



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

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## Legislature opening



Gunners from the Royal Canadian Artillery fire off a 15-gun salute from a C3, 105 Howitzer during the opening of the Manitoba Legislature on 20 November 2008.

MC/Pl Bob Melin

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### Skills Canada Cardboard Boat Races at 17 Wing

Left: students from Winnipeg area schools were at the 17 Wing Fitness and Recreation centre 19 November to participate in the third annual Skills Canada Cardboard Boat Race. The four-person teams needed to create boats that could carry their weight and remain afloat in the water. Right: James Follette accepts the Skills Champion Award from Skills Manitoba president Penny McMillan on behalf of 17 Wing PSP. The Skills Champion award is presented annually to individuals or organizations who share in Skills Manitoba's vision in meeting the province's skilled workforce needs through volunteering and/or sponsorship.

## GCWCC a success

By Karen Christiuk

This year's 17 Wing Government of Canada Workplace Charitable Campaign (GCWCC) exceeded all expectations and, at last count, more than \$128,383 was raised by personnel – \$3,500 more than last year.

"We're delighted by the success of the campaign," said GCWCC campaign civilian co-chair Leah Bannister.

"We got off to a bit of a slow start, but the last few weeks have been amazing."

One of this year's new campaign goals was to increase the number of total canvassers.

"Our amazing volunteer canvassers spoke to 100 per cent of all 17 Wing personnel. This personal connection made a big difference, and we know it helped to increase our donations."

Bannister said the secret to the campaign's success has been the support of the volunteers and committed personnel of 17 Wing.

"On behalf of myself and military co-chair Maj John Schwindt, I'd like to thank everyone for all of their efforts, especially all of the canvassers," said Bannister.

"This was my first year as co-chair, and it's been an inspiring and uplifting experience to be part of the GCWCC. It's quite clear that everyone at 17 Wing is committed to making Winnipeg a better place to live."



Some of the highlights of this year's 17 Wing campaign included: a Hercules pull kick-off, a beard-growing contest, casual Fridays, a toonie walk and run, a leadership breakfast, a ball hockey tournament, a head shave event, a dunk tank event, a barbeque, a Healthpartners lunch and learn session, a boot drive, a breakfast buffet and the Be a Star campaign at the Messes.

The Government of Canada Workplace Charitable Campaign is the largest and most successful workplace fundraising campaign in Canada and raised more than \$32 million last year.

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## THANK YOU | MERCI 2008

Thank You to all 17 Wing Members

At the close of the 2008 Government of Canada Workplace Charitable Campaign (GCWCC), I want to express my personal thanks to all of those who responded so generously to the campaign through their volunteer efforts and financial gifts. The thousands of people whose lives will be changed because of your support offer their thanks as well. You have truly made a lasting difference in their lives.

Thanks to your commitment and dedication, 17 Wing has once again implemented a successful campaign, raising \$128,383 to date! These gifts will go a long way toward meeting social and health needs in our region, supporting the work of United Way/Centraides, Healthpartners and other registered charities across this country. Your generosity is truly building a brighter future! Thank you for being a star in someone's life.

Col S.A. Howden  
Wing Commander, 17 Wing Winnipeg

Thank you for being a star in someone's life.  
Merci d'être l'étoile dans une vie.

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## Voxair welcomes new reporter

Hello, I'm John Towns, The Voxair's new reporter/photographer. I'm a freshly minted Journalism graduate of Red River College's Creative Communications program, and I'm taking a few night classes to wrap up my degree in Communications at the University of Winnipeg.

I've spent quite a bit of time over the past few months working in the world of community journalism and I'm looking forward to gaining some more experience in the unique community that is 17 Wing. I expect it to be a sharp learning curve.

This isn't my first brush with the military, though – I spent seven years in Air Cadets, eventually rising to the position of Squadron Commander of 177 RCACS.

This has given me a head start in knowing what ranks



are which, and has given me a basic idea what a few acronyms mean – though I still can't figure out what DCHRSC is.

I expect that my time here will be both rewarding and challenging, and I look forward to interviewing at least some of you in the coming months.

Please do not hesitate to contact me about any events or stories that you feel we should cover. I am in the office Monday, Tuesday and Wednesday, and I can be reached at extension 6976.

# Changes are being rolled out for air navigators

By Maj Lynne Chaloux

Beginning in January 2009, air navigators will be redesignated as air combat systems officers (ACSO) to more accurately reflect their current and future operational roles.

With the introduction of new equipment and technological advancement, the traditional role of the air navigator has evolved because the tasks of air navigation are now almost exclusively accomplished by automated systems.

Over time, the occupation has adapted to changes in CF operations, priorities, and technology.

Today, air navigators maintain important crew positions in long-range patrol, maritime helicopter, air mobility (tactical, air-to-air refuelling, fixed-wing search and rescue) and combat support training (electronic warfare).

However, significant changes are on the horizon. In the Air Force of the future, some roles will be added for air navigators while others will cease completely.

## Uninhabited Aerial Vehicles

UAV operations present a new opportunity for the air navigator occupation.

Since air navigators already have a large portion of

the necessary background, acquired through training and operational flying experience, they are a natural fit to lead the UAV crew. These credentials include the necessary air sense, tactical decision-making experience, practical knowledge of air regulations and orders, and familiarity with remote sensor operations.

Consequently, Chief of the Air Staff LGen Angus Watt has decided that air navigators will lead UAV operations in the future.

A training-needs analysis will determine any gaps in knowledge and/or skills, and selected personnel will begin training in spring 2009 to obtain a CF UAV instrument rating.

Aircraft-specific training on the CU-170 Heron should commence in the summer of 2009, while deployments to theatres of operation may begin as early as December 2009.

These roles will continue to be refined as the Air Force develops expertise in the new and emerging field of UAVs.

## CP-140 acoustics sensor operators

Changes to the occupation will also occur when acoustic sensor operations in the CP-140 Aurora's anti-submarine role are transferred to airborne electronic

sensor operators (AES Ops) beginning this fall.

CP-140 acoustic sensor operators currently come from the air navigator occupation and work the only CP-140 sensor not operated by AES Ops.

This acoustics capability remains important, and emerging technology will increase capability while simplifying operation.

Current fleet activity levels and officers' posting cycles make it increasingly difficult to develop and maintain acoustics expertise. Transferring CP-140 acoustic sensor operation to non-commissioned members in the AES Op occupation will provide an effective mechanism to maintain and almost certainly improve operational capability.

## Transport roles

Transport roles to be introduced in 2010 will not have an air navigator position on board.

Nevertheless, the Air Force will continue to fly some of our current CC-130 E- and H-model aircraft in the search and rescue and tactical air-to-air refuelling (AAR) roles; air navigators will be needed until these aircraft are retired sometime around 2017.

Conversely, air navigators have been added to CC-150 Polaris crews in the strategic AAR role.

## Intelligence, surveillance and reconnaissance

The air navigator will maintain a key role in intelligence, surveillance and reconnaissance (ISR).

Maritime and overland ISR continues to be a CF



Capt Brian Noel, a navigator from 436 Transport Squadron, in Trenton, scans the sky for enemy aircraft from his position aboard a CC-130 Hercules during Ex RED FLAG at Nellis Air Force Base in Clark County, Nevada.

priority.

It represents a growth industry through continued use of the CP-140 Aurora in the medium term, as well as with the introduction of UAVs and eventually with the acquisition of the Canadian multi-mission aircraft in the longer term.

## New name for the occupation

It has become clear the name air navigator no longer reflects the duties and responsibilities of the occupation.

"By creating misleading impressions of the skills, knowledge and capabilities possessed by members of the occupation," said former occupation advisor Colonel Jim Cottingham, "the outdated name is a negative influence on the health of the occupation and the Air Force."

In addition to accurately portraying the occupation, a

new name had to reflect an aircrew occupation with a warrior spirit.

Eight options were considered and, in consultation with members of the occupation, air combat systems officer (ACSO) was chosen.

As an added advantage, ACSO is closely aligned with the names of similar occupations in the UK and the US, our primary allies.

ASCOs will continue to wear the current air navigator wings on their uniforms – retained because they still accurately represent the oc-

cupation and a strong Air Force heritage.

However, the CF Navigation School (CFANS) will be renamed; the new name has yet to be determined.

Air navigators have proven themselves adaptable, agile and operationally-focussed throughout the Air Force's history.

