



## In this issue:



**MND visits  
Winnipeg to  
announce federal  
spending**

Page 2

**1 Cdn Air Div  
celebrates  
International  
Womens Day**

Page 3

**Team heading for  
badminton  
nationals**

Page 5



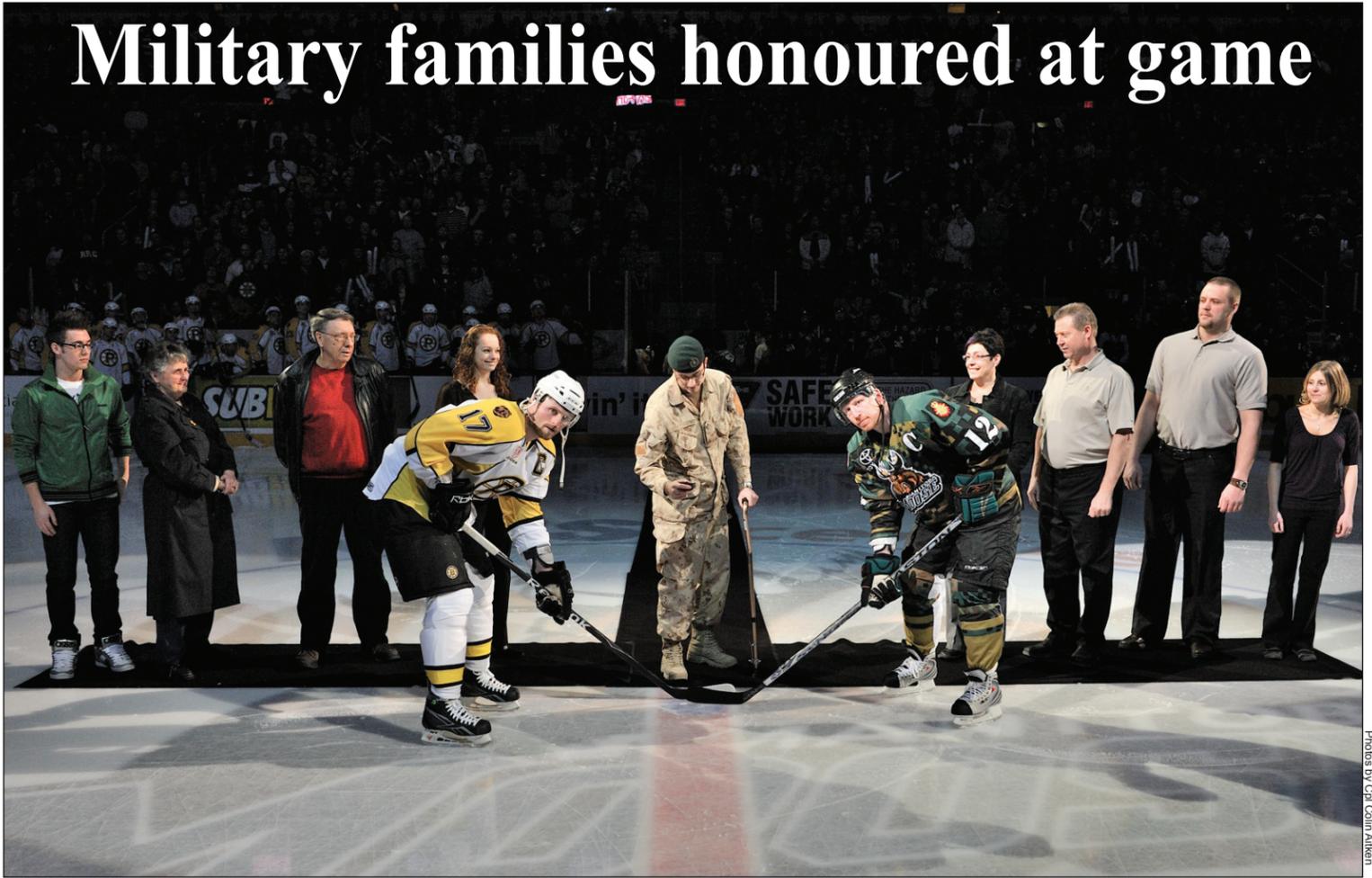
**17 Wing MP  
participates in  
Beijing Olympics'  
security detail**

Page 9

**17 Wing honours  
and awards**

Page 10&11

# Military families honoured at game



Cpl Jason Nichol, centre, 2PPCLI, gets ready to drop the puck at the recent Manitoba Moose Military Appreciation Night.

**By Capt Jeff Noel  
Wing Public Affairs Officer**

They are the strength behind the uniform and at the 4th Annual Manitoba Moose Military Appreciation Night on March 7th the families of Canadian Forces members were the guests of honour.

"This year we decided to do something different and selected as our theme 'Military families: Strength behind the uniform,'" said Capt Kevin Kozak, a CC-130 Hercules pilot with 435 "Chinthe" Transport and Rescue Squadron based at 17 Wing Winnipeg and Chairman of this year's organizing committee.

Fans at the game were impressed with the extensive display of personnel, equipment and exhibits that the Canadian Forces based in Manitoba brought to the MTS Centre.

Everything from a Light Armoured Vehicle (LAV) III guard-

ing the entrance as fans entered, exhibits and demonstrations by the Regular and Reserve Army, Navy and Air Force Units and personnel, displays showcasing the Winnipeg Military Family Resource Centre (WMFRC) to performances by the Air Command and 402 'City of Winnipeg' Squadron bands added to the energy on display at the Centre.

"It is an incredible honour to us and this is something we look forward to every year," said Moose Captain Mike Keane. "It really is special because you get to meet with, to talk to and to give thanks to the men and women who make the sacrifices that allow us to be free."

Undoubtedly the most poignant moment on the evening occurred during the pre-game when, following an impressive video tribute, Cpl Jayson Nichol, a member of 2



435 Sqn HCol Loreena McKinnett performs the Canadian National Anthem.

Battalion, Princess Patricia's Canadian Light Infantry who received extensive wounds during action in Afghanistan, moved to centre ice to officially drop the puck amid the standing ovation of some 9,000 plus Moose fans.

The Moose, who this year dressed in replica green CADPAT uniforms, defeated the visiting Providence Bruins 2-0. The fifth win in a row for the team, the vic-

tory improved their record to a league leading 43-17-0-5.

For more information on the WMFRC and its programs, please visit <http://www.mfrc.mb.ca/>

For more information on the Soldier On program, please visit <http://www.cfpsa.com/en/psp/soldieron/index.asp> For more information on the Military Families Fund, please visit <http://www.cfpsa.com/mfamily/>

**DOMENICA'S  
UNISEX HAIRSTYLING**  
2255-G Ness Avenue  
Ph: 885-3665 or 832-6978



**Mon & Tues**  
9:00 am - 6:00 pm  
**Wed to Fri**  
9:00 am - 8:00 pm  
**Saturdays**  
8:30 am - 5:30 pm

- Military Men Cuts.....\$10
- Perm & Cut.....\$43<sup>99</sup>
- Flat Tops.....\$10
- Frost & Cut.....\$45
- Colour & Cut.....\$38
- Senior Men Cuts.....\$9
- Children's Cuts.....\$9-14
- Ladies Cut.....\$16
- Ladies Blow Dry.....\$16
- Foils.....\$4 to \$6



PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

**Steven Fletcher,**  
Member of Parliament  
Charleswood-St. James-Assiniboia

Phone: 204-984-6432  
Fax: 204-984-6451  
3111-A Portage Avenue  
Winnipeg, Manitoba R3K-0W4

FOR REGULAR UPDATES ON STEVEN FLETCHER VISIT [WWW.STEVENFLETCHER.COM](http://WWW.STEVENFLETCHER.COM)

# 1 Cdn Air Div Celebrates International Women's Day

By John Towns  
Voxair staff

From March 5 to 13, you may have noticed some interesting additions to the atrium at 1 Canadian Air Division Headquarters – a collection of women's clothes was brought in from the Costume Museum of Canada in honour of International Women's Day.

"International Women's Day is on March 8, and we're here to commemorate that day," said Florence Bambenek, Civilian Human Resources Support with 1 Can Air Div HQ.

"We brought in the costume museum in hopes to demonstrate the various changes that women have gone through, and how clothing and the type of clothing that

we've had available and been allowed to wear has been instrumental in liberating us over time."

The exhibit featured ten pieces, including two military uniforms, which traced the evolution of clothing trends for women all the way from the mid 19<sup>th</sup> century to 1973.

"Our exhibit looks at the changing bodies of women over the years with regard to women in the workplace, and the changing attitudes toward women's dress as women eventually became more equal," said Stephanie Middagh, Curator of the Costume Museum of Canada.

The exhibit looked at the ways that women have accentuated parts of their bodies throughout the last 150 years.

"It sort of looks at the evolution of the female body – even though it hasn't really changed very much since the dawn of time, definitely how we emphasize and deemphasize parts of our body has changed," said Middagh.

"These kinds of changes are typically connected to what's going on with the economy and what's happening with the workforce and that kind of stuff."

For example, one of the pieces was a dress from the 1950s, where, Middagh says, women returned to a life of domesticity following the Second World War.

The dress, and women's fashion in general at the time, was designed to "feminize" women after time many women spent out in the workforce during the



Two military uniforms were on display at 1 Cdn Air Div as part of the International Women's Day exhibit.

course of the war.

International Women's Day, which was first held in

1911, is a day to celebrate the achievements of women. In some countries, including Russia, China, Bulgaria and Vietnam, it is a national holiday.

# Short trip south for Air Command Band songbird

By OCdt Jennifer Doornink  
Wing Public Affairs

"It was too short," commented Sgt Scott after her return to Winnipeg following a whirlwind 72-hour excursion to the warmer climate of Southern Florida this past week.

But it was not a last minute whim that took the intrepid songbird south. Sgt Scott, a member of the Air Command Band, was in Florida to sing the National Anthems of Canada and the United States at an exhibition baseball game between Team Canada and the New York Yankees.

## Correction:

In the March 11, 2009 issue of Voxair, on Page 8, it was incorrectly stated the LCol Mason has a daughter. He, in fact, has a son. We apologize for the error.

**The deadline for the next  
Voxair is March 27**

"When wearing the uniform you're representing all Canadians; there's definitely a sense of National Pride" says Scott of her singing experiences.

Although there wasn't much time to be a tourist, she celebrated Team Canada's 6-0 victory over the New York Yankees by taking a walk in the ocean.

Sgt Scott's performance was such that she has been invited back to Tampa to sing for the Canadian Remembrance Day Ceremonies on November 11 by the Canadian Forces contingent posted in the region.

You may have seen articles on Sgt Scott in the Free Press or the Winnipeg Sun, or perhaps heard an interview with her on CJOB or CBC radio before she left.

"I am not used to the attention," she said of the overwhelming media attention she received.

A woman with in-demand talent, Sgt Scott had almost no time to rest upon her return home as she performed the American National Anthem at the Manitoba Moose Military Appreciation game held at the MTS Centre on March 7th.



Sgt Cindy Scott, a member of the Air Command Band sings the Canadian and American national anthems at a recent baseball game between Team Canada and the New York Yankees.

## CHILDREN'S GEAR SALE

Do you have some baby or kids items that you no longer need?  
Are you looking for some gently used kids items? Come to our **CHILDREN'S GEAR SALE** to find some bargains!  
**ADMISSION IS FREE!**  
Rent a table for only \$10.  
**Saturday April 18 10am-1pm**  
**Building 90 (gym)**  
Call the MFRC for details or to register a table.

