



# THE VOX AIR

Our Military Community Newspaper, 17 Wing Winnipeg

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VOLUME 55, ISSUE 16

FREE



The Honourable Peter MacKay, Minister of National Defence inspects the 17 Wing Quarter Guard with Guard Commander, Sgt Guy Lyrette.

Photo by ASLT David Lavallee

## The Honourable Peter MacKay Visits Winnipeg

By Karen Christiuk

The Honourable Peter MacKay, appointed the Minister of National Defence just last month, made his first official visit to 17 Wing on September 5 as part of his new portfolio.

When the Minister arrived in front of 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR), he was greeted by the music of the Air Com-

mand Band, and inspected a Guard of Honour. Minister MacKay then entered the Headquarters to sign the official guest book, and present a Canadian Forces Decoration pin to a retiring Captain.

Minister MacKay then gave a short address to the Headquarters employees gathered in the building atrium, in which he frequently thanked the Canadian military.

"We truly are blessed by the people who

chose a career in the military. The Canadian Forces do far more than we see in the news... they do so much more across the country," he said.

In closing, he noted positively, "We hope that we as a government can continue on the path we are currently on."

Minister MacKay spent the rest of his afternoon being briefed on the operations of 1 Cdn Air Div/CANR, and also toured the 17

Wing 435 "Chinthe" Transport and Rescue Squadron.

Prior to his August appointment, Minister MacKay served as Canada's Foreign Affairs Minister. He is also currently the Cabinet Minister responsible for Nova Scotia and Prince Edward Island, Minister of the Atlantic Canada Opportunities Agency, and represents the northern Nova Scotia constituency of Central Nova as Member of Parliament.

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# 17 Wing "Fleets" Soar For GCWCC At Winnipeg Tax Centre



Cpl Sean Culleton of the 402/435 Squadron team takes aim at the bulls-eye with a paper airplane during the Paper Airplane Challenge. The event, held at the Winnipeg Tax Centre, launched the Canada Revenue Agency's GCWCC.

By A/SLt David Lavallee

While it wasn't the greatest aerial battle in Canadian history, it definitely was a contest.

Staff and personnel from 17 Wing, United Way and Canada Revenue Agency (CRA) showed up to do battle with fleets of paper airplanes at the Winnipeg Tax Centre on Thursday, August 30, in the "Paper Plane Challenge."

While the three organizations competed against each other, they were all united on one front – raising money for this fall's Government of Canada Workplace Charitable Campaign (GCWCC).

"Friendly competitions like this one are always a lot of fun, especially when the larger goal is raising money for a worthy cause like the GCWCC," said 17 Wing Commander Col Scott Howden.

While not a fundraising event in and of itself, the Paper Plane Challenge was the kick off for the CRA's GCWCC. 17 Wing was invited to participate because the Wing and CRA are usually the top two money-raisers for the GCWCC in Winnipeg. 17 Wing's own campaign will be launched Friday, September 14.

The event saw several teams from each organization compete to be "Top Gun" in three categories — accuracy, distance and creativity. The accuracy category involved throwing a paper plane from the second floor of the WTC to a bulls-eye,

which was marked on the first floor. This category went to the United Way, who landed a plane closest to the bulls-eye.

Under the distance category, team members launched their planes down a hallway to see which one could fly the farthest. The Wing Ops team (LCol Tom Whitburn, Maj Ron Francis, Maj Sam Nelson, Lt James Murdock) brought home the belt for 17 Wing in this category, with a plane thrown by Lt Murdock.

The third and final category focused on craftsmanship. Each team entered several planes for review by a panel of judges from each of the three organizations. Col Howden represented 17 Wing, while Ian Gray and Stephanie Levene sat on the panel for CRA and the United Way, respectively. Again, United Way was victorious, but planes crafted by Capt John Schwindt and Cpl Wendy Nickerson came in a close second and third.

At the end of the day, the real winner was the community of Winnipeg, which ultimately stands to benefit from the GCWCC and the money that United Way will invest in its programs here.

"The campaign theme is Because We Live Here, and that's why 17 Wing is so supportive of this initiative," said Col Howden. "Today's challenge was fun, but I think the real challenge for the Wing is going to be overtaking CRA to become the lead fundraiser for GCWCC in Winnipeg this year."

## 17 Wing Parades To Celebrate 67th Anniversary Of Battle Of Britain

By 2Lt Angela Court

17 Wing will celebrate the 67th Anniversary of the Battle of Britain on 16 Sept during a parade held in the Garden of Memories located by the Air Force Way gate.

Spectators are asked to arrive at the Garden of memories no later than 9:45 a.m.

"Battle of Britain Sunday is a very significant day for the Air Force," said 17 Wing Commander Colonel Scott Howden. "17 Wing will parade to honour those courageous Air Force veterans and to remind ourselves that it is our duty to

serve in a way that will make future generations of the Air Force proud of our efforts."

The parade, consisting of three guards – the Old Guard, the Present Guard, and the Future Guard – will fall in at 9:50 a.m. The Reviewing Officer for the parade is MGen Marcel Duval, Commander 1 Canadian Air Division.

This annual parade commemorates the Battle of Britain and honours the members of the Air Force who died during this battle and in all other battles fought by the Air Force.

Visit [www.airforce.forces.gc.ca](http://www.airforce.forces.gc.ca) for more information on the Battle of Britain.

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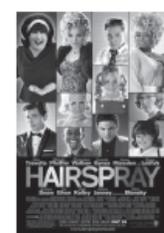


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# Letters From Home

## Canada Post will provide free delivery of letters to deployed troops in Afghanistan and elsewhere overseas

Canada Post

Canada Post announced on 30 Aug 07 it will begin providing free delivery of letters from family and friends to Canadian troops deployed in Afghanistan and elsewhere overseas effective October 26, 2007 until the start of 2009. At that time, Canada Post and the Department of National Defence will jointly evaluate the program.

Canada Post also announced it will again provide free parcel service for family and friends of deployed Canadian troops for the coming 2007 holiday season. The program, which will run from October 26, 2007 to January 11, 2008, means Canada Post will deliver parcels free of charge to Canadian troops in Afghanistan and elsewhere overseas. At the end of this period, Canada Post and the Department of National Defence will jointly evaluate the program, as was the case last year with the parcel delivery program.

"We know how important mail from home is to the men and women serving overseas under very difficult conditions. Starting October 26, family and friends will be able to send letters free of charge to the deployed soldiers. This is our way of showing our continued support for our troops and their families," said Moya Greene, president and Chief Executive Officer of Canada Post.

"We began discussions with the Department of National Defence following last year's successful holiday season program to determine the feasibility of repeating this important initiative again this year. One of the measures of the program's success is the fact that the Royal Mail in the United Kingdom recently announced they will institute a similar program for their troops," she said.

"As Minister responsible for Canada Post, I strongly

support this initiative. The words of encouragement written by families and friends to men and women deployed overseas is a very special form of support. I hope that many Canadian families will take advantage of this possibility," said Lawrence Cannon, Minister of Transport, Infrastructure and Communities.

With capacity limitations on military aircraft carrying supplies and munitions to deployed forces, this offer is restricted to family and friends of the deployed service men and women serving overseas in war zones. That includes members of the Canadian Forces serving in Afghanistan, Bosnia-Herzegovina, Sinai and Jerusalem. Troops serving on any of the deployed Her Majesty's Canadian Ships are also included in the offer.

"I congratulate Canada Post for this excellent initiative to offer free mail service all year to family members and friends of troops deployed in combat zones," said the Honourable Peter MacKay, Minister of National Defence and Minister of the Atlantic Canada Opportunities Agency. "Canada's New Government strongly supports our men and women in uniform, and we welcome this very positive initiative to help our troops overseas remain connected with



For many, mail call is the highest moral booster while deployed overseas.

Photo by MCh Yves Genuis, TFA 2006

their loved ones in Canada."

To ensure the proper customs declaration form and addressing information, the letters and parcels will need to be deposited at one of Canada Post's more than 6,600 full service retail outlets across the country (letters and packages dropped in regular street letter boxes will not qualify). They will then be forwarded to Canadian Forces Bases in Halifax, Nova Scotia, Victoria, British Columbia and Belleville, Ontario. Once delivered to the military bases, the Department of National Defence will take charge of the letters and parcels and ensure their delivery overseas. All mail must be addressed to a specific soldier, including rank and mission information.

