2 is World Day of Prayer. It is a worldwide movement of Christian women of many traditions who come together to observe a common day of prayer each year, and who, in many countries, have a continuing relationship in prayer and service.

- It is a movement initiated and carried out by women in more than 170 countries and regions.
- It is a movement symbolized by an annual day of celebration - the first Friday of March - to which all people are welcome.
- It is a movement which brings together women of various races, cultures and traditions in closer fellowship, understanding and action throughout the year.

Through WORLD DAY OF PRAYER, women around the world

- affirm their faith in Jesus Christ
- share their hopes and fears, their joys and sorrows, their opportunities and needs.

Through WORLD DAY OF PRAYER, women are

- encouraged to become aware of the whole world and no longer live in isolation
- to be enriched by the faith experience of Christians of other countries and cultures
- to take up the burdens of other people and pray with and for them
- to become aware of their talents and use them in the service of society.

Through WORLD DAY OF PRAYER, women affirm that prayer and action are inseparable and that both have immeasurable influence in the world.

Your National/Regional WDP Committee is: Women's Inter-Church Council of Canada Established in 1918. Still working for social justice, women's issues, ecumenism and the growth of women's spirituality.

47 Queen's Park Cr. E.
Toronto, ON M5S 2C3
Tel: (416) 929-5184 Fax: (416) 929-4064
E-Mail: wicc@wicc.org Website: www.wicc.org
This article reprinted from: <http://www.wicc.org/wdp/index.html>

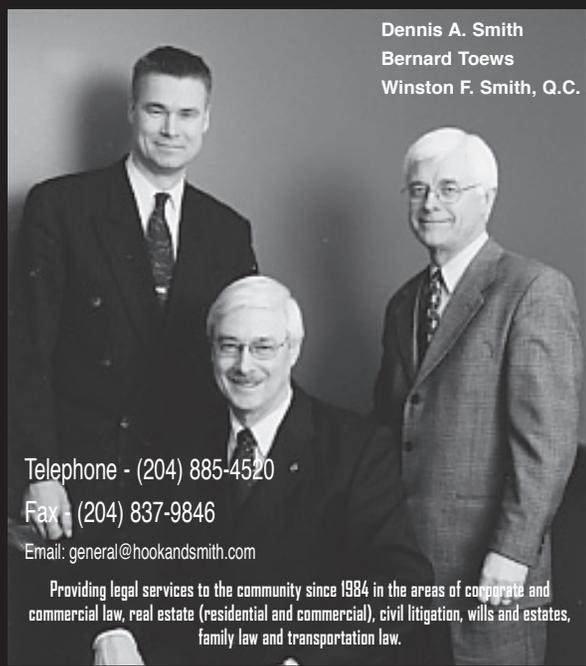
For more information, contact the Women's Inter-Church Council of Canada at: PHONE: (416) 929-5184 | FAX: (416) 929-4064 | E-MAIL: wicc@wicc.org

HOOK & SMITH

Barristers, Solicitors & Notaries Public

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

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



Telephone - (204) 885-4520

Fax - (204) 837-9846

Email: general@hookandsmith.com

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



RONALD HABING

Barrister & Solicitor

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

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

R. HABING & ASSOCIATES

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

NEW ARRIVALS

Puzzled about Manitoba License Plates?



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

autopac
A Manitoba Public Insurance product

- Fire insurance? • Contents?
- Pleasure items? • Auto Insurance?

Call us or drop in to:

BALDWINSON INSURANCE

BLDG 90 (REC CENTRE) • WHYTEWOLD RD

MONDAY TO FRIDAY: 8:30 AM TO 5:00 PM

Phone: 889-2204

Fax: 885-1964

Classifieds

ASSINIBOIA UNIT NO. 283

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



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

WELCOME ALL MILITARY PERSONNEL

STURGEON CREEK DENTAL

DR. AARON KIM
DR. MARK SCOVILLE & DR. SHARAN ATWAL

COMPLETE FAMILY DENTISTRY, ORTHODONTICS & TMJ THERAPY

New Patients & Emergencies Welcome
INCLUDING

- White Fillings/Whitening
 - Crown & Bridge • Root Canals • Dentures
- Evening & Saturday Appointments Available

240-3025 Portage Ave. **958-9500**

the Commissionaires

Canada's largest security firm maintains a cadre of personnel for part-time and full-time work.

- Part Time weekend employment for serving members.
- Criminal record check required; military or police service an asset.
- Above average wages, uniform and training provided.

Apply with resume and references to:

50 Stafford Street

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

email: info@commissionaires.mb.ca

**Service – Reliability – Professionalism
Join The Team**

Previous applicants need not re-apply.

Dr. Philip S. Pass B.S.C., D.M.D.

Complete Family Dentistry

Preventative/Cosmetics/Orthodontics

Crowns/Dentures/Root Canals

Extractions/Emergency Care

Evening and Saturday Appointments Available

420-3025 Portage Ave. ph: 987-8490

ALL DENTAL PLANS ACCEPTED

For Sale

Transferred to Halifax/Dartmouth, Nova Scotia?