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

**Complete Family Dentistry**

Preventative/Cosmetics/Orthodontics

Crowns/Dentures/Root Canals  
Extractions/Emergency Care

Evening and Saturday Appointments Available  
**420-3025 Portage Ave. ph: 987-8490**

**ALL DENTAL PLANS ACCEPTED**

## Moving 2 Ottawa?

**Irene Bilinski**  
Sales Representative



Call us, we'll relocate you!

- ✓ **FREE** Relocation Kit
- ✓ **FREE** use of Cell Phone
- ✓ **FREE** GPS Gift Certificate

Keller Williams Ottawa Realty, Brokerage

**Jean Richer**  
Sales Representative



**1-877-241-6883** [www.moving2ottawa.com](http://www.moving2ottawa.com)

## VOXAIR

### OFFICE HOURS

Monday to Thursday,  
0830 - 1600 hrs

### CONTACT

**Ad Sales/Main Office**  
(204) 833-2500 ext. 4120

**Accounting**  
(204) 833-2500 ext. 4121

**Submissions/Reporter**  
(204) 833-2500 ext. 6976  
voxair@mts.net  
+VOXAIR@PersSvc@Winnipeg

### VOXAIR STAFF

**LCol L. Brodeur**  
Editor-in-Chief  
(204) 833-2500 ext. 5281

**Rick Harris**  
Managing Editor  
(204) 833-2500 ext. 4299

**Maureen Walls**  
Office Supervisor  
Sales Manager

**Andrea Estensen**  
Production Coordinator/  
Layout

**Misra Yakut**  
Accounting

**John Towns**  
Reporter

**Traci Wright**  
Proofreading

**Jim Holland**  
Advertising Sales  
204 832-0115

Printed By  
**The Daily Graphic**  
(204) 857-3427

Visit Us Online: [www.voxair.ca](http://www.voxair.ca)

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

Correspondence should be addressed to:  
**The Voxair**

17 Wing Winnipeg,  
PO Box 17000 Stn forces  
Winnipeg, MB R3J 3Y5  
This newspaper is printed using  
environmentally safe inks.

Publications Mail Agreement No. 1482823

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

# MND announces spending at 17 Wing

By Lt Donna Riguidel  
Wing Public Affairs

It may be starting to look like spring, but some infrastructure spending by the Federal Government feels a lot like Christmas.

Minister of National Defence Peter McKay stopped in Winnipeg yesterday to announce the spending on two much-anticipated projects.

17 Wing will see both a reconstruction of the south-east apron, which was built in 1980 and is used for refuelling and loading and also an addition to the Canadian Forces School of Survival and Aeromedical Training (CFSSAT) building.

"The tarmac has seen a lot of wear and tear over the last 30 years," the Minister said.

With current economic concerns, the announcement couldn't have come at a better time.

"At this particularly challenging time in our economy, this type of construction,



Defence Minister Peter McKay shares a moment of laughter with Colonel Scott Howden, Commander 17 Wing and Honorary Colonel Barry Rempel as he departs 16 hangar from his tour at 17 Wing Winnipeg.

this type of infrastructure, is something that puts shovels in local hands and gets people to work when they need it most," said McKay.

The work will create need for local workers during construction.

"These investments are providing business to local companies across Canada,

jobs in communities across Canada, construction, truck drivers, excavators, operators, engineers. Many labourers will be the beneficiaries of these announcements," the Minister said.

The two projects combined are worth \$6.3 million

The construction will get underway quickly, with

tenders expected as soon as possible.

"A lot of red tape has been eliminated," McKay said.

Although there will be no preferential treatment to local vendors, the minister did say that local people will have an advantage in ability to deliver the services.

# Gruelling challenge awaits Nijmegen hopefuls

By OCdt Jennifer Doornink  
Wing Public Affairs

Nijmegen – the name conjures up images of Allied paratroopers descending upon a sleepy town in the Netherlands in a bold attempt to seize a key bridge during Operation Market Garden in the Second World War. But mention Nijmegen to any serious road marcher and they immediately think of the 'Nijmegen March' or 'vierdaagse': an international 4 day 160km (40km/day) march held annually in July.

Started in 1906, the Nijmegen march is one of the longest marches on the European continent; where road marching is a popular sport. This year 17 Wing will be sending a team of eleven participants to take part in the famous march.

"We're looking for members who work well with one another to form a cohesive team" says Captain Christian Palavicino, Nijmegen team leader.

So far over 20 members of the Wing have applied to endure the gruelling training but with cut-off for applicants not until April 14th, anyone interested can still join.

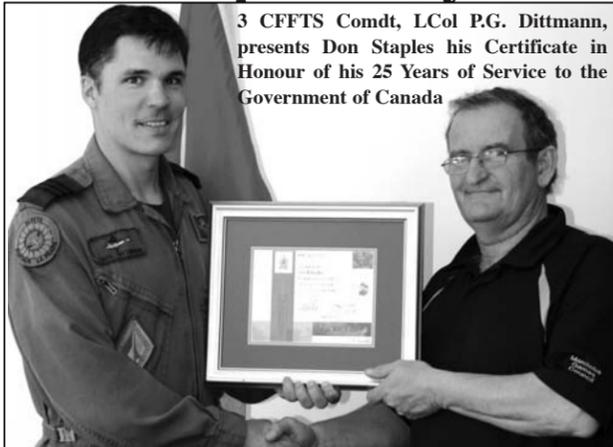
At one time this was mostly a military march, but now only a mere 5,000 of the approximately 45,000 participants are military. This year's Nijmegen march is the 21<sup>st</sup> to the 24<sup>th</sup> of July.

Requirements for military marchers are different than those set out for the civilians who choose to participate. Military members participate in teams, march in formation, and carry a minimum of 10kgs in a backpack. The distance covered daily is 40kms; that's 160kms at the end of the 4 days.

To better prepare for the task ahead, Captain Palavicino has prepared a gruelling training schedule of over 900kms that begins April 6th with a short 10km walk (no backpack). In order to qualify for the team, members must complete a minimum of 500kms of marching with the team, including two 40km days of marching back to back.

I have submitted my name for the Nijmegen team. So as training progresses, and the aches and pains set in, I will be front row writing to let you know how the team is doing.

# Don Staples 25 years



3 CFFTS Comdt, LCol P.G. Dittmann, presents Don Staples his Certificate in Honour of his 25 Years of Service to the Government of Canada

Southport, Manitoba has seen many changes over the years. In times past it was a bustling base known as CFB Portage. Today the base is now a school, 3 Canadian Forces Flying Training School (3 CFFTS), dedicated and focussed on training student pilots.

Having begun his career in 1984, Don Staples has seen it all. As of 21 February 2009 he celebrated his 25 years of service as a DND employee. In the early days, Don worked many aspects of base support from transport, to foods and supply. But, in the end, Supply was where he finally found his niche. As CFB Portage closed and 3 CFFTS became part of CFB Winnipeg he became the sole supporter of staff and students – the catch all of on-site supply duties.

As the base closed in the summer of '92 it "was bitter-sweet with so many leaving," says Don Staples. As manning decreased from approximately 500-600 military personnel and 170 civilians to about 40 military and 2 civilians the working environment became more personal. It easier now to feel like a contributing factor to the success of the school as one becomes a larger piece of the puzzle. In fact, over the last 16 ½ years Don says, "Having had a lot to do with each and every helicopter and multi-engine student that graduated here, I now know a good portion of the CF's pilots nationwide."

Nearing the end of his career, Don Staples will surely have many memories of the people who have come and gone through Southport. More importantly, the Air Force will have many memories of him for years to come.

# 17 Wing Air Force 85<sup>th</sup> Anniversary Mess Dinner Wednesday, 15 April 2009

The Commander, 17 Wing Colonel Scott Howden, cordially invites military members of all three Wing messes to attend this year's annual Air Force Mess Dinner.

This is to commemorate the 85<sup>th</sup> anniversary of the Air Force and to celebrate 100 years of powered flight.

This is an all ranks mess dinner for military members only.

This promises to be an

entertaining evening with emphasis on Air Force traditions and customs.

Dress: DEU No. 2 Mess Standard or DEU no. 2B Mess Service

RSVP by email only to Patricia. Naugler@Forces.gc.ca For further information, contact Major Paddy Douglass at local 5634 or 2LT David Gosse at local 5207.



# Posted to Kingston in 2009?

Don Wyld CD Military Authorized Realtor



Automatic Buyer Representation

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

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

Fax 1-613-545-1101 or Toll Free 1-800-438-9953 Cell 613-561-9953 Office 613-545-3333

Visit the Canadian Military Relocation Network Website at [www.interbaserealestate.com](http://www.interbaserealestate.com) OR

Email: [donwyld@kos.net](mailto:donwyld@kos.net)

**NEW HOMES IN KINGSTON**  
Get a complete information package of new homes being built in Kingston by various builders. Don has represented 2 of the major builders in Kingston for over 15 years. He knows who builds what! Who to build with and who not to.

**1,000 AIR MILES when you buy or sell a home with me!\***  
\*subject to certain conditions



# Professional & Business Directory

## RUTLEDGE LAW OFFICE

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

## COUNTRY CLUB PLAZA

310-3025 Portage Ave.

Phone: 987-7575 Fax: 837-3638

## BALDWINSON INSURANCE

Rec Centre (Whytefold Rd.)

Drivers Licences &

autopac 889-2204

## SCAN Seminar

The Wing Personnel Selection Office will be hosting a Second Career Assistance Network (SCAN) seminar. The objective of this seminar is to provide both military personnel and their spouses with up to date information pertaining to the benefits and services available to retiring members. Additionally, the seminar will address aspects of transition to a second career outside of the CF. Please note: SCAN presentations from 1300-1600 on May 14 will focus on issues pertaining to medical release. Details of the seminar are as follows:

**DATE: 13-14 May 09**

**TIME: 0800-1615**

**LOCATION: Wing Theatre (Bldg 90)**

**DRESS: Appropriate civilian attire**

**WHO: Military members and their spouses**

Details for registration and the seminar agenda can be found on the WPSO website at: <http://17wing.winnipeg.mil.ca/WAdmin/PSO/scan.html>

## Séminaire du SPSC

Le Bureau de sélection du personnel de l'Escadre (BSP Ère) tiendra un séminaire du Service de préparation à une seconde carrière (SPSC). Ce séminaire vise à informer les militaires et leurs conjoints des avantages et des services offerts aux militaires qui prennent leur retraite des FC. On y abordera également les aspects liés à la transition vers une deuxième carrière à l'extérieur des FC. Noté : La présentation SPSC de 13h00 – 16h00 le 14 mai, portera particulièrement sur les questions liées à la libération pour raisons médicales. Voici les renseignements pertinents :

**DATE : les 13 et 14 mai 2009**

**HEURE : de 8 h à 16h15**

**LIEU : Amphithéâtre de l'escadre (bâtiment 90)**

**TENUE : Tenue civile appropriée**

**PUBLIC CIBLE : Militaires et leurs conjoints**

Pour en savoir davantage sur les inscriptions et le programme du séminaire, visiter le site Web du BSP Ère à <http://17wing.winnipeg.mil.ca/WAdmin/PSO/scan.html>

## TRANSFERRED TO THE NORTH BAY AREA IN 2009?

Get access to Hot New Listings and great insider information to help plan your move.

Go to: [www.militarytransfertonorthbay.com](http://www.militarytransfertonorthbay.com)  
North Bay Home Solutions Realty Ltd. Brokerage

**705-475-2222**

Bilingual service is available.