# New Boots For All

By 2Lt Angela Court, Wing Public Affairs

New boots are being distributed to all military members of 17 Wing by unit throughout September and October.

The Air Force now has a cold, wet-weather boot, and 17 Wing Supply will be closed to regular customers Thursday and Fridays in September and October to distribute this new item. At your unit's visit, you will be fitted into one of the 72 sizes available to accommodate the length and width of your foot down to the millimetre.

The Canadian-made Air Force Cold Wet Weather Boot is a product of Kodiak Terra, who produces "Canada's Toughest Safety Boots." This boot will be the main boot worn across the Air Force by all personnel in CADPAT and flying clothing.

That's right: this boot has a CSA grade



Down to the millimetre - members' feet are measured for a proper fitting of both length and width.

Photo by 2Lt Angela Court

1 steel toe and puncture proof sole plate for safety, making it a suitable safety boot. The steel toe withstands up to 125 Joules of force, and the puncture-proof sole is also provides Electric Shock Resistance (ESR).

When it hits minus 25 and you're

walking to work, or you're holding a map while standing looking out the window of the Herc, you shouldn't lose your footing, thanks to the traction provided by the boot's dual-density rubber/polyurethane outsole.

The Ontario-Newfoundland manufactured boot has a breathable waterproof Gore-Tex membrane, with a high-grade water resistant pebble grain cowhide upper. It should be a welcome addition in any closet due to its speed lacing system.

When it comes to cutting-edge technology, this boot has it going on. Ever heard of cutting leather with water jets? Well, now you have.

The boots are to be used with a new, two-piece combat sock system that whisks moisture away from the foot.

Wing Supply issues one can of boot paste with each pair of boots. This is the only product to be used on the boot, so once you are out, be sure to re-visit Wing Supply.

Upon your visit you will receive your initial pair of cold wet weather boots, five sets of the combat sock system, five pairs of boxer shorts, and one pair of gloves.

For more information contact your unit's OPI, or visit the following website: [http://www.forces.gc.ca/cems/ItemsAndClothing/index\\_e.htm](http://www.forces.gc.ca/cems/ItemsAndClothing/index_e.htm)

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# Good Days And Bad Days

## MS Society Member Educates Co-Workers

By Gwenda Nemerofsky, MS Society of Canada

Sometimes it's good to take things into your own hands. Sally Chochinov empowered herself and her co-workers by providing them with information about multiple sclerosis.

When Sally was diagnosed with MS in 2004 she was stunned. "I thought I was hit by a truck," she said in a recent interview in her Garden City home. "I was very upset. I wondered how long I'd be able to work."

Fortunately for Sally, her job as a CR3 Clerk in Bldg 129 at 17 Wing Winnipeg keeps her seated at a computer for most of the day. She is responsible for ordering of supplies from depots in Montreal and Edmonton. "It takes me longer to get places," Sally admits. She used a cane and now uses a walker to get to and from the canteen and other areas of the building.

Sally's symptoms have worsened since her diagnosis. While she feels she has reached a plateau, she experiences some significant effects. "My balance has really been effected," she said. "I fell one time at work, putting my walker into the van. I also sometimes have trouble remembering words – they just won't come to me." And, like many people living with MS, Sally also experiences fatigue.

People at her workplace tried to be understanding. They installed an automatic door to enable her to get into the canteen more easily. The washroom door, however, still presents a problem.

But Sally could tell that her co-workers didn't really know what challenges she was facing. At a company BBQ held a long way from her work area, she struggled to carry her plate of food, open doors and manage walking with her cane. A co-worker later commented, "I see you have trouble with your legs."

### Presentation at Work

Sally felt that it was important that her colleagues have a better grasp of what she was dealing with every day. "I didn't want them to feel sorry for me. I just wanted them to understand what MS is; that I'll have good days and bad days – that it's different each day." Sally thought that talking to them face-to-face might help.

She approached her supervisor who thought it was a wonderful idea and arranged for everyone to meet one morning last spring. Sally gave a brief presentation for about 15 minutes. She explained in laymen's terms what MS is; the fact that there are different types of MS and that hers is a progressive form; that as well as the symptoms people had already noticed, she has invisible symptoms that affect her ability to think and concentrate as effectively as she used to, and how she appreciates when people help out by holding open a door etc.

It was a big step for Sally to take. "I must have changed my script 100 times," she said. Her daughter Carrie read and re-read what Sally planned to say. "I had a good cry afterward," she said. "It was a relief to get it all out."

The reaction from her co-workers was positive. Many of them really took in the information and even asked questions, including "Were you insulted when we made the special door for you?" Another person came up to Sally afterwards and said "I thought it was just your legs."

Sally knows she is not the only person with MS in the workforce whose colleagues don't truly understand her situation. She recommends speaking frankly to them about how the disease affects one's day to day operations. "It was very beneficial to me and to them," she said.

She also knows that you have to wait for the right time to do something like this. "You have to accept it (your MS) yourself first – and then do it at a time when you are ready."

For more information on MS call the Manitoba Division of the Multiple Sclerosis Society of Canada at 943-9595 or visit [www.mssociety.ca/manitoba](http://www.mssociety.ca/manitoba).



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(from left): Brigadier-General E.B. Thuen, Deputy Commander Mission Support, congratulates Captain Michel Donais on his commissioning from MWO on 27 Aug. Capt Donais will be working in the Air Force Pilot Training 3 section.

Photo by Pte Levarre McDonald, Wing Imaging

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# One Step At A Time



Photo by Avery Wolanuk

Col Scott Howden, WComd, and CWO Glenn Wallace, WCWO, lead by example and signed up for the PSP Challenge to walk 10,000 steps a day for the next six weeks. Registrants receive a FREE pedometer and log booklet to help track their step count. Whether it's at work, home, or play, your health impacts every aspect of your life. Healthy living isn't always easy, so PSP is here to help you get on your way! (above from left) Chris Merrithew, Wing Fitness Coordinator, CWO Wallace, WCWO, Col Howden, 17 WComd and Deanne Bennett, Fitness & Sports Instructor.

Weekly draws will be made, with one participant each week winning a gift from one of the sponsors. The challenge officially launched on Friday, 7 September, but interested individuals can contact Deanne Bennett (ext 2455) for late registration.



Photo by Cpl Jean-Francois Boucher

MCpl Kenneth Dean newly posted to WTIS, looks up from his task of transmitting and logging message traffic.

# A Message From The COMCEN

By MCpl Dingman, WTIS

Well, it's that time of the year again. It is time to say good bye to friends and co-workers and welcome new additions to the COMCEN staff. In saying good-bye to our fellow working comrades we must also wish them the best of luck in their new endeavours, and their next career opportunities.

Yes, our close-knit family is losing five personnel this year. First we must say good-bye to our COMCEN Supervisor Sgt Parsons. Sgt Parsons is leaving the COMCEN and WTIS after four years to accept a posting to Saskatoon in the Operations Cell. Sgt Parsons will be missed for his personality and for his dedication to Security Clearance updates, as well as his unique COMCEN leadership. Pte Jespersen who has been posted to Suffield in the Information System Troop will be missed for his willingness to learn about the Sig Op trade. Next we must say good-bye and congratulations to two personnel, who are entering the retirement phase of their lives. They are MWO Marcil-Dallaire and MCpl Reid. Although MWO Marcil-Dallaire was only Command & Control System Support MWO for a short period of time, he will be missed throughout the TECH world. Next, we must say congratulations to MCpl Reid who has been a Tel-OP/Sig Op for many, many years. MCpl Reid has proven himself invaluable to his trade; however, his skills and knowledge will not be lost, as he has accepted a civilian position in the COMCEN starting immediately

after release from the CF. Lastly we must say good-bye to Heather Kerber. Heather will be leaving us for Ottawa where her husband has been posted.