As air combat systems officers, they will continue, as aircrew, to be at the forefront of Air Force operations and innovative transformation well into the future.



Navigator Capt Mark Wojtasiak and Sgt Perry Stadler, an airborne electronic sensor operator, serve on board a Sea King helicopter during Ex SALTY DIP 2004, held in Shearwater, N.S.

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# Tips on how to overcome shyness in interviews

## WPSO Corner

By Emily Lauzon  
Education Officer

It is normal to feel apprehensive about the interview process.

Not all civilians and military members are outgoing and many shy people are able to land great opportunities in their occupation of choice with employers/superiors who are willing to warm up to someone with a more introverted personality.

However, because the search for work is competitive, you still need to demonstrate a high level of enthusiasm and interest for the position.

Don't let timidity hold you back from your job search and occupational change efforts.

There are several things you can do be prepared and confident prior to either an interview whether it be for civilian employment, or for an interview with a PSO to be considered for occupational transfer, reassignment or commissioning program opportunities in the CF.

**Be knowledgeable**

### about yourself.

You can start by making a list of your strengths and talents.

For example, if you work as a Bioscience Officer, you can describe your proficiency in applied research and development, occupational hygiene support, and your ability to provide high-risk training for CF members.

The following are a list of personal qualities that are necessary in order to perform in the CF: dependability, adaptability, self-discipline, mental stamina, physical endurance, positive attitude, initiative, willingness to learn, patience and courage.

Think of the best examples you can provide, from either your personal, school or work environment, which demonstrates some or all of these qualities.

Self-assessments are a great tool to help you recognize some of your strengths.

The University of Waterloo offers a comprehensive Career Development eManual on self-assessments, which can help students identify their skills, values, and personality traits at [www.cdm.uwaterloo.ca](http://www.cdm.uwaterloo.ca).

Once you have determined your best strengths, think of personal examples/stories to demonstrate those strengths.

The Learning and Career Centre (LCC) offers some great training that can help you determine your strengths.

Their Understanding my Leadership Style course enables participants to recognize their personality style and related skills, values and personality traits through the Myers Briggs Type Indicator assessment. Attending the "DND in Transitions: Work-Based Portfolio" course offered through Wing Ground Training or the Skill-Based Resume Writing course, offered through the LCC, is also useful in terms of being able to identify and articulate relevant skill sets for the position you are seeking.

### Appearance/first impressions.

Never underestimate the power of first impressions. During the first three minutes of an interview, an employer's first impression is formed.

To introduce yourself professionally and curb nervousness, I recommend the

SSE formula: smile, shake hands confidently and maintain friendly eye contact. You can practice this method at home with a friend prior to going to an interview.

Make sure to project a professional image: appear well-groomed, maintain proper posture and speak clearly.

Civilians should dress in a suit or casual business attire and CF members may wear their dress of the day - flight suit, cadpat, or DEUs. Don't forget to polish those boots.

### Anticipate interview questions and practice your answers.

Now that you know yourself and are armed and ready to make a great impression, being able to link your skill sets to the occupation you are seeking is critical in terms of demonstrating self-knowledge and personal motivation.

When you do land that interview, you definitely

want to be ready. Determine the question areas and try to think of specific questions you may be asked. CF Recruiting has published a handy guide entitled Preparing for Your Interview. Please note some of the key points and questions you may use to prepare below:

- Describe the occupation that you are interested in, including some of the duties and where you may be employed.

- What personal or job skills do you currently have that would assist you in this occupation?

- Provide examples, from either your personal, school or work environment that demonstrate each of the skills identified above.

- Why are you interested in this occupation?

- What are your team player qualities? Provide examples.

- How do you believe this occupation will help you develop personally and pro-

fessionally?

- Describe and occasion in the past when you had to assume responsibility of a group of people.

- Tell me about a time when you were criticized for your performance. How did you accept the criticism?

- What are your goals?

- What two or three accomplishments have given you the most satisfaction?

Behavioural interviews, where the interviewer asks for examples to illustrate your skills, qualities and experience, are the way of the future. Your examples should be concise indicating the situation you were in, the action you took and the quantifiable results of those actions.

People connect to stories so I strongly suggest that you prepare three good stories demonstrating how you are a great fit for your desired occupation. Give them a first class reason to remember you!

## EAP referral agents attend development days

Referral Agents from all across the Prairie Region attended the 17 Wing RADD. The participants included the referral agents, EAP chairpersons and coordinators, union and bargaining agent representatives, as well as National EAP Corporate manager, the DND EAP Champion and senior DND management representatives.

An EAP RADD is an informal learning event which provides important training to enable RAs to better serve their clients

- DND employees and CF members.

They are meant to complement and deepen the initial two-week referral agent training. The RADD also serve as a networking function and a sharing of best practices across the region.

Implemented in 1982, the EAP at the DND is based on a peer referral model. DND civilian employees who have an interest in helping their peers are trained in a two-week course giving them the basic knowledge and skills

necessary to help fellow employees to find the assistance they need.

Following the successful completion of the two-week course, these now certified Referral Agents (RAs) volunteer some time each week to meet with DND employees, and sometimes Canadian Forces (CF) members, on issues such as serious family - and work-related problems, and personal concerns such as depression, anxiety, addiction, and legal/financial problems.



Colonel Scott Howden, 17 Wing Commander, signs the Local Joint Declaration during the Prairie Region Employee Assistance Program (EAP) and Referral Agent Development Days (RADD) Conference.



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# Det Dundurn— the detachment with determination

## Feature unit

By Sgt G.M. White)

One of the best kept secrets within the CF, Det Dundurn is located approximately 26 km south of the mid-sized prairie city of Saskatoon, SK (pop. 208,800). With direct access to Rte 11, a major four-lane artery between Regina and Saskatoon, getting to and from Det Dundurn is a breeze.

Residentially speaking, there are 28 PMQs located on the Det, and several lovely small towns and villages in the vicinity, such as Dundurn, Hanley, Kenaston and Shields, where modest housing can be found.

Although no different than many other CF Establishments, being undermanned and no less worked, Det Dundurn possess a steadfast determination to get the



job done regardless of such operational obstacles.

The Detachment provides 24/7 Fire and Military Police services, a first class MIR with a Dental Clinic, as well as CE, Transport, EME, Supply, Kitchen, Det OR,

Range Control and Sigs/Telcom Sections.

Throw into the mix a full time PSP member, a superbly equipped gymnasium, a well staffed Central Saskatchewan MFRC, NPF Section, a CFHA representative, a Ju-

nior Ranks' Mess as well as a combined Senior NCO and Officers' Mess, Auto Club, Saddle Club, golf course and a Rod and Gun Club, then you soon see that this little Detachment can, and does, operate much like larger and

busier bases.

Although not a plane, tarmac or any other flying asset to be seen, the Det Dundurn supports both Regular and Reserve components of the CF.

One example of that is that Det Dundurn is the midway point for Land Force Western Area elements, such as 1 CMBG, to halt at while on road moves between Manitoba and Alberta bases.

Another prime example would be the ranges and training area which are utilized by Saskatchewan Reserve units, such as Royal Regina Rifles, N Sask R, Sask Dragoons, 737 Comm Sqn and increasingly used by Reg Force units preparing for deployment.

In combination with the vast CFAD, a lodger unit, both military personnel and civilian employees number in the vicinity of approximately 170.

If you remember the days of the radar sites along the former pine tree line, you'll quickly notice a striking similarity between life at those small CF stations and that of life at Det Dundurn today.

All too often there is a metropolitan feel to larger bases, where everybody goes about their daily routines and you never get to really know your neighbour.

The beauty of this little Detachment is its small town feel.

It is a place where you know who is who, what person is in charge of what, and where to go when a task needs completion.

If you're looking for a challenge, and like the offerings of a small place of employment and an environment that supports family, then we welcome you to come work and play with us at Det Dundurn.

## Immunization against the flu is available at the clinic

By Trish Beattie  
23 CFH Svcs Community Health Nurse

Welcome to the start of a new Flu season. Influenza is a common respiratory illness that affects millions of Canadians each year.

There can be outbreaks of influenza at any time during the fall but the most common time of year in Canada is from November through April. Cold weather brings people indoors into close proximity providing increased opportunity for spreading the virus.

The flu virus is spread through droplets of saliva that travel through the air usually after someone coughs or sneezes.

