



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

June 23, 2010

VOLUME 59, ISSUE 12

FREE

Wingin' It on the Big Bike



Members of the 17 Wing 'Wingin' It' team ride the Big Bike to raise money for the Heart and Stroke Foundation. See more on page 8.

PHOTO CREDIT: KRISTY RYDZ

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Support Office Helps Keep Education a Possibility

Kristy Rydz
VOXAIR REPORTER

Whether it's needing to withdraw from a course after the drop date because of a deployment to Haiti or trying to hand in an assignment while on a mission in Afghanistan, Canadian Forces (CF) members are unique students that require special understanding from their university. The University of Manitoba's Military Support Office (MSO) understands the hurdles military students face on a daily basis – and is there to help them overcome them.

"A military student is different than a regular student. If they get deployed or have to go on course they shouldn't be academically penalized for that," MSO coordinator Kent Pearce said.

Adopting the belief of "Soldiers First" in order to ensure that CF members and their immediate family can still attain their undergraduate degrees, the MSO helps provide courses by distance education, academic counseling and help with specific course withdrawal and testing circumstances to ensure no financial or academic penalty is incurred.

First established in 1974 in conjunction with the Department of National Defence (DND), the Canadian Forces University Program (CFUP) ran until 2006 when it was replaced by the MSO as DND contracted the U of M to focus on the evaluation of military occupations, training and courses. While that contract is up at the end of June, the U of M will continue to provide funding support for the office.

The program has resulted in more than 10,000 registered students, over 1,400 graduates and a database of CF courses that can be considered toward undergraduate degree credits.

"If you were a pilot coming in or an aviation technician, you can look on our database and see the equivalent courses that we offer," Pearce said. "We recognize that the military

gives a high level of training and a lot of that knowledge and training is applicable [to a university education]."

Having support staff like academic advisor Carol Prosk to guide them through the education system while dealing with the complex CF lifestyle is crucial to success.

"They have a full-time career, many have families. They have a lot on their plates already," Prosk said. "They get a real person that understands what their life is like and who understands the university side too. We're here to mesh the two together."

After 22 years in her position with the MSO, Prosk is set to retire at the end of the month leaving behind many appreciative current students and graduates alike.

"I've established a lot of friendships with these people," she explained. "I know their kids, I know what they're doing and what they're graduating from. I have such respect for these people who already have such responsibility and they're committed to their education on top of that."

Since the announcement of her upcoming retirement current and former students have expressed their appreciation for Prosk's dedication with phone calls and e-mails full of gratitude.

One former student, retired Captain Dean Friedt, wrote, "Carol has been a stellar example of service with the highest dedication and effort, and is quite simply a star on the report card of the University of Manitoba."

The learning has been a mutual experience for both the students and for Prosk.

"I feel like I've toured the world with many of my students. They're never too busy to have a conversation about what's going on in their part of the world. Haiti, Afghanistan. And then they send me photographs," she said. "It's been a geography lesson, lessons in world politics and history for me through my students."



Carol Prosk, the U of M's Military Support Officer, is set to retire after 22 year of helping military students with their University studies. Photo credit: Submitted

Canadian Forces on Display at Red River Ex

Capt Jeff Noel
WING PUBLIC AFFAIRS OFFICER

From Search and Rescue Technicians parachuting from CC-130 Hercules aircraft, multiple interactive displays, and dozens of military personnel, the Canadian Forces exhibit at this year's Red River Exhibition will be the largest in years.

Suitable for the whole family, the exhibit will feature Army, Navy, and Air Force equipment and personnel officers and crew members from the Canadian Patrol Frigate HMCS Winnipeg who were involved in Anti-Pirate patrols off the coast of Somalia.

The exhibit will feature displays of military vehicles - including one of the Navy's Centennial Display buses -

equipment, heritage and history, flight simulators and even a Youth Confidence Course.

"It's a nice break for parents, the kids will love the course and the displays, and the best part is that it's free," says Capt Kirk McMunn, organizer of the military portion.

Performing on the popular Red Barn Stage will be the world renowned Air Command Band's 'Show Band' ensemble whose repertoire includes hits from such artists as Coldplay, Taylor Swift, Metallica, Doc Walker, Pink, Great Big Sea and Shania Twain to name just a few.

The Canadian Forces exhibit will be open to visitors during the entire Red River Exhibition. For the Show Band schedule, please contact the Red River Ex office.

Correction

In the June 9th issue of the Voxair we misspelled Lt Robert Richard Sadick's name in a photo caption. We would like to apologize to Lt Sadick, and have reprinted the photo as it should have appeared below.

-Voxair Staff



Lieutenant Colonel Leo Brodeur 17 Wing Administration Officer presents Lieutenant Robert Richard Sadick with his Commissioning Scroll in the 17 Wing Officers Mess on 14 May 2010. Photo credit: Cpl Levarre McDonald.

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The Winkler Times
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The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn forces
Winnipeg, MB R3J 3Y5
This newspaper is printed using
environmentally safe inks.
Publications Mail Agreement No. 1482823

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Winnipeg SAR tech reaches the North Pole

Holly Bridges

Warrant Officer Darcy St-Laurent is no stranger to operating in the far north. The Winnipeg search and rescue technician (SAR tech) received the Star of Courage for a rescue in the Torngat Mountains of Labrador and the Medal of Bravery for rescuing a downed helicopter pilot 322 kilometres west of Rankin Inlet, Nunavut.

Now, after trekking more than 800 gruelling kilometres and spending 51 days on the ice and open water of the Arctic Ocean, WO St-Laurent became the first Canadian Forces member, the first Manitoban and the seventeenth Canadian to complete a full scale expedition to the North Pole, originating from a point of land.

American explorer Eric Larsen teamed up with WO St-Laurent and Britain's Antony Jinman on the North Pole leg of Mr. Larsen's "Save the Poles" mission to raise awareness about the environment by reaching the South Pole, North Pole and summit of Mount Everest within a year. The three-man team skied, snow shod and even swam from Cape Discovery on Ellesmere Island to the geographic North Pole.

"A lot of people ask me why I did this and I'm not even sure myself," says WO St-Laurent. "I guess it was about seeing what my limits were and fulfilling a personal challenge. The North Pole is the furthest place you can go without going south and one of the most inhospitable places on earth so it had that attraction for me – plus maybe because it was hard."

Hard, indeed. Several setbacks pushed WO St-Laurent to the brink of his mental, physical and emotional endurance. Although a highly-trained survival specialist with scores of demanding search and rescue missions under his belt, WO St-Laurent could not have foreseen two painful bouts of food poisoning, for example, with the requisite projectile vomiting and diarrhea.

"Being sick like that at -40°C is not fun," recalls WO St-Laurent who got food poisoning first from eating food that had somehow absorbed fumes from the fuel he used to cook his food. "I kept burping up fuel and wondered what was going on. Then I got the shakes, started dry heaving and began to feel really sick." Still, he soldiered on and continued skiing, not wanting to hold back the rest of the team from completing their 18-kilometres-a-day route.

Later on the trek WO St-Laurent fell sick again, this time from eating bacon that had been stored repeatedly in the same plastic bag. "These bags are a cesspool of bacteria,"

he told his fellow skiers who were also coming down sick. With no facilities on the Arctic tundra, four layers of sleeping bags and thermal blankets to peel off at bedtime, WO St-Laurent braved the elements repeatedly until the sickness passed. "I remember sitting up all night with the hot water bottle just waiting for it to pass."

Then there was the time he fell into the Arctic Ocean, discovering at the same time that his immersion suit had popped a leak. "I skied wet for the rest of the day at -40°C but it wasn't too bad as I was wearing thermal underwear and synthetic liners in my pants and shoes. I was able to dry everything out that night inside the tent."

One of the most frustrating setbacks occurred when Mr. Jinman came down with a mysterious, extremely itchy skin rash that soon began to spread to all three men. Since WO St-Laurent's wife was about to graduate from medical school back home in Winnipeg, he photographed the rash, e-mailed the photos via a satellite Internet connection to his wife who was able to consult with a physician for a diagnosis. She arranged for a pharmacy in Iqaluit to fill the \$500 prescription, have it shipped to Resolute Bay where it would be airdropped to the men by a chartered airline. The only problem was the package was dropped to the wrong expedition, leaving the men to scratch themselves silly with no ointment en route.

"Five hundred dollars and a ton of work and now we don't have the product and now we still have the illness. We survived and we got through it but that sort of stuff happened all the time." WO St-Laurent is quick to add, however, that although the trio experienced some extreme challenges, they were focused on prevention and survival at all times. "I had taught my students about the psychology of survival and now I was living it."

Still for all the hiccups en route to the North Pole, the expedition was a resounding success. The men arrived at the North Pole on Earth Day, April 22, proud that they accomplished the goal that seemed unreachable at times. Now that WO St-Laurent has returned home and is back at work, he finds himself reflecting on the experience and how life-changing it was.

"I learned not to sweat the small stuff. There is a lot of intangible stuff that I will never be able to talk about. It was extremely challenging emotionally, being away from my wife and two kids, going through everything we went through.