The new personnel who will be joining us as COMCEN operators are as follows: MCpl Orbell from Canadian Forces Joint Signal Regiment (CFJSR), 3 Squadron in Kingston, and MCpl Dean from Canadian Forces Joint Signal Regiment (CFJSR), 1 Squadron Training Cell in Kingston. Cpl McDougall from the Military Aeronautical Communications Systems (MACS) site in Trenton, and lastly Don Reid (formerly MCpl Reid, of WTIS). We are sure the new staff will be looking forward to working within the COMCEN and with new fellow operators. Although all Signal Operators receive Message Center training throughout their trades Training Qualifications, it is not usually our primary role or position. This alone will bring a new and exciting element to the work place experience.

We will also be welcoming Cpl McKay home from his six-month tour in Afghanistan, although he will be taking some well deserved leave to re-acquaint himself with his spouse and life in Winnipeg before returning to shift in the Message Center. During this period Cpl Boucher will commence his pre deployment training for his six-month tour to Afghanistan in late January.

I will close with the motto of the "Sigs" VVV

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# 17 Wing Hosts Air Forces Of The Americas

By 2Lt Angela Court

Representatives of the System of Cooperation Among the Air Forces of the Americas (SICOFAA) held the 2007 Personnel Committee Meeting here from Tuesday, 4 Sept to Saturday, 8 Sept.

SICOFAA assembles for two main meetings annually with an additional meeting for each of its five committees.

The emphasis at this year's meeting of the SICOFAA Personnel Committee is on the preparation, maintenance, and deployment of personnel and the logistical support they require.

Although it is the first SICOFAA meeting held at 17 Wing Winnipeg, it is not the first time the Canadian Air Force has hosted one. Both the 2005 and 2006 Operations Committee meetings were hosted within Canada, at 8 Wing Trenton, and in Halifax, NS. The SICOFAA Personnel Committee is expected to hold

next year's meeting in Canada again.

SICOFAA has twelve participating members – Argentina, Bolivia, Brazil, Canada, Chile, Columbia, Ecuador, Panama, Peru, United States of America, Uruguay, and Venezuela - six additional members and six observers with each nation represented at the main meetings by their Chief of the Air Staff.

The organization held its first meeting in 1961, and was officially formed in 1964. Canada, initially an observer, became a member of SICOFAA in 1992.

Currently, the Secretariat of the organization, which rotates between member nations, is in Washington, USA. The current secretary general of the committee is also American for this reason.

The meetings are conducted in Spanish, with translation services provided.

Many CF personnel are involved in organizing the meeting, from various bases, and most are also fluent in Spanish.



In early September, 17 Wing hosted for the first time the annual SICOFAA personnel committee meeting.

Photo by 2Lt Travis Smyth

## Trade The Salt-Shaker For A Banana

By Christa Zappitelli & Harold White, Health Promotion Manager

More than 90 percent of Canadian men and 50 percent of Canadian women consume more salt daily than the tolerable upper limits for good health.

Hypertension rates are continuing to climb and while there are many possible reasons for this, the increased consumption of processed and fast foods has been identified as a key factor.

Adults only require 1.5 grams of sodium (3.8 grams of salt) daily and no more than 5.8 grams of salt a day should be consumed as an upper limit. The recommended amount of sodium intake is 2,400 mg per day (equivalent to 1 teaspoon of salt), the average person consumes 4,000 mg per day. Studies have shown that the more salt consumed in the diet, the higher the bloods pressure reading. For example, two slices of pizza contain more salt than the recommended daily intake.

Canada's Guidelines for Healthy Eating recommend that we limit our intake of sodium. The following strategies have been identified by the Heart & Stroke Foundation as simple ways to reduce salt consumption:

- take the salt shaker off the table
- choose fresh & frozen foods instead of canned and bottled products
- reduce the amount of processed, convenience, and fast food eaten
- prepare foods from scratch more often to control the amount of salt included

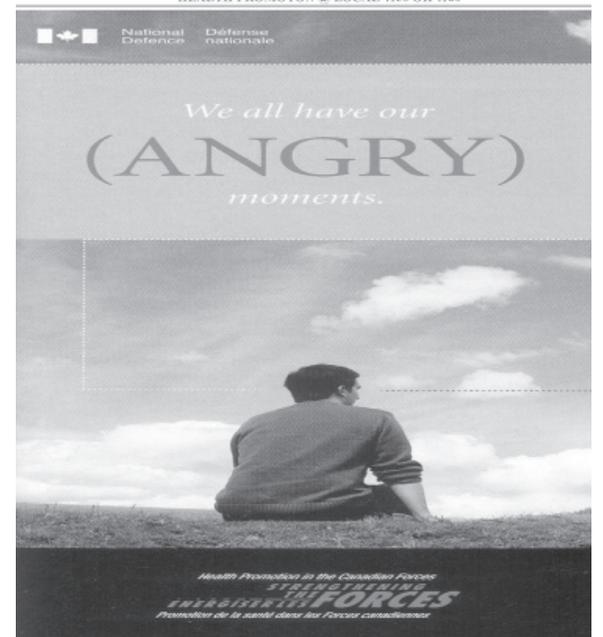
Unlike the average daily salt intake, Canadians are not, generally, consuming enough potassium. The recommended daily intake for this mineral is 4.7 grams. The vast majority of the Canadian population does not even consume half this amount. A person needs about 10 servings of vegetables and fruit to receive the recommended level of potassium. Some great sources of potassium are bananas, spinach, pears, peaches, squash, and lima beans. The kiwi fruit is particularly rich in potassium.

For more information about healthy eating and the recommend serving sizes for vegetables and fruit, consult Canada's Food Guide to Healthy Eating. For information contact your HEALTH PROMOTION OFFICE, BLDG 63, LOCALS 4150/4160.

Source: Heart & Stroke Foundation, Salt Shake-Down

### MANAGING ANGRY MOMENTS

START DATE: 24 SEPTEMBER 07  
TIME: 1330 – 1530 HOURS  
LOCATION: BLDG. #62 – R00M #309  
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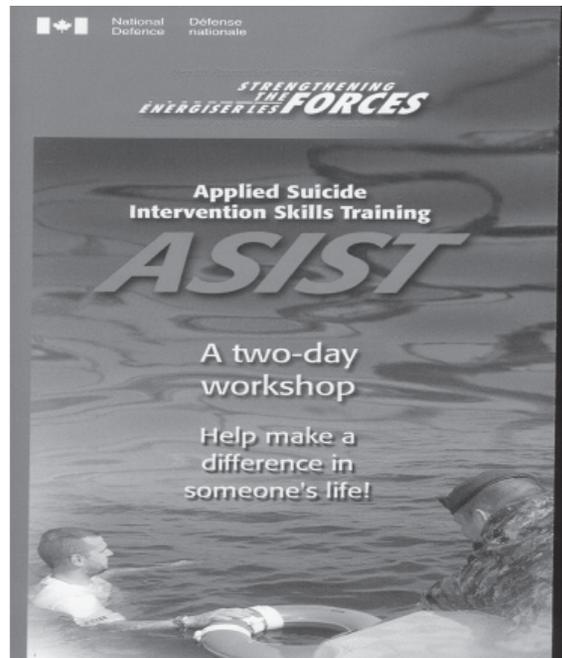
### THE CANADIAN FORCES SMOKING CESSATION PROGRAM.

BUTT OUT IS A SMOKING CESSATION PROGRAM CONDUCTED IN SMALL GROUPS AND LED BY TRAINED FACILITATORS.

INFORMATION SESSION: 27 SEPTEMBER 07  
SESSION #1 STARTS: 4 OCTOBER 07  
Bldg. #62 – Room #309  
1130 – 1300 hours

\*You don't have to be smoke-free at the start of the program\*

For more information or to register contact Health Promotion @ 4150 or 4160



DATE: 20 & 21 SEPTEMBER 07  
TIME: 0830 – 1600 HRS  
LOCATION: MFRC, 102 COMET STREET  
FOR ADDITIONAL INFO AND TO REGISTER CONTACT Health Promotion @ 4150 or 4160

### STRENGTHENING THE FORCES ÉNERGISER LES FORCES

WANT A SUPPORTIVE WAY TO SHED A FEW POUNDS AND FEEL BETTER ABOUT YOURSELF?