The flu is passed from person to person through close contact with an individual who is infected or by touching an object (i.e. doorknob or telephone receiver) an infected person has handled.

Coughing or sneezing into your sleeve, and frequent hand washing may reduce the risk of transmission. Annual flu vaccination is the most effective, proven method of flu prevention.

To reduce the impact of influenza type illness in our community immunization is recommended for those individuals with chronic illnesses such as asthma, dia-

betes, cancer, heart disease or kidney disease, pregnant women at any stage gestation, and children ages six to 23 months.

Healthy adults, adolescents, and children 24 months and older are also encouraged to receive the flu vaccine for their own protection and to prevent unintentional infection of household and community contacts that may have a higher risk of influenza-related complications (young children and the elderly).

Health care professionals and those who provide essential community services are recommended to have the flu vaccine to protect themselves, and to prevent spreading the illness to others.

The best time to receive the flu vaccine is October to mid November. Current vaccines licensed in Canada are safe and associated with few side effects.

There are three types of influenza; A, B, and C. Influenza A causes severe illness and can result in pneumonia, hospitalization and even death.

Type A has been responsible for all previous worldwide epidemics.

Influenza B is less severe and influenza C is rarely seen.

Each year studies are conducted to determine the

most likely strains to be prevalent for the upcoming season. This year the vaccine will protect individuals for three different types of flu viruses and possibly partial protection to other similar strains of influenza.

Receiving the vaccine may also lessen symptoms associated with other flu-like viruses.

Influenza can lead to pneumonia and respiratory failure. It can also worsen a chronic condition and be life threatening.

### Flu Vaccine Facts

You should not receive the vaccine if:

- You are severely allergic to eggs.
- You have an allergy to thimerosal.
- You have had a high fever in the last 24 hrs.

Possible side effects include:

- Redness or soreness at the injection site.
- Occasionally a mild fever, tiredness, and body aches for one to two days.
- Rarely, oculo-respiratory syndrome (ORS) has been associated with the flu shot. ORS involves red, sore eyes, cough, sore throat and shortness of breath. If these symptoms occur they are usually mild and are gone in 48 hrs.

The flu vaccine cannot give you the flu. It is developed from an inactivated

virus, and there are many other illnesses with similar symptoms as the flu.

Between 4,000 and 8,000 Canadians can die of influenza and its complications annually, depending on the severity of the season (Canadian Coalition for Immunization Awareness & Promotion 2008).

The flu vaccine is now available for CF members at the immunization clinic located at the 17 Wing Medical Clinic.

All deploying members and those with chronic illnesses should get their flu vaccine ASAP.

Flu vaccine is available during regular drop-in hours every Tues, Wed, and Thurs from 0930h -1130h.

If you are unable to attend the Immunization Clinic drop-in hours please call the Immunization Office at local 5116 to arrange an alternative appointment.

Civilian and Reserve Class A persons are encouraged to attend a WRHA Public Influenza Clinic. Locations throughout the city can be found at the following link: <http://www.wrha.mb.ca/healthinfo/a-z/influenza/clinics.php>

*(Please note all information for this article was retrieved from Health Canada, The Canadian Coalition for Influenza Immunization, the National Advisory Committee on Immunization, the Canadian Communicable Disease Report, and Manitoba Health.)*



LCdr Tanya McLeod, 23 CFH Svcs, and 17 Wing Comd Col Scott Howden, get their flu shots from Trish Beattie, Community Health Nurse, left, and Capt Dawn Wojtowicz, right.

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# Three Winnipeg Cadets receive Hubbell Awards

The Hubbell Awards Inc. is a registered charity that encourages the development of Manitoba youth who are involved in the cadet movement.

It presents scholarships to cadets who are judged by a selection committee to be the most outstanding in their element.

The Hubbell Awards is not affiliated with any other organizations.

The youth must be full time students and members in good standing of a cadet unit in Manitoba.

The winners are those cadets who best demonstrate the attributes of good citizenship, leadership, physical

fitness and support the community outside of the cadet movement.

The awards were presented at a dinner held at 17 Wing Winnipeg in which MGen Dennis Tabbornor, Chief of Reserves and Cadets, was the guest speaker.

Each award winner was presented with a scholarship of \$750, plus a certificate depicting the award. The parents of the winners attended the evening as guests.

The winners of the 2008 awards were:

Cadet Chief Petty Officer Stephen Gnutel is a qualified sailing instructor. He is studying history at the University of Winnipeg. He

plans to study law after he graduates.

Cadet Master Warrant Officer Richard Monzon is a well known youth musician who has performed at several large events in Winnipeg. He is studying music at Brandon University.

Cadet Flight Sergeant Jessica Biggs is a qualified glider pilot who is active in several community sports activities. She is studying aeronautical engineering at the University of Manitoba.

The Hubbell Awards have been presented since 1967.

It was incorporated as a charity in 2005 to help with fund raising.



The awards winners with MGen Dennis Tabbornor, Ben VanRuiten and Ivan Poitras.

## Christmas stamps

By Alf Brooks

Many countries now issue special postage stamps for Christmas, with images either of religious themes or of activities of the festive and winter season.

This year the Christmas stamps of Canada include four stamps. The religious stamp features a Madonna and Child that were engraved from lime wood by Italian-Canadian sculptor

Antonio Caruso. The winter activities on the other three Christmas stamps depict making a snow angel, skiing and tobogganing, shown here combined in a souvenir sheet.



## Fire safety tips for the holiday season

By 17 Wing Fire Department

Fire safety during the Christmas season is every person's responsibility, therefore the 17 Wing Fire Department has a few safety tips for you to ensure you have a safe and happy holiday season.

### Safety precautions for the holiday season

Deaths due to fire are higher than normal during the Christmas season.

The cause of these fires is often related to Christmas trees, decorations, overloaded circuits or the improper use of the fireplace. To ensure you and your family have a safe and happy holiday, please follow these safety tips:

### Your Christmas tree

A reminder to all DND employees and PMQ residents, only artificial trees are permitted to be used in the housing units and on the Wing.

All others; if a real tree is desirable, ensure your Christmas tree is fresh - a freshly cut tree is less of a fire hazard.

You can test for freshness by tapping the butt of the tree on the ground; if fresh, very few needles should fall off.



Ensure your tree stand is sufficient to support the tree - use a tree stand with a large base for better balance and a large reservoir kept full of water so the tree won't dry out.

Before setting up the tree cut two inches off the butt, so the water can penetrate the tree more efficiently.

Never place the tree near a heat source - heat sources include fireplaces, radiators, heating ducts, space heaters, etc.

Do not block doors or windows with the tree - they may be needed as escape routes.

Use only lights which are CSA approved - remember to check for and discard frayed, broken and exposed wires.

Do not use indoor lights outside (they lack weather proof connections) or outdoor lights inside (they may

burn too hot).

Use caution with decorations - use flame-retardant, non-combustible, nonconductive decorations. Never use lighted candles.

Do not use metallic ornaments on a tree. If they come in contact with defective wiring they could become a shock hazard.

Do not use electric lights on a metallic tree - a fault in the system could energize the tree and shock or



electrocute anyone coming in contact. These trees can be illuminated by coloured floodlights placed at a safe distance from tree and out of reach of everyone.

Remember turn off all tree or display lights before leaving the house or going to bed.

### Your fireplace

Do not burn gift wrapping, boxes, cartons or other types of packing - they burn too rapidly and generate more heat than your fireplace can handle.

Don't hang stockings on the fireplace mantel when the fireplace is in use.

Always have a screen in front of the fireplace - this protects against flying sparks.

Never use gasoline or any other flammable liquids to start a fire.

Clean ashes regularly - put them in a metal container and store outside away from flammable materials.

Do not use Christmas trees for firewood.

### Electrical considerations

Do not overload wall outlets - insert plugs into outlets as poor contact may cause overheating or produce shock.

Use only cords which are CSA approved - inspect all cords for loose connections or frayed or exposed wire; discard any defective cords.

Do not run extension cords under carpets or coil or bunch them up, which may cause over heating.

Happy holidays

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# Air Command Band busy during the Christmas season

By John Towns

The members of the Air Command Band are tuning up – quite literally – to take their celebrated show on the road for their Christmas Tour 2008. The tour includes eight stops, through which the musicians and singers of the band will spread its brand of Christmas cheer to approximately 5,000 members of the Canadian Forces, their families and the public.