## Military Support Coordinator

Military Support Office, Extended Education

For a complete description of job duties/ qualifications and application procedures, please refer to posting 500-117-09 at

[www.umanitoba.ca/employment](http://www.umanitoba.ca/employment)

One university. Many futures.



UNIVERSITY  
OF MANITOBA

# Education claims process for Regular and Reserve members

## WPSO Corner

### Regular Force Members:

The first step to this process is that you must ensure you have an approved Individual Learning Plan (ILP) for the course(s) you are claiming for and that you have completed the course(s) with a passing grade.

The documents required to claim for reimbursement are as follows:

- Original receipts for tuition, books, instruments and other mandatory expenses. Tuition receipt must show institute, student name, course, amount paid plus a breakdown of fees for tuition and other mandatory fees.
- Mandatory books (must be accompanied by a syllabus or formal booklist from the university)
- Proof of successful completion.
- MPRR

If you are printing your Statement of Fees or Transcript from the university website you must ensure your name and the web address is located on the top or bottom of the page. If your name does not appear on the page, then you must go to the university's Administration Office for them to stamp it. If you are a student at the University of Manitoba you can contact Carol Prosak at 474-8006 for assistance.

Once you have your paperwork together, phone the Education Clerk @ 6391 to make an appointment to bring in your claim. Please remember you only have up to one year to complete the claim from the time that you have completed your course.

### Reserve Members:

The first step to this process is that you must have an approved Individual Learning Plan (ILP) for the academic year you are claiming for. An academic year runs from 1 Sept to 30 Aug of the following year. All members have up to one year to submit the claim to their unit, however, you cannot submit your claim until the beginning of the following academic year. For example, we are presently working in academic year 2009/2010. If you have an approved ILP for this academic year, you cannot submit your claim for reimbursement until 1 Sep 2010. IAW CBI 210.801, the member must be in good standing with the unit over the entire academic year to claim for reimbursement.

The documents required to submit to your unit are as follows:

- Original receipts for tuition, books and instrument and other mandatory expenses. Tuition receipt must show institute, student name, course, amount paid plus a breakdown of fees for tuition and other mandatory fees.
- Mandatory books (must be accompanied by a syllabus or formal booklist from the university)
- Proof of successful completion.

Your unit will then give you all the forms required for processing. You must go through your unit as we require the CO's signature.

If you require more information, please refer to the 17 Wg Home Page. We are located under Administration, Personnel Selection Office, Education, Reimbursement.

## Swedish stamps celebrate bananas

By Alf Brooks

Stamps celebrating bananas? Why not, says Sweden Post, who issues four stamps picturing whimsical banana figures on March 26.

The stamp designs picture clay figures designed by a pair of artists who call themselves Charlie Charlie.

The "Brev" lettering indicates that the stamps are valid for basic first class postage; Canada uses a "P" on a maple leaf for the same purpose.

In 1998 Swedes consumed 17 kilograms of bananas per person, the highest rate of consumption in the Western World.



### Barala Kennels

YOUR PET'S HOME AWAY FROM HOME



- BOARDING ALL BREEDS OF CATS & DOGS
- INDIVIDUAL QUARTERS AND OUTDOOR RUN
- PET EXERCISE AND PLAY AREA • SEPARATE CAT FACILITIES
- CENTRAL AIR CONDITIONED AND HEATED KENNELS
- AIRPORT PICKUP & DELIVERY

OWNERS: GARTH AND SARA GRANT

barala@mts.net [www.baralakennels.com](http://www.baralakennels.com) 633-2629

### GASTHAUS GUTENBERGER GERMAN RESTAURANT

- Authentic German & Continental Cuisine
  - Schnitzel • Beef Rouladen • Homemade Spatzle
  - Fine German Desserts • Fine Wines and German Beer
- Open Daily Monday - Friday 11 am - 11 pm Saturday 4:30 pm - Midnight Sunday 11 am - 10 pm

2583 Portage Avenue (1 block west of the Moray bridge)

Phone: 888-3133 for reservations

Catering Service Available

Do your part...  
recycle or pass along  
this newspaper when  
you're done.

Get ready for the Air Force Run...

check out

[www.airforcerun.ca](http://www.airforcerun.ca)  
for more information

# 17 Wing team is heading for badminton regionals

By OCdt Jennifer Doornink  
Wing Public Affairs

Compared to the attention given to tennis, badminton is the forgotten cousin of racquet sports.

This demanding sport requires all of the hand-eye coordination of tennis, but instead of a yellow ball, players chase a shuttle, or "bird".

Numerous people play this challenging sport and this year Team Winnipeg is sending five members to participate in Regionals held at 4 Wing Cold Lake from 19-23 March.

Petty Officer 2<sup>nd</sup> class (PO2) Tim Hunchak, who is also the president of the Westwin badminton club, began playing badminton in 1996 and first competed in Regionals a year later in 1997. His best performance being in the 2008 Regionals men's singles category where he placed first.

"The Westwin badminton club offers a wide variety of talent and competition. It's a great club to help keep up your skills and make it to the CF National level" said PO2 Hunchak.

The badminton club meets Wednesday and Sunday evenings from 1900-2200 in the Wing fitness and recreation center.

Among the five members attending Regionals there is a combined 86 years of experience in the sport, with numerous years at both Regionals and Nationals, including some first place titles. If successful at Regional's, players will advance to the National level of competition held in Borden, Ontario from the 25 April to the 1 May.



Badminton is a sport for all skill levels and all ages.  
(CF Photo: Cpl B Gullen)



**creating impressions**  
HOME STAGING & REDESIGN

## HOME STAGING

Do you know that staging your home for sale is *covered* by the CF Integrated Relocation Program (IRP)? Professional Home Staging services help you get the *highest offer* in the *shortest time*.

To set up a consultation, call  
Creating Impressions Home Staging at  
**996-3180.**

[www.creatingimpressions.ca](http://www.creatingimpressions.ca)

**creating impressions**  
HOME STAGING & REDESIGN

**996.3180**

[creatingimpressions@shaw.ca](mailto:creatingimpressions@shaw.ca)



Jennifer Doering-Keiver

## NATIONAL & REGIONAL MASTER STANDING OFFER REFERENCE CHART

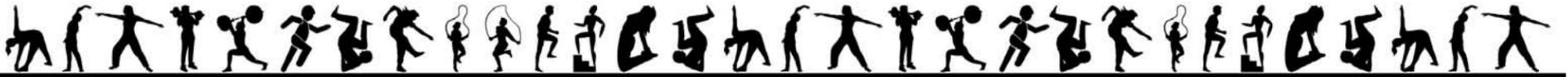
Regional Master Standing Offers	Western (AB, SK, MB, NWT, Nunavut)
<b>Office supplies</b> Call up limitations: Max \$25,000 per order \$10,000 per line	EV394-05CA06/005/REG
<b>OEM toner</b> Call up limitations: Min call up value \$100, Max \$40,000 per order, \$10,000 per line	E60PS-040069/006/PS
<b>Remanufactured toner</b> Call up limitations: Min call up value \$100. Max \$40,000 per order, \$10,000 per line	E60PS-040067/002/PD
<b>Paper</b>	E60PD-070004/001/PD
National Master Standing Offers	All Regions
<b>Office seating</b> Installation	E60PQ-030004/034/PQ Regular hours \$12 per chair After hours (Mon-Fri) (17:01-8:59) \$15 per chair Saturdays \$15 per chair 1-100 Holidays & Sundays \$20 per chair. \$50 minimum installation charge per callup Chargeable
Freight	
<b>Filing cabinets</b> Installation	E60PQ-030005-025/PQ 1-100 Regular hours \$20 per cabinet After hours, Mon-Fri: \$30 per cabinet 1-100 Saturdays \$45 per cabinet 1-100 Holidays & Sundays \$50 per cabinet \$60 minimum installation charge per call up Chargeable
Freight	

**Also available through Grand & Toy as a part of NMSO holders:**  
• SAMSUNG • 3M • LEXMARK • BROTHER • GLOBAL • HUMANSCALE • TEKNION

**Jerry Kauenhofen, Account Manager**  
15 Scurfield Blvd, Winnipeg, MB, R3Y 1V4  
Tel: 204 284 5100 #3921  
Fax: 204 633 4251  
Cell: 204 795 6618  
[kauenhoj@grandandtoy.com](mailto:kauenhoj@grandandtoy.com)  
[grandandtoy.com](http://grandandtoy.com)



**Orders and Customer Service**  
Tel: 1 866 391 8111 Fax: 1 866 391 8555



## HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

# What's new at 23 CFHSC Centre - Primary care renewal initiative

By Capt Brockington

When it comes to our health we the serving members know ourselves best. Through our own health monitoring we know when we feel out of sorts, just not right. We also know where to go for medical care when we need it.

The CF medical health services has gone through considerable re-evaluation of its provision of medical care through this self evaluation and has developed an initiative called the "Primary Care Renewal". Thus implementation of this approach will provide more efficient care to Wings and bases. The provision of medical care will be given through a Care Delivery Unit (CDU). The philosophy behind a CDU is to provide consistently high standard of medical care that enhances support to the Operational chain of command. How a CDU will do this is through the provision of care delivered by Doctors, Medics, Nurses and Physicians' Assistants

working together collaboratively to provide better patient care. Through this inter-disciplinary approach, the member will receive consistent care each time they access medical care.

Another key element of the CDU is the Rostering of units. Each Unit within the 17 Wing AOR will be Rostered to one of three medical teams. All medical care for members of each Unit will then receive his/her care consistently from their Rostered medical team.

The intent of this approach to the provision of Medical care is based on valuing our members who are expected to be healthy and able to support Operations, home or abroad. Continuity of Care given through a team approach will enhance this care.

When does the CDU begin? All Units within the 17 Wing AOR have been rostered but the actual roll out is July 09. Medical care at 23CFHSC will not look any different now or after July and the transition to the CDU will be seamless. The care you have always expected to receive will continue. If you have questions or would like to share your concerns please contact your clinic at 5595.

The CF Health Services and specifically 23 CF H Svcs C is committed to provide the highest Standard of Quality Health care to its serving members. Our mission is your health.

**23 HEALTH SERVICES CLINIC HOURS:**  
**17 Wing Winnipeg 0730 - 1600 Hrs.**  
**15 Wing Moose Jaw 0730 - 1600 Hrs.**  
**Det Dundurn 0800-1600 hrs.**

### Posted to Greenwood?

A posting can be stressful, your mortgage shouldn't be. Call now for your free, no-obligation consultation.

Shannon Hamley, Mortgage Consultant

Phone 866.496.1100

Fax: 902.681.3734

Cell: 902.840.3415

E-mail: shannonhamley@freedomatlantic.com

**FREEDOM FINANCIAL SERVICES INC.**  
 MORTGAGE, INSURANCE & INVESTMENT SPECIALISTS



## ST. JAMES VOLKSWAGEN

670 Century Street

Phone (204) 788-1100 Fax (204) 788-1109



We accept



INTERAC

We are conveniently located for all your Volkswagen and Audi needs!

**OIL & FILTER CHANGES starting at \$34<sup>95</sup>**

**WE OFFER A**  
**10% MILITARY DISCOUNT**  
 ON ALL RETAIL PARTS & SERVICES

Our Auto Collision and Glass Centre is fully equipped to meet all your repair needs.

**MAINTAIN THE ADVANTAGE - AUDI PARTS & SERVICE**  
**KEEPIN' IT REAL - VW PARTS & SERVICE**

**SERVICE DEPT. HOURS**  
 Mon-Fri 7:30am to 6pm  
 & Sat 9am to 1pm

**PARTS DEPT. HOURS**  
 Mon-Fri 8am to 6pm  
 & Sat 9am to 1pm

Website - <http://www.stjamesvw.com>  
 E-mail - [service@stjamesvw.com](mailto:service@stjamesvw.com)



Dreaming of a Caribbean cruise?