Beautiful 4 bedroom waterfront home on popular lake MicMac. 3 full baths, Custom kitchen, Open concept and only minutes to downtown and all amenities. \$362,900. Email shannarfoster@hotmail.com or call (902)444-4421 for info.

1984 Yamaha SRV540 Snowmobile
In excellent condition - \$1000.00 O.B.O. Please call 487-6518.

Short or Long Term Condo Rental
Furnished, 3 br, 2 1/2 baths. Everything included, 2 parking, Lindenwoods. Call Sean 997-1065.

1991 Buick Park Ave
Safety done in Jan 07, Excellent Condition, New battery and alternator in Nov 06. Mostly hwy miles, Asking \$2,100. Call 983-3680 ext 224 or Cell 485-2921.

10-gallon Fish Tank

Complete with remaining chemicals, Background "paper", Cover, Heater, Pump, Nets, Cleaning supplies, and black colored stand with shelf and enclosure with door. Only \$75. All you add are the fish and water. Call 255-4753 if you are interested.

Experienced Child Care Provider
F/T and P/T spaces available. Meals and snacks provided. Pls. call Suzanne @ 489-1943.

Wanted

Retired member would like to obtain a can of combat boot blackening compound (liquid polish in the black can). Apparently it is no longer available in the system. Call 889-9604.

Experienced Child Care Provider
F/T and P/T spaces available. Meals and snacks provided. Pls. call Suzanne @ 489-1943.

GUITAR LESSONS

Encore Musical Instruments
1349 Portage Avenue
3 blocks east of Polo Park
788-0967



WILL SHIP ANYWHERE

www.hamelsworldfamousjerky.com

Hamel's World Famous Jerky

Now Available by DHL Express

Go to

www.thecouriernewspaper.ca

and click on E-Coupons

for Jerky Varieties and Shipping Info

Start Your SECOND CAREER

in Logistics & Warehousing

- No experience needed
- In-house training
- Full time hours available
- Career growth opportunities
- Competitive wage & bonuses
- Upbeat work environment

Repetitive heavy lifting involved

Fax résumé to EV Logistics:

Langley (604) 607-6786

Abbotsford (604) 852-2698

Apply online: www.evlogistics.com

EV Logistics

TAROSCOPES

BY NANCY

Aries (March 21 - April 19): When the usual help is unavailable you'll find you are drawing on your own hidden strengths. You'll regain a balanced perspective faster if you give yourself the chance to feel the full range of intense emotions you're experiencing. The more you learn the less you assume.

Taurus (April 20 - May 20): Your own principles become more obvious when you're exposed to people who are willing to take advantage of those less fortunate. Still, don't assume the worst about others until you see proof, then decide whether you'd rather be part of the group or stand in your own truth.

Gemini (May 21 - June 21): Listening to your feelings doesn't mean you have to stop using your head. Temper your judgments with the awareness that most people just seek to be understood and appreciated as unique and you'll be able to make honest and fair assessments. Look for common ground in a situation.

Cancer (June 22 - July 22): Pace yourself through the work ahead and you'll find there is time for everything. Stop wasting effort on non-essential tasks. Take time for yourself and give yourself enough room to grow and the means to do it. Further learning can be fun. Be patient with yourself.

Leo (July 23 - August 22): Everything seems to be falling into place for you right now. There are a few more difficulties you'll have to deal with but once you pass through this phase, you find peace of mind and happiness. Celebrate when times change and be proud of the fact that you beat the odds.

Virgo (August 23 - September 22): Strong inner beliefs help you cope with unsettling discoveries and behaviors that upset you. Volunteering, taking up an artistic pursuit, or attending musical events, are all ways to sooth the soul and escape the mundane. There really is more to life than the day to day stuff.

Libra (September 23 - October 23): When funds are short it is an ideal time to get organized. Create a budget and a schedule that is workable. Assess your strengths then determine how you can improve the situation you find yourself in. You're more resourceful than you think.

Scorpio (October 24 - November 21): Let go of your fears. When you believe in your dreams you're able to see opportunities that facilitate them. Allow the time for relationships to develop fully and you'll be surprised at how much is possible. Trust your instincts. Let yourself be drawn to what is best for you.

Sagittarius (November 22 - December 21): There is wisdom in hindsight but you can't look back forever. A new day is dawning. Find and immerse yourself in work and relationships that are rewarding. There are those who will return all that you have to offer. Be proud of who you are and what you contribute.

Capricorn (December 22 - January 19): Eager to rid yourself of what is no longer useful, you may overdo it. Curb your enthusiasm a bit, especially if you're using excessive activity to hide from the truth or avoid being hurt. You've learned lots, but you don't know it all and you don't have the full picture, yet.

Aquarius (January 20 - February 18): You have worked hard to overcome limitations and the payoff is profound. Someone values your work so highly that they will offer to assist you in the future. What wasn't working last week suddenly seems to have possibilities when you let go of assumptions.

Pisces (February 19 - March 20): You've been expecting changes and they are about to occur. Enjoy what life offers. Trust that there is a reason for everything even if it is not immediately obvious to you. A surprise gift arrives. Instead of wondering why it is given, just accept and appreciate the gesture.