They've been rehearsing a number of Christmas classics, as well as a few new songs, among which is a piece called I'm Dreaming of Home.

"I'm Dreaming of Home was actually a folk song that was sung in the trenches during World War One by Canadian troops," said Sgt Benjamin Trowell, a French

Horn player who has been with the Air Command Band for more than 14 years.

The band first performed I'm Dreaming of Home last year as part of the 90th anniversary of the Battle of Vimy Ridge, and has since included it in their normal repertoire.

I'm Dreaming of Home incorporates the band, as well as the band's vocal quartet and bagpipes, played by one of the band's newest members, Cpl MacKenzie Landry, originally from Cape Breton Island.

"It's something that's very relevant to our national history," said Sgt Trowell. "It touches a lot of hearts."

The tour, which kicked off 28 November in Dryden, Ont, will take the band through Northwestern Ontario, Manitoba and Saskatchewan, with stops in

Stonewall, Morden, Starbuck, CFB Shilo and Virden before the band makes a stop back at 17 Wing on 7 December for the annual Holiday Concert. Admission is free with silver donation or an unwrapped toy. Tickets are available at Building 90.

After their always-popular show here in Winnipeg, the band heads out again to make one last stop on 9 December at 15 Wing in Moose Jaw, Sask.

A lot goes into planning a tour like this, according to WO Bart Hasselfield, who has been playing the tuba for the band since 2004.

"There's a lot of planning that has to be done for something like this," he said.

"We started last spring setting everything in motion. There's contacting venues and organizers for every stop, and even figuring out

the music we're going to do."

Luckily, several members of the band are skilled at creating music arrangements, a process that can sometimes go on for quite a while.

"The arrangements generally take several months to perfect," said WO Hasselfield. "Not all at once, mind you – they work at it a bit at a time. We have several members who are excellent arrangers."

Even as the Christmas tour has yet to wrap up, the band is already planning more events into the New Year, including an appearance at the Brandon Jazz Festival and the Manitoba Moose Military Appreciation Night in March, as well as plans for a tour of Northern Manitoba and Saskatchewan.



Bagpiper Cpl MacKenzie Landry plays during a rehearsal of I'm Dreaming of Home.

## Nouveau test de compétence orale

Par Capt A Rozak

La version révisée et très attendue du test de compétence orale est maintenant prête! Cet examen, anciennement appelé test d'interaction orale, fait partie de l'évaluation dans la langue seconde (ELS).

La version révisée du test de compétence orale se divise en quatre parties :

1. Questions élémentaires (quel est votre nom?, où travaillez vous?, etc.)

2. Choisir l'un des trois sujets et en discuter. Les scénarios fournis seront d'ordre militaire pour le personnel des FC et d'ordre public pour les employés civils du MDN. On vous accordera du temps pour préparer votre réponse.

3. Écouter un extrait enregistré et répondre à des questions pertinentes. L'extrait enregistré porte sur des questions relatives à la fonction publique. (Un nouveau scénario militaire est prévu pour le 19 décembre 2008).

4. Écouter une conversation enregistrée entre deux personnes et répondre à des questions pertinentes. La conversation enregistrée porte sur des questions relatives à la fonction publique. (Un nouveau scénario militaire est prévu pour le 19 décembre 2008).

Ce nouveau test est largement supérieur aux examens précédents et permettra une évaluation plus précise et plus fidèle des compétences orales de chaque personne dans leur langue seconde.

Le test est offert à tous les membres des FC (F rég et P rés) et à tous les employés civils du MDN. Ils peuvent demander d'être évalués même s'ils n'occupent pas actuellement un poste bilingue.

Les commandants et les gestionnaires des carrières peuvent également exiger qu'un membre du personnel subisse l'examen.

Tout le personnel admissible n'ayant jamais passé le test ou dont le profil linguistique en langue seconde est périmé ou le sera d'ici les six prochains mois peut se présenter à l'examen.

Par contre, il faut avoir obtenu le profil A (élémentaire), B (intermédiaire), C (avancé) ou E (exempté de tests subséquents) en compréhension de l'écrit et en expression écrite avant de présenter une demande pour le test de compétence orale.

Pour fixer la date des tests d'évaluation dans la langue seconde (ELS), faites parvenir un courriel à Joyce Aquin (poste 5822) ou à Leanne Beckwith (poste 6567).

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# Glutton for Punishment aboard HMCS Winnipeg

Submitted by Lookout

Bob Blumer never thought his job aboard HMCS Winnipeg would be easy. But the host of the Food Network's culinary adventure television show, *Glutton for Punishment*, never expected preparing a steak dinner for 240 hungry crew members would go as smoothly as it did.

"At first I thought there was no way I could do it," said Blumer. "Then at one point I realized that the galley crew would never let me fail. That's just not the culture on this ship. After that, it was almost easy."

Glutton for Punishment

is a television show that follows Blumer as he takes on an unusual food challenge. For this episode, he wanted to put a gourmet twist on a long-standing Navy tradition: steak Thursdays.

Blumer joined WIN as she sailed for San Diego to participate in Task Group Exercise (TGEX). For five days while the ship transited to southern California, he learned the ropes of the galley – and the Navy – as the ship's crew performed a number of exercises while preparing for a missile exercise later in the trip.

While WIN fired her 57 mm gun and keeled hard between port and starboard,

Blumer learned quickly to adjust to a moving kitchen. He also gained a new respect for the job navy cooks perform on a daily basis.

"I'm surprised at how much the cooks care about the food they're preparing and serving," said Blumer. "There is more passion in this ship's galley than there is in restaurant kitchens around the world. They were genuinely interested in what I was doing, and adding it to their own repertoire."

Prior to sailing, Blumer expected his biggest challenge to be integrating with the galley's crew, until he got to know each of them. It was no surprise when they supported Bob in creating a gourmet menu for the evening: grilled rib eye steak or halibut with roasted garlic and herb butter and chimichurri sauce, braised red onion, sautéed mushrooms, creamed spinach and smashed red potatoes.

The meal was a hit with the ship's crew, as well as the ship's cooks who were impressed with Blumer's performance.

"When Bob arrived in the galley, he seemed a little wet behind the ears," said PO1 Tim Rogerson. "In the end, we were impressed not only with the meal he prepared, but with how well he fit in with our crew. We're even looking at adopting some of the recipes he created."

PO1 Rogerson and MCpl Dana Haley were instrumen-



The *Glutton for Punishment* crew films host Bob Blumer on HMCS Winnipeg's flight deck as the ship turns to starboard.

tal in guiding – and sometimes pranking – Blumer throughout the week. A conveniently timed power outage shut down the galley's lights, air conditioning and kitchen equipment while Blumer was scrambling to put together his steak dinner.

It's only one example of the fun the pair, and their galley crew, had while hosting Blumer and a five-person production crew from Vancouver-based Paperny Films, the same company responsible for Discovery Channel's *Jetstream* series.

Paperny Films tipped their hats to the ship's crew for being so accommodating throughout filming, and walked away with new

knowledge of the Navy.

"What I realized in the end is what a large and complex environment a ship really is, and how good everyone is at their jobs," said director James Dunnison. "There wasn't one hour that went by where I didn't learn

something, and I'm walking off this boat with even more respect for our Forces."

The *Glutton for Punishment* episode featuring HMCS Winnipeg is scheduled to air on the Food Network toward the end of season three in Spring 2009.



Glutton for Punishment host Bob Blumer makes his descent to a Zodiac to meet a garlic shipment.



Mpl Dana Haley, cook aboard HMCS Winnipeg, puts on a stern face for the camera as he shoots a scene with *Glutton for Punishment* host Bob Blumer.



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# Winnipeg Infantry Tactical Group has a new Commander

By Cpl Bill Gomm  
38 CBG Public Affairs

The Winnipeg Infantry Tactical Group held a Change of Command parade at Minto Armoury 8 November. LCol Tim McManus handed over command to LCol Takeuchi.

The Royal Winnipeg Rifles and The Queens Own Cameron Highlanders of Canada were grouped in April 2008.

The grouping allows the best use of the relatively few officers, warrants officers and non-commissioned members within the two units. The grouping does not affect the continued being of the two regiments.

"In the immediate future we are going to consolidate," said LCol Takeuchi. "We are going to reinforce the things that we are doing well.