Your experience begins at CruiseShipCenters.



Contact:  
**Sgt Cameron Crump (Retired)**  
**224-SHIP (224-7447)**  
 154-2025 Corydon Avenue  
 Email: [ccrump@cruiseshipcenters.com](mailto:ccrump@cruiseshipcenters.com)  
[www.cruiseshipcenters.com/CameronCrump](http://www.cruiseshipcenters.com/CameronCrump)

See us for All of your Travel Arrangements!

## 17 WING ARCHERY CLUB

The Archery Club's  
**Annual General Meeting**  
 will be held

**Wednesday, April 8 at 1900**

**in Building 21. Everyone is encouraged to attend.**



The 17 Wing Archery Club meets on the gym floor in Bldg 21 **Wednesdays from 1900-2100 and Sundays from 0900-1200.** Open to *all levels of archers*, we will help beginners. Individual and family memberships available.

**For more information, contact:**  
 MWO Gary Micklethwaite ext 5312  
 MWO Darrell Boudreau ext 2433  
 Maj Ron Cooney ext 4057  
 MWO Robert Godin ext 5278

## Supplement Briefing

DATE: 31 MARCH 09  
 TIME: 1100 – 1200 HRS  
 LOCATION: BLDG. #62  
 ROOM #315

For additional information and to register contact Health Promotion at Local 4150/4160/4995

Deadline for registration: 25 March 09

LEARN MORE ABOUT  
**ALCOHOL, OTHER DRUGS  
 AND GAMBLING**  
 – TWELVE MODULES AVAILABLE

APPRENEZ – EN PLUS  
**SUR L'ALCOOL,  
 LES AUTRES DROGUES  
 ET LE JEU EXCESSIF**  
 – DOUZE MODULES DISPONIBLES

For more information, contact your local Strengthening the Forces Health Promotion Office or visit our website at [www.forces.gc.ca/health-services/English/health\\_promotion\\_home\\_e.asp](http://www.forces.gc.ca/health-services/English/health_promotion_home_e.asp)

Pour plus d'information, contactez votre bureau local de promotion de la santé **Ensemble les Forces** ou visitez notre site internet [www.forces.gc.ca/health-services/fr/anglais/health\\_promotion\\_home\\_fr.asp](http://www.forces.gc.ca/health-services/fr/anglais/health_promotion_home_fr.asp)

ATTENTION: KNOWLEDGE CAN BE BENEFICIAL TO YOUR HEALTH  
 ATTENTION: LA CONNAISSANCE PEUT ÊTRE BÉNÉFIQUE À VOTRE SANTÉ

### SUPERVISOR TRAINING PART 1 & 2

1. Recognizing & Responding to Early Warning Signs
2. Developing Effective Interview Skills

(This course will be course coded and will soon be required for all ranks Sgt and above.)

23 April 09  
 0800 – 1200 Hrs  
 Learning Centre, Rm #111

To Register or for more Information contact Health Promotion @ local 4150/4160 Register Early, Spots are Limited!



### Military personnel without PTSD

Healthy men with military trauma exposure wanted for a study

University of Manitoba research group, in collaboration with the Operational Stress Injury Clinic and the Institute of Biodiagnostics in Winnipeg, is seeking healthy volunteers with military service-related trauma exposure. Volunteers will participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

**Your role:** participate in a psychological and trauma-experiences assessment (Session 1), receive training to control your emotional reactions (Session 2), and take part in a Magnetic Resonance Imaging (MRI) brain imaging experiment of emotional picture evaluations (Session 3).

**Benefits:** You will help us understand emotional processing in the brain and receive a research stipend for each session.

**If interested, please call the study coordinator at 204-975-7728**

**NRC - CNRC**

DEER LODGE CENTRE  
 Making lives better  
 An operating division of the WRHA



UNIVERSITY OF MANITOBA

Health Sciences Centre  
 Winnipeg



**HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE**

# Tips for helping members of the I Quit Challenge

At midnight on 28 Feb, 986 DND smokers pledged to TAKE the CHALLENGE and be smoke-free for the entire month of March. Out of the National registration of 986, 48 local, Winnipeg, smokers pledged to QUIT! The annual 2009 March 1st "I Quit" Challenge is more than half over.

Deciding to quit smoking is tough. Smokers make this decision in their own time, for their own reasons. You can't do it for them, but you can help them to make the quitting process a little easier. Quitting smoking is not just about stopping. It also means fighting physical, behaviour, and psychological addictions and changing strong habits.

Keep in mind that your goal is to help and avoid things that really don't work.

Things to avoid:

- Preaching about

the health hazard

-Nagging. Be respectful, understanding and considerate.

-Don't suggest quitting is easy, or make fun of smokers.

-Don't make them feel guilty about smoking and don't blame them for doing it.

Helping a smoker to quit is not easy. If you are willing to help here are some recommendations that can be useful:

-Show them you are interested in the process and how optimistic you are, but don't exaggerate

-Carefully listen to them. Be respectful and avoid judging or giving advise unless asked

-Ask what you can do to be the most help. Do your best to respond to their needs, not what you think is best. Be available, but not pushy

-Be sympathetic about

any physical discomfort caused by withdrawal from tobacco.

- To avoid temptation, they may want to change some activities, stop seeing certain friends or going certain places for a while. Don't complain! Just accept doing other activities and be available if your company is requested

-Expect different behaviour, especially during the first weeks. The ex-smoker may be cranky, nervous and even aggressive. Be understanding!

Be sensitive to their moods and needs. At different times, they may want help, or to be left alone. They may or may not want to talk. Make sure you're not causing more stress when trying to help.

For more information on how to support someone quitting or to quit smoking, contact Health Promotion at 833-2500 ext 4150/4160.



Canadian Forces Base - 17 Wing Winnipeg

## Spring Break Camp

MONDAY MAR 30TH - FRI APR 3RD

Stay **ACTIVE** this Spring Break!

Come join us for a week full of fun, active and healthy living activities.

Our week will include sports, gym games, swimming, field trips and movies.

**Ages:** Kindergarten to Grade 6

**Location:** 680 Whytewold Rd Bldg 90 Fitness and Recreation Centre

**Price:** \$120 Members (17 Wing Employees) \$135 Non-Members

**Drop-Off:** 0715-0900  
**Pick-Up:** 1600-1730

To register or for more info Call Lindsay, Com Rec Supervisor at 833-2500 ext 2057

**STRENGTHENING THE FORCES**  
**ÉNERGISER LES FORCES**

**STRESS: Take Charge!**

**17 WING WINNIPEG HEALTH PROMOTION is proud to present:**

## STRESS: TAKE CHARGE!

**DATE:** Session #1 – 7 April 09  
**TIME:** 1300 hrs – 1530 hrs  
**LOCATION:** Bldg. #62, Room #315

**FOR MORE INFO OR TO REGISTER CONTACT HEALTH PROMOTION AT LOCAL 4150/4160/4995**  
Registration deadline: 2 April 08

National Defence / Défense nationale

**STRENGTHENING THE FORCES**  
**ÉNERGISER LES FORCES**

**Applied Suicide Intervention Skills Training**

## ASIST

A two-day workshop

Help make a difference in someone's life!

**DATE:** 27 & 28 April 09  
**TIME:** 0745 – 1600 hrs  
**LOCATION:** Bldg. #62, Rm. #315  
**REGISTRATION DEADLINE:** 22 APRIL 09

**FOR ADDITIONAL INFORMATION AND TO REGISTER CONTACT HEALTH PROMOTION @ LOCAL 4150/4160/4995.**

# KAF North

By 2Lt Leah Pierce  
Reserve Public Affairs Officer

Converting the rolling, prairie landscape found in the rural countryside of Canadian Forces Base Wainwright, Alberta, into a Forward Operating Base (Kandahar Air Field North) is no easy task. However, Sergeant Alain DesHarnais did not hesitate to volunteer to create a mock Kandahar Air Field (KAF). Deployed from 13 April to 23 May, 2008, this would be the first time a reservist with 22 Wing/Canadian Forces Base (CFB) North Bay participated in Maintenance Support Services (MSS) along side members from 3 Wing Bagotville.

A member of 22 Wing Air Reserve Flight, Sgt DesHarnais retired from the Regular Force as an army master corporal. During his 20 years as a Radio Technician, Sgt DesHarnais worked at Canadian Forces Base Petawawa and then at the GATR site at 22 Wing/CFB North Bay. Now Sgt DesHarnais, a wireless communications supervisor within the Wing Telecommunications and Information System Squadron, jumped at the chance to participate in the 3 Maintenance Support Services Group preparing for Exercise Maple Guardian.

Located in the middle of nowhere within CFB Wainwright, Sgt DesHarnais was responsible for building the Automated Data Processing network, which is needed for computer and communications. While there, Sgt DesHarnais' sixteen member team laid 31 km of fibre optic and copper cable. If the cable was laid out straight it would reach from North Bay to Sturgeon Falls

Like their army counterpart, KAF Main, KAF North tested the military's ability to bring in equipment and personnel to create a Forward Operating Base from the ground up. However, KAF North, strictly an air force base, differed from KAF Main with the addition of a wing theatre, welfare café and internet café. When the army could not use their messing facilities and had to travel to KAF North they were amazed at the special amenities that had been constructed there. In fact, the army continued to visit, borrowing set up ideas from their air force colleagues.

Just like Kandahar Air Field in Afghanistan, KAF North consisted of the Canadian Air Detachment, flying Griffon helicopters, the American Air Detachment, flying Chinooks and Blackhawk helicopters, an Unmanned Aerial Vehicle Detachment, a Field Hospital, shower, messing and accommodations tents. Also, communication cables were laid on top of the ground linking KAF Main with KAF North.

During his visit, Major-General J.M. Duval, Com-



Members of Maintenance Support Services. Sgt Alain DesHarnais is second from the right in the front row.

mander of 1 Canadian Air Division/Canadian NORAD Region, explained that the success of KAF North has created a problem where the army wants the air force to come back

each spring and fall to recreate KAF North.

When asked if he would go to the real Kandahar Air Field in Afghanistan, Sgt DesHarnais exclaimed, "Ready to go!"

## Beijing, China Olympics 2008

By Cpl Jamie Anderson

It all started one afternoon in early 2008 at the 17 Wing CFB Winnipeg MP Detachment. My I/C in our Invest/Plain clothes section where I work, Sgt Andy Tickenheinrich, asked me, "Do you like Chinese food?" Consider that I am a six-foot two Military Policeman with a legendary appetite and the playful "Meat-head" stereotype to perpetuate. Naturally I replied, "I love Chinese food, why do you ask?" He then went on to explain that the detachment wanted to nominate me to go to Beijing, China to augment the MP section at the Canadian Embassy there. One well placed call to my wife's cell phone and I had the answer 45 seconds later. Yes.

I then went on to learn that my nomination was just one of twenty-seven. One for each of the MP detachments in Canada. The nominees would be evaluated and compared to each other with the end result of two "deserving" members selected for the tasking.

I found myself in this position through some good fortune that occurred to me in 2007. I had conducted an element transfer in 2006 to the 17 Wing Air Reserve Flight from the Army MP Reserves. There I met some of the most dedicated and professional individuals I have ever come across. They fought very hard to have me course loaded. I was the only Air Reservist on my Reg Force QL3 MP course when I was sent to CFB Borden where I attended the Canadian Forces Military Police Academy (CFMPA).