## REGISTER FOR WEIGHT WELLNESS



START DATE: 25 September 07  
TIME: 1230 – 1500 hrs.  
WHERE: Bldg. #62, Room #309

FOR ADDITIONAL INFORMATION AND TO REGISTER CONTACT HEALTH PROMOTION @ LOCAL 4150 OR 4160

# A Standing Ovation After 42 Years Of Service

By Karen Christiuk

Standing ovations are rare during morning retirement ceremonies, but after 42 years of service, the staff of 1 Cdn Air Div/CANR rose to their feet to honour Air Force Training Captain Jacques Boisclair on 5 Sept 07.

During the ceremony, Air Force Training Director Colonel Daniel Edgar spoke with praise about Capt Boisclair's many years of service and presented him with a framed retirement scroll and a stone plaque. Col Edgar also noted that, due to his extended period of service, Capt Boisclair will also be receiving a letter of recognition from the Prime Minister of Canada, and a Canadian flag that has flown on Parliament Hill.

Capt Boisclair's retirement was celebrated again later that day, when the Honourable Peter MacKay, Minister of National Defence, visited 1 Cdn Air Div/CANR and presented Capt Boisclair's Canadian Forces Decoration 3 (CD3) pin for his long service.

"I am honoured to present this to you," said MacKay as he made the presentation. "We are grateful for your service to Canada."



The Minister of National Defense The Honourable Peter Mackay presents Captain Jacques Boisclair-Pilot Instructor with his Canadian Decoration Medal 3 during his visit to 1 Canadian Air Division.

Photo by Pte Levarre McDonald

## Commander's Commendation



Photo by Pte Levarre McDonald

Major Mark Ferris, A3 Tpt Sys, 1 Canadian Air Division Headquarters, was presented with a Commander's Commendation by MGen Marcel Duval, Comd 1 Cdn Air Div on 22 Aug 07. Maj Ferris was cited as, "A natural leader, who has been directly responsible for coordinating all aspects of Operational Worthiness, which has involved extensive participation in the C-17 Operational implantation Working Group, and collaborating with the Project Office and the Department of Technical Airworthiness."

Ferris has also been a key contributor to the development of the Release to Service process which will become the template for all future aircraft acquisitions. His actions have directly contributed to the expeditions and highly effective traditions and values of the 1 Canadian Air Division and the Canadian Forces.

(above) Maj Mark Ferris (right) receives a Commander's Commendation from MGen Marcel Duval, Comd 1 Cdn Air Div.

## 6th Annual Bear Clan Gathering Program of Events



Thursday, September 20 to  
Sunday September 23

Behavioural Health Foundation,  
St. Norbert, Manitoba  
35 de la Digue Avenue  
(East off Pembina Hwy)

Everyone is welcome to attend the 6th Annual Bear Clan Gathering to take place at the Behavioural Health Foundation.

This event honours the modern caregivers in society who are now serving the traditional role of the Bear Clan.

This includes police, fire-fighters, ambulance, military and cadets.

There will be traditional ceremonies, teachings and a daily feast.

Thursday, September 20: Opening Ceremonies

- 5 p.m.: Grand Entry, Opening Prayers and Remarks by Special Guests
- Host Drum: Spirit Sands
- Elders and attending dignitaries are requested to notify organizers so they can be acknowledged during opening remarks.
- Feast sponsored by Winnipeg Police Service and Royal Canadian Mounted Police.
- Evening Sweat

Friday, September 21: Women and Children's Day

- 10:00 am: Children's Grand Entry
- Teachings and ceremony and activities arranged by Wahbung Abinoonjiag.
- Host Drum: Wahbung Isquew Women's Drum Group along with youth.
- Tipi teachings (the Seven teachings of the Aboriginal culture.) Charlene Calder

- Children's crafts – Wahbung staff members
- Feast provided by Wahbung Abinoonjiag and the Behavioural Health Foundation.
- Evening Women's Sweat: Charlene Calder.

Saturday, September 22

- 12:00 noon: Sacred Fire
- 1:00 pm: Chibi Fire, Memorial Service
- Food Offerings: guests may present a food offering to the Sacred Fire for family or friends who have entered the spirit world.
- Children and guests are asked to remain away from the Sacred Fire during this time. There will be activities to occupy the children.
- Those wishing to participate will be guided through the ceremony protocol.
- Feast provided by Bear Clan
- Evening Sweat: Art Shofley

Sunday, September 23: Closing Ceremonies, Giveaway and Feast

- 12:00 noon Moment of Silence in honour of Fallen Comrades
- Bear Dance
- Pipe Ceremony: Join us as we prepare the Bear spirits for their winter's sleep.
- Giveaway in honour of members of the Bear Clan committee. Everyone invited to partake.
- Pot Luck Feast.
- Closing Ceremony.

For more information or, if you or your organization wish to participate, please contact:  
Art Shofley (204)781-0656  
Cecil Sveinson (204)470-7320  
Mike Calder (204)269-3430

## HAVE A LAUGH Supporting 17 Wing GCWCC Campaign

Rumor's Restaurant & Comedy Club presents  
an evening of comedy & prizes  
2025 Corydon Ave

Wednesday, October 17  
7:45 pm - Rush seating  
(doors open at 6:00 pm)  
\$12 per ticket - 50%  
profit to GCWCC

Tickets Available From:  
Sherry Liley, 38 CBG HQ  
1 Cdn Air Div Public Affairs  
John Chabih, MFRC  
17 Wing Recreation, Bldg 90  
MWO Spragg, 17 Wing HQ



LGen Charlie Bouchard (left) and CWO Maurice Sacco (right) present the NOAA award to AOC director LCol Robert Chmara.



The grounded NOAA WP-3D Orion in St. John's, Nfld. The quick response of the AOC team ensured the NOAA team received the aircraft parts they needed to get home.

# 1 Canadian Air Division Air Operations Centre Nets Award

By A/SLt David Lavallee

The rapid response of a handful of duty officers at 1 Canadian Air Division/Canadian NORAD Region Air Operations Centre (AOC) has earned an award from the U.S. National Oceanic and Atmospheric Administration (NOAA).

On the evening of February 9, 2007, a NOAA WP-3D Orion aircraft was conducting weather research in the North Atlantic, when it experienced an in-flight emergency that required it to land in St. John's, Nfld. The event required the Orion to discharge two engine fire extinguishers, and as a result, the aircraft was grounded.

The Orion needed to install new fire extinguishers before it could take to the air and head home. However, the NOAA team experienced some difficulty getting the parts they needed through the usual commercial means.

Enter the officers of 1 Cdn Air Div/CANR AOC. A call

was placed to the AOC from the NOAA team on the morning of February 12 seeking assistance, and assistance is what they got.

After receiving the NOAA's call, AOC duty officers Capt. Eric Jarry and Capt. Patrick Hitchcock sprung into action to get the required parts out to St. John's. Their response was so quick that by the end of the day, the NOAA's crew received the parts they needed, thanks to a special delivery made by a 413 Transport and Rescue Squadron CC-130 Hercules.

The NOAA was so impressed with the service they received that they sent a special award north. Lt-Gen Charlie Bouchard, former commander of 1 Cdn Air Div/CANR, recently presented the award on behalf of the NOAA to the AOC on July 12 at a small ceremony at the Air Division Headquarters. The plaque is currently on display at the AOC and reads:

"In appreciation of your outstanding cooperation and efficient support in arranging parts transport for our disabled

WP-3D aircraft in St. John's, Newfoundland, on February 12th 2007."

While the NOAA was very pleased, according to Maj. Jagat of the AOC, it was really all in a day's work. "That kind of thing, where something goes wrong and we help make it right, is fairly routine," said Maj. Jagat, who was also on duty the day of the call. "Our guys were just doing their jobs."

Still, Maj. Jagat said it's always nice to be recognized for a job well done. "We definitely appreciate the award, and we were happy to help."

Rear Admiral Philip M. Kenul, director of the NOAA's Marine and Aviation Operations Centers, expressed his gratitude in letter to Col. William Veenhof, former director of operations, Canadian NORAD Region.

"Your command's rapid response, dedication to mission accomplishment and support is highly commendable," said Rear Admiral Kenul. "I've never experienced that level of efficiency and professionalism in over 25 years of service."