"We are going to tweak the challenges we have been facing and we are going to



LCol Brett Takeuchi signs the Change of Command certificate for The Winnipeg Infantry Tactical Group.

insure that we preserve both Regimental traditions and blend those things that we can."

At the present time, the Wpg Inf TG has about 200 soldiers.

And with ongoing recruiting, the goal is to grow

to at least 300 members.

With increasing tasks such as the Arctic Response Company, a stronger, more robust unit will be needed to fulfill these obligations.

"LCol Takeuchi will have the responsibility of ensuring the well being and growth of



Col Robert Poirier presents LCol Brett Takeuchi with his new tunic.

both units, both bands and both regimental families," said Colonel Robert Poirier,

Commander of 38 Canadian Brigade Group. "Ultimately, my goal is to

turn over a unit that is on the cusp of being ungrouped," said LCol Takeuchi.

# Minister of National Defence visits Winnipeg Reservists

By Cpl Bill Gomm  
38 CBG Public Affairs

The Honourable Peter MacKay, Minister of National Defence and Minister for the Atlantic Gateway, visited the McGregor Armoury, home of The Fort Garry Horse, on 14 November to meet with soldiers who had recently returned from Task Force 1-08 in Afghanistan.

Prior to meeting with the soldiers, Maj Tim Byers, Commanding Officer of 4 Canadian Ranger Patrol Group (4 CRPG) and LCol Mike Gagne, Chief of Staff

for 38 Canadian Brigade Group, briefed the Minister on their respective organizations.

Maj Byers informed the MND about an upcoming training event, Exercise WESTERN SPIRIT.

On 27 January 2009, some members of 4 CRPG will depart Esquimalt on a Navy ship and travel to Kitamat, British Columbia where they will begin a 3800 kilometre trip to Churchill, Manitoba by snowmobile.

Other Rangers would travel by ship to Prince Rupert and the Queen Charlotte

Islands for various community relations events.

"The aim is to connect not only the Canadian Forces and to exercise the rangers but also connect the rest of Canada with some of these remote communities," said Maj Byers.

4 CRPG will accomplish this task through civilian media coverage and through Army News stories.

Also, using the SPOT personal GPS tracker system, which acts as a GPS tracking device, schools and other organizations will be able to track and record the

movements of the Rangers as they wove eastward toward Churchill.

Following the briefing, the MND moved to the Warrant Officers' and Sergeants' mess for an informal meeting with reserve soldiers from the Winnipeg area.

"I think it's fair to say in recent history we are seeing appreciation, respect and understanding of the CF that has been long over due," said the Minister of National Defence. "We see it at Remembrance Day, yellow ribbon campaign, red rallies, and sport appreciation nights."



The Honourable Peter MacKay talks with Sgt Cameron Bois. Sgt Bois is with The Fort Garry Horse and just returned from Task Force 1-08 in Afghanistan.

## Winter Wonderland

The ninth annual Canad Inns Winter Wonderland will again be held at Red River Exhibition Grounds Portage and the Perimeter, next to Assiniboia Downs, just west of the perimeter at 3977 Portage Avenue. The display is open from November 28, 2008 to January 4, 2009. Open 6 pm to 10 pm, except Christmas Day. All part of your gate admission you can bring your skates and take a spin in the covered skating area, with a warm up change area. Plus horse-drawn sleigh rides on Friday, Saturday and Sunday on a first come first served basis.



Tickets are available at Bldg 90, Reception Desk. Tickets are only \$10/family vehicle (GST included).

Questions may be directed to the 17 Wing Community Recreation Office at 833-2500 extension 5976 or extension 2057.

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# 17 Wing Commander's honours and awards

Photos by Cpl Colin Alken



CWO Walker receives the Wing Commander's Commendation from Col Scott Howden on 18 November 2008.



Sgt McOrmond receives a clasp on the Canadian Forces Decoration.



Sgt Cleary receives the Wing Commander's Commendation.



MWO Spragg receives the Wing Commander's Commendation.



LCol Marc Ferron receives a clasp on the Canadian Forces Decoration.



Cpl Bonselaar receives a clasp on the Canadian Forces Decoration.



Sgt Pierce receives the Canadian Forces Decoration.



MCpl Erwin receives a clasp on the Canadian Forces Decoration.



PO2 Stutzinger receives a clasp on the Canadian Forces Decoration.



OCdt Iwacha receives the Canadian Forces Decoration.



Cpl Doucet receives a clasp on the Canadian Forces Decoration.



Cpl Bergeron receives the Canadian Forces Decoration.



Capt Arsenault receives a clasp on the Canadian Forces Decoration.



MCpl Demers receives a clasp on the Canadian Forces Decoration.



Sgt Robichaud receives a clasp on the Canadian Forces Decoration.



PO2 Kiersted receives a clasp on the Canadian Forces Decoration.



Cpl Bonselaar receives a clasp on the Canadian Forces Decoration.



Capt Hamelin receives a clasp on the Canadian Forces Decoration.



MCpl Bernard receives the General Campaign Star.



MCpl Croft receives the General Campaign Star.



Cpl Alex receives the General Campaign Star.



Cpl Driscoll receives the General Campaign Star.



Cpl Pearce receives the General Campaign Star.



Sgt Hearn receives a Flight Safety award for Professionalism.



Sgt Kazimer receives a Certificate of Appreciation on behalf of the Regional Cadet Support Unit (Prairie) Detachment Winnipeg. She also received the General Campaign Star.



Todd Kehler-Yokobori receives the Wing Commander's Commendation.



MWO Stubbert receives the General Campaign Star.



Cpl Maher receives the Canadian Peacekeeping Service Medal.



Cpl Guillemette receives the Special Service Medal for his time served in CFB Alert.



MWO Alderson receives the General Campaign Star.



The 17 Wing Air Movements Section receives the Wing Commander's Commendation.

## Radon testing at 17 Wing

By Dr Martin Pierre  
Director Nuclear Studies and Analysis

In cooperation with Health Canada, DND/ICF is undertaking a national survey to determine the radon gas levels in all of the Department's buildings as part of Health Canada's National Strategy on Radon. As such, DND, with Health Canada, will be testing the radon levels in all buildings including DND housing units at 17 Wing Winnipeg between Fall 2008 and Spring 2009.

This testing serves to assist Health Canada with gathering regional data in order to map the levels of radon concentration across Canada, and to support Health Canada's new guideline that adjusts the acceptable indoor radon concentration from 800 Bq/m<sup>3</sup> to 200 Bq/m<sup>3</sup> to align with other international radon standards.

During the month of December 2008, employees from Health Canada, 17 Wing Winnipeg and National Defence Headquarters will visit all buildings at 17 Wing Winnipeg to install radon level concentration detectors. The detectors will remain in place for three to four months.

They will return in the spring of 2009 to collect the detectors. All of those involved with the placement and pick up of detectors will carry appropriate DND, CF or Health

Canada identification. Health Canada representatives include Sandy Hutchison, Karen Gagnon, Terry Duddridge, Mike Mancer, Tannis Zuk, Lorie Whitcombe, Renato Falcomer, Paul Kutyma, Esperanza Cruz, Zouheir Le Labban and Shilpi Nandi.

The devices are small, and should not be an inconvenience to daily operations or living. Please refer to enclosed photograph. It is important that building occupants do not handle the devices in order to facilitate an accurate reading.

Radon is a naturally occurring gas produced by uranium decay in soil, rock and water, and is present all over the world. In the open air, the amount of radon gas is very small and does not pose a health risk. However, in confined spaces such as basements, radon gas can accumulate to relatively high levels, and long-term exposure to these concentrations can become a health hazard. Please note that Health Canada indicates that there are no immediate health impacts associated with radon.

DND is committed to providing healthy and safe buildings for Canadian Forces members and their families. Should you wish to know more about radon, please refer to the enclosed Health Canada leaflet, the Health Canada website ([www.hc-sc.gc.ca/radon](http://www.hc-sc.gc.ca/radon)), or contact Health Canada's toll free phone number (1-800-668-2642).

**COATS FOR KIDS**

The 17 Wing Fire Services is helping with the annual collection of gently-used children's winter outerwear for less fortunate families in the Winnipeg area.

**Coats, winter pants, boots and mitts are needed**

All items are cleaned and repaired before they are distributed. Adult sizes are also accepted and used for older children.