"It was incredibly hard because of the length of the expedition – and there was nobody holding our hands. We organized our own air support. There was no military team stand-



WO Darcy St-Laurent proudly waves the Canada, Manitoba and Air Force flags at the North Pole on Earth Day, April 22. Photo Credit: Antony Jinman.

ing by. We did this all on our own," says WO St-Laurent who took leave from his job to complete the trek. "I had never lived in a tent for 51 days straight, eating the same rations day in and day out, and trekking through very cold temperatures. I had done survival training, built ice shelters and igloos but nothing like this. If you had asked me on day 50 if I would do it again, I probably would have said no, but I would."

WO St-Laurent is an instructor with the Canadian Forces School of Survival and Aeromedical Training at 17 Wing Winnipeg, Man. For more information about the "Save the Poles" expedition and photos of WO St-Laurent visit www.savethepoles.com and www.airforce.gc.ca.

The Canadian Forces is recruiting SAR techs. Go to http://www.forces.ca/html/searchandrescuetechnician_reg_en.aspx

A Historic Event

A Look Back at Billy Bishop's Daring Estourmel Raid

Lt(N) Alain Blondin

June 2 marked the 93rd anniversary of the daring mission that earned First World War flying ace Billy Bishop the Victoria Cross. Let's go back in time to that historic event. Quotes are from the Canadian hero's air combat classic, *Winged Warfare*.

It was Captain William Avery (Billy) Bishop's day off and he "got away just as the first streaks of dawn were showing in the upper sky," he recalls. His idea was that an early morning raid behind the lines on a

German aerodrome might represent a low risk opportunity for high returns. When he told a couple of friends about it, "they were not entirely in favour of the expedition," he confesses.

He had his own reservations as he flew along, "The aerodrome was pretty far back from the lines," writes the war ace. "I was not even certain where I was ...scurrying along, close to the ground, zigzagging here and there, one's sense of direction becomes slightly vague." But Capt Bishop quickly got his focus back when he approached the line of parked aircraft: "I pointed my nose

towards the ground, and opened fire with my gun, scattering the bullets all around the machines and coming down to 50 feet in doing so," he recounts. The Germans quickly rallied to get their fighters airborne. The one-man raid resulted in two planes being shot down on take-off plus another being dispatched during a quick dogfight. A fourth skirmish ended in a draw as the famous aviator emptied his gun before finally turning home.

The war hero evaded the enemy and made it safely back to Filescamp, an aerodrome near Arras in northern France, but his

Nieuport 17 was badly shot up. It took a lot of skill and courage to fight aloft in these early aircraft built of wood, wire and canvas. The young pilot was shaken by the event. "[I] had the terrible sensation that I would suffer from nausea any minute ...The thrills and exultation I had at first felt had all died away, and nothing seemed to matter but this awful feeling of dizziness and the desire to get home and on the ground." Because of this bold, single-handed assault in enemy territory, Capt Bishop received the Victoria Cross "for conspicuous bravery and skill", the first ever awarded to a Canadian pilot.

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"Service to others is the rent you pay for your room here on Earth."

– Muhammad Ali

Minister Jim Rondeau, MLA Assiniboia, hosted the 9th Annual Community Appreciation Night at Assiniboia Downs on April 21st, 2010 to recognize the commitment and contributions of volunteers from the local community. I was privileged to be one of those volunteers recognized at this event for my years of volunteer service with YMCA-YWCA Canada. I have now been a volunteer with YMCA Canada for 24 years as both a fitness instructor and trainer. I have done public speaking on the organization's behalf and I have been involved in fitness leadership in YMCAs in Halifax, Victoria, Winnipeg and the UK; and conducted regional training sessions throughout the Maritime Provinces. But my volunteer work with YMCA Canada has also always been a great way to settle in to a new community, make new friends and most importantly give back to my community, wherever that happened to be.

Peace activist Marianne Williamson once said "In every community there is work to be done. In every nation there are wounds to heal. In every heart there is the power to do it." At this year's event I was privileged to be in the company of many others, who through their volunteer work, take on this challenge to make their community a better place. These individuals sit on school parent councils, run community clubs, provide leadership in sports and physical fitness, ensure the health of our environment, care for the elderly and those in hospitals and work to spread pride in their communities.

I encourage every Service member to look for volunteer opportunities within their community. Whether your contributions are

once a week, once a month or once a year, your efforts with a school council, sports group or community group will make a difference. Volunteerism will help you connect with a local network and develop new friendship. As Service members we bring great leadership skills and athletic interests that can be great assets to many different organizations. Although we often feel that our careers occupy every possible moment of our time, and coupled with family commitments would have no "spare" time to take on anything else, it has frequently been the sense of satisfaction that I have made a difference that has helped me through the stresses of moves to new cities and the many challenges of life in a CF uniform.

People often ask me with a challenging Service career, two busy teenage daughters and my many other commitments how do I find time to volunteer. My answer is always the same – the time is there for the giving. I believe that it is important for my girls to witness my volunteer efforts to grow the next generation of volunteers. If we plant those seeds they will grow. I now listen intently and with great pride when my girls tell me about their volunteer work with their high school Just(e) Cause social justice group or volunteer time with the Naval Museum of Manitoba.

On May 5th, 2010 Minister Jim Rondeau provided a Member's Statement to the Legislative Assembly regarding this year's celebration of volunteerism. The Assiniboia Community Appreciation Night is sponsored by local businesses in our community who also recognize the importance and contribution of volunteers.

"We are prone to judge success by the index of our salaries or the size of our automobiles, rather than by the quality of our service relationship to humanity."

– Dr. Martin Luther King, Jr.



Minister Jim Rondeau speaks with YMCA Volunteers LCdr Heather Collins and Alice Spencer at the 9th Annual Community Appreciation Night held at Assiniboia Downs. Photo courtesy of Minister Rondeau's Office.

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The Canadian Forces Community Gateway is going live nationally on Wednesday 30 June 2010.

The CF Community Gateway concept was initiated by Director General Personnel and Family Support Services to address the need for a consistent Non-Public Property (NPP) web presence across all Canadian Forces Bases/Wings. It offers "one stop" convenience for information related to local activities, schedules, family services, employment, health, recreation, messes, clubs, etc.

The Community Gateway is a series of linked websites (one for every Base and Wing) that have a common look, feel and structure that provides a standard view of all Base/Wing NPP programs and activities including publicly-funded programs delivered through NPP.

Personnel on Bases and Wings have been working hard to complete Gateway pages that provide key information about local services and programs available to military personnel and their families. The CF Community Gateway is easy to navigate and should become an invaluable information tool.

Please visit the Community Gateway at www.CFCommunityGateway.ca

Accès aux programmes et activités des BNP au moyen de VOTRE Portail communautaire!

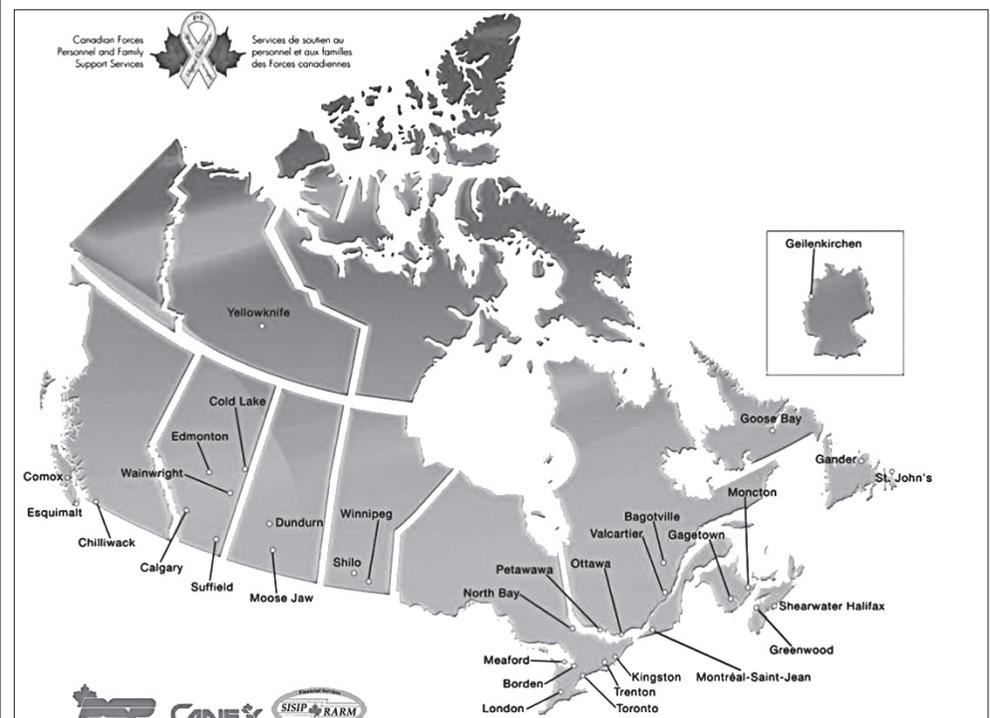
Le lancement national du Portail communautaire des Forces canadiennes (FC) aura lieu le mercredi 30 juin 2010.