17 Wing deployed a team of 11 individuals to the Nijmegen March in the Netherlands from 13 to 23 July 2007. Prior to deployment, the team trained for fifteen weeks with an average of 800 Kms of marching in preparation. In order to complete the 160 Km Nijmegen March, team members require determination, strength and endurance. Individuals were required to push themselves by putting team goals ahead of personal discomfort. Selection for the team was based on athleticism, teamwork, dedication, and attitude. The team performed exceptionally well and finished strong earning 17 Wing a team medal.

The Team consisted of: Captain Joel Templeman (Team Leader); Captain Richard Davies (Team 2 IC); Captain Phil Dawes; Captain Craig Isenor; Captain Brian McLean; Captain Bernhard Vaque; Corporal Tabatha Morris; Corporal Ryan Shewchuk; Major Bruce Kiecker; and Sergeant Penny Van Den Berg.

## Tunisian Chief Of Air Staff Visits Winnipeg



Brigadier General Mahmoud Ben M'Hamed, Tunisian Chief of Air Staff, (left) presenting Major-General Marcel Duval, Commander 1 Cdn Air Div/CANR, with a commemorative Tunisian art object. BGen Mahmoud Ben M'Hamed and three members of his staff visited 1 Cdn Air Div/CANR on 27 August 07.

# CF Adventurer To Visit In November

By Karen Christiuk

Captain Meagan McGrath, one of Canada's greatest living adventurers, will pay a visit to 1 Canadian Air Division/Canadian NORAD Region Headquarters on 6 November. An extreme mountain climber and marathon runner, she will be speaking on the topic "Making it Happen," an area in which she is an expert.

McGrath is the first female Canadian Forces member, and the youngest Canadian woman, to successfully climb the "Seven Summits" — the highest peaks on each continent — Everest, Kosciuszko, Vinson, Elbrus, McKinley, Aconcagua, Kilimanjaro.

In May 07, McGrath came to the world's attention when the Nepal Mountaineering Association recognized her for helping to save the life of a climber on Mount Everest. Since 2005, McGrath has been posted with the Canadian Forces Aerospace Warfare Centre Ottawa detachment, the Air Force Experimentation Centre. She is also currently training for the Marathon des Sables, a six-day endurance race through the Sahara Desert.

"We're all looking forward to learning about how Captain McGrath pursues physical challenges that test her skills as an adventurer and her mental and spiritual strength," said HQ CO LCol Jean Mallais.

Although the presentations are geared specifically towards 1 Cdn Air Div/CANR personnel, 20 seats from each session will be set aside for any 17 Wing personnel who are interested in attending. As well, all staff from the Canadian Forces School of Survival and Aeromedical Training (CFSSAT) are cordially invited to attend the sessions.

McGrath will make the hour-long presentation on 6 Nov at 1000 hrs, and again at 1400 hrs. Both presentations will take place in Mynarski Hall, located on the main floor of 1 Cdn Air Div/CANR. For more information, please contact Communications Advisor Karen Christiuk (4600).



Capt Meagn McGrath, who conquered Everest and is now moving on to the Sahara, will be speaking at 1 Cdn Air Div in November.

## SQ Soldiers Experience The C9 And C6 Live For The First Time



A group of recruits goes through the Tests of Elementary Training (TsOET) on the C9 Light Machine-Gun (LMG).

By Corporal Bill Gomm

SHILO, Mb — "An excellent shoot," said Private (recruit) Dimitri Chantziantoniou. "I had a very good time."

Reserve Soldiers from across Land Force Western Area who were taking their Soldier Qualification (SQ) Course in Win-

nipeg deployed to Shilo for their range work and their Final Training Exercise (FTX) 15-25 August 07.

As part of their range work, each soldier was given the opportunity to fire half of a belt of ammunition on the C9 Light Machine-Gun (LMG) and the C6 General Purpose Machine-Gun (GPMG).

On the range four firing positions were



Master Corporal Andrew Usher indicates the targets to Private (recruit) Phil Weston during the C9 and C6 familiarization shoot on the Soldier Qualification Course.

set up with each position having a C9 and C6. An Assistant Range Safety Officer was assigned to each firing position to provide assistance to each soldier as they fired live for the first time.

"It went really well," said Capt Russ Donkersley, the Range Safety Officer. "The only real problem was the tracers, they set off a couple of fires, but they were quickly

extinguished."

"The standard was high," said MCpl Mark Pearson, an instructor on the course.

Over the next week the candidates would be throwing grenades, firing the 84mm Carl Gustav and going on their final FTX. The next day would see the students throwing grenades and firing the 84mm Carl Gustav. The FTX would follow the day after.

# Training Medics On The Road To War

By Pte Jessica Hewett, 1 Fd Amb

Three months ago, the upper echelon of 1 Field Ambulance in Edmonton was faced with an extraordinary task; take 84 people, a large number of them inexperienced privates, and prepare them for Task Force 1-08 in Afghanistan.

The road to war thus far has been like any other road. It has been straight during some points, while at others the curves are so sudden, you may veer off the road if your eyes are not focused on it. Hence focus, no matter what rank or position we hold, was, and still is, the main factor in ensuring progress and success in completing our training.

Training started as early as December 2006 for some, with courses that included International Trauma Life Support, communications, driver wheel and Emergency Medical Training provincial licensing. Health Services Support (HSS) Company stood up Role 1 and elements of Role 3 officially on Apr. 1 of this year. HSS successfully brought together Canadian Forces medics from Edmonton, Cold Lake, Dundurn, Shilo, Esquimalt, and Petawawa.

Training began with lectures, lectures, and more lectures. A tedious task some might bravely admit, but they are still a vital component in our preparation for Afghanistan. A few of the topics that were touched on included information operations; foreign weapons; sighting a medical facility; media awareness; information on the environment and wildlife in Afghanistan; and Rules of Engagement. These classes aided in our cultural awareness and shaped how we would deal with "civilians" and other key players during our Level two and three training. Though this time in the classroom seemed to be the most difficult to get through (continuous coffee runs helped!), it will probably prove to be essential education for the troops deploying overseas.

Despite long hours of verbal education, the time indoors was broken up with the refreshing of everyone's Basic Soldiering Skills. This task is required on a yearly basis, so the undertaking was a smooth one. HSS company blasted through the ELOC training and concentrated most days on the ranges, getting as comfortable as absolutely possible on the C7A2, 9mm, C6 and C9.

Next came the exercise in Shilo. The purpose of the exercise was to complete the live pairs firing with 2 PPCLI as well as meet, some for the first time, the soldiers we will accompany on TF 1-08. Many of the newcomers got the chance to spend some time in the field with Bravo and Charlie Company.



Soldiers from Task Force 1-08 secure a compound during training.

They were exposed to battle movements with the LAVs as well as having the opportunity to fire weapons that are not usually at the disposal of 1 Field Ambulance.

HSS has now completed the necessary training for Levels Two and Three. Many were sceptical of spending three days in the compounds of 1 Field Ambulance, but in the end those three days were probably the most efficient and beneficial training days yet. Activities covered were convoy operations, quick reaction force and dismounted patrols. The objective was to give each soldier a basic introduction to how these three principal roles operate in theatre. By this point, people began forming friendships and building trust with their comrades, and morale was high during this stage of training. If people were having doubts regarding their role in Afghanistan, this particular exercise seemed to reiterate each individual's personal reasons for

wanting to be a part of the team going overseas next year.

Overall, there is a huge learning curve for the majority of HSS personnel. Medics from all over the country were taken away from their clinics, Field Hospitals, Field Ambulance units, and their 'comfort zones' in order to come together and train for war. The soldiering knowledge now has to mesh with the medical knowledge, so each individual can help win the fire fight, triage and treat beyond the best of their ability, and with a lot of skill together with a little bit of luck, save our soldiers' lives. The road is just beginning for HSS company. There are seven months to go before deployment, but with the continued effort of the leadership and the positive attitude of the troops, the team of TF 01-08 is sure to be one that is prepared, competent, and eager to serve Canada and our fellow soldiers.

## Historic First CC-177 Globemaster III Operational Mission

By Maj Andy Coxhead

In its first ever operational role, Canada's new CC-177 Globemaster III delivered over 32 tonnes of humanitarian aid to the victims of Hurricane Dean in Jamaica last Thursday.

"It's a historic day," said Major Jean Maisonneuve, the Aircraft Commander. "This first 32 tonnes of aid begins a legacy of helping others that will perhaps total hundreds of millions of pounds over the lifetime of the aircraft."