**You can drop off your donation at the 17 Wing Fire Hall (bldg. 88) at any time until February 2009.**

# Being prepared and weather wise can save you this winter

By MSE Safety

The winter season is now upon us. We will start to see vehicles in the snow banks and ditches with collisions occurring. Why? The answer is simple... failure to adjust speed and driving to the road to weather conditions without properly preparing our vehicles for winter driving. Here are 10 winter driving tips that can help you through your travels safely this winter.

## Prepare your car for winter

One of the main things you need to do is prepare your vehicle for winter. Inspect your vehicle in the fall to ensure that it is in good running order, which should include: topping up all fluids, checking the heater and defrosters, wipers (winter wiper blades are recommended), tires, battery and exhaust. If the vehicle is older, a good check for rust holes should be done so that exhaust does not enter back into the vehicle.

## Winter tires - to change or not to change?

Tires marked M & S (mud and snow), also known as all season tires, provide safe all weather performance in regions with little snow and moderate winter temperatures and may be suitable throughout the year but may not be suitable in heavy snow. Wide, high performance tires, other than those that are specifically designed as snow tires, are not suitable for snow-covered roads. According to the Rubber Association of Canada, all season tires tend to stiffen and lose gripping power around zero degrees Celsius. This loss

of traction on icy or snow covered roads may become critical for safety as the temperature drops.

## Winter Tires

No matter how many safety features your vehicle has, it's the tires that enable you to handle it in the snow and ice. So when shopping for winter tires look for the peaked mountain with snowflake symbol. Tires marked with this symbol meet specific snow traction performance requirements and have been designed specifically for use in severe snow conditions. As for studded tires, check your provincial laws.

## Mount on all four wheels

As a general rule, to maintain control and stability of your vehicle you should install identical tires on all wheels. Avoid mixing tires with different tread patterns, internal construction or size, unless specified by the vehicle manufacturer. To help maintain control and stability of your vehicle in icy conditions, install winter tires in sets of four. Remember that, even with quality winter tires, you must always drive according to the conditions of the roads and maintain more distance from other vehicles.

## See and be seen

Your windshield should be completely clean and in good condition. Wipers should have adequate arm tension and worn blades should be replaced. Make sure that defrosters are able to keep the entire window clear. Before you start your car, clear all windows.

Don't be a peephole

driver. Remember, danger can come from any direction. Brush all snow off before you start, and don't forget to clear the air intake in the front of the windshield and free frozen wiper blades. Road splatter from slush and salted wet roads can substantially reduce visibility.

## Adjust your driving

When a car traveling on a dry road at 100 km/h must stop suddenly, the vehicle keeps moving for 184.2 metres – more than three NHL rinks combined.

Proper braking is very important.

Drivers were once advised to pump the brakes,

travel and accelerate slightly to provide a pulling traction.

The disadvantage of front wheel drive is that when you are skidding you have no steering control unless you accelerate. The advantage of front wheel drive is you never have a spinout and when you accelerate it pulls itself out of a skid.

## Winter car kits

You don't have to be a Boy Scout to be prepared. When travelling in the winter it is good to have a safety kit with you in the vehicle just in case. A good kit should include: booster cables, some sand or salt, small shovel, blanket(s), flashlight, bottled

your vehicle to protect both you and your passengers.

## If your car becomes stuck, try the following:

Turn your front wheels from side to side a few times to push snow out of the way, or shovel the snow away from the wheels.

Place sand, coarse rock salt, pieces of carpet or wire traction mats under power train (drive) wheels for increased traction

Ensure your parking brake is completely released.

Start manual transmission in second gear

Gentle increase pressure on the fuel assembly.

keep dry.

If possible completely move vehicle off the traveled portion of the road.

Vehicle headlights must be shut off. Turn on your dome light and four-way flashers. Other vehicles may still be traveling and you must warn them that your vehicle is stopped.

You should occasionally run the engine to warm the car and open the window slightly to maintain air circulation.

Should your vehicle exhaust system have snow drift built up around the tail assembly you must immediately clear the snow drift away from the exhaust or turn the engine off.

If snow piles up or the vehicle runs out of gas, close all windows immediately and keep them closed! Place rags, papers, or whatever is available, into any cracks or openings around the windows and doors. If you can close out the weather, an ordinary blanket can provide enough warmth to keep you from freezing when you are dressed for winter.

Keep the doors closed.

To stay warm you must exercise. Stamp your feet. Slap and rub your hands. Remove shoes and sit on feet to warm them.

At least one person should stay awake at all times in order to maintain sources of heat (candles, etc.) Keep watch for the arrival of other motorists who may be able to offer help.

Remain calm. Someone will miss you eventually, particularly if you made prior arrangements to arrive at a certain time

## Plan your trip

Prior to departing on any road trip during the winter, it is always good to check the weather forecast along with the road conditions for the areas that your route will take you through.

Ensure that a family member or a friend knows this route, your vehicle make and plate number, and also an approximate time you plan on arriving at your destination. Once you arrive at your destination, call this person and let them know you have arrived safely and remember to do it for your return trip as well.

Planning, preparation and adjusting your driving to road conditions will help you make it through the winter months safely.



but today's driving experts recommend threshold braking. Press down hard on the brakes until the wheels start to lock up, release just enough pressure to let them roll again, then gradually increase pressure and repeat until making a complete stop. This technique permits control of steering by preventing the vehicle from skidding out of control.

If the car is skidding, never hit the brakes. Take your foot off the gas. Steer (but don't over steer) in the direction the rear of the car is skidding. When you feel the car regaining a grip on the road, straighten your wheels.

If your vehicle has front wheel drive, there are a few differences to keep in mind. Front wheel drive means that the front wheels are responsible for steering, accelerating, cornering, and stopping the vehicle instead of the rear wheel drive.

With rear wheel drive, if the car is skidding, you must turn your front wheels in the direction of the skid. However, with front wheel drive you must turn your wheels in the direction you wish to

water, road flares, a tow rope, and energy bars.

## Winter survival

The winter season involves additional hazards for the careless or wary motorist. Each year the use of summer judgement leads to many needless deaths under winter road and weather conditions.

Even careful drivers may find themselves stranded in a sudden or localized blizzard with a frozen gas line or involuntarily in the ditch on some side road.

However, the sensible driver has developed the knowledge and acquired the equipment to come safely through such situations. He has developed winter judgement in order to ensure survival, for without preparation, even an elementary driving error or a simple mechanical failure may lead to a fight for life in frigid temperatures.

## Carbon Monoxide

This is a gas that is tasteless, colourless and odourless. It is present in the exhaust gas of an internal combustion engine. You as a driver must ensure that you have fresh air circulating in

Heavy acceleration will only spin your wheels, and prolonged spinning can cause overheating and transmission damage.

Keep your wheels straight ahead and ease forward gently.

If the above steps meet with no success get out your tow chain and ask for help.

Note: If you try rocking a car with an automatic transmission, make sure you follow the manufacturer's recommendations.

## Learn emergency procedures

Because of different wind and weather patterns in different areas, motorists may suddenly and unexpectedly find themselves completely enveloped in a blizzard. These storms involve high winds, fine snow, and low temperatures and result in a substantial chill factor. This combined cooling effect of the elements leads to a penetrating, quick freeze type of cold which can freeze persons to death within a few hundred feet of their vehicle. So, if you are caught in a car in a blizzard, follow these procedures:

Stay inside the car and

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### Where's Soldier Bear?

Like a newcomer posted into Winnipeg the MFRC's Soldier Bear is exploring 17 Wing. Soldier Bear will be photographed at various locations around 17 Wing until the end of December, and his photo will be published in Voxair. If you think you know where Soldier Bear had his picture taken stop by the MFRC to fill out a ballot. Draws for your chance to win your very own Soldier Bear will be held on October 1, October 29, November 26 and December 23. A grand prize draw for the chance to win a \$100 gift certificate to the Keg will be held on December 23. Each person is eligible to enter twice a month and it is possible to win more than once.