Being the only Reservist of a class of twenty-four provided some good material and cannon fodder for my classmates, who enjoyed the fact I could take a good na-

ture ribbing and dish it out as well. It also served as motivation to work that much harder. All my classmates were inspiring and overall excellent people that I learned a lot from. Six long months later at the CFMPA, I received the Royal Military Police Shield as the top student on my course. It was quite an honour and something that I will always cherish. I was also very proud to have validated the aforementioned efforts of Maj Burke, Maj Brown, Capt Gouche, MWO Rutt, and Sgt Kelly-Wardle of 17 Wing Air Reserve Flight.

As is the case every year, all the QL3 course top students from a calendar year

*Continued on Page 9*



**The Mortgage Centre**

We work for you, not the lenders.

Getting mortgage advice from a bank? From a Mortgage Associate employed by a bank? Whose financial future do you think they have in mind?



Over 13 years specializing in government relocations gives us an incomparable and in-depth understanding of the relocation process. Our expertise allows us to provide custom solutions for the unique needs of government transferees.

What we care about is making sure you are completely satisfied with your new mortgage. What is best for you is in our best interest!

**The Very Best Mortgage Company Inc.**  
Diana White and her relocation team  
1-888-282-3133

Online application available at:  
[www.verybestmortgage.ca](http://www.verybestmortgage.ca)  
Email: [info@verybestmortgage.ca](mailto:info@verybestmortgage.ca)

Each Mortgage Centre is independently owned and operated.

### Selling?

Your home will be featured on Real Estate TV **eight times per day** for **maximum exposure** to sell fast and for **top dollar**.

### Buying?

I will work hard to find you the house of your desires.



Tammy Gauthier Reimer  
(204) 228-4633



**mls.ca**



*With you every step of the way... it's about your experience.*

# Beijing, China

Continued from Page 8



Cpl Jamie Anderson, far right, went to Beijing to augment the MP section at the Canadian Embassy.

are compared to each other. Luckily, of the five courses that ran in 2007, they came up with my name. That award, the Oliver Trophy, has cemented a good cornerstone for my future and confirmed that I had found my proper career path. Being the grandson of a WWII Provost Corps MP, I couldn't have been prouder.

In late July 2008, I was on my way to Ottawa to receive briefings from the Department of Foreign Affairs and International Trade (DFAIT). The second MP chosen, a good friend of mine, Cpl Nick Loranger of CFB Kingston, also attended. He would be my roommate for the entire time in China.

We arrived in China on the first of August. We were met by the Senior MP at the Embassy, PO1 Ted Lee and taken to the Embassy. For those who do not know, there are small MP Detachments located at forty-two of the highest risk Canadian Embassies in the world.

A few years earlier at this Canadian Embassy, before there was an MP presence, a large contingent of North Korean nationals jumped the fence and sought refuge at the embassy for several weeks.

With the number of anticipated protests against China by human rights advocate groups and with the large number of Canadian politicians, athletes, civil servants and guests that were scheduled to arrive, the Embassy was taking no chances. A call was made to Canada and the two positions became available.

My first impression of China was one of bewilderment. I was expecting to see narrow streets with a surplus of rickshaw drivers, smouldering sidewalk eateries, and clothes pinned to laundry lines. Instead, what I saw was four lane highways, an extremely clean and well designed ultra modern version of New York City. You actually have to search hard to find the one real place (Wa Fu Jing Market) where they still offer traditional foods such as eels, starfish, scorpions, snake, dog, and lime worms that make most of us Canadians cringe at the thought of eating.

From a policing perspective, there are cameras on every street corner and I learned that the facial recognition software used by the Chinese is second to none in the world. All cell phone conversations were in "code speak" as well. Big Chinese Brother is always watching and listening.

Smog was a factor but not as bad as made out in the media. Naturally, once the games started, the factories were shut down by the government and the air quality drastically improved. The factories themselves then purchased tickets for these masses of employees to go to the events and cheer their host athletes on. All were very polite and gracious, never once cutting down other countries publicly. Chinese people are extremely polite for the most part, very courteous, and very in love

with their culture and government. Paintings of Chairman Mao adorn many buildings and every aspiring politician purposely changes their appearance to emulate the late presidents' look.

Outside of Beijing, the Great Wall of China at Badaling provided more insight into the ancient and mysterious China that I was expecting. It was very humbling standing on a structure that was thousands of years old and of course the gravesite for many a fallen worker or soldier.

I was amazed at the effort it must have taken for this wonder to be built within a thousand kilometre mountain range. As is the case with the Forbidden City and Tian amen square in the centre of Beijing, there are many temples for public view in either their original or restored states.

Shopping in Beijing is for the most part, quite humorous. The spoken English of the local merchants is surprisingly good. Every vendor will try and peddle something "genuine real fake" with a slight giggle after their sales pitch.

The country makes no apologies for its reputation as merchants of knock offs. A simple "No Jada" spoken to the vendor tells them you want the real deal. Jada means junk in mandarin.

Security of the Embassy and the aforementioned dignitaries was rock solid and I was surprised at the co-operation level granted to all the embassies by the local police. We would lay out a route and essentially we would be allowed to drive as fast and as tactical as necessary to accomplish the mission.

All embassy plates of the nations in Beijing are identical save for the numerical designation each consulate has. Local drivers could only drive their car every second day on the roads, depending if their last numerical digit was odd or even. Embassy plates are allowed on the roads at all times.

The work itself consisted of very long days as the predicted hosting and protection of the many Canadians in for the Olympics proved to be every detailed and exhaustive. Obviously for the sake of Operations Security, I cannot divulge the countermeasures we employed but I was proud to work with many professionals from our Military Police, RCMP, and OPP.

The event was larger than life so naturally the effort we collectively put forth was also over the top. As an example, the former US President George W. Bush's motorcade alone consisted of over six hundred members.

For the most part, the games were very quiet and those with criminal intentions were headed off before they could inflict any damage. Many ideas and lessons were brought back to Canada with me and shared with those who needed to know.

My mission was cut a bit short when the

Governor General remained in Canada to call this past federal election. She was scheduled to be a big part of the Paralympics Games.

Her cancellation meant that many of the embassy staff and including myself and the other MPs, could actually go to some of the events and check out the Water Cube or Birds Nest. All were awe inspiring.

The 2010 Vancouver Winter Olympic Games caravan was in full force in a beautiful

wooden structure right in the centre of the city and they proved to be wonderful hosts.

I would encourage any Canadian to visit Beijing or volunteer for the Olympics. For myself, I will be sure to put my name in for future games.

I sure hope my boss comes into my office this fall and asks, "Hey, do you like Pacific Salmon?"

## Training to be tough

By OCdt Jennifer Doornink, Wing Public Affairs

"This is just a warm-up for training," said an out of breath Cpl Yves Lacasse, 2nd-year team captain of Team Winnipeg's FireFit team. "I give it a 9.6. The 'real' team training for FireFit will commence at the end of February," he says.

This year a 4-man team from 17 Wing Team Winnipeg Fire Services will compete in the national FireFit competition to be held in Gaspé, Quebec. However, prior to nationals, the team intends to compete in a number of regionals taking place throughout Canada.

As the first competition draws nearer, the training will increase in intensity and frequency for these 4 men. Training to take part in the "toughest two minutes in sports" requires lots of training, physically and mentally. To help prepare, the team will take part in nutrition, and stress (during competitions) information seminars.

"This is to get them prepared for what's coming" says PSP trainer Ron Nicolas, "We still have a long way to go, but they've already improved from last year". This is Ron's second year training the FireFit team.

Currently, the first competition is scheduled to be the Southern Alberta Regionals held in Red Deer, AB at the end of May.

"It's a competition of me against me, to better my own time from previous years," commented Cpl Lacasse of this year's upcoming competitions.

## L'entraînement des durs

Par l'Élof Jennifer Doornink, Affaires publiques de l'escadre

« C'est n'est qu'un entraînement préparatoire », explique le Cpl Yves Lacasse, essoufflé. « Il est capitaine pour une deuxième année de suite de l'équipe de Winnipeg devant prendre part au Défi Pompiers FireFit. « Je m'accorde un pointage de 9,6. Le véritable entraînement d'équipe pour l'épreuve FireFit commencera à la fin de février », ajoute-t-il.

Cette année, une équipe de quatre hommes du Service des pompiers de la 17<sup>e</sup> Escadre prendra part à la compétition nationale FireFit (Défi Pompiers) qui aura lieu à Gaspé (Québec). Toutefois, l'équipe compte auparavant prendre part à un certain nombre de concours régionaux organisés un peu partout au Canada.

À mesure que la date de la première compétition approche, l'intensité et la fréquence des exercices d'entraînement augmenteront pour ces quatre hommes. L'entraînement de ceux qui aspirent à participer à « l'épreuve sportive de deux minutes la plus difficile qui soit » nécessite une longue préparation physique et mentale. C'est pourquoi l'équipe assistera à des colloques d'information sur la nutrition et le stress (éprouvé pendant les compétitions).

« Cela les prépare à ce qui les attend, explique l'entraîneur Ron Nicolas des PSP. Nous avons encore beaucoup de chemin à faire, mais ils se sont déjà améliorés par rapport à l'an dernier. » Ron en est à sa deuxième année à titre d'entraîneur de l'équipe FireFit.

À l'heure actuelle, la première compétition doit avoir lieu à Red Deer (Alberta), à la fin de mai. Il s'agit des Épreuves régionales du sud de l'Alberta.

« Ce sont des compétitions qui me permettent de me mesurer à moi-même; mon objectif est d'améliorer mes temps par rapport à ceux des années passées », dit le Cpl Lacasse en

**Canniff Mill Estates**  
BELLEVILLE

**STAIKOS HOMES LTD**

**Buy Direct from the Builder**  
Serving Quinte's Military Families Since 1973

Call us today and see why so many military families have saved tens of thousands of dollars by choosing a Staikos Home.

**15 Minutes to CFB Trenton • Country Setting • City Conveniences**

Office and Model Home at  
59 Simcoe Dr., Belleville. Take Hwy #62 North.  
Turn Right on Maitland and follow the signs. Off Farnham Road.

**613-967-6560**  
[www.staikoshomes.com](http://www.staikoshomes.com)

**No charge cabinet upgrades**

# Honours and awards

Photos by Cpl Levarre McDonald



Major Richard E. MacKinnon receives the South West Asia Service Medal from Col Scott Howden, Commander, 17 Wing.



Capt Robert D.W. Beach receives the Canadian Forces Decoration First Clasp.



Chawna Wiseman receives a Certificate for 25 Years of Service.



CWO David Hutchinson receives his Chief Warrant Officer's Scroll.



LCol Marc A. Rittinger receives a Certificate of 1000 Hours of Flight in the CF 142 Dash 8.



Cpl Crystal Marsh receives the Wing Commander's Commendation.



Cpl Denis J.R. Tremblay receives the Campaign Star.



Cpl Doris E. Boylan-Collinridge receives the Canadian Forces Decoration.



Cpl E. Shawn Smith receives the Canadian Forces Decoration.



Cpl Elizabeth A. Vipond receives the Canadian Forces Decoration First Clasp.



Cpl Jamie C. Upshall receives the Campaign Star.



Cpl Jasmine Pozzebon receives the Campaign Star.



Cpl Jonathan E.H. Potvin receives the Canadian Forces Decoration.



Cpl Kathleen T. O'Connor receives the CEFCOM Commendation.



Cpl Luc L. Nadeau receives the Canadian Forces Decoration.