Le Directeur général – Services de soutien au personnel et aux familles a créé le Portail communautaire des FC en réponse au besoin d'assurer une présence uniforme des Biens non publics (BNP) sur le Web dans toutes les bases/escadres des FC. Ce guichet unique vous permet d'avoir accès facilement à l'information concernant les activités locales, les horaires, les services aux familles, l'emploi, la santé, les loisirs, les mess, les clubs, etc.

Le Portail communautaire consiste en une série de sites Web reliés (un pour chaque base et escadre) d'apparence et de structure semblables offrant un plan de site de l'ensemble des programmes et activités des BNP dans toutes les bases/escadres, y compris les programmes financés par l'État et exécutés par l'entremise des BNP.

Le personnel dans les bases/escadres travaille avec ardeur pour mettre la dernière main aux pages du Portail communautaire qui renferment des informations clés sur les services et programmes locaux offerts aux militaires et à leur famille. Le Portail communautaire des FC est facile à naviguer et deviendra sans aucun doute un outil d'information inestimable.

Nous vous invitons à visiter le Portail communautaire à l'adresse www.portailcommunautairefc.ca.



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End of another Era

Capt J.P. Turcotte

A few months ago, the very last Canadian First World War veteran passed away, permanently severing our last tangible tie with the first dramatic armed conflict that shocked the 20th century and redefined the way the entire world looks at war.

It was a stark reminder that the time left for us to draw on the experiences of our remaining veterans of the Second World War is fading dramatically fast. And for John Enns, Jim McCombe and Ross Singleton of the Wartime Pilots' and Observers' Association (WOPA), it was their cue to let folks at 3 Canadian Forces Flying Training School (3 CFFTS) know that the time had come for them to retire.

So it was that on May 7, 2010, the WOPA representatives presented the Gos Goulding award for the last time. On that Friday, the 15 newest Canadian military pilots received their pilot wings before some 100 fellow pilots, students, family and friends gathered at 3 CFFTS in Portage la Prairie, Man.

Mr. Enns, a Coastal Command Hampden and Wellington pilot, Mr. McCombe, a Bomber Command wireless air gunner, and Mr. Singleton, a Bomber Command observer (who could not attend that day) have been an integral part of 3 CFFTS for more than a decade. Graduation after graduation, a representative from the WOPA presented the

Gos Goulding award to the most deserving rotary wing graduate. Captain Chris Fukushima said he was acutely aware that he was the very last graduate to receive this honour from these veterans.

Ed de Caux, president of the Air Force Associations 500 Wing Winnipeg will present the award in the future.

"We have been tremendously grateful for the privilege to present this award and share our experiences with the young pilots here in Portage," said Mr. Enns after the ceremony.

"This is a page of history that is being

written," added Lieutenant-Colonel Dittmann, 3 CFFTS commandant. "And it is pieces of history such as this that we will want to bring to the forefront as part of the school's 40th anniversary celebrations that will take place in June."

In recognition of the time they shared with 3 CFFTS, LCol Dittmann presented the WOPA veterans with lifetime honorary 3 CFFTS mess memberships. For their extraordinary contribution to the fellowship, morale and efficient operation of 3 CFFTS, they were also awarded the "Outlaw of the

Quarter" award for the second quarter of 2010. Staff and students of 3 CFFTS invited the veterans to come to the mess in the near future and share their memories and experiences one last time.

While we, the staff and students, of 3 CFFTS feel overjoyed and grateful for having had the privilege of meeting and sharing with these extraordinary gentlemen, we also feel sorrow and sadness at the thought that we have reached the end of another era.



John Enns presents the Gos Goulding award to Capt Chris Fukushima, most deserving rotary wing candidate from the latest pilot graduation at 3 CFFTS. Credit: Cpl Jean Archambault.



LCol Paul Dittmann presents lifetime honorary mess memberships to Jim McCombe (left) and John Enns (centre). Photo Credit: Cpl Jean Archambault.

17 Wing Herc Plays Role in Maple Flag Exercise

Pat English

One of the aircraft seen in the skies over Cold Lake this week is a CC130T Hercules aircraft belonging to 435 "Chinthe" squadron based in Winnipeg. The aircraft is participating in this year's Maple Flag exercise.

Major Marsh Pettitt, speaking from the cockpit of the meticulously maintained 20 year old Hercules aircraft numbered 342, discussed the mission they had just completed. 342 is one of five Hercules refuelling tankers that belong to 435 squadron. The afternoon's mission entailed the Hercules transferring 17000 lbs of fuel to four CF-18 aircraft. While the Hercules can refuel other NATO aircraft, only our CF-18's are being refuelled during this Flag exercise. It takes about 5 minutes to refuel each fighter. The Hercules crew consists of 4 members on the flight deck and two more overseeing the refuelling operations. The aircraft carries

24000 lbs of fuel in a removable tank as well internal fuel which can also be transferred to the fighters. Planning for the Maple Flag missions generally takes about 4 hours for a 90 minute mission. Major Pettitt related the importance of air to air refuelling as he previously flew CF-18s with 441 squadron. He stated the exercise provides the crews with experience in a "War like" situation that they would not normally get on everyday refuelling operations as well as more intense mission planning. For example after refuelling aircraft from a "safe" position, they are tasked to get closer to the action than they would normally be which raises the tempo on the aircraft. Two complete crews are in Cold Lake for the exercise, each flying a morning or afternoon mission.

Hercules number 342 has about 12000 hours on it and is among our "younger aircraft" and is along with the other Hercules Tankers at 435 squadron expected to soldier on for years to come.



Hercules #342 taking off for a Maple Flag mission. Photo Credit: Pat English

SISIP President Visits Base



Andre Bouchard, President of SISIP Financial Services, chat with LCol Luc Guillette during the MFRC coffee break. Photo Credit: Kristy Rydz

Kristy Rydz
Voxair Reporter

On 9 June, Andre Bouchard, President of Service Income Security Insurance Plan Financial Services (SISIP FS) visited 17 Wing Winnipeg where he spoke at the Integrated Personnel Support Centre (IPSC)'s Service Managers' Conference held at 1 Canadian Air Division HQ. He took time out of his day for a coffee break at the Military Family Resource Centre (MFRC) that afternoon to meet and chat with those in attendance – which is precisely one of the main reasons for his trip.

"Most importantly, [visiting bases] is to show good will and to show people that it's a team effort. We need to remember that we're working for a client and that client is a CF member and their family," Bouchard said.

New Colours for the North Saskatchewan Regiment

Cpl Bill Gomm
38 CBG PUBLIC AFFAIRS

"It's kind of like a wedding. It's impossible to mess up," said Brigadier-General David Kettle, Canadian Forces Chaplain General.

Saskatchewan's Lieutenant Governor, His Honour, the Honourable Dr. Gordon Barnhart presented The North Saskatchewan Regiment with new Regimental Colours on 1 May 2010 at a parade at Prairieland Exhibition Centre. The following day, BGen Kettle officiated the consecration of the new and the laying up of the old Regimental Colours at Christ Church.

The term "Colours" denotes the banners of infantry regiments. There are the "Queen's Colour" and the "Regimental Colour." In Regiments of the line, the "Queen's Colour" is the Maple Leaf flag charged with the regimental numeral and some of the devices. The "Regimental Colour" is of the same colour as the Regimental facings and it bears the Royal Crown, the regimental numerals, crest, motto and the Battle Honours.

BGen Kettle has taken part in the consecrating of 16 sets of new Colours during his career; 11 with the reserves and

five with the regular force.

"Everyone is in a great mood," said BGen Kettle. "It's a celebration for the Regiment; [the] laying down of old Colours and unfurling new ones. The Colours are really the history of the Regiment and this Regiment has a very proud history."

Brigadier-General Mike Jorgensen, Commander of Land Force Western Area, was invited to attend the event.

"I was very, very impressed," said BGen Jorgensen. "I was impressed by the quality of the drill here, the number of people they had on parade and the ability, of course, by my good friend, the Commanding Officer, Dan Whittaker, to master all the words of command because it is a complex operation."

During the parade, Lieutenant Colonel Dan Whittaker, Commanding Officer of The N Sask R, took time to identify one member of the Old Guard, Warrant Officer (retired) Stan Gardner. WO Gardner had been on parade in 1941 when the Queen had presented the Colours to the Saskatoon Light Infantry (Machine Gun). WO (ret) Gardner was there in 1975 when the Governor General presented The N Sask R with its Colours.

"He has been on parade for the presentation of three sets

of Colours, which is very unique," said LCol Whittaker. "I don't know of anyone else in our Regiment or within the Reserves who has been able to say they have done that. So this is very, very special for him."

The parade was part of a weekend of Regimental celebrations. The N Sask R Association held a meet and greet at Sergeant Hugh Cairns V.C. Armoury the night before the parade allowing past and present members to trade stories and to check out the weapons display and museum items.

"The weekend went extremely well," said LCol Whittaker. "Saturday went exceptionally well, other than a few errors made by the Commanding Officer, but we worked through that...Quick on my feet as normal; the troops did absolutely wonderful."

For the weekend's final event, the Unit marched from its Armoury to the Christ Church with the old Colours flying. Following the ceremony, the old Colours were hung along side the other two antiquated Regimental Colours.

"This morning was probably the most moving part of the whole weekend as the Regiment formed up and fell in our old Colours and marched them to Christ Church, our Regimental Church, for the last time," said LCol Whittaker.