### Part-time employment opportunity

We are looking for a teaching assistant for the Westwin French Immersion Nursery School. If you relate well to young children and have a basic command of the French and English languages we may have the perfect opportunity for you! The position begins in January and is for Monday, Wednesday and Friday afternoons 1:00-3:30 pm. We close for school holidays and offer a fun, positive working environment. For details or to apply please contact Shannon Peake, Children's Program Coordinator at 833-2500 (2491) or email to [peake.s@forces.gc.ca](mailto:peake.s@forces.gc.ca)

### Festival of Trees and Lights



Staff from the MFRC recently decorated a Christmas tree as part of the Festival of Trees and Lights at the Assiniboine Park Conservatory. This year's theme was Christmas Around the World. In keeping with the theme our committee decided that we would decorate a tree with Christmas shapes that had been decoupage with maps from around the world and beads with lettering spelling out the word Peace in all different languages. When we submitted our entry to the Festival we titled our entry Peace Around the World and stated 'The search for Peace is world wide. This tree is a reminder that peace starts at home, where ever home may be.'

All of the trees at the festival are raffled benefit Special Olympics Manitoba and the Friends of the Conservatory. In hopes of selling more raffle tickets to benefit these charities, we donated two tickets to the Yellow Ribbon Gala that will be won as part of our tree. Our tree won two awards - first place for Best Use of Theme and second place for Best in Show. You can view our tree and the many others at the Festival of Trees and Lights on now at the Assiniboine Park Conservatory until December 7, 2008.

### Mom's Night Out

Do you need a night with some fun, food and friends? Join us at the MFRC once a month for some chit-chat with other moms and no kids. Each month we will have a different theme and activity. Come sit and relax for an evening. Group will meet from 6:30-9:30pm. Jan 13, Feb 10 and Mar 10. Registration is required.

### Knights of Columbus collect signatures for troops

The Knights of Columbus Assembly which is comprised of Fourth Degree Knights from Councils in the Winnipeg area, sent a letter to all the Grand Knights stressing the principle of the Fourth Degree which is patriotism. It was decided to gather signatures of support on yellow ribbons supplied by the Winnipeg MFRC, due to the concern expressed by Father R.A. Glofcheski who is associated with the Knights of Columbus and was a military padre for 25 years, about our troops who are serving and who have served in Afghanistan. Thanks to the following: Council 1107, Winnipeg Council, Saint John Brebeuf Parish; Council 4557, Saint James Council, Blessed John XXIII, Saint Paul the Apostle, Saint Anne's and Our Lady of the Airways; Council 5264, Our Lady of the Prairie Council, Mary Mother of the Church; Council 5808, Saint Ignatius of Loyola Council, Saint Ignatius of Loyola Church; Council 7523, Charleswood Council, Our Lady of Perpetual Help Parish; Council 8300, Holy Rosary Council, Holy Rosary Parish; Council 8499, Holy Family Council, Holy Family Ukrainian Church; Council 8604, Father Allan Hall Council, Saint Charles Church; Council 9036, Archbishop Alfred A Sinnott Council, Saint Mary's Cathedral; Council 10,569, Saint Anthony of Padua Council, Saint Anthony of Padua Church, Council 11,005 Saint Edward's Council; Saint Edward The Confessor Parish; Council 11,477, Saint Patrick's Council; Saint Patrick's Church and Council 14,199, Saint Gianna's Council, Saint Gianna's Church. Father Lance Magdziak will send the ribbons over to the RC Chaplain in Kandahar to share with the men and women deployed there. May all the troops have a blessed and Merry Christmas.



From left: Faithful Navigator Erich Mantler; Father Lance Magdziak, 17 Wing Chaplain; Jack Blair; Faithful Friar R.A. Glofcheski; and Past Faithful Navigator Bob Girouard.

### MFRC Volunteer of the Year

Attention all volunteers, and all those who appreciate the tireless efforts of our volunteers: The MFRC Volunteer of the Year Award will be presented at our first monthly Coffee Break in the New Year, January 8, 2009. Please plan to attend (1000 – 1100 hrs) and congratulate the winner!

### Upcoming volunteer opportunities:

Assist in preparing Christmas hampers, Yellow Ribbon Gala, children's programs, Mother Goose, Rock'n'Read, Nursery School Assistant, MFRC Coffee Breaks, sale of Yellow Ribbon Merchandise. If any of these opportunities interest you, call the Coordinator of Volunteers, Barbara, at 833-2500 local 4519 for more information.

### Entertainment Books on sale

Looking for the perfect Christmas present for that hard to buy for person? An Entertainment Book is the perfect solution. Filled with thousands of 2 for 1 coupons and other savings, it is like giving several gifts in one. Only \$25, they are available at the MFRC, 102 Comet Street. Get them while you can.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 am - Casual Child Care 9:30 am - Kids have Stress Too! 3:45 pm - Afterschool Club 6:30 pm - Teen Drop-in (S)	2 9:30 am - Creative Tot Shop 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	3 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (S)	4 9:30 am - Casual Child Care 9:30 am - Mother Goose 10 am - Coffee Break 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	5 10 am - Parent Community 3:45 pm - Afterschool Club	6 	
7 	8 9:30 am - Casual Child Care 9:45 am - Stamping Fun 3:45 pm - Afterschool Club 6:30 pm - Teen Drop-in (S)	9 9:30 am - Creative Tot Shop 1:30 pm - Bake Exchange 3:45 pm - Afterschool Club 6 pm - Kool Kids 6 pm - Mom's Night Out 8 pm - Teen Drop-in	10 10 am - Parent Group 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (S)	11 9:30 am - Casual Child Care 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	12 10 am - Parent Community 3:45 pm - Afterschool Club	13 9 am - Child Free Shopping
14 	15 9:30 - Casual Child Care 3:45 pm - Afterschool Club 6:30 pm - Teen Drop-in (S)	16 9:30 am - Creative Tot Shop 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	17 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (S)	18 9:30 - Casual Child Care 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-in (N)	19 10 am - Parent Community 3:45 pm - Afterschool Club	20
21	22 10 am - Springhill Winter Park 1:30 pm - Holidays Crafts 1:30 pm - Youth Centres open 6 pm - Family Feud	23 1 pm - Movie Afternoon 1:30 pm - Youth Centres open	24 CLOSED	25 Merry Christmas CLOSED	26 December 26 Boxing Day CLOSED	27
28	29 9:30 am - Babysitting Course 9:30 am - Mini-Golf for families 1 pm - Mini-Golf for Teens 1:30 pm - Youth Centres open	30 9 am - All Day Activities for Youth 9:30 am - Babysitting Course 1:30 pm - Youth Centres open 6 pm - Gym Riot for Teens	31 CLOSED 	<b>DECEMBER 2008</b>		

# Thoughts for dealing with pain and loss during the holidays

Padre Bob Granholm

Christmas is a season of joy, hope, love, and an expression of generosity.

It is rooted in the old story of God's love demonstrated by the sending of the Christ child, heralded by the angels proclamation: "I bring you good news of great joy, which shall be for all people.." (Luke 2:10).

However, for many, this season is also one of pain and grief.

For those who have endured the loss of a loved one, holiday seasons can highlight the loss, and the absence of someone dear is more pronounced.

Memories of days now gone may touch us with sadness and grief, and can lessen the joys of this festive season.

Not everyone needs to read what follows. But for those (and I suspect there may be many) for whom these words have already raised a tear, I offer the following Christmas thoughts

for dealing with the pain of loss.

1) Allow yourself to experience the grief of loss.

It need not overwhelm you (and if it does, perhaps you require some deeper assistance), but it is part of you. Your loss is real, and the feelings associated with that loss need to be recognized as legitimate.

To say to someone, or even to yourself, "I am missing someone, and I feel sad about it" is a statement of truth.

We do not need to dismiss or trivialize these feelings. It is not about getting over it, but rather living with the loss.

2) Take care of yourself. Don't feel obligated to attend every party if you wish to be alone, or meet every need but your own. It is OK to say no. Give yourself grace, time, and patience.

3) Remember the one who is gone. It is good to talk about what it was like to have them around for Christmases past.

who can show empathy. Not everyone is a good listener, and not everyone is able to handle the grief of another.

But you probably have someone with whom you can share your feelings, who will not judge you or encourage you to just move on.

Find those people, and spend some time with them over this season.

5) Rediscover your faith. The Christmas story is one filled with joy in the midst of sorrow.

An active embrace of faith is a deep and powerful resource to bring hope, joy, and peace to the troubled heart, and a comfort as we walk the painful road of sorrow.

The Christmas story is about the triumph of love, joy and hope over darkness and despair.

May this be your story over this season. The Chaplains of 17 Wing wish you a joyous holiday, and invite your participation in the many events planned at our chapels.