FOR APPOINTMENTS CALL 775-8368

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



mmm.
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering

1245 Inkster Blvd 487 St. Mary's Ave
2591 Portage Ave 245 King St
1380 Ellice Ave 885 Henderson Hwy
718 Osborne St



GRAND & TOY

FOR YOUR OFFICE / COMPUTER / FURNITURE NEEDS

Call Charell Oliver
Kama Assistant

Tel: (204) 487-5561

Fax (204) 452-8791

Email: oliverc@grandtoy.com



MOVE TO FRIENDLY MANITOBA WITH EXPERIENCE YOU CAN COUNT ON

FOR ALL YOUR REAL ESTATE NEEDS CALL
GRANT and KELLY CLEMENTS

- 26 Years of Military Service
- Experienced Military Relocation Specialists
- Thorough knowledge of the Winnipeg market and surrounding areas
- Network of experienced agents across Canada at every Canadian Forces Base
- Since we have moved 17 times we fully understand the moving process
- We have assisted over 3000 buyers and sellers
- **COMPLIMENTARY PACKAGE** sent to you within 24 hours
- Full Time Administrative Assistant

FATHER &
DAUGHTER TEAM
CD, FRI, R.R.S, SRES
RCAF/CAF RETIRED



WE LISTEN, WE RESPOND, WE CARE. For a **STRESS FREE MOVE** Call Grant and Kelly - you can be sure our emphasis is on total customer satisfaction
You will receive Immediate Attention, Satisfaction from Start to Finish And Follow Up Service after the sale.

"EXPERIENCE WITH A DIFFERENCE"

Re/Max executives realty
3505 Roblin Blvd, Winnipeg, MB R3R 0C6
Bus (204) 987-9808 Fax (204) 987-9844

1-877-778-3388

Web Site: www.buywinnipeg.com
Email: clements@buywinnipeg.com or
kellyandgrant@remax-clements.mb.ca



Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2
PH: 888-7973 FAX: 832-3461

E-Mail: info@cgklaw.ca Website: www.cgklaw.ca

George E. Chapman Q.C.
Alan R. Goddard
Donna G. Kagan

Kelly P. Land
Michael J. Law

Almer N. Jacksteit
Esmeralda K. Bautista
Alicia B. Sawka

"Our fees conform to the ERS guideline"

Representing Buyers and Sellers of Real Estate in the
St. James Area for Over 80 Years

BARRY A. ROY

LAWYER and NOTARY

2643 Portage Avenue, Winnipeg MB. R3J 0P9

Phone 832-1222 Fax 832-3906

REAL ESTATE LAW, BUSINESS LAW,
FAMILY LAW, WILLS and ESTATES

20 YEARS experience serving residents of St. James

Fees conform to ERS guideline



2007
MOVING THIS
YEAR?

I look
forward to
assisting
with your
real estate
needs.



ONE GREAT CITY!
WINNIPEG
QUELLE BELLE VILLE!



terie langen

- ♦ Moved extensively throughout North America & Europe as a military family and have special empathy for family concerns.
- ♦ Resident of Winnipeg for 30+ years, working in the city & surrounding areas.
- ♦ Member of a Network of Professional Realtors at every Base / Wing, call for a referral to a professional contact at your destination.
- ♦ RE/MAX AWARDS: Hall of Fame, Platinum Club
- ♦ WINNIPEG REAL ESTATE AWARDS: Medallion Club

- ♦ Experienced Military Relocation Specialist
- ♦ Accredited Buyer Representative
- ♦ Bachelor of Social Work

(204) 779-7000

1-877-778-3388
(204) 987-9844 - fax

BRINGING FAMILIES &
HOMES TOGETHER

YOU WILL RECEIVE PROMPT AND PROFESSIONAL
SERVICE FROM OUR TEAM.

RE/MAX Executives

3505 roblin blvd.
winnipeg, mb r3r 0c6

WEB SITE
www.homesinwinnipeg.com
E-MAIL:
terie@homesinwinnipeg.com



My clients have been
#1 with me since 1973.

carrie.com

Up to 1500 Air Miles FREE...
when you buy or sell with me.

Call Don now for your Complimentary Package

Toll Free: 1-877-220-4122

Office: (204) 987-2121

E-mail: donc@mts.net



Don Carriere

MAXIMUM Realty Ltd.
adj. "The Greatest Possible"

Residential & Condominium
Relocation Service
English & French
direct: 295-5451
easy number: 777-5555
email: fred@maximumrealty.ca

WEST WINNIPEG SOUTH SOUTH EAST

RE/MAX Executives

Relocation Specialist

Trudy M. Johnson B.A.

WREB AWARD WINNER | RE/MAX HALL OF FAME | RE/MAX 100% CLUB

30TH YEAR OF SUCCESS IN
REAL ESTATE SALES

Toll Free 1-877-778-3388
Bus 204-981-1529
Fax 204-895-3675
Email trudyj@mts.net
or visit www.trudyj.com



Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service



Relocation Specialist

24 Years Experience in
the
Winnipeg Real Estate
Market

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