The North Saskatchewan Regiment Colour Party: (F) Senior Colour Officer, Captain Brendan Clancy; Escort to the Colours, Master Warrant Officer Albert Boucher; and, Junior Colour Officer, Captain Patrick Lo. (R) Escort to the Colours, Sergeant Todd Wilson and Sgt Jared Isabelle. The Colours are lowered as the parade passes by the His Honour, The Honourable Dr. Gordon Barnhart, Lieutenant Governor of Saskatchewan. Photo Credit: Cpl Bill Gomm



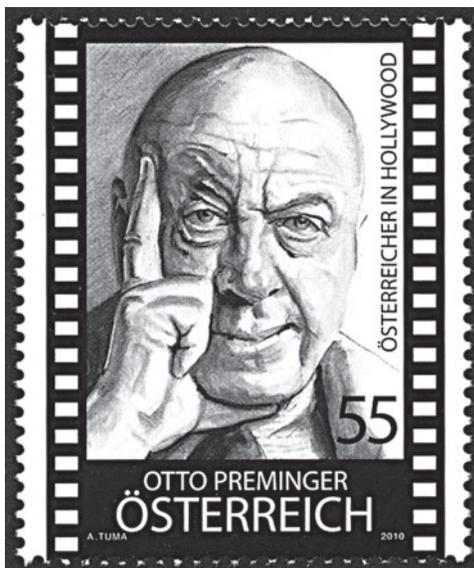
Brigadier-General David Kettle, Canadian Forces Chaplain General, reads the prayers used to consecrate the flags as Captain Dennis Newhook (Padre) holds the prayer binder. When the flags are consecrated, they become the Queen's Colour and The N Sask R Colour, collectively referred to as 'Colours'. Photo credit: Cpl Bill Gomm

Philatelist's Corner by Alf Brooks

Otto Preminger: 1905-1986

The stamps of Austria are colourful and interesting in design, fitting for the many stamps that picture subjects connected with the arts. No exception is a stamp issued earlier this year to honour film director Otto Preminger.

Preminger was born in what is now part of Ukraine, then part of the Austrian Empire. He worked in stage and film in his native Austria until in 1935 he went to Hollywood. Here he directed many films, including *The Moon Is Blue*, *Carmen Jones*, *The Man With The Golden Arm*, *Anatomy of a Murder*, *Advice and Consent*, *Exodus* and *Porgy and Bess*. You may remember him best as an actor; he played the camp commandant in *Stalag 17*.



Sports Trivia: by PO1 Bill Sheridan

- Who was the first and second player to hit 60 home runs in a season?
- Who was the first and second player to steal 100 bases in a season?
- Who was the Splendid Splinter?
- Which players hold the Home Run record for each league?
- Which players hold the stolen base record for each league?
- Who hit the most leadoff home runs?(start of a game)
- Which infielder hit the most home runs?
- Who has hit at least one home run in the most ball parks?
- What number did Ken Griffey Jr. wear in Seattle for most of his time there?
- What was the only number Babe Ruth ever wore?
- What was the number Lou Gehrig wore?
- What is the record for most strike outs by a pitcher in an inning?
- Where is a pitcher allowed to spit?
- In the song *Centerfield*, where is it that the player spent some time?
- Who is tops with most extra base hits?
- Ouch, who leads the leagues in most hit by pitches?
- In *Who's on First?* Name the short stop?
- Where was the first baseball All Star game played?
- Who was Mr Cub?
- What is the fence 50 to 100 ft behind home plate called?

See page 11 for the answers...

Write Right!

Primrose Knazan

LEARNING ASSISTANT AND PUBLISHED PLAYWRIGHT

Do you got real bad grammar?

Due ewe dip end on spell cheque her to fix the ms steaks in you're dock ewe mints?

Is proper punctuation, confusing because; its sometimes unclear: especially colons, semi-colons, or contractions.

Microsoft Word and their green underlining of sentences without verbs that they call fragments.

When you're at work or at home, do you ever have a lot of trouble trying to keep the things you that you write such as e-mails, letters, memos and other official correspondence concise and to the point or are you the type of writer that tends to write long and confusing run-on sentences that go on and on so that by the time the reader gets to the end they have no idea what you're actually trying to say?

If any of the above applies to you, you should definitely enrol in the upcoming Writing Skills courses offered by the Learning and Career Center. However, if you just want to brush up on your writing, you may also want to take Writing Skills in order to make your writing more clear and concise.

Slang, texting, online social networking and the dependence on technology to correct errors have created a culture that readily accepts grammatical laziness. Unfortunately this casual way of communicating sometimes finds its way to the professional sphere. When legitimate communications are unclear, messages are sometimes interpreted incorrectly and

confusion ensues.

Most people were taught about basic grammar in elementary or junior high. With school long behind us and no teachers to correct our work, many people find that while they are able to speak proficiently and with clarity, their ability to write properly has fallen behind. Because so much of our current business communication occurs through e-mail, the need for comprehensive writing skills is more important than ever.

Writing Skills Level 1 reviews basic grammar rules in order to construct clear and concise business writing. Topics include how to understand and identify parts of speech and the parts of a sentence. Once the participants learn about the basic building blocks of proper sentence structure, they look at common writing errors and how to improve their writing to be direct and to the point.

This course is hands-on and interactive; participants are given several opportunities to practice their writing with coaching and feedback from each other and the instructor.

Writing Skills Level 2 emphasizes organization, style and tone. This workshop allows participants to practice each stage of the writing process. Topics include planning to write, considering purpose and audience, organizing ideas into paragraphs, and editing revising strategies. This course also covers military versus civilian writing, an important piece of knowledge specific to members of the Defence Team.

Writing Skills Level 2 is also hands-on and interactive

with participants learning about writing various types of correspondence such as e-mails, memos and letters. This course shows participants how to use existing templates in Microsoft Word to create official memos.

As practical and in-depth writing workshops, employees can apply the knowledge learned in both Writing Skills courses in their day-to day work. Employees who do not normally write correspondence in their jobs would also find this course valuable as a tangible skill to add to their resumes.

While Level 1 is a prerequisite for Level 2, if you feel that you have sufficient grammatical ability, you may be qualified for an exemption from Level 1 and be able to enrol directly in Level 2. E-mail LCCshare@forces.gc.ca to inquire about exemptions.

The next session of Writing Skills Level 1 is scheduled for July 7 & 8, 2010. The next session of Writing Skills Level 2 is scheduled for August 11 & 12, 2010, with a limit of only 10 registrants. Be prepared to write!

To register or get more information about the Writing Skills or other courses from the Learning and Career Centre, please contact us at local 4636, e-mail LCCshare@forces.gc.ca or visit our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

P.S. The first person to e-mail LCCshare@forces.gc.ca with the corrections for the first five sentences in this article will win a nifty prize!

Air Force Targets Family Support Services

Air Force Commanders from across Canada were in Winnipeg recently to tackle the challenge of improving support to military families wherever those families are asked to serve in the country.

During this two-day Family Support Conference, Wing Commanders were focused on three key areas; childcare, medical care and housing. In the company of Canadian Forces specialists in those areas, leaders shared experiences working with their communities to try to assure access to services for the highly-transitory military family.

"Our families don't sign up to serve in the Canadian Forces, but they sacrifice stability when they stick by us through multiple postings and deployments," said Major-General Yvan Blondin, Commander of 1 Canadian Air Division headquartered in Winnipeg and the host for the conference. "When we post or promote our personnel to a position in a Wing and community new to them, we need

to be able to tell their families they will be able to find a family doctor, quickly re-enroll their children in childcare and live in affordable housing regardless of where they serve. We won't have achieved mission success until we can say that with confidence every time."

Throughout their career, Air Force personnel can be tasked to serve at Wings and Bases located in major cities, smaller urban centres or remote communities, where access to family services can vary widely. By the end of the conference, participants heard about the challenges their colleagues must overcome to support their military families, established standards to strive for, and shared strategies to work creatively with local civilian agencies to build mutually supportive partnerships and make the most of limited resources.

-Source: 17 Wing Website



Chief Warrant Officer Bill Dalke, the 2 Canadian Air Division CWO, with his son Russ and Chief Warrant Officer Tony Dyre, CWO 435 Squadron and his son Wyatt enjoy the Manitoba Moose hockey game at this year's Manitoba Moose Military Appreciation Night. The Air Force is committed to improving the quality of life for CF members and families. Photo Credit: Cpl Aitken


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Riding for a Good Cause

17 Wing Members pitch in for the MS Big Bike Challenge

Kristy Rydz
VOXAIR REPORTER

Clad in "Support the Troops" red t-shirts in the hot summer sun on 16 June 2010 25 men and women from 17 Wing- calling themselves Team Wingin' It - enthusiastically hopped onto one Big Bike in support of Heart and Stroke Foundation.

For the eighth straight year, CFB Winnipeg was one of 35 teams participating in the national fundraising event that sees teams collect pledges and then tour around downtown in a 20- minute ride to raise awareness and money for the organization's research and work.

The event and those like it are important morale and community-building activities for the base but also serve to raise awareness of serious health issues, according to 17 Wing Health Promotions Manager, Dawn

Harmer.