You might wish to continue some rituals you once did together.

Perhaps you might wish to visit a grave or memorial site, or even to talk to the one departed.

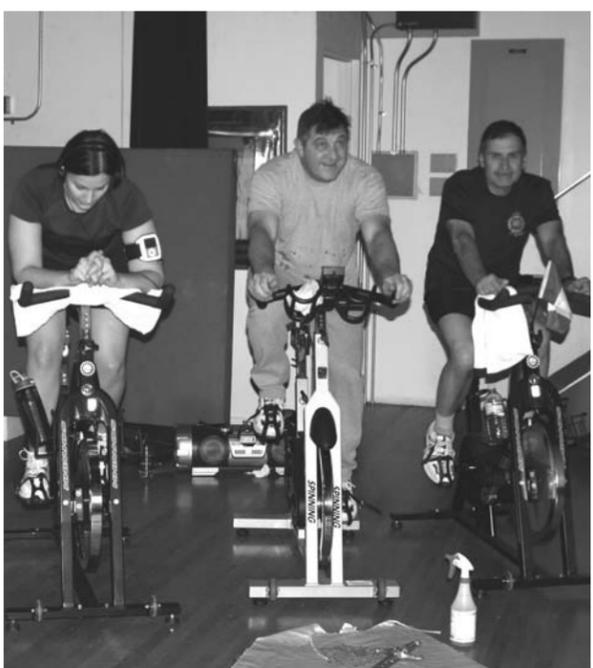
The goal is not to forget about the one who is no longer there, but to integrate the loss into your life.

4) Reach out to others



## Survey winner

PSP Manager Rick Harris, right, presents a gift certificate for Gasthaus Gutenberger to Linda Forbes. She was the winner of the CFPSA newspaper survey draw held by Voxair.



## Spinathon

Three of the nearly 80 participants peddle hard during the inaugural 17 Wing Spinathon hosted by the Fitness and Sports staff. Eight teams from various units participated in the event to promote health and physical fitness in the CF.

## Together in Church

### Catholic

#### Chaplains

**Padre Lance Magdziak**  
Roman Catholic Office 833-2500 ext 5272

**Padre Jean Johns**  
Roman Catholic Office 833-2500 ext 5349

**Padre Joe Johns**  
Roman Catholic Office 833-2500 ext 5785

**Administrative Assistant**  
Carol Cochrane Office 833-2500 ext. 5087

**Masses (English only)**  
Sunday 1100 hrs

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

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

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

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

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



#### 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.

### Protestant

#### Chaplains

**Chaplain Bonnie Mason**  
(Presbyterian) Office 833-2500 ext 5417

**Padre Bob Granholm**  
(Mennonite Brethren) Office 833-2500 ext 4885

**Padre Ken MacRae**  
(Presbyterian) Office 833-2500 ext 5087

**Padre Gord Mintz**  
(Anglican) Office 833-2500 ext 5087

**Padre David Stewart**  
(Presbyterian) Office 833-2500 ext 4277

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

**Administrative Assistant**  
Carol Cochrane Office 833-2500 ext. 5087

**Sunday Services (English Only)** 0900 hrs

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

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

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

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

#### 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.

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**17' trampoline.** Replaced perimeter pad. Asking price of \$100 includes help with first assembly. Phone 897-5495. (19)

**Blanket chest.** Beautiful dark gold finish. Approx 5'Lx2'Wx2'H. Asking \$200. Phone 897-5495. (19)

**Boys' BMX bike (blue).** Suitable for ages 10-13. Asking \$50. Phone 897-5495 (19)

**Men's Air Force Mess Kit.** Excellent condition. Chest 40-42, waist 38 \$175. Includes, cummerbund, bow tie, suspenders, shirt buttons and jacket clasp. Phone 832-0155. (19)

## Coming events

**Full Gospel Business Men's,** Wpg Chapter invites men & women to a Breakfast Meeting, 0900-1100, Sat 06 Dec 2008 Fellowship, worship and inspiring testimony. Al Friesen will speak on Jesus saving lives, healing marriages and restoring families. Best Western Charterhouse Hotel, 330 York Ave (at Hargrave), \$9. Seating is limited; 2130 to reserve by Thu 04 Dec.

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# TAROSCOPES

BY  
NANCY

**Aries (March 21 - April 19):** You're so strongly influenced by the past that it's hard to see what you need to do. Compromise and patience aren't your usual style but they could improve your current situation. Making changes to improve your health will have good results. You'll feel a burden lifted, soon.

**Taurus (April 20 - May 20):** If your ideas and desires are at odds with those around you consider ways to offer up a compromise instead of revamping or scrapping everything. Having total control can be comforting, but it can be time consuming; it ties you down and wastes a lot of your creative energy.

**Gemini (May 21 - June 21):** Your agile mind is coming up with ideas on how things could improve but your practical side is doubtful about how this will be accomplished. The future looks brighter as the brain fog clears. A golden opportunity comes or the perfect solution appears suddenly. Celebrate with friends.

**Cancer (June 22 - July 22):** Wouldn't it be great if you never had to do the things you hate and never had to check in with others or deal with responsibilities. Instead of wishing it were so, start making choices that facilitate your lifestyle and maintain boundaries. Stretch past the obvious and you'll find solutions.

**Leo (July 23 - August 22):** You have all you need; however if you are uncomfortable it could be because you feel restricted by someone's rules. We all must conform from time to time. Find out if this is one of those times before you act impulsively. Take a break from the need to orchestrate outcomes.

**Virgo (August 23 - September 22):** You have lots of beliefs about how things should be but there are chores and tasks that need to be completed. Set aside your assumptions. Deal with the facts, especially when other people pressure you to put their needs first. You can't please everyone. Essentials come first.

**Libra (September 23 - October 23):** You want to be seen as the one who is faithful, reliable, and always there to help. Still a part of you just wants to goof off. Use a balanced approach to resolve these urges. Take a time-out or you may snap at someone when they nag for constant attention. Pamper yourself.

**Scorpio (October 24 - November 21):** Shift how you see yourself and how you think about unmet expectations. There are great opportunities to connect with new people coming up. Usually, if you treat others fairly they'll reciprocate. Reaching your goals is easier to accomplish than you realize.

**Sagittarius (November 22 - December 21):** Upheavals occur and people from your past return, just when you wanted things to settle down. Honestly though, you could have seen it coming. If you act in haste or strive to avoid reality you could end up in an uncomfortable position. Avoid mind games.

**Capricorn (December 22 - January 19):** Feeling disheartened? Get in touch with your dreams and goals. You think you've been following your own passion, but you may be overly influenced by another's messages and the media. Learn to differentiate. Concentrate on what really satisfies you not someone else.

**Aquarius (January 20 - February 18):** You're independent and capable but something is missing. Write down what frustrates you. You'll see more clearly where you're stuck then. And it's easier to determine what you truly want and how to get it. Ask for help if you need it. Others are there for you.

**Pisces (February 19 - March 20):** Be patient. Make minor changes until you find what works for you. This includes any changes in diet and activities you're involved in. The choices you make greatly influence how you feel and what you experience. Make it fun. Mix things up and see what happens.

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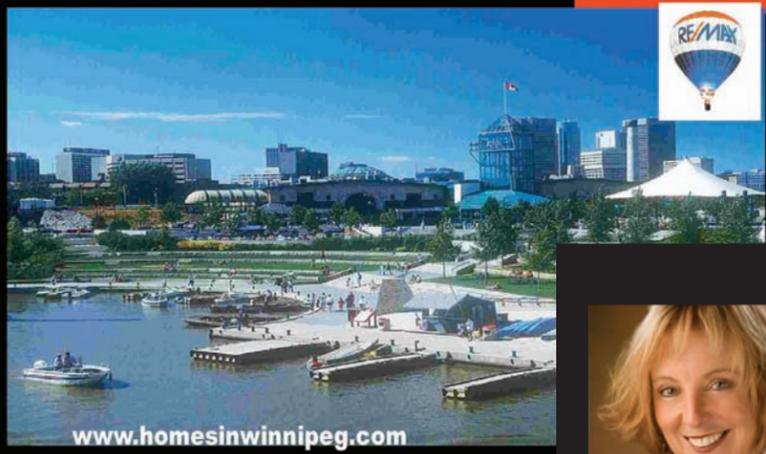
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