Cpl Marcelo P. Vega receives the Canadian Forces Decoration.



Cpl Michael A. Metcalf receives the Canadian Forces Decoration.



Cpl Michael D. Silver received the Campaign Star.



Cpl Michael P. Meade receives the Campaign Star.



Cpl Paul R. Comeau receives the Canadian Forces Decoration.



Cpl Robert A. MacGregor receives the Campaign Star.



Cpl Ryan K. Maher receives the Campaign Star.



Cpl Shane H. Llewellyn receives the Canadian Forces Decoration First Clasp.



Cpl Stephane Lacasse receives the Campaign Star.



Edwin Wesley receives the Wing Commander's Coin.



Pte Maxime Gallant-Girard and Pte Keinon Forrester-Marshall receive the Wing Commander's Commendation.



Glenn Knudson receives a Certificate for 25 Years of Service.



Janice Hall receives the Long Service Award (25 years).



Joy Liu receives the Wing Commander's Commendation.



Joyce Aquin receives the Long Service Award (25 years).



Lt Jeremy Ciesinski receives the Officer Professional Military Education Completion Certificate.



MCpl Colin M. Hilchey receives the Canadian Forces Decoration.



MCpl David Jaimeson receives the Campaign Star.



Cpl James J. White receives the Canadian Forces Decoration First Clasp.



MCpl Jeffrey Eves receives the Canadian Forces Decoration.



MCpl Keith R. Babiak receives the Canadian Forces Decoration First Clasp.



MCpl Michael A. Wiseman receives the Canadian Forces Decoration Second Clasp.



MCpl Pat G. Barsy receives the Canadian Forces Decoration First Clasp.



MCpl Philip W. Barclay receives the Campaign Star.



Cpl Richard M. Verheul receives the Canadian Forces Decoration.

## The new TFSA - helping you meet your financial goals

Like every Canadian, serving and former members of the Canadian Forces will need to put money aside in order to achieve their financial goals and objectives. These may include purchasing a home, financing their children's education, investing for their retirement, starting a small business or taking that big vacation.

Now, with the introduction of the new Federal Government's Tax Free Savings Account (TFSA), Canadians 18 years of age or older who have previously filed an income tax return can contribute up to \$5,000 every year into an account that grows tax-free.

### Other benefits & features of the TFSA'

1. Any amount of the funds can be withdrawn at any time, for any purpose without tax consequences.
2. Income earned along with withdrawals will not affect eligibility for benefits such as Canada child tax and employment insurance, in addition to tax credits like the GST, etc.
3. Unused contribution room from previous year(s) is carried over into following year(s).
4. Funds withdrawn can be put back in following year(s).
5. It is a great savings option for those with little or no RRSP contribution room left.

6. You can contribute to your spouse's TFSA.

7. How does a TFSA differ from a RRSP?

The RRSP is primarily designed to save for your retirement; the TFSA is like an RRSP for everything in your life. Both plans offer tax advantages, but there are key differences.

RRSP contributions are deductible from your taxable income, thereby reducing the amount of taxes you pay in any given year, by deferring the tax bill into the future. Your contributions to a TFSA will not be tax deductible but you will not be taxed on any investment income or capital gains.

Withdrawals from an RRSP are added to your income, unless you use them for the Homebuyer's Plan or Lifelong Learning Plan. Withdrawals made from your TFSA do not impact your taxable income or your contribution room.

Starting January 2009, the extremely flexible TFSA will help you meet your financial goals and objectives. Contact your professional financial advisor today!

### SISIP Financial Services

**Pierre S. Goulet, CFP, FMA, FCSI**

**Practice Manager - Financial Planning & Insurance**

This article is for general information purposes only; for more specific information please contact a professional financial advisor.

## Le nouveau CELI, pour vous aider à atteindre vos objectifs financiers...

Comme tous les Canadiens, les membres actifs et libérés des Forces canadiennes doivent mettre de l'argent de côté afin d'atteindre leurs objectifs financiers, qu'il s'agisse d'acheter une maison, de payer les études de leurs enfants, d'investir pour la retraite, de commencer une petite entreprise ou de prendre des vacances de rêve.

Désormais, avec le lancement du nouveau compte d'épargne libre d'impôt (CELI) du gouvernement fédéral, les Canadiens âgés de 18 ans et plus, qui ont déjà soumis une déclaration de revenus, peuvent contribuer chaque année jusqu'à 5 000 \$ à un compte d'épargne qui s'accumule libre d'impôt.

### Autres avantages et caractéristiques du CELI

1. Vous pouvez retirer de l'argent de votre compte en tout temps et à n'importe quelle fin sans devoir payer d'impôt.
2. Ni le revenu gagné dans un CELI, ni les retraits d'un tel compte n'affecteront vos droits à des prestations ou crédits comme la prestation fiscale canadienne pour enfants, l'assurance emploi ou la TPS.
3. Les droits de cotisation inutilisés pourront être reportés aux années suivantes.
4. Les montants retirés du compte peuvent y être déposés à nouveau les années suivantes.
5. C'est un outil d'épargne idéal pour ceux qui ont atteint, ou presque, leur seuil de cotisation à un REER.
6. Vous pouvez cotiser au CELI de votre conjoint.
7. Quelles sont les différences entre un CELI et un REER?

Le REER vise principalement à mettre de côté pour votre retraite. Le CELI, c'est un peu comme un REER, mais pour vos besoins tout au long de votre vie. Les deux régimes offrent des avantages fiscaux, mais présentent d'importantes différences.

Vos cotisations à un REER sont déductibles de votre revenu aux fins de l'impôt, ce qui réduit le montant d'impôt que vous devez payer à la fin de l'année, reportant ce paiement à plus tard. Par contre, vos cotisations à un CELI ne sont pas déductibles de votre revenu, mais vous n'aurez pas à payer d'impôt sur les revenus de placement ni sur les gains en capital.

Vos retraits d'un REER s'ajoutent à votre revenu, à moins d'utiliser ces fonds dans le cadre du Régime d'accession à la propriété ou du Régime d'encouragement à l'éducation permanente. Les retraits d'un CELI ne modifient pas votre revenu imposable ni vos droits de cotisation.

Dès janvier 2009, la polyvalence du CELI vous aidera à atteindre vos objectifs financiers. Communiquez avec votre conseiller financier dès aujourd'hui!

### Services financiers du RARM

**Pierre S. Goulet, CFP, CGF, FICVM**

**Gestionnaire spécialisé -**

**Planification financière et assurances**

Cet article fournit des renseignements généraux. Pour obtenir plus de détail, veuillez communiquer avec un conseiller financier professionnel.

## CF Personnel Assistance Fund

### EDUCATION ASSISTANCE LOAN PROGRAM

1. The Canadian Forces Personnel Assistance Fund offers an Education Assistance Loan Program to assist serving and former members and their dependants with costs of full-time post-secondary education. This program consists of low interest loans of \$1,200 and \$1,500, then in \$500 increments up to a maximum of \$4,000 per student, per year, up to a maximum of \$16,000 lifetime per student. It should be noted that a period of 12 months must elapse before a new application can be considered.

2. Serving or former members are eligible to apply; they must have served in the Canadian Army, after 1st October 1946, or in the Canadian Forces, after 31 January 1968, and have a minimum of one year Regular Force military service. Selection may be based on family income, years of service and individual family circumstances.

3. Loans are repaid by the member over a twelve, twenty-four, thirty-six or forty-eight month period.

4. Application forms are available on our website at [http://sisip.com/en/Downloads\\_e/ealp\\_e.asp](http://sisip.com/en/Downloads_e/ealp_e.asp) or from the Canadian Forces Base Financial Counsellors, district offices of Veterans Affairs Canada, and the Provincial Command offices of the Royal Canadian Legion. They may also be obtained by contacting the CFPAP office at 234 Laurier Avenue West, Ottawa, Ontario, K1P 6K6, telephone 613-760-3447 or toll free 888-753-9828.

5. For those who wish to obtain their loan in time for the semester beginning in September, your submission should arrive at CFPAP by 30 June. Otherwise, applications will be accepted throughout the year until the funds allotted for the EALP are exhausted.

## Caisse d'assistance au personnel des FC

PROGRAMME DE PR TS D'...TUDES

1. La Caisse d'assistance au personnel des Forces canadiennes offre un programme de prêts d'Études venant en aide aux membres actifs ou à la retraite et leurs personnes à charge pour défrayer le coût des Études post-secondaires à temps plein. Ces emprunts comportent un taux d'intérêt réduit et sont disponibles en montants de 1 200 \$ et 1 500 \$, puis par tranches de 500 \$ jusqu'à un maximum de 4 000 \$ par Étudiant, par année, jusqu'à concurrence de 16 000 \$ à vie par Étudiant. Il est à noter qu'une période de 12 mois doit s'écouler avant qu'une nouvelle demande puisse être considérée.

2. Tout membre en service ou ancien membre de la force régulière des Forces canadiennes peut soumettre une demande. Le demandeur doit compter un minimum d'un an de service dans la force régulière, soit dans l'Armée canadienne, après le 1er octobre 1946, ou dans les Forces canadiennes, après le 31 janvier 1968. La sélection peut être basée sur le revenu familial, les années de service ainsi que toute situation familiale exceptionnelle.

3. Les prêts sont remboursables sur douze, vingt-quatre, trente-six ou quarante-huit mois.

4. Les formulaires sont disponibles sur notre site web [http://sisip.com/fr/Downloads\\_f/ealp\\_f.asp](http://sisip.com/fr/Downloads_f/ealp_f.asp) ou auprès des conseillers financiers des Bases militaires, des bureaux d'Anciens combattants du Canada, et des bureaux régionaux de commandement de la Légion royale canadienne. On peut aussi se les procurer en s'adressant à la CAPFC, au 234 Laurier avenue Ouest, Ottawa, Ontario, K1P 6K6, téléphone 613-760-3447 ou sans frais au 888-753-9828.

5. Pour ceux qui désirent obtenir leur prêt à temps pour la session de septembre, veuillez nous faire parvenir vos formulaires de demande pour le 30 juin. Autrement, nous accepterons les demandes tout au long de l'année, jusqu'à l'écoulement des fonds disponibles pour le PPE.



## Themed birthday parties!

We have several themes from which to choose to make your child's day truly special.

For more information call  
Lindsay at 833-2500 ext 2057



204.833.2500 ext. 4500

Fax: 204.489.8587 • Email: [wpgmfrc@autobahn.mb.ca](mailto:wpgmfrc@autobahn.mb.ca)  
 102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5



## SISIP Volunteer Appreciation 2009

Canadians have a rich history of volunteering and community involvement. Volunteers are on the front lines of all of our community services – community health care, heritage and arts, maintenance of green space, disaster relief, volunteer firefighting, minor sports – the list is endless. The work of the volunteer is essential work.

Volunteering is a wonderful way to make a valuable contribution towards a strong community. It is also a wonderful way to gain personal rewards and benefits, increasing your skills and making new friends. Volunteers are the heart of all of the programs at the Winnipeg Military Family Resource Centre, and indeed play an integral role in the activities of 17 Wing Winnipeg.

Every year, we are pleased to honour our volunteers, and show them how much they are appreciated. Later in the spring, we will hold a special event to do just that. At this event, we will recognize some of our volunteers for their contributions within the 17 Wing Community with awards in the following categories:

- Volunteer Family • Volunteer Male (Adult)**
- Volunteer Female (Adult)**
- Volunteer Male Teen (13-17 yrs.)**
- Volunteer Female Teen (13-17 yrs.)**
- Volunteer Male Youth (12 yrs. & under)**
- Volunteer Female Youth (12 yrs. & under)**
- Builder Award: Recognizes an individual or group effort towards building new community initiatives and recognizing long-term success.**

This is YOUR chance to nominate a deserving individual to be recognized by his/her peers for selfless dedication in helping others. Watch the pop-up messages, your section notice boards, and the next editions of the Voxair for instructions and forms.