"The Big Bike is a fun event that gives 17 Wing the opportunity to show some community spirit, promote active living and support a great cause", she said.

Touring the route that took them from the Manitoba Legislative grounds down Assiniboine Avenue, Fort Street, Broadway and back, the team belted out classic tunes, "I Will Survive" and "Girls Just Wanna Have Fun" while tossing out Canadian Forces swag like note pads and lanyards to supportive onlookers on foot and in cars.

All the fundraising - and pedaling- culminated in Team Wingin' It contributing a total of \$ 2,328 to the Heart and Stroke Foundation.

Thank you to everyone who supported the Team Wingin' It and the 2010 Heart and Stroke Big Bike event.



Natalie Fondren-Gasc with noise makers and camera on the big bike. Photo Credit: Kristy Rydz



Health Promotions Manager Dawn Harmer strikes a pose. Photo Credit: Kristy Rydz



Team Wingin' It just before jumping on the Big Bike for Heart and Stroke. Photo Credit: Kristy Rydz

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B.A., C.C.C.

Volunteers Celebrated at 6th Annual SISIP Volunteer Appreciation Event

On Saturday June 12, 2010, 100 volunteers and their families gathered for the sixth annual SISIP Volunteer Appreciation Event. SISIP Financial supports volunteer events at all CF bases, and once again their generous support has helped us to celebrate the spirit of volunteering here at 17 Wing Winnipeg. Volunteers are an integral part of life at 17 Wing, and without their time and talent, many activities would not be possible. Joining in the celebration were LCol Watson, who represented the Wing Commander, CWO Chaîné, who represented the Wing Chief, John Clarey, the SISIP Branch Manager, Rick Harris, PSP Manager, and Don Brennan, Executive Director of the MFRC.

Guests arrived to the beat of Brazilian drums and other percussion instruments played by Scott Senior and his group. After an entertaining demonstration, the volunteers and their families were invited onto the stage to participate in drumming. In a very short time, the Officers' Mess was booming with amazing sounds.

Following the entertainment, awards were given out as follows:

- | | |
|---------------------------------|--------------------------|
| Volunteer Family of the Year: | Chaîné family |
| Male Adult: | George Meldrum |
| Male Teen (13-17 yrs) | Matthew MacRae |
| Male Youth (12 yrs and under) | Matthew and Mark Cormier |
| Female Adult | Amanda Jo McLeod |
| Female Teen (13-17 yrs) | Katie Strickland |
| Female Youth (12 yrs and under) | Ilsa Chaytor |
| Builder Award | Ed Stark |

Congratulations and thanks go out to all volunteers and their families who allow and encourage them in their contributions of time, energy and skills. As well, a big thank you goes out to all those who took the time to nominate a volunteer for one of the special awards.



Members of Papa Mambo, Scott Senior (left) and Rodrigo Muñoz (right), get the audience at the SISIP Volunteer Appreciation Event to groove. Photo Credit: Maureen Walls



SISIP Volunteer Appreciation award recipients (L to R) George Meldrum, MWO Chaine and his two children, Matthew MacRae, Amanda Jo McLeod, Ilsa Chaytor, Ed Stark. Photo Credit: Maureen Walls



MWO and Mrs. Chaine and their children, Emery and Guilaine. Photo Credit: Maureen Walls



PSP Manager Rick Harris and Papa Mambo singer Amber Epp dancing. Photo Credit: Maureen Walls



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"I don't think I would have remained 'somewhat sane' thru this process without you. Thank you for everything."
- Christine S.

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SUMMER SPORT CAMPS

CANADIAN FORCES BASE - 17 WING WINNIPEG

Stay **ACTIVE** this Summer!
Come join us for a weeks full of sports, fun, active and healthy living activities. Our week will include sports, gym games, swimming, field trips and movies.

Ages: 6 -12 yrs

Location: 680 Whytewold Rd - CFB Winnipeg

Bldg 90 Fitness and Rec Centre

Price: \$95 Members / \$110 Non-Member per week

Timings: Drop Off 7:15-9:00am/

Pick Up 4:00-5:30pm

Registration:

STARTS WEDNESDAY

APRIL 21ST AT 8:30 AM

How to register:

COME TO THE FRONT DESK OF THE
FITNESS AND RECREATION CENTRE. OR
CALL 833-2500 EXT 2057

Extraordinary Race - July 5th to 9th
Make it to the finish line in this action-packed week of challenges, obstacle courses, brain teasers, water races, scavenger hunts and more.



Golf

- July 12th to 16th
Learn the basics of golf and enjoy spending several days practicing your skills.



Ball Hockey & Football

- July 19th to 23rd
Score big in these exciting co-ed sports that are fast-paced and full of action. Equipment is provided. We will be taking a field trip to see a Winnipeg Blue Bomber Football practice.



Dance & Cheerleading - July 19th to 23rd
During this lively week of classes, your child uses their creativity and imagination as dance and cheerleading are combined. We will be taking a field trip to the fringe festival.

Triathlon

- July 26th to 30th
This week will consist of swimming, biking and running activities. Children will receive swimming development classes along with swim workouts. They will learn how to do bike to run combos, transitions, the importance of good eating habits and good sportsmanship. And of course, we will have fun swimming, biking and running! All participants need to bring a bicycle.



SportsJam

- August 3rd to 6th
Learn the rules, strategies, scoring and skills needed to play volleyball, basketball, team handball, cricket, bowling and much more!. Progressive skills, game play and co-operative games are included each day. Emphasis is on having fun!

Softball & Soccer

- August 9th to 13th
Spend a week learning the rules and skills of softball and soccer. Skill development includes foundation skills, drills and game strategy.

Ultimate Frisbee

- 16th to 20th
Com try your hand at these two popular sports. Focus will be on learning how to play and participating. A great way to introduce new sports or work on existing skills.

Racquet Sports

- August 23rd to 27th
Come out and try your hand at some of the world's fastest sports. Badminton, Squash, racquetball, pickle ball and tennis will be included. This camp focuses on skill development in serving, shot making and game strategy..



Extreme Sports &

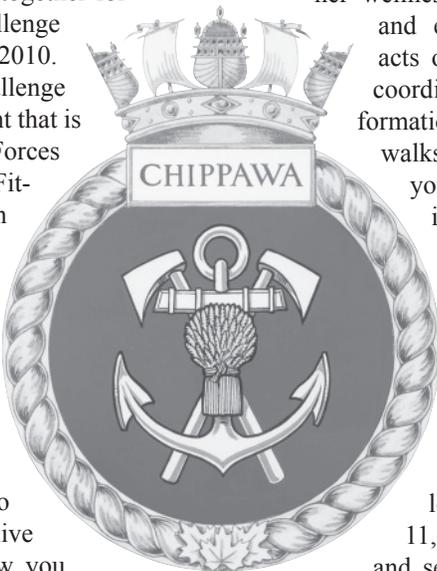
Outdoor Adventures - August 30th to Sept 3rd
A week of exploring the outdoors and adventure through a various activities. Participants will enjoy several activities which may include biking, ultimate Frisbee, rugby, rock climbing, canoeing and wilderness survival skills. All participants need to bring a bicycle.



Wing Admin Branch Participates in the Active Living Challenge

LCdr Heather Collins

Seventeen members of the Wing Administration Branch joined together for the Active Living Challenge during April and May 2010. The Active Living Challenge is a PSP-sponsored event that is part of the Canadian Forces Health and Physical Fitness Strategy. Through this challenge participants are encouraged to raise their level of physical activity; and to employ healthy behaviours and choices to improve their overall healthy lifestyles. The challenge strove to point out that if you can live well for 50 days in a row, you can live well and practice health conscious choices every day of the year.



The Wing Admin Branch participants earned points for increasing their physical activity, making healthy choices on the use of tobacco and alcohol, nurturing their inner wellness, trying something new and even performing random acts of kindness. The Branch coordinated healthy living information exchanges, noon-hour walks and implemented a walk your way to health challenge in the Headquarters building to encourage everyone to take the stairs instead of the elevator with Health Canada's "Stairway to Health" activity program and resources. The Wing Admin Branch team collectively earned a total of 11,969 active living points and set the bar for next year's challenge.

"The greatest wealth is health"- Virgil.



Vacation Bible School 2010

Will be setting sail for a wonderful wild week of Bible-learning fun

for junior mariners ages 5 to 12 years.

Get ready for swashbuckling adventures with a rollicking crew of Bible buddies.

Home Port: 17 Wing Community Chapel
2235 Silver Avenue (west of Whytewold/Wihurri)

The voyage will continue:

Monday, 5 July to Friday, 9 July

Hitting the high seas at: 9:00 a.m. each day

Dropping anchor at: 12:30 p.m. each day.

Fee is \$7 per child to a maximum of \$20 per family.

For more information call: 833-2500, extension 5087.

Protecting your Home from Germs

(NC)- We all try our best to maintain a clean, healthy living space for ourselves and our families. But there are many germs lingering around our homes that we could be missing.