This historic first mission, carrying jerri cans, pails and tarpaulins, left Trenton around 3:00 p.m. on the 23rd and arrived back in Trenton completely unloaded some twelve hours later.

"Five thousand families will be helped by the supplies 429 Squadron has delivered today, said Denis Kingsley, High Commissioner of Canada to Jamaica who met the aircraft on arrival in Jamaica. "The capacity to get the requested aid here in a timely

manner was and is crucial. Bringing what is needed and asked for by those in need is fundamental humanitarian aid efforts and Canada and the CF have risen admirably to the challenge."

For those folks who have been working in the world of air mobility this was just another day.

"When you work in air mobility, all you have to do is watch the international news to map out what you are going to be doing in the coming days, said Maj John Latulippe, First Officer. We were preparing for this mission long before we were officially tasked and requested to do it.

Canada took possession of the first of four CC-177 Globemaster III less than two weeks before this historic mission on August 9, 2007.

The strategic airlift capacity of the CC-177 will ensure the Canadian Forces can quickly move heavy equipment, supplies, humanitarian aid, or passengers over long distances, when and where needed in Canada or overseas.



Members of 429 Squadron, Mobile Air Movements (MAM) 8 Wing/CFB Trenton, and Jamaican Red Cross workers unload humanitarian Aid provided by the Canadian International Development Agency (CIDA) and the Canadian Red Cross at the Kingston, Jamaica Airport.

# A Hero's Welcome

By Ashleigh Viveiros, Winkler Times

A local high school teacher received a hero's welcome from the City of Winkler as he returned home from a seven-month tour of duty in Afghanistan last week.

On Aug. 30, police cars and fire trucks escorted Sgt Mark Wilson throughout the city as he made his way to his Durum Crescent home for the first time since February.

Along the way, the streets were lined with yellow ribbons, welcome home signs, and more than a few Winklerites cheering and waving to show their support.

A large group of supporters gathered on Main Street in front of Garden Valley Collegiate to welcome Wilson home, including several of his former students.

Recent high school graduate Destiny Toews said she and many of Wilson's other students are proud of his dedication to his country.

"He's our hero and we're excited that he's back safe," she said. "He did a really amazing thing and we want to support him for it."

It was a sentiment echoed by Garry Wiebe, who also lined up along the parade route.

"We want to support someone who's made an effort, made the sacrifice he's made ... to thank him, I guess," he said.

## 'At a loss for words'

After being greeted by friends, family, and a giant "Welcome Home" sign posted on his garage, Wilson said he was overwhelmed by the response his homecoming elicited from the community.

"Just the scale was overwhelming," he said. "I'm at a bit of a loss for words over that."

Wilson's wife Deana said she had simply hoped to put up a few yellow ribbons to welcome her husband home, but was touched when the homecoming parade was organized in Mark's honour.

"It's unbelievable. It's way more than I ever expected," she said. "It means so much to us to have the whole city behind us."

Wilson, a reservist with the Canadian Armed Forces, was stationed at the National Training Centre in Kabul and spent his time helping to train members of the Afghan army.

"It was a good tour," he said "I hope I made a positive contribution over there, but I also think it's a bit of a long-term thing."

After a few days spent relaxing with his family on the Labour Day long weekend, Wilson returned to his job as a geography and history teacher at GVC earlier this week.



Sgt. Mark Wilson was welcomed home from his seven-month tour of duty in Afghanistan on Aug. 30 with a homecoming parade through the city. Escorted by fire and police vehicles, Wilson was greeted by flag-waving friends, family members, and supporters who lined the parade route to celebrate his return.

## New Vision Standards For CF Aircrew Candidates

Canadian Air Force

OTTAWA (July 25, 2007) – Canada's Air Force has recently approved updated vision standards for aircrew candidates.

Under the new standards, applicants who wear glasses or contact lenses to provide modest correction to their vision are now eligible for consideration, whereas previously, applicants required uncorrected vision. The decision to adjust the minimum vision standard is based on the findings of a scientific review by a third party contractor with oversight from Defence Research and Development Canada (DRDC).

"The updated standards are based on scientific measurements that more accurately reflect the reality of operator requirements," said Chief of Air Staff Medical Advisor, Captain (Navy) Cyd Courchesne. "This is good news for the Canadian Forces as well as for many aircrew candidates, who in the past did not quite meet the previous vision standards."



The previous standards were based on a Second World War-era policy that uncorrected vision was necessary to fly combat aircraft, however, this policy was not substantiated by scientific research. It was decided that the vision standard for aircrew candidates should be based on modern scientific testing in order to be as fair and as inclusive as possible to all those desiring to become Canadian Forces aircrew.

Within the aircrew occupations, the new vision standards have the most impact for prospective pilots. There will be no change in the expected flying performance of pilots because of the adjusted standards.

Applicants who have had corrective (laser) eye surgery are not eligible for entry into the pilot occupation.

The Canadian Forces has not had any difficulty attracting pilot applicants in the past several years. In the future, the new vision standard will result in a larger pool of applicants and a more competitive selection process.

## Forces Needs Your Language Skills

CF Personnel Newsletter

If you are a member of the Regular or the Reserve Force who speaks a Middle Eastern or North African language, the CF wants to register your language ability.

The Forces is interested in registering all new members of the Forces who have some level of proficiency in any or all of Arabic, Pashto, Farsi and Dari. As well, you should register if you possess some level of proficiency in the Nubian, Dinka, Ta Bedawie, Nilotic, and Sudanic languages

of North Africa.

You should provide detailed information about your language proficiency to your Unit Records Section (URS). The information will be passed to CF Information Operations Group (CFIOG) HQ. If you possess demonstrable language skills, you could be offered an opportunity for employment in support of current or future CF operations. Personnel who have already been selected and employed in this endeavour have had a very positive impact on CF operations.

"I am currently on my fourth deployment,"

says a member of the CF who is serving as both a soldier and a linguist in Afghanistan. "I'm proficient in Dari and Pashto, and I have had the opportunity to work with Canadian and Allied forces. I would recommend this opportunity to serve Canada and be one of the many faces of the CF to anyone who speaks Pashto, Dari or other Eastern languages. Your work will be appreciated."

Moreover, if you demonstrate an ability to learn new dialects and/or smoothly switch between dialects, you may be offered additional language proficiency training.

In this case, a posting of up to three years may be required to enable the Forces to take advantage of your unique skills.

If you feel your language skills may be of value, please inform your URS. Records Section staff should pass personnel info [service number, rank, name and initials, Military Occupational Structure Identification (MOS ID) Code, unit, language, test results (if available), citizenship, security clearance and point of contact] to Master Warrant Officer Steven Burr at Burr MWO SL@ADM(IM)CFIOGHQ@Ottawa-Hull, at CSN 849-3178 or at 613-945-3178.