A raffle was held at the Yellow Ribbon Gala on February 21, 2009 at the Delta Winnipeg. The winning numbers were posted in the Ballroom that evening, but we still have two prize packages that have not been claimed. The winning ticket numbers are as follows: Prize 1 - # 5170677 • Prize 6 - # 5170449

If you are holding the winning ticket for either of these prizes, please contact the Military Family Resource Centre at 833-2500 Ext 4500 or drop into our centre at 102 Comet St (across from the main gate into 17 Wing off Whytewold St) before March 31, 2009.

## CONGRATULATIONS!!!!

17 Wing Learning Fair Evaluation Winners

### Grand Prize

Kelly Lake – University of Winnipeg Professional Development Course Tuition

### Prize Winners:

P.Godfrey, E. Lingasin, Z. Labrakis, G. Srominsky, R. Voget and L. Jansen  
 Thank you to all who attended this year's 17 Wing Learning Fair

## Military Families, Strength Behind the Uniform

By Capt Yvonne DeCaire  
 Wing Public Affairs

Lise is the wife of a refrigeration technician who was posted to 17 Wing in July. She is from Chicoutimi Quebec and speaks no English. Her husband is bilingual; however Lise has had trouble meeting people and feels very isolated since her move here. She also cannot obtain a job here in the city, despite the fact that she has eight years experience as a pharmacist. She visits the Military Family Resource Centre (MFRC) at the suggestion of one of her husband's workmates and finds that she can get assistance from the staff in French. She is now taking English classes in the hopes of eventually getting gainful employment in Winnipeg.

Joe is an oil rig worker who transferred here with his common-law wife in September. In Cold Lake he had no trouble obtaining a job either as a labourer or on the rigs. With the climate in Winnipeg he has had great difficulty finding himself a position and the majority of construction firms were gearing down for the winter season and only keeping on their most senior staff. His wife loves her new job in Winnipeg and is very happy with their move. Joe finds this very frustrating and feels that he has lost his identity and purpose since his arrival here, and feels

guilty being at home on unemployment insurance. He visits the MFRC requesting information regarding re-training and information on colleges offering an electrician's program. After a lengthy visit, and subsequent consultations he is now preparing for the electrician program at Red River College starting next week. Not only is he happy with his new career choice, but he was able to obtain subsidization through Service Canada thanks to the assistance of the employment counsellor at the MFRC.

Cindy has been alone since December when her spouse deployed overseas. Things have gone smoothly for the most part until last week when her babysitter gave her notice that she will be moving to Brandon the last week in February. Cindy has two children, 16 months and three. She was very fortunate to have found the babysitter she had and did not realize how difficult it was to get childcare in the city of Winnipeg. She has no idea where to turn as they have no family in the city and most of her friends are from work and do not have children themselves. Her options are few. At the suggestion of her neighbour she visits the MFRC and obtains a list of available daycares and people willing to take children in their homes in the area. After one week of searching she finds a home-based sitter in her neighbourhood who



Mona Currie with the Winnipeg MFRC connecting with the community at the 2008 Southport Air Show.

can take both of her children. This is such a good fit, Cindy cannot believe her luck.

Although the above scenarios are fictitious, they are good examples of some of the resources available at the 17 Wing MFRC. Sandra Doody, the Family Separation and Reunion Coordinator says, "We are often very well known for our babysitting services, but we do a whole lot more. Fostering a community where all military families feel supported is our focus and we do this through a whole host of programs." For more information on what is available, please check out the website at [www.mfrc.mb.ca](http://www.mfrc.mb.ca) or call the centre at 833-2500 extension 4500 or 489-7003.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1 pm - School Break Deployment Get Together 3:45 pm - Drop-in Zone 6 pm - Kool Kids 7 pm - Grief & Loss Support 8 pm - Teen Drop-in	2 10 am - MFRC Coffee Break 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	3 10 am - A Parent Community 3:45 pm - Drop-in Zone	4 1:30 pm - Easter Craft 1:30 pm - Drop-in Zone
5	6 3:45 pm - Drop-in Zone	7 9:30 am - Creative Tot 1 pm - Casual Child care 2 pm - Volunteers' Coffee & Conversation 3:45 pm - Drop-in Zone 6 pm - Kool Kids 6 pm - Visit to Minto 8 pm - Teen Drop-in	8 10 am - Parent Group 3:45 pm - Drop-in Zone 6 pm - Kool Kids 6:30 pm - Mom's Night Out 7 pm - BOD Meeting 8 pm - Teen Drop-in	9 9:30 am - Mother Goose 9:30 am - Casual Child care 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	10 <b>Good Friday</b>  Closed	11 1:30 pm - Drop-in Zone
12 	13 <b>Easter Monday</b>  Closed	14 9:30 am - Creative Tot 1 pm - Casual Child care 2 pm - Volunteers' Coffee & Conversation 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	15 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	16 9:30 am - Mother Goose 9:30 am - Casual Child care 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	17 10 am - A Parent Community 3:45 pm - Drop-in Zone	18 1:30 pm - Drop-in Zone  <b>Children Gear Sale</b> 10 AM TO 1 PM 
19	20 3:45 pm - Drop-in Zone	21 9:30 am - Creative Tot 1 pm - Casual Child care 2 pm - Volunteers' Coffee & Conversation 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	22 10 am - Parent Group 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	23 9:30 am - Mother Goose 9:30 am - Casual Child care 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	24 10 am - A Parent Community 3:45 pm - Drop-in Zone 6 pm - Sleepover at the Museum	25 8 am - Sleepover at the Museum Pick-up 1:30 pm - Drop-in Zone
26	27 3:45 pm - Drop-in Zone	28 9:30 am - Creative Tot 1 pm - Casual Child care 2 pm - Volunteers' Coffee & Conversation 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	29 3:45 pm - Drop-in Zone 6 pm - Kool Kids 7 pm - BOD Meeting 8 pm - Teen Drop-in	30 9:30 am - Mother Goose 9:30 am - Casual Child care 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in		

# The journey of life

By Padre Gordon Mintz  
Hangar Line Chaplain

You have perhaps heard it said, "Only two things are certain in life; death and taxes." While this may be a cynical outlook, the saying does touch on some important truths about our journey called "life". These are things that are inevitable and things over which we feel we have little control.

I have just finished preparing our taxes as we are in the midst of tax season. Nobody likes paying taxes, but, it is good for us to stop and remember that taxes are an investment in our society. We like having the life we live and I, for one, believe we live in the best country in the world. We enjoy the benefits of this investment and appreciate such things as a strong military, a good infrastructure of health care, education, roads, etc. These are worth investing in although we may feel like we have little control over how

our tax dollars are spent other than through the democratic process we defend.

Death is also inevitable and an area of our lives that have little control. It is also a more poignant reality for us in the military family of late.

We do not know our number of days on this earth and we do know that time marches on and we cannot control that despite the huge anti-aging industry and the best efforts of our "Botox society". This leaves us with basically two choices; 1) adopt a fatalistic attitude and have as much fun while we can, or; 2) appreciate the preciousness of the gift of life knowing that we are creatures comprised of mind, body and spirit, and invest the time we are given as wisely as possible. By the gift of God this is something over which we have total control. You and I have a free will and the capacity to CHOOSE. We do not control the length of our journey

but we are responsible for our choices and the shape our life will take and the attitudes we adopt on this journey of life. What a gift. What a responsibility. What an opportunity we have!

You may have heard another popular saying that reminds us that, "Life is what happens to us while we are busy making other plans!" This is certainly part of what makes this journey of life adventurous and where the "adapt and overcome" mentality we are trained for comes in handy. If someone would have told me 18 months ago that I would be a military chaplain in a year I would have responded with something along the lines of, "Are you nuts?" Although I had a great appreciation and respect for the men and women of our forces, I was comfortable in my ways as an Anglican priest in ministry. But God lead me to believe that this was the direction my journey was to take (which is a story for

another article) so here I am and I count it as a great privilege to serve. Funny enough, "Are you nuts?", was the reaction of some when I told them that, at 45, I was entering the forces and preparing for basic training. Each of our journeys has many twists and turns some of which we do not control, but we always control the choices we make and the attitudes we adopt.

In the Christian calendar we are journeying through the season of Lent. It is a season of preparation as you have read in other articles in this space. It commemorates, and is modeled after, the time Jesus spent in preparation for his ministry and the journey that was before him. He had choices to make too. He chose to put you and I first in his choices and adopted a life of service to others and sharing the infinite reality of God's love in the midst of all. We each face such choices albeit on a much smaller scale.

John Dewey (an American philosopher, psychologist, and educational reformer) knew the truth of this reality when he said, "The self is not something ready-made, but something in continuous formation through choice of action." This is the journey before us and it is a journey that is accompanied by the continuous and loving presence of God as our guide if we chose to recognise the work of the Holy and Divine in our lives.

So what does this have to do with us in a practical sense here at 17 Wing? Those preparing for the MSS deployment have a journey ahead of them. Those currently deployed are in the midst of vibrant and demanding part of their journey as are we who support them. The immediate future looks busy and demanding, so we can despair or we can have faith and hope. I would encourage each of us to embrace the journey ahead with the deeper perspective. There is

a great adventure ahead and it is one that is accompanied not only with our family and friends but also with a holy God who loves us deeply. That is a choice -- a choice to recognise the Holy, the essence of faith and hope, and invest in that part of our life. This is not just good personal and professional development. It is infinitely wise, whole and healthy. It is food and rations for the journey of life ahead. How do we do this you may ask? The answer is that we connect with God through the avenues of prayer, worship, study, and fellowship each of which will be the topic of future articles. My prayer is that each of our journeys would be touched by the sense of God's holy, sacred and awesome love and purpose for each of us and that the choices we make would reflect that great reality which is at the heart of all spirituality.

May your life's journey be blessed!

## Posted To Ottawa?

Going On A House Hunting Trip?



I can help!  
I've experienced 4  
of them during my  
military career.

I understand the  
sense of urgency  
required.

- Approved Military Relocation Realtor
- Bilingual Service
- Serving Ottawa & Surrounding Areas

**Joe Salazar, CD1**

Sales Representative

"Not Your Average Joe"

Cell: 613-218-6714

Office: 613-830-3350

Toll Free: 1-888-830-8757

joesalazar@royallepage.ca

**ROYAL LEPAGE**

**Performance Realty**

Brokerage, Independently Owned and Operated

**SUZUKI** Automobiles  
and Bikes

**Jackie Bergin**

**FORMULA SUZUKI  
SUPERCENTRE**

**Tel: (204) 269-8088**

**Fax: (204) 489-8424**

500-1717 Waverley St  
Winnipeg, MB R3T 6A9

Email: reception@formulaSuzuki.ca

## 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 5057

**Padre Gord Mintz**

(Anglican) Office 833-2500 ext 5785

**Padre David Stewart**

(Presbyterian) Office 833-2500 ext 4277

**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

## For sale

**Men's Air Force Mess Kit**, excellent condition - Chest 40-42, waist 38 \$160 - includes, cummerbund, bow tie, suspenders, buttons and jacket clasp. Phone 832-0155. (6)

**Men's Mess Kit** for 6 foot 1 inch, 190 pound person. Includes cummerbund, shirt and suspenders. Asking \$100. Call (902) 444-0950. (6)

**Denim couch**, very good condition \$350, phone 488-2147 after 6 p.m. (7)

Place your **FREE** classified ad.  
Send us an email: [voxair@mts.net](mailto:voxair@mts.net)

## COMMISSIONAIRES

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

Part-time weekend employment for serving members and Reservists. Spouses are invited to apply. Criminal Record check and Child Abuse Registry check required. Military or Police Service an asset.

Apply with resume and references to:

50 Stafford Street

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

email: [clntsvc@commissionaires.mb.ca](mailto:clntsvc@commissionaires.mb.ca)

Visit our website:

[commissionaires.mb.ca](http://commissionaires.mb.ca)

## NEW ARRIVALS

Puzzled about Manitoba Driver Licences and Plates?



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

**autopac**  
A Manitoba Public Insurance product

- Fire insurance? • Contents?
- Driver Licences? • Auto Insurance?

Call us or drop in to:

**BALDWINSON INSURANCE**

BLDG 90 (REC CENTRE) • WHYTEWOLD RD

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

Phone: 889-2204

Fax: 885-1964



**Bonnie Korzeniowski**

MLA for St. James

Manitoba Special Envoy for  
Room 239, Legislative Building  
201 Broad Ave

Winnipeg, Mb R3C 0V8

(204) 945-7510 • Cell: (204) 795-0043  
[bonnie.korzeniowski@leg.gov.mb.ca](mailto:bonnie.korzeniowski@leg.gov.mb.ca)



**MARIGOLD**  
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering



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

# TAROSCOPES

BY  
NANCY

**Aries (March 21 - April 19):** Deep feelings that surface can overwhelm you however try to stay grounded as you are surrounded by people who are also experiencing radical shifts in their feelings. Enjoy the spirit of sharing and caring that flows through your life now. Make your main objective - to be true to yourself.

**Taurus (April 20 - May 20):** You're inspired, eager to take on challenges, and to prove you can succeed. You may have a great idea for a book or a new business. When you draw up a plan of action, factoring in your time commitment is very important. Ultimately this is a time full of opportunity and adventure.

**Gemini (May 21 - June 21):** Revealing more of your feelings to others is how special bonds develop. However, your desire to trust and feel supported can lure you into false hopes. Keep your heart open but also your eyes open. Watch for those who would use your words out of context.

**Cancer (June 22 - July 22):** You're eager to change the status quo, and hope your enthusiasm will rub off on others. You want exciting, interesting excursions and interactions but on your own terms. If you find yourself surrounded by people in a high drama, look to see how you have helped to create this.

**Leo (July 23 - August 22):** Being the centre of attention is fine for a bit but you're starting to feel the pressure of the role. Trying to live up to high expectations has you craving the chance to withdraw and relax. But look at what you can learn; how to balance fun with the responsibilities and realities of life.

**Virgo (August 23 - September 22):** Focus on life's blessings. Tough stuff happens but don't take things personally at this time. Instead think of ways to get yourself through the worries that plague you. They are worse than the situation really. You'll see signs of improvement sooner if you are watching for them.

**Libra (September 23 - October 23):** There are opportunities for connections everywhere. Update your image or expand your role at work. Partnerships and people's responsibilities require clarification. Compromise on how things will be done, and by whom. Read the fine print before signing papers.

**Scorpio (October 24 - November 21):** Finalize a few things that can be completed now. Release or pass on what is no longer of use or of value to you, as it drains your energy. Let go of ideas that lead no-where. To avoid self-created mental traps that feed on fear and delay progress, ask for input from others.

**Sagittarius (November 22 - December 21):** You don't want to wait any longer to do what you want most. And you're willing to implement the changes required to do it. Forge ahead. Just keep your vision in mind as you go along and you'll find the way easily. Delegate. What can you leave for others to do?

**Capricorn (December 22 - January 19):** Sometimes the challenges we face are what bring out the best in us. When things aren't going as planned; trust that you will be able to manage. Rise to the occasion. Find solutions. They may not always be right in front of you, but they are there. Be a creative problem solver.

**Aquarius (January 20 - February 18):** Inspiration hits. You're ready to start a new project. You can see how to improve things with just a bit of work. And you're willing to do it. Because you're energized and determined to speak out, relationships and situations you live in start to improve, shift and grow.

**Pisces (February 19 - March 20):** Making major changes to your lifestyle will ensure it more truly reflects who you are, and ultimately it ensures a feeling of fulfillment. Take time to contemplate. Allow a person who appreciates your strengths and understands your heart to play a greater role in your life at this time.

## FOR APPOINTMENTS CALL 775-8368

### ASSINIBOIA UNIT NO. 283

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



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

WELCOME ALL MILITARY PERSONNEL

PROUD OF OUR PAST



PROTECTING OUR FUTURE  
Welcome...

**ST. JAMES LEGION**

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

**Texas Hold'em**

Tues 7 p.m.

**Line Dancing**

Every Tues & Wed

8 to 10 p.m.

**Dancing To Live Bands**

Fri & Sat

9 p.m. - 1 a.m.

**Meat Draws**

Every Fri 5 - 7 p.m.

Every Sat 2 - 4 pm

## HOOK & SMITH

Barristers, Solicitors & Notaries Public

Dennis A. Smith, Grant W. Davis, Winston F. Smith, Q.C.,  
Sarah Thurmeier and Bernard Toews

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



Telephone - (204) 885-4520 Fax - (204) 837-9846  
Email: [general@hookandsmith.com](mailto:general@hookandsmith.com)

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



**RONALD HABING**

Barrister & Solicitor

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

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

**R. HABING & ASSOCIATES**

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

**GRANT CLEMENTS**

CD, FRI, SRES

website: [www.buywinnipeghomes.com](http://www.buywinnipeghomes.com)  
 email: [clements@buywinnipeghomes.com](mailto:clements@buywinnipeghomes.com)  
[kellyandgrant@remax-clements.mb.ca](mailto:kellyandgrant@remax-clements.mb.ca)

Toll free: 1-877-778-3388  
 Business: (204) 987-9808  
 Fax: (204) 987-9844

Re/Max Executives Realty  
 3505 Roblin Blvd, Winnipeg, MB R3R 0C6

**PROUDLY SERVING OUR MILITARY FAMILIES WITH:**

- 26 years of military service
- Complimentary Relocation Package couriered to you within 24 hours
- Personal prospecting web site – get up to the minute listings emailed to you daily
- Thorough knowledge of the Winnipeg and surrounding areas market
- Assisted more than 3,800 buyers and sellers

**KELLY CLEMENTS**

SRES, CERC



Father and daughter team

- Registered Relocation Specialists
- Seniors' Real Estate Specialists
- Canadian Employee Relocation Council



**BUYING OR SELLING...  
 MAKE IT A STRESS FREE MOVE WITH THE CLEMENTS**

**Chapman Goddard Kagan**

Barristers & Solicitors

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

E-Mail: [info@cgklaw.ca](mailto:info@cgklaw.ca) Website: [www.cgklaw.ca](http://www.cgklaw.ca)

George E. Chapman Q.C. Kelly P. Land Rachel J. O. Smith  
 Alan R. Goddard Michael J. Law Almer N. Jacksteit  
 Donna G. Kagan Kristine K. Barr

**"Our fees conform to the ERS guideline"**

A long established law firm conducting a  
 general practice for all types of legal work



Carrie.com

**Minnie Ann Piercey** BN, M.Ed.  
 Diamond Award winner, WRA Award winner

Cell: 204-770-4619

Bus: 204-987-2121 Toll free: 1-888-880-2121

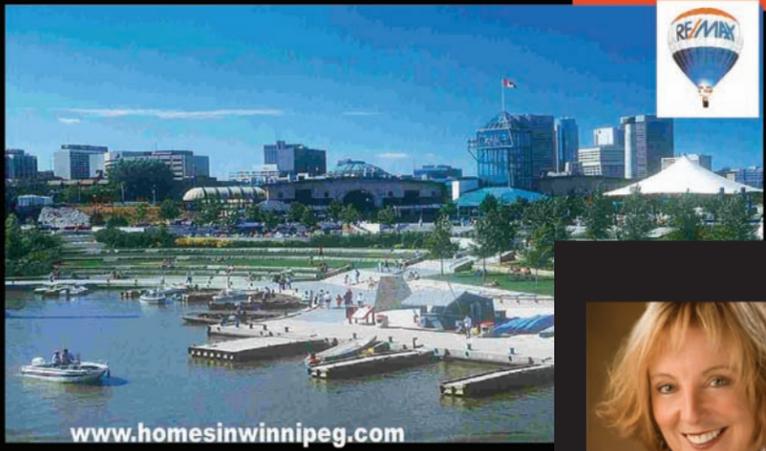
[www.winnipeghomes.net](http://www.winnipeghomes.net)

[minnieann@escape.ca](mailto:minnieann@escape.ca)



Each office is independently owned and operated. Trademarks of AIRMILES International Tracking BV. Registered trademark of Century 21 Real Estate Corporation used under licence.

**MOVING THIS YEAR ?**



[www.homesinwinnipeg.com](http://www.homesinwinnipeg.com)



**TERIE LANGEN**

relocation specialist

Re/max Executives Realty  
 3505 roblin blvd wpg mb r3r 0c6



779-7000

[terie@homesinwinnipeg.com](mailto:terie@homesinwinnipeg.com)

You need a realtor who is.... Honest  
 Professional  
 Trustworthy  
 Caring  
 Experienced



**Linda**

**Linda van den Broek** Sales Associate  
 Email: [linda@lindavandenbroek.com](mailto:linda@lindavandenbroek.com)  
 Website: [www.lindavandenbroek.com](http://www.lindavandenbroek.com)

Ph: 204-987-9800

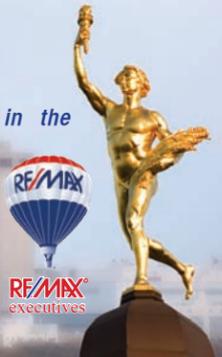


**Trudy M. Johnson, B.A.**  
 Relocation Specialist

30 Years of Professional Success in the  
 Winnipeg Real Estate Market

Toll Free 1-877-778-3388  
 Cell 1-204-981-1529  
[trudyj@mts.net](mailto:trudyj@mts.net)  
 Re/max Hall of Fame

**"spirited energy"**



**MAXIMUM** Realty Ltd. *Serving Winnipeg & Surrounding Areas*  
 Residential - New Homes - Condos - Relocation - Referrals



**Fred Levesque CD**  
 (204) 777-5555

[maximumrealty@shaw.ca](mailto:maximumrealty@shaw.ca)



**Lee Wren**  
 (204) 781-4487

[leewren@mts.net](mailto:leewren@mts.net)



**Eva Bessas**  
 (204) 470-3332

[ebessas@mts.net](mailto:ebessas@mts.net)



**Brendan McGurry**  
 (204) 799-3022

[mcgurry@mts.net](mailto:mcgurry@mts.net)



**DAN VERMETTE**

Home Selling **TEAM**

[www.danvermette.com](http://www.danvermette.com)



**Service en français**

255-4204



**Joanne Gebauer**

RE/MAX executives realty

(204) 889-9500

**Award Winning Service**



**Proud to Assist Military Families**

**Relocation Specialist**

25 Years Experience  
 in the Winnipeg  
 Real Estate Market



[www.joannegebauer.com](http://www.joannegebauer.com)

[joanne@joannegebauer.com](mailto:joanne@joannegebauer.com)

Toll Free: 1-877-778-3388