Of course it's impossible to avoid coming into contact with all germs and viruses but if you are aware of what is in your home, you have a better chance of defending against them. Here are some of the hot spots in your home you may not have considered:

Hand towels

In home bathrooms with heavy foot traffic, shared cloth towels are often

damp and germy due to overuse. Even if a towel looks clean, it may have viral, bacterial or fungal contaminants which can be transferred to hands when drying them. Health Canada recommends not using a common hand towel to dry hands. Instead, use a one-time use towel so you know you are getting a clean, fresh, dry towel every time.

Pet food dishes

Pets don't always practice good hygiene, and nor do we when it comes to their dishes. Pet bowls are often left unwashed for longer than they should be and as a result they collect germs and bacteria. Be sure to wash Fido's dishes regularly to keep both pets and family members healthy.

Light switches and door knobs

Light switches (including lamp switches) and door knobs see a lot of hand traffic each day and that makes them a hot spot for germs. Cleaning them off regularly - once a week when people are healthy or daily if someone is ill - with antibacterial wipes or sprays will help keep the spread of germs down.

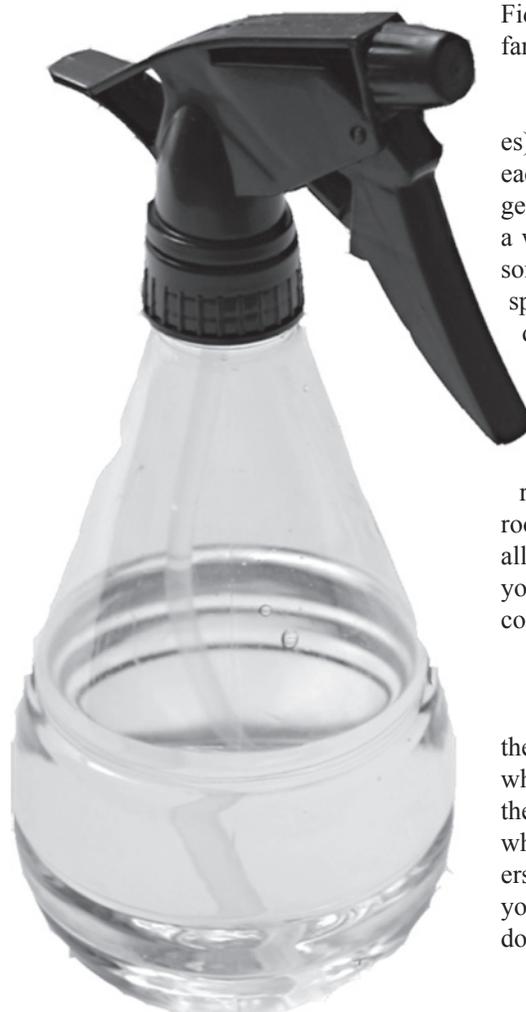
Purses, briefcases and backpacks

When we are out and about we often place our bags on the floors of restaurants, offices and even public washrooms. By doing this our bags can pick up all kinds of germs and bacteria, so make sure you wipe off bags regularly to avoid tracking contaminants into the home.

Salt, pepper and spices

Most of us are good about making sure the utensils, cutting boards and plates we use when cooking are properly cleaned to avoid the spread of bacteria like salmonella. But what about spices, and salt and pepper shakers? Make sure whatever you touch when you are handling raw food gets a proper wipe down to avoid any unnecessary illness.

-www.newscanada.com



THE ROYAL CANADIAN REGIMENT ASSOCIATION BURSARY PROGRAMME 2010

1. The Royal Canadian Regiment Association will award up to three bursaries of \$1,500 each for the year 2010. The number of bursaries awarded will depend upon the number of applicants and their suitability.

2. Eligible applicants must be:

- a child or grandchild of a serving, former serving or deceased member of the Royal Canadian Regiment; or
- a serving member of the Royal Canadian Regiment or a spouse of a serving member; or
- member in good standing of a Cadet Corps affiliated with or sponsored by the Royal Canadian Regiment; and
- in his or her final year of secondary schooling and preparing to attend an institute of higher learning (University, Trades School, Teachers' College, Technical College, Nursing School).

3. In the case of a serving member or serving member's spouse the above criteria applies except there is no time limit between completing secondary school and commencement of attendance at an institute of higher learning but marks for high school graduation must be supplied.

4. The winners of the bursaries will be chosen on scholastic achievement, community service activities, military/cadet service

(if any) and family financial position.

5. Applications must be received at Regimental Headquarters by 31 July 2010. Send applications to:

Bursary Committee, The RCR Association RHQ, The Royal Canadian Regiment
Victoria Barracks (Y-101)
PO Box 9999 Stn Main, Petawawa ON K8H 2X3
Tel: 613-687-5511 Ext 7194



THE ROYAL CANADIAN REGIMENT ASSOCIATION PROGRAMME DE BOURSE 2010

1. The Royal Canadian Regiment Association attribuera jusqu'à trois bourses de \$1,500 chaque pour l'année 2010. Le nombre de boursiers récompensés dépendra du nombre d'applications et de leur validité

2. Les candidats éligibles doivent être :

- enfant ou petit-fils/petite-fille d'un membre en règle, d'un ancien membre ou d'un membre décédé du The Royal Canadian Regiment; ou
- membre du The Royal Canadian Regiment ou l'époux(se) d'un membre; ou
- Un membre de bonne réputation d'un Corps de Cadet affilié ou parrainé par The Royal Canadian Regiment; et

d. Finissant au secondaire et se préparant à fréquenter un niveau plus élevé (université, école de commerce, collège d'enseignement, école technique, école d'infirmière).

3. Dans le cas d'un membre en règle ou de son époux(se), les critères ci-haut s'appliquent excepté qu'il n'y a aucune limite de temps entre la fin du secondaire et le début des cours au niveau supérieur.

4. Les gagnants des bourses seront choisis d'après les résultats scolaires, les activités communautaires, les services militaires/cadet (s'il y a lieu) et la situation financière familiale.

5. Les applications doivent être reçues au Quartier Général du Régiment au plus tard le 31 juillet 2010.

Bursary Committee, The RCR Association RHQ, The Royal Canadian Regiment
Victoria Barracks (Y-101)
PO Box 9999 Stn Main, Petawawa ON K8H 2X3
Tel: 613-687-5511 Ext 7194

Wet Basement Instructions for Occupants of 17 Wing Residential Housing Units (RHUs)

As noted in the CFHA Conditions of Occupancy, the intended use of the basement in the residential housing units is to provide a foundation for the structure and to house the building services. Given the age of the 17 Wing Winnipeg units, weeping tiles, drainage and sanitary sewer systems, basements may be subject to inundation, particularly after period of heavy rainfall and spring runoff. With the recent heavy rains a higher than normal number of RHUs have experienced the inflow of storm waters into basements causing water accumulation and drainage concerns.

Occupants should take the following preventative steps to protect their belongings and to ensure good air quality in their homes:

* Items should only be stored in basements in plastic or rubber storage containers and containers should be placed on to raise the storage containers up off of the basement floor. Other items including appliances should also be elevated off the floor to prevent moisture damage.

* Do not store items directly against exterior walls as this blocks air flow and can also block drainage.

* Check that all downspouts and extensions are in

place and if longer downspouts or extensions are required to draw water away from the foundation contact the Customer Services section at CFHA and this will be addressed.

* Although CFHA cleans gutters each spring, occupants are to ensure that gutters do not become blocked with debris. Even with clean gutters excessive rain will overwhelm gutters in some cases.

* Purchase and use a de-humidifier to maintain optimal air quality.

In the event that a unit experiences water in the basement, the occupant shall take the following maintenance steps:

- * Mop or vacuum up the water.
- * Ensure that the basement drain is not blocked.
- * Clean up and remove any boxes, clothes, carpets, etc that have got wet.

* Open windows to let air flow throughout the basement to help to dry up the moist air. The use of fans may also expedite this process.

Occupants are to contact the CFHA Housing Services Centre immediately if water is entering the basement through the basement drain and the water level does not decrease, or

if the drywall extends to the floor and has become wet due to seepage or water inflow. While waiting for assistance, occupants should use fans to speed up the drying of water damaged walls and commence the maintenance steps listed above. CFHA Housing Services Centres have processes in place to deal with such emergency events. During weekday business hours occupants shall contact the Customer Services section at 833-2699 to report problems for necessary maintenance and/or repair action. Should occupants experience a housing maintenance problem during silent hours that requires immediate attention they shall contact the Emergency Call Centre at 1-800-903-2342.

At no time shall an occupant attempt to address moisture or water accumulation in a basement by removing drywall or contacting an outside repair or inspection agency. ALL maintenance and repair contracts for RHUs shall be arranged and executed by the Housing Services Centre. Failure to adhere to these CFHA procedures could result in financial costs, administrative or disciplinary follow up for the Service occupant.

Sports Trivia: Answers

1. Babe Ruth and Roger Maris
2. Maury Wills and Lou Brock
3. Ted Williams
4. AL Babe Ruth & NL Barry Bonds
5. AL Rickey Henderson & NL Lou Brock
6. Rickey Henderson
7. Mark McGwire
8. Sammy Sosa
9. 24, he also wore 42
10. 3

11. 4
12. 4, done 22 times, Felix Hernandez of the Mariners was latest-in early June.
13. Anywhere but on the ball.
14. Mudville Nine
15. Hank Aaron
16. Hughie Jennings, played from 1891-1918
17. I don't give a darn.
18. Comiskey Park, Chicago
19. Ernie Banks
20. The backstop

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June is Stroke Awareness Month

Dawn Harmer
HEALTH PROMOTION

The Heart and Stroke Foundation of Canada has designated June as Stroke Awareness month. Stroke is one of the leading causes of death and disability in Canada. According to the Heart and Stroke Foundation, more than 50,000 strokes occur in Canada each year, and approximately 300,000 Canadians are living with the effects of stroke.

There are two primary types of stroke, an 'ischemic stroke' which is caused when a blood clot forms in the brain, and a 'hemorrhagic stroke' which is caused by the rupture and uncontrolled bleeding of a blood vessel in the brain. Both types of stroke cause damage by disrupting blood flow to the brain.

The warning signs of a stroke include sudden weakness or numbness, trouble speaking or sudden confusion, vision problems, dizziness or loss of balance and sudden severe headache. If these symptoms are experienced, it is a medical emergency, dial 911 and indicate that a stroke is suspected. If medical attention is sought within three hours of experiencing symptoms, medication can be administered to halt the progression of the stroke. These medications, called Thrombolytics, have been shown to prevent further damage from occurring, and in some

cases have reversed the stroke.

The Heart and Stroke Foundation of Canada recommends taking the following precautions to reduce your risk of having a stroke:

- Know and control your blood pressure
- Be smoke-free
- Manage your diabetes
- Control your blood cholesterol
- Eat a healthy, low-fat diet
- Be physically active
- Achieve and maintain a healthy weight

17 Wing Health Promotion offers courses such as Butt Out and Weight Wellness that address a number of the risk factors associated with stroke. Please contact our office for more information on these programs.

In recognition of Stroke Awareness month, Health Promotion organized lunch hour information booths (All Ranks' Mess, June 8 and 1 Canadian Air Division Foyer, June 9) and coordinated a team ("Wingin' It") to participate in the Heart and Stroke Foundation's Big Bike fundraising event (www.bigbike.ca).

For more information on Stroke Awareness month, please contact the Heart and Stroke Foundation of Manitoba (www.heartandstroke.mb.ca) or 17 Wing Health Promotion (local: 4995/4160/4150).

New 17 Wing Community Recreation Association Fees

Effective 1 July 2010:

Regular
Family 78.00

Ordinary
Single 99.00
Family 126.00

Associate

12 Months
Single 221.00
Family 575.00

6 Months
Single 405.00
Family 299.00

1 Month
Single 42.00
Family 55.00

Student Membership (May – August)

Regular – 25.00

Ordinary – 40.00

Associate - 60.00

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes



Active Living Challenge

Stay tuned for a re-cap and the results of the 1st Annual Active Living Challenge in the next edition of the VOXAIR!

And make sure to come out to the Wing Commander's Challenge, 23 June, to see the winners!

Bike to Work Breakfast



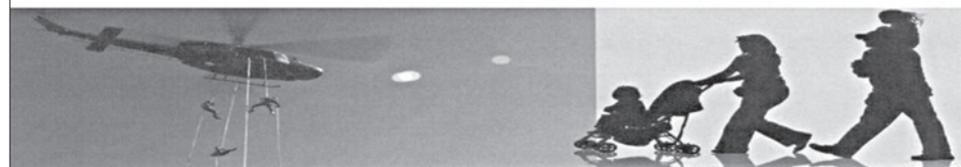
As part of Winnipeg Bike to Work Day 2010, the MFRC and Health Promotion invite you to:

Bike, rollerblade, walk or carpool to work and stop by for a FREE healthy snack, coffee and/or juice to kick start your day!



When: 25 June 2010
0700 – 0800 hrs
Where: MFRC Parking Lot & 1 Canadian Air Div

For more information contact:
Health Promotion @ 4150/4995/4160
or MFRC @ 4507





www.mfrc.mb.ca

204.833.2500 ext. 4500



Picnics can be fun, rain or shine

The MFRC Childcare Centre celebrated its 10th anniversary with a family picnic celebration on June 11, 2010 from 5:30 to 7 p.m.

Luck was on our side as the rain stopped long enough to enjoy the petting zoo from Six Pines Farm. The children and their families got acquainted with baby goats and sheep as well as a Shetland pony and an alpaca.

185 people enjoyed a delicious meal of pork on a bun served by Danny's Whole Hog.

Children were entertained by the creative abilities of Ryan Price as amazing balloon characters were sculpted for each child.

Staff participated in face painting with the children, and were also able to visit with parents.

Many thanks to the MFRC's volunteers who assisted in making this event a pleasant and successful evening.



The Winnipeg MFRC Childcare Centre celebrated its 10th anniversary on June 11. Families enjoyed pork on a bun and the children were given balloon characters.

Winnipeg MFRC annual general meeting

The Winnipeg MFRC's AGM will be held on Tuesday, June 29 starting at 7 p.m. This is your chance to come out and have a say about how your MFRC is run and the programs and services we offer. Childcare is available.

MFRC Hosts Lunchtime Barbecues

The volunteers and staff at the MFRC will once again be serving up hotdogs, smokies and hamburgers at our lunchtime barbecues. We'll be firing up the grill every Wednesday from now until the beginning of September. Bring your family and friends... there's enough food for everyone. The barbecues run from 11:30 a.m. to 1 p.m.

Children's program summer hours

The MFRC's children's programs have new home for the summer. Come see us at 102 Comet Street for casual care from 9 to 11:30 a.m. on Tuesdays. The Creative Tots play group for parents with children aged 0 to 5 will take place on Thursdays from 9:30 to 11. For more information, please call Shannon Peake at (204) 833-2500 extension 2491.

Questions about Deployment?

Call the Mission Information Line 1-800-866-4546

The Mission Information Line (MIL) has been helping families experiencing deployment for over 18 years. Just as the nature of Canadian Forces (CF) deployments have changed over time, the concerns of MIL callers have also evolved.

This winter, the MIL was especially busy answering calls and updating messages about the deployment of CF personnel to Haiti for Operation Hestia. An officer from the Disaster Assistance Response Team provided updates to an automated MIL message box almost daily so that families could hear firsthand how their loved ones were helping with the relief effort.

"Families called in regularly to hear about everything from the first baby born in the CF makeshift hospital, to how many litres of water they had made safe for drinking, to how the people of Haiti are doing," says Robin Whitford, MIL Manager.

"Though this deployment happened suddenly, it was great that word of mouth let people know where to call for information. During the two month deployment, the message boxes dedicated to Op Hestia received over 1000 hits!"

The MIL provides message boxes dedicated to each military operation on deployment, and works with CF personnel to keep the boxes updated regularly. Families can call and listen to the recorded messages at any time to get a sense of what their loved ones have recently experienced, and feel

connected even through they may be far apart.

The message boxes can also provide updates for families on when to expect their loved ones back from deployment.

"Deployment Support Centres can use their message boxes to record the flight return timings of the soldiers returning from tour. As flight information can change right up until the last minute, the Deployment Support Centres are able to update this information with one simple recording and hundreds of families are able to call as often as they wish. During this anxious time, many families call repeatedly!"

In addition to the message boxes, the MIL also provides families with access to a counselor from 8 a.m. until midnight (EST), Monday-Friday by pressing '0'. Callers can also leave messages for the MIL and all messages will be returned. Urgent messages will be returned even on weekends and holidays.

Whether callers are working up to a deployment, already have a loved one overseas, or the reunion has brought its own set of challenges, the MIL can help make the transitions easier for families. The MIL's services don't start only when a loved one departs, and they don't end when the planes land back in Canada. Families are welcome to call the MIL anytime with their questions, concerns or even just to talk.

Call 1-800-866-4546 or visit www.missioninfo.ca for more information.



PLEASE NOTE:

As Canada Day falls on the first Thursday of July, the MFRC coffee break is cancelled for this month.

Want to see the WORLD in less than 60 days?

Got your Passport? Suitcases Packed?

Summer Vacation and need something to do?



Come along with MFRC Kidventures as we travel the world this summer.

Stops include Medieval Europe, Australia, Africa, and the islands of the world.

With a field trip every week to places such as Tinkertown, Fun Mountain, Fort Whyte Alive and Vertical Adventures.

Open to children that have completed Kindergarten to Grade 6.

Cost is \$85 for the week and \$20 for prepaid extended childcare.



For more information:

Visit the MFRC @ 102 Comet Street

Online at www.mfrc.mb.ca

Call us at 833-2500 ext 4500 or 4508

Chaplain's Corner

Hidden Moments

A month ago, my family experienced one of those 'life-defining' events ... the first of my children, my oldest daughter, Angela, got married to a fine young gentleman, Noel. There are two things that struck me as I sit back today and reflect (for the thousandth time) on that wonderful weekend, and they both have to do with comments that others have made when they found out about this wedding.