# GCWCC Campaign Kicks Off September 14

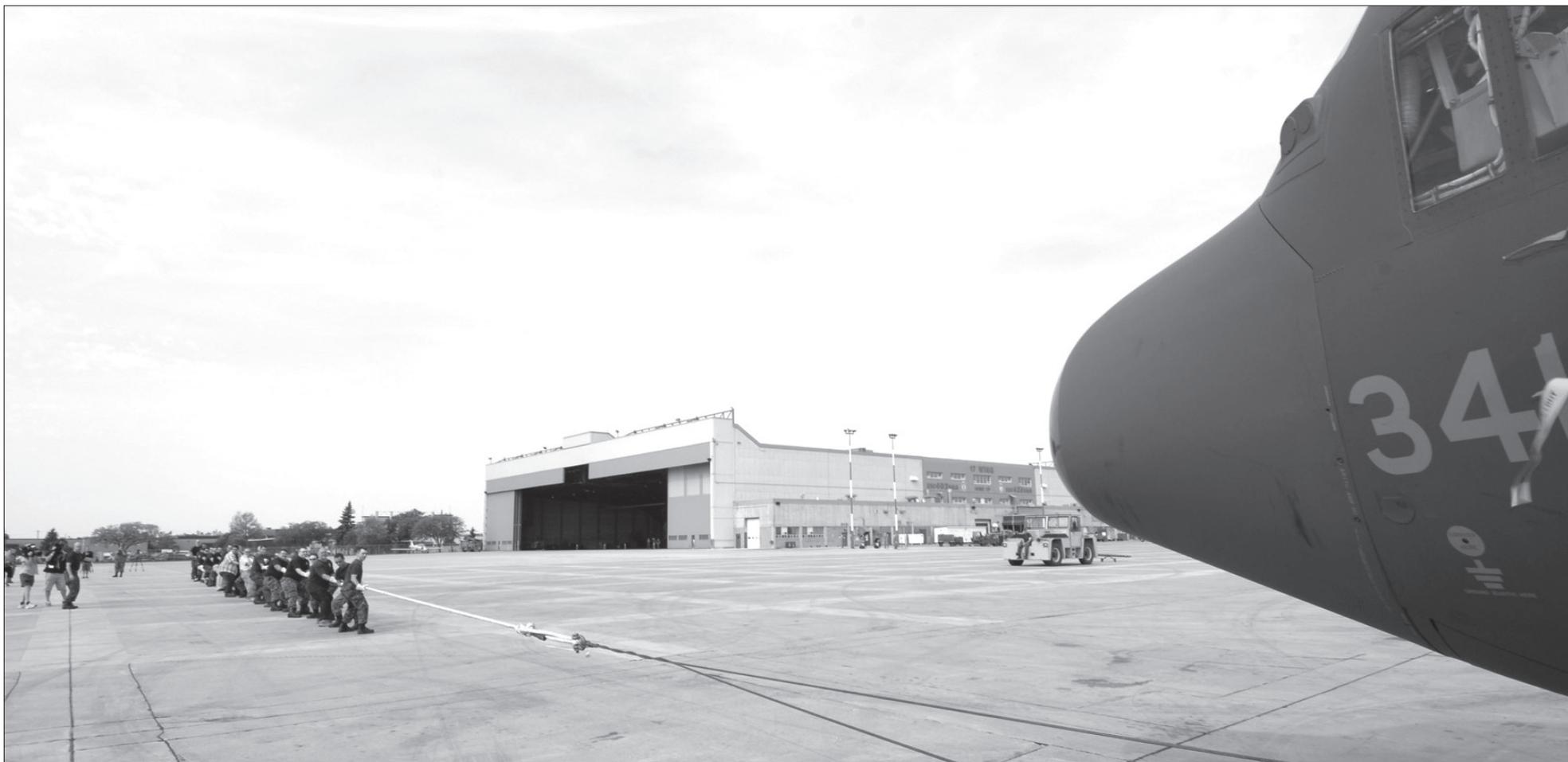


Photo by Cpl. Steven Bogue

Members of 17 Wing Logistics give it their best in the Hercules pull, at the 2006 GCWCC campaign kick-off.

Submitted by A/SLt David Lavallee

**F**un, food, fellowship — there's no better way to bring a community together.

That's exactly what's happening on September 14, when the Government of Canada Workplace Charitable Campaign (GCWCC) officially kicks off at 17 Wing.

The campaign will commence on Friday with a free barbeque lunch, a performance by the Air Command Band, and the "Herc Pull" competition (trials begin around 10:00). Local media celebrity John Sauder of CTV Television will also be on hand as MC of the event.

It promises to be a fun-filled occasion that will hopefully springboard the 2007 campaign beyond the accomplishments of its 2006 predecessor—with the help of the 17 Wing community, of course.

"After last year's outstanding campaign, we've got real momentum heading into our 2007 effort," said Sherry Liley, co-chair of the 2007 campaign. "We've set our sights higher this fall, so we're really counting on 17 Wing to help us see it through."

The GCWCC is an annual, national fundraising campaign of the federal public service, and is one of the largest and most successful workplace fundraising campaigns in Canada. It raises money in support of United Way/Centraide, HealthPartners and thousands of other registered Canadian charities.

Last year, the GCWCC raised \$109,000, which was almost \$20,000 more than its goal of \$90,000. Based on that, the 2007 GCWCC committee has set a target of \$115,000 for this fall's campaign, which runs September 14 to November 9.

The GCWCC theme for 2007 is Because We Live Here. According to Liley, that's all the reason we need to support it. "What makes this campaign great is that the money we raise will benefit the people in our community who rely on the programs offered by these organizations," said Liley.

"Chances are we all know someone who uses these services, whether they're family, friends or colleagues."

All the money raised in the campaign will be invested locally in the Winnipeg-area community. Because the United Way's operating costs are covered by a grant from the Province of Manitoba, every penny raised will be spent on programs, not administration.

Be sure to attend the 2007 GCWCC "Kick Off" on September 14 for good food, good fun and to find out how you can contribute to this year's campaign. For more information on the event, please visit <http://17wing.winnipeg.mil.ca/wadmin/GCWCC/index.htm> or contact Michelle Arnaud at extension 6502. To find out whom you can contact about donations, please call Lt (N) Amy Campbell at 6297.



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R3J 3Y5

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

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

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  - 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

## MFRC Summer BBQ's

Our BBQs were very successful this year, with several "sold out" lunches. We were fortunate that Mother Nature cooperated on most Thursdays.

Thank you to everyone who supported our efforts while enjoying a yummy lunch and a break from your office routine.

Thank you, also to the volunteers and Green Team members for taking orders, cooking, and serving every Thursday.

## Winnipeg MFRC Annual General Meeting

September 19, 2007, 1900hrs  
MFRC Administrative Offices at 102 Comet Street

Everyone Welcome. Come out and have a voice in the programs and services offered by the MFRC. Childcare is available upon request.

## Wing Welcome THANK YOU!!!!

A big THANK YOU to all of the 17 Wing and 1 Canadian Air Division military and civilian personnel for your work on this year's event! Your efforts contributed to the success of this event and to the FUN experienced by the participants.

A special THANK YOU to all of the volunteers: the Family Fun Day Committee and Executive and most importantly the fantastic MFRC Volunteers. You are what make this yearly event the success that it is! It could not be done without you!

SEE YOU NEXT YEAR!!!

## Volunteering

A recent report written by Linda Graff and released by Volunteer Canada explored the relationship between volunteering and wellness for the Volunteer.

Volunteering contributes billions of dollars worth of work every year in Canada to individuals, communities, and organizations, and recent scientific findings indicate it is extending the well being and longevity of volunteers themselves.

Volunteering can generate a heightened sense of self-esteem, self-worth and confidence, reduce heart rates and blood pressure, increase endorphin production resulting greater feelings of well-being and calm, boost immune system and nervous system functioning, reduce life's stresses, and overcome social isolation.

Volunteering can offer a sense control and empowerment. It can offer a new perspective on one's own problems, generate feelings of being needed and being productive, and can offer social contact.

So why not "Volunteer For the Health of It"?

## CASUAL CARE

This program gives parents an opportunity to have their 18 month-6 year old children cared for in a stimulating and caring environment by trained staff. You must book ahead (max 1 week). Space is available on a first come first serve basis. Call 833-2500 ext 2491 to book

Westwin Children's Centre:  
Tuesday 1:00-3:30pm  
Thursday 9:30-noon  
Cost: \$8/child \$12/family

For information/registration contact Shannon 833-2500 ext. 2491

## Military Deployment - Coping with Separation

Periods of separation due to military deployment can be tough. Many become overwhelmed by the impacts of their spouse's absence. Although deployment presents challenges for you and your family, there are some positive things that can come out of this opportunity. What matters most is your attitude. Focusing on the negative aspects of deployment such as missing your spouse and having to take on all family responsibilities alone can really bring you down. But your spouse's absence also gives you a chance to focus on you. Below are tips to help you take advantage of this time.

Get Busy! Time passes quickly when you are active and involved in life. It also makes for better, longer and more interesting letters to your spouse. Find something you enjoy doing. Set goals for tomorrow, next week and next month. The completion of a project will give you a sense of satisfaction.

Have you thought about?

- Going back to school?
- Taking up a new hobby?
- Pursuing an aerobic or weight program?
- Seeking part-time or full-time employment?
- Participating in Family Support Center or other base programs?
- Volunteering?