The first thing that people say is that they want to know what it was like for me to see my daughter getting married. Not an easy question. I remember being so busy up to the moment of the wedding itself. Like most weddings, there were a million things to get done. Then all of a sudden, the families and guests have been seated, the music is quietly playing, and the bridesmaids and groomsmen have arrived and are in place. There I was, at the roadside, waiting for the bride to arrive. There were no preparations left. Just the waiting. That was when the moment sunk in. As I watched Angela come around the corner in the vehicle, I was flooded with memories of her as a new born in my arms, of her playing on a swing in the park, of her going to school for the first time, of her coming home sharing the news of her high school basketball victory, and so on. My little girl in a wedding gown ... no longer little, no longer a girl, but still my little girl. As we hugged before that momentous walk up (down?) the aisle, she apologized for the small delay, saying that the hairdresser took a bit longer than expected. To be honest, I wanted to thank that hairdresser, because her delay allowed me the chance to soak in the moment and to appreciate the blessings.

Isn't life like that? It seems that we are all so busy, consumed by the million things that we think we need to get done. We are surrounded by a society that demands results and values only successful accomplishments. If you doubt this, I just need to ask you about your blackberry, your last Christmas holidays, or how your posting and move are going and I think you'll get the picture. Do we take the time to soak in the moment and appreciate the many blessings that surround us? When we get that unexpected moment when the jobs are done and we find ourselves catching our breath, do we see those moments as task-free moments, or do we silently thank God for the chance to stop and smell his roses?

The second thing that people say is that they congratulate me. Each time I hear this, I thank them, but I also think (to myself) that it should be Angela and Noel who ought to be congratulated rather than me. After all, it was they who decided to declare their love publicly and to begin a life to-

gether. But then I stop to think that maybe Cate (my wife) and I do deserve at least some congratulations ... for the part we played in making Angela the wonderful person that she is. There were so many teaching moments, so many character-defining moments, so many moments of laughter, so many moments of tears, and so many moments of discovery that led up to Angela being who she is, and Cate and I were there for them all. Sure, there were other people who shared some of these moments. Sure, I spent a lot of time away from home through courses, taskings, and deployments. Yet when Angela (or any of our children) uses the term "mom" or "dad", those aren't just three-lettered labels ... they are terms of endearment, earned the hard way through countless moments. So now I can accept the congratulations a bit more authentically.

There is not a moment in our lives when we are not crossing paths with someone else. In fact, as I am writing this, I am in Ottawa teaching pastoral counselling to a group of fine young (at heart) chaplains. They will learn the finer points of counselling techniques so that when they come across those people in our military community who are silently hurting or suffering, they will be able to hear and recognize that hurt or suffering, and offer to accompany them through the difficult period. At the heart of this course is the notion that people usually try to hide the fact that all is not well with them. In other words, at first glance, all you may see is a person and his or her actions, but in reality that person is quite complex ... the result of countless character-defining, laughter-filled, tear-filled moments that we are completely unaware of. It is too easy to judge a person for what we can see on the surface. The challenge is to see that person for who they really are ... a product of countless moments authored by numerous people. God knows our hidden moments, and loves us just the same. It may surprise you to discover how your attitude towards a person can change as you begin to discover their 'hidden moments'.

As we approach Canada Day, perhaps we can take the opportunity to make a moment or two and stop to appreciate the many blessings that we enjoy in this fabulous country, and to soak in these blessings. Perhaps we can also take the time to appreciate the fact that, like people, Canada is the result of countless hidden moments. Don't get distracted by the surface faults and appearances. Get to know Canada's true self. Happy Canada Day, take care and God bless.

-Padre Mark Mawson

In Memoriam



Sergeant Martin Goudreault was killed after an improvised explosive device detonated during a foot patrol, about 15 kilometres southwest of Kandahar City, in the Panjwayi District, at approximately 6:30 a.m. Kandahar time on 6 June 2010.

Sgt Goudreault was from the 1 Combat Engineer Regiment, based in Edmonton, Alberta, and was serving in Afghanistan as a member of the 1st Battalion, The Royal Canadian Regiment Battle Group.

All members of Task Force Afghanistan are thinking of the family and friends of the fallen soldier during this difficult time. We will not forget this soldier's sacrifice as we continue to bring security and hope to the people of Kandahar Province.

Together in Church

CATHOLIC

CHAPLAINS

Padre Lance Magdziak
Roman Catholic Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

Masses (English only)
Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

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

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

Padre Will Hubbard
(Anglican) Office 833-2500 ext 5349

Padre Ken MacRae
(Presbyterian) Office 833-2500 ext 4277

Padre Gord Mintz
(Anglican) Office 833-2500 ext 5785

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

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

Sunday Services (English Only) 0900 hrs

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

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

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

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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

INTERFAITH PRAYER ROOM

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



CLASSIFIEDS

Moving from Q's to an apartment, much to be sold, bedroom set, chain link fence, lawn and garden equipment, washer dryer, freezer... please call 201-5824

426 Thunderbird Squadron Association 18th Biennial Reunion. Aug.17 - Aug 20, 2010 in the National Air Force Museum of Canada, 8 Wing Trenton. Guest speaker LGen(RET) Bill Carr. Contact Clay Smith 613-968-7998 or clay426reunion@live.com. Registration forms can be found on the 426 web site.

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The Deadline for the next issue is May 28

TAROSCOPES

BY NANCY

Aries (March 21 - April 19):

People gravitate towards you because you have charisma and are exciting to be with. You make life an adventure. You'll be connecting with new people as well as old friends. Expect to discover the answers to questions that have had you wondering of late.

Taurus (April 20 - May 20):

Stress can come from many aspects of life but it's not to make you anxious. It's to teach you to lighten up. Accept what is beyond your control. Learn how to adjust to the ever changing landscape of life. Cultivate an inner calmness to sustain you in times of uncertainty.

Gemini (May 21 - June 2):

Determine what you will need as you plan for the future. This pro-active approach shifts your perception. Say "yes" to invitations to fun events. If this raises the ire of others, don't allow their thoughtless words to tip you off balance. It's your life after all. Do it your way.

Cancer (June 22 - July 22):

You now reap the rewards of past efforts. There is a great deal that has turned out well for you. And many of your fears did not come to pass. Learn from this. You need to become more comfortable with continual change. Set fears aside. Take calculated risks. Do things you enjoy.

Leo (July 23 - August 22):

What once made you feel happy and free may no longer suit you. You can feel fulfilled instead of feeling tied down by responsibilities. It's all in how you see it. Past hurts you have inflicted or endured must be addressed. Set goals. What do you want your life to look like in 5 years?

Virgo (August 23 - September 22):

You'll see the fruits of your labour. Even if the financial return doesn't seem great enough to give you a strong sense of security, you'll feel a sense of relief or closure. You have all that you need. You feel blessed for you are not at the mercy of other people's whims.

Libra (September 23 - October 23):

Work at maintaining a balance and you'll feel more tranquil. Slow and steady growth and a life you can manage easily should be the goal. Instant results are often short lived or an illusion. Don't let negativity take root in your heart. Instead plant seeds of hope and love.

Scorpio (October 24 - November 21):

Stay open to what comes your way and then allow things to grow naturally. Loving kindness is a positive attribute, however it must be unconditional. Don't use this to try and get your way. Accept that an unexpected outcome can occur and perhaps that's as it should be.

Sagittarius (November 22 - December 21):

What you say and do will have far reaching effects. You're not living in a vacuum. Your actions affect others. Consider their feelings and the impact you have on other people's lives. Don't just tell people you care, show them. Think about the example you set.

Capricorn (December 22 - January 19):

When you're uncertain or doubtful about the future, looking at the big picture can help. Also consider what you've overlooked during busy times. Something needs your attention. There are many aspects to life. Learn to integrate them instead of trying to compartmentalize.

Aquarius (January 20 - February 18):

You may find yourself flipping from a sense of certainty to a sense of doubt. They are two sides of the same coin. The more you care about something, the more you should question. Then you are more confident about the stand you take. Your streak of individuality is attractive.

Pisces (February 19 - March 20):

Sometimes it's only when we lose something that we learn how much it matters to us. No regrets. Learn from the past. Important people, your health, your dreams; pay attention to what counts. Look for balance. Let go of the people, things or commitments which drain you.

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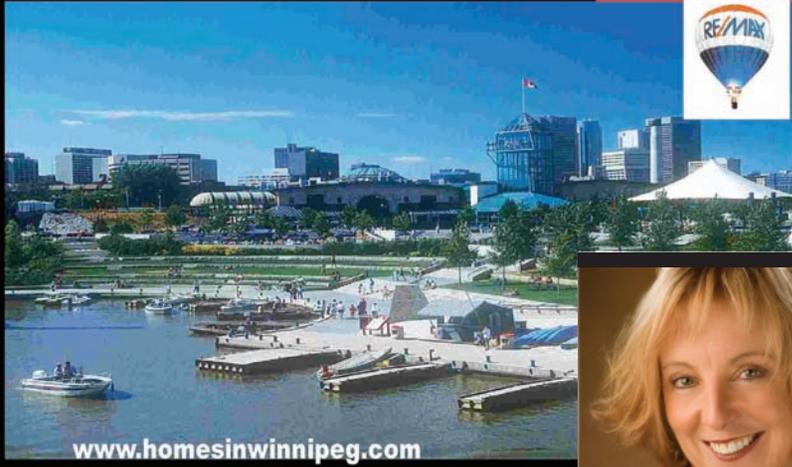
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