## PRESCHOOL PROGRAMS

There are still some spaces open in our Nursery Schools. These programs (English and French Immersion) are excellent opportunities to help prepare your child for school. They are aimed at children ages 3 (by Dec31) and 4 years old.

Westwin Children's Centre  
English class: Mon Wed Fri 9:00-11:30  
French Immersion: Mon Wed Fri 1:00-3:30  
Cost \$75/month  
(Located at 684 Wihuri (Whytewold Rd))

MFRC South Nursery School French Immersion  
Tues. Thurs. 1:00-3:30  
Cost \$60/month  
(Located at 2300 Corydon Ave)



## Preschool Playgroups

Come out to these drop in groups with your children, ages birth to 6 years and meet others, enjoy some singing, rhymes, stories and crafts.

Creative Tots:  
Westwin Children's Centre Tues. 9:30-11:00

MFRC South Playgroup:  
École Tuxedo (2300 Corydon) Mon 1:30-3:00

Mother Goose:  
Carpathia School (300 Carpathia Rd)  
Thurs 9:30-11:00

Rock n' Read: TBA for Oct.  
These playgroups are free of charge.

## Together in Church



### CATHOLIC

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

#### Chaplains

**Chaplain Lisa Pacarynuk**  
Roman Catholic  
Office 83-2500 ext 5417

**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 Grant Schapansky**  
(Pentecostal)  
Office 833-2500 ext 5349

**Padre David Stewart**  
(Presbyterian)  
Office 833-2500 ext 5785

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

#### 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.

# Reflections From A Ruck March

By Padre Lance Magdziak

For the last few weeks I've been ruck marching Tuesday and Thursday mornings with members from 17 Wing preparing for upcoming deployments. This week I was reminded of the old anonymous saying, "It isn't the mountains ahead that will wear you out, it's the stone in your shoe." Ouch!

It is really quite amazing what our bodies can adapt to when it comes to carrying heavy loads for significant distances. Unfortunately my feet will not adapt to even the tiniest of pebbles that have one way or another found their way into my boot. We all know (or should know) that foot care is essential if we're to stay on our feet and complete the magic 13K in the allotted time. Of course, I think there is a life les-

son here.

Many of us as CF personnel (and family members) are capable of managing tremendous amount of stressors in our lives. I've talked with a lot of us, in numerous kinds of circumstances, and for the most part we're a resilient bunch who find ways to adapt and overcome. But as with foot care and ruck marches, there are some personal things that need to be addressed in order for us to maintain our psychological resilience, especially during times of high stress, like deployments. We underestimate the damage done by ignoring the "little irritating stuff" of chronic unresolved conflict in our meaningful relationships. For example, we underestimate the damage done by minimizing and denying the "little problems" we might have with problematic gambling or drinking behaviours. Of course we don't all have the same Achilles heels, but each of us has our own "personal stuff" (no matter how small) that needs to be addressed and cared about if we are to continue to be resilient in completing the tasks we've been assigned.

Next week I'm double-checking my boots for pebbles before I lace them tight!

## CURLERS WANTED

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Assiniboine Memorial Curling Club  
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Team, individual and spare entries are most welcome

Contacts: Lynda Ann & Jim Smith  
889-5838



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## MND On The Death Of Maj Raymond Ruckpaul

National Defence

The Honourable Peter Gordon MacKay, Minister of National Defence and Minister of the Atlantic Canada Opportunities Agency, issued the following statement on 31 Aug 07 on the death of Major Raymond Ruckpaul:

"I would like to extend my condolences to the family of Major Raymond Ruckpaul who died in Afghanistan. My thoughts and prayers are with them during this difficult time.

This is a challenging mission, but Canada's government is showing international leadership by working alongside our international partners and standing up for something that is just. We are committed to helping the Afghan people achieve peace and stability and rebuild their country and its institutions."

Major Raymond Ruckpaul was based at the NATO Allied Land Component Command Headquarters in Heidelberg, Germany, and was serving in Kabul, Afghanistan with the International Security Assistance Force Headquarters.

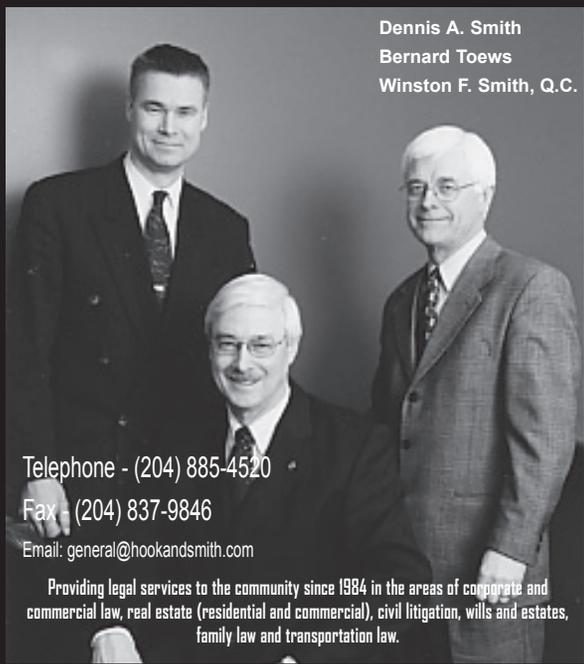


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**CRIBBAGE:** Thursdays at 7:30 pm  
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**MEAT DRAWS:** Friday at 6:30 pm Saturday at 3:00 pm

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# TAROSCOPES

BY  
NANCY

**Aries (March 21 - April 19):** When making decisions, opt into what provides the most opportunity in the future. You are in control of what happens next and you can now make choices you'd had to put off in the past; so go ahead. Your way is clear to bigger and better things. Your attitude commands respect.

**Taurus (April 20 - May 20):** What you strive for is closer than you realize, so make the final, necessary effort to reach your goal. Show others that you know what you are doing, but when you can learn from those with expertise greater than your own, show them you're really smart by letting them take the lead.

**Gemini (May 21 - June 21):** You feel strongly about something and therefore it's hard to give over the reins of control, especially when you know others are less experienced than you. But they need the chance to learn so let them try and then step in if necessary. Tend to your well-being and personal relationships.

**Cancer (June 22 - July 22):** You have a renewed sense of vitality and hope when you tackle challenges or set out on an adventure. Create a new framework for your life. You don't need to work at figuring out how to do this, just look honestly at what is happening around you. The required adjustments are obvious.

**Leo (July 23 - August 22):** Leave your usual distractions behind. With a change of place, new insights about an action plan emerge. Do you have the training, talent and skill required to succeed? If so, then maybe you just need to wait for the right moment to take centre stage. At the right time - you shine.

**Virgo (August 23 - September 22):** You're so busy orchestrating adventures that you may not realize that you are compartmentalizing your life. Your beliefs are about to be tested when you are faced with a unique scenario. Keep your options open and put yourself first instead of adapting to others.

**Libra (September 23 - October 23):** The change of season can bring a sense of urgency to complete tasks and reach goals. But it's best to pause and process what you've discovered and accomplished, instead of only fretting about a lack of progress. Refreshed, you can leap into the fray with renewed confidence.

**Scorpio (October 24 - November 21):** A strong reaction could lead you to say too much when someone impressionable is listening. Be extremely inventive and you can build bridges and cement ties. This is a time to put the past behind you, even if it has upset you deeply. Something new and exciting begins now.

**Sagittarius (November 22 - December 21):** Get moving. You're bursting with energy and need to use it somehow. At the same time you can exercise an inner demon and make peace with your past. After careful consideration you'll realize you have something special and will want to work at holding onto it.

**Capricorn (December 22 - January 19):** Act immediately on an idea if you will be the only one affected by the outcome; otherwise reconsider. You may wonder if you are either, more important than you realize or totally insignificant. Actually you're both - it just depends on the pond you're swimming in.

**Aquarius (January 20 - February 18):** You've worked hard. Consequently things are picking up. You'll instinctively know how to deal with spiteful people, who are upset with the "breaks" they think you are getting. Don't let their backstabbing gossip deflate your sense of self-esteem or let it open old wounds.

**Pisces (February 19 - March 20):** Just when you wanted to take a break you find your talent and expertise are acknowledged and in demand. Though initially this means more effort is required - it's worth it. Later you can name your terms. Focus on your long-range goal and put your own unique spin on what you do.